

Better Business Starts with Safety. Safety Starts at BWC.



## Injury Prevention for the Utilities Industry

The utilities industry is one of the fastest-growing sectors in Ohio. Employees in this industry encounter a number of hazards that can sometimes be fatal. This sheet:

- Increases awareness of the primary injury/illness hazards in the utilities Industry;
- Offers recommended hazard control measures;
- Provides a partial list of the vast resources available from BWC.

### Industry specific injury/illness facts

- Each year, more than 100 employees in Ohio's utilities industry sustain occupational injuries or illnesses that result in workers' compensation claims.
- On average, two Ohioans in the utilities industry lose their lives each year due to occupational injuries or illnesses.
- Approximately 15 percent of the Ohio workers' compensation claims among workers in the utilities industry result in losing eight days or more from work and cost an average of \$46,000.
- Slips, trips and falls and overexertion are the primary causes in approximately 60 percent of all injuries that result in eight or more days away from work.

The utilities industry includes establishments engaged in the generation, transmission, and/or distribution of electric power; natural gas distribution; steam supply provision and/or distribution; water treatment and distribution; and sewage collection, treatment and removal.

BWC has a variety of safety and health services that can assist you with addressing hazardous conditions in your workplace. These include On-site Consultation, Safety Intervention Grants, Training and Video Library Services.



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Below is one of the primary hazards and/or causes of injuries in the Utilities Industry. We recommend the following control measures and BWC resources to help prevent this type of accident from happening in your business. For more information connect with a BWC safety consultant at 1-866-569-7805 or via email at [besafe@ohiobwc.com](mailto:besafe@ohiobwc.com).

Primary hazard/cause:

**Overexertion due to manual material handling and repetitive, forceful, awkward postures**

Recommended control measures	BWC resources for assistance
<ul style="list-style-type: none"><li>• Analyze the work conditions for potential ergonomic risk factors and provide ergonomic hand tools.</li><li>• Provide mechanical equipment to minimize manual lifting.</li><li>• Eliminate long carrying distances by providing powered dollies.</li><li>• Stage materials close to where employees will handle and use them.</li><li>• Reduce the size and weight of loads that employees must manually handle.</li><li>• Provide training on ergonomics and fatigue factors that focus on the physical environment and the worker tasks.</li></ul>	<p><b>Ergonomics consulting services</b> e.g. Manual material handling assessment, job/task evaluation</p> <p><b>Safety intervention grant program</b> e.g. Material handling equipment, improved tools and assistive devices</p> <p><b>Training courses</b></p> <ul style="list-style-type: none"><li>• Ergonomics- Basic Principals</li><li>• Office Ergonomics</li><li>• Understanding and Identifying Ergonomic Risk Factors</li><li>• Avoiding BackTrauma Online</li></ul> <p><b>Videos</b></p> <ul style="list-style-type: none"><li>• Hazard Recognition for Utility Workers - #420295</li><li>• Back Safety: Lift for Life #440074</li><li>• Ergonomics Awareness #440003</li><li>• Overexertion: Injury Prevention #440069</li><li>• Safe Manual Handling #440081</li></ul> <p><b>Safety talks</b></p> <ul style="list-style-type: none"><li>• Back Injuries</li><li>• Vibrating Tools</li></ul> <p><b>Educational guides</b></p> <ul style="list-style-type: none"><li>• What is Ergonomics?</li></ul>

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Primary hazard/cause:

## Slips, trips and falls

Recommended control measures	BWC resources for assistance
<ul style="list-style-type: none"><li>• Analyze the work conditions for potential slip, trip and fall hazards.</li><li>• Clear work areas and pathways to minimize slip, trip and fall hazards.</li><li>• Provide adequate lighting in all areas.</li><li>• Insist on good housekeeping and use of appropriate footwear.</li><li>• Conduct frequent jobsite housekeeping inspections to eliminate hazards.</li><li>• Provide and maintain fall protection equipment including ladders, scaffolding, mobile lifting equipment and personal fall arrest equipment.</li><li>• Provide training related to proper use and care of personal fall protection equipment and proper procedures.</li></ul>	<p><b>Safety consulting services</b> e.g. Safety hazard assessment</p> <p><b>Training courses</b></p> <ul style="list-style-type: none"><li>• Fall Hazards in Construction and Maintenance</li><li>• Construction Safety Elements</li><li>• Preventing Slips, Trips and Falls Online</li><li>• Ladder/Stairway Safety Online</li><li>• Job Safety Analysis</li><li>• Scaffolding Safety</li></ul> <p><b>Videos</b></p> <ul style="list-style-type: none"><li>• Safety Smart Video Series 1-4 #470076</li><li>• Fall Factors: Understanding and Preventing Slips, Trips and Falls #420430</li><li>• Slips, Trips, Falls: Stranger Than Friction #420025</li><li>• Ladder Safety #420378</li><li>• Scaffolds: Safety at All Levels #400004</li></ul> <p><b>Safety talks</b></p> <ul style="list-style-type: none"><li>• Portable Ladder Safety</li><li>• Three-point Technique</li><li>• Falls</li></ul>

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Primary hazard/cause:

## Cuts, lacerations and punctures

### Recommended control measures

- Conduct a workplace hazard assessment to identify tasks that expose employees to laceration and puncture hazards.
- Provide well designed cutting tools and knives and protective sheaths.
- Provide appropriate gloves and personal protective equipment.
- Ensure proper storage and handling of cutting tools and knives.

### BWC resources for assistance

#### Safety consulting services

e.g. Safety hazard assessment

#### Training courses

- Preventing Cuts and Lacerations Online

#### Videos

- Hand Sawing #400115
- Flat Sawing and Blade Safety #400124
- Safety Cutting Tools: Using Cutters Safely #420058

#### Safety talks

- Utility Knives
- Hand Safety
- Preventing Cuts and Lacerations

#### Educational guides

- What are Hand Tools?
- What are Power Tools?

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Primary hazard/cause:

## Foreign body in eye

Recommended control measures	BWC resources for assistance
<ul style="list-style-type: none"><li>• Conduct job hazard analysis to identify risks from flying debris and objects.</li><li>• Provide appropriate guarding on grinders and other tools and equipment.</li><li>• Consider “dustless” tools to minimize exposure to flying objects and debris.</li><li>• Provide the right tool for the job.</li><li>• Make sure blades, bits and abrasive wheels are in good condition.</li><li>• Provide appropriate eye and face protection.</li></ul>	<p><b>Safety consulting services</b> e.g. Safety hazard assessment, PPE assessment</p> <p><b>Training courses</b></p> <ul style="list-style-type: none"><li>• Welding and Brazing Safety</li><li>• Job Safety Analysis</li><li>• Basic Construction Safety</li><li>• Construction Safety Elements</li><li>• Personal Protective Equipment Selection Criteria</li></ul> <p><b>Videos</b></p> <ul style="list-style-type: none"><li>• Welding &amp; Cutting Torch Safety #420434</li><li>• Eye Safety Basics #420402</li><li>• Eye Safety: Focused on Protection #420426</li><li>• PPE Essentials #420419</li><li>• Protecting Your Sight #420027</li></ul> <p><b>Safety talks</b></p> <ul style="list-style-type: none"><li>• Eye Protection</li><li>• Respirators: The Why, When, What</li></ul> <p><b>Educational guides</b></p> <ul style="list-style-type: none"><li>• What is Welding?</li></ul>

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Primary hazard/cause:

## Getting struck by/striking against objects

### Recommended control measures

- Provide secure storage of materials and equipment to prevent sliding and collapse.
- Establish temporary traffic control procedures and provide equipment to create safe work zones.
- Provide protection from falling and moving objects and barricade any location where objects could fall.
- Prohibit employees from entering barricaded areas.
- Provide hard hats for falling object hazards or head bump hazards.
- Keep hand tools (e.g. hammers, chisels, wrenches, prybars, cutting tools) in good condition.
- Provide powered tools to reduce high force applications.
- Avoid the use of cheater bars.

### BWC resources for assistance

#### Safety consulting services

e.g. Safety hazard assessment, PPE assessment

#### Training courses

- Crane Rigging and Signal Person Duties
- Temporary Traffic Management
- Personal Protective Equipment Selection Criteria

#### Videos

- Avoiding Runovers and Backovers #400125
- Rigging: Specialized in Safety #420406
- Cranes: Mobile Crane Safe Operations #400032
- Flagger Safety #400101
- Hand and Power Tool Safety #420332

#### Safety talks

- Hard Hats
- Safety Shoes
- Traffic Control/Flaggers
- Pre-planning for Safe Crane Operation

#### Educational guides

- What is Eye Safety?
- What are Hand Tools?
- What are Electric Power Tools?
- What are Powered Industrial Tools?
- What are Powered Industrial Trucks?
- What is Personal Protective Equipment?

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Primary hazard/cause:

## Confined spaces

### Recommended control measures

- Identify all potential confined spaces.
- Provide appropriate equipment and training related to confined space air monitoring, entry and rescue.
- Establish safe entry and rescue procedures for each space.
- Prohibit unauthorized entry into confined spaces.

### BWC resources for assistance

#### Safety and industrial consulting services

e.g. Confined space identification; assessment of confined space entry procedures

#### Training courses

- Confined Space Assessment & Work
- Personal Protective Equipment

#### Videos

- Confined Space Entry: Plan & Prepare #420408
- Safety Smart Video Series, Episodes 1-4 #470076

#### Safety talks

- Permit Required Confined Spaces
- Confined Space
- Respirators: The Why, When, What

#### Educational guides

- What is Confined Space?
- What is Respiratory Protection?

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Primary hazard/cause:

## Electric shock and electrocution

### Recommended control measures

- Ensure employees use all electrically powered equipment and tools according to listing and labeling instructions.
- Develop a lockout/tagout program and policies that prohibit employees from working on energized conductors and equipment.
- Establish policies that require employees and equipment to stay a minimum of 10 feet from any overhead utility wires.

### BWC resources for assistance

#### Safety and industrial consulting services

e.g. Electrical safety hazard assessment

#### Training courses

- Electrical Hazard Recognition and Abatement
- NFPA 70E and You: Insight and Implementation
- Lockout/Tagout and Safety-Related Work Practices
- Advanced Lockout/Tagout

#### Videos/publications

- Electrical Safety: What Everyone Should Know #470070
- Electrical Safety for Qualified Workers #470019
- 2012 NFPA 70E: Electrical Safety in the Workplace #470011
- Safety Smart Video Series #470076 and #470077
- Lockout/Tagout (numerous titles)

#### Safety talks

- Boom Truck Safety
- Control of Hazardous Energy (Lockout/Tagout)
- Electrical Safety

#### Educational guides

- What are Electric-Powered Tools?
- What is Lockout/Tagout?

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