

SHIELD

a quarterly publication from Protective Insurance

**Supervision®
Safety & Risk
Analytics**

**Expert Training
Content Anytime
You Need It!**

**OSHA's Top 10
Most-cited Violations
for Fiscal year 2018**

Protective Insurance

TOP CLAIMS OF 2018

WINTER 2019

 **PROTECTIVE
INSURANCE**

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After reading this issue of **Shield**, we want to hear from you! Do you have a useful resource for educating your drivers that our readers should know about? Are there topics you'd like to see addressed in future issues? Send your feedback and ideas to shield@protectiveinsurance.com.



You can view every past issue of *Shield/The Quill* online at protectiveinsurance.com/shield-archive. To request additional hard copies of a particular issue, email your name, company name and address to shield@protectiveinsurance.com.

Faucette Named National Safety Director of the Year



Sam Faucette of Old Dominion Freight Line was named the 2018 National Safety Director by American Trucking Associations' Safety Management Council. The award was presented during the ATA Safety, Security and Human Resources National Conference and Exhibition in November. It is the council's most coveted safety award for trucking executives.

Faucette's career in trucking spans 38 years. He has held almost every job in the industry, starting as a driver, then a mechanic, and eventually working his way up the ranks in safety, serving as a field safety supervisor, a manager of safety, a director of safety and his current position as vice president of safety and compliance.

Under his leadership, Old Dominion's safety performance has improved year after year, even as the company's driver workforce, service center locations and annual mileage has tripled. Currently, Faucette helps oversee the company's safety programs encompassing 10,083 drivers, operating more than 8,700 power units and more than 32,445 semi-trailers. In 2017, Old Dominion drivers accounted for nearly 750 million miles.

"Sam exemplifies the level of attention, innovation and dedication it takes to create and expand a culture of safety in the trucking industry," said ATA President and CEO Chris Spear. "Old Dominion Freight Line and our industry are fortunate to have Sam on our team, leading the charge to promote highway safety among trucking's workforce."

Faucette's impact stretches beyond his work at Old Dominion. He is active in the North Carolina Trucking Association, American Trucking Associations, and many transportation advisory boards and safety groups. In 2018, Faucette served as chairman of the National Truck Driving Championships Committee of the Safety Management Council, a role in which he guided more than 400 truck drivers and hundreds of volunteers and committee members through the trucking industry's premier four-day truck driving competition.

Source: truckinginfo.com

Daily Express Safety Awards Banquet

The 52nd Annual Daily Express Safety Awards Banquet was held Jan. 19, 2019.

A total of 185 safe driving awards were presented. Daily Express follows the official rules of the ATA in the presentation of the safe driving awards. A driver must drive for 12 consecutive months without being involved in a preventable accident to get an award. Furthermore, they must travel at least 50,000 during the 12 month period to qualify.

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Through the years, Daily Express has inducted 190 drivers into its Daily Million Mile Club. In order to be eligible for this award, a driver must have traveled for 1,000,000 miles without being involved in a preventable accident AND all of those 1,000,000 miles must have been with Daily Express. They inducted three new members into the club this year.

Two new members were inducted into the Daily Hall of Fame this year. To be eligible for the Hall of Fame, a driver must have 25 years of safe driving; must be a member of the Million Mile Club; must have at least two letters of commendation from customers or motorists; must have demonstrated distinguished service and honorable conduct as a professional driver; and must be actively leased to Daily Express.



Todd Long (left) President and CEO of Daily Express and Andy Seipel (right) receiving his 47 year safe driving award

OSHA reports decline in workplace fatalities in 2017

According to the Bureau of Labor Statistics' National Census of Fatal Occupational Injuries in 2017 (CFOI) report, there were 43 fewer workplace fatalities in 2017 than the previous year. The fatal injury rate also decreased from 3.6 percent in 2016 to 3.5 percent in 2017.

"While today's report shows a decline in the number of workplace fatalities, the loss of even one worker is too many," said Loren Sweatt, Acting Assistant Secretary for the Occupational Safety and Health Administration (OSHA). "Through comprehensive enforcement and compliance assistance that includes educating job creators about their responsibilities under the law, and providing robust education opportunities to workers, OSHA is committed to ensuring the health and safety of the American workforce."

Safety starts with training. Resources are available at osha.gov and from Protective Insurance. Talk with your representative to learn how we can help!

OSHA’s Top 10 Most-cited Violations for Fiscal Year 2018

Safety+Health, the official magazine of the National Safety Council congress and expo, published its list of the top 10 most-cited violations for 2018 in its December 2018 issue. Fall protection – general requirements topped the list for the eighth straight year. New to the list this year: personal protective and lifesaving equipment – eye and face protection.

1

Fall Protection – General Requirements

Standard: 1926.501
Total Violations: 7,216

This standard outlines where fall protection is required, which systems are appropriate for given situations, the proper construction and installation of safety systems, and the proper supervision of employees to prevent falls. It is designed to protect employees on walking/working surfaces (horizontal or vertical) with an unprotected side or edge above 6 feet.

2

Hazard Communication

Standard 1910.1200
Total Violations: 4,537

This standard addresses chemical hazards – both those chemicals produced in the workplace and those imported into the workplace. It also governs the communication of those hazards to workers.

3

Scaffolding

Standard: 1926.451
Total Violations: 3,319

This standard covers general safety requirements for scaffolding, which should be designed by a qualified person and constructed and loaded in accordance with that design. Employers are bound to protect construction workers from falls and falling objects while working on or near scaffolding at heights of 10 feet or higher.

4

Respiratory Protection

Standard: 1910.134
Total Violations: 3,112

This standard directs employers in establishing or maintaining a respiratory protection program. It lists requirements for program administration; worksite-specific procedures; respirator selection; employee training; fit testing; medical evaluation; respirator use; and respirator cleaning, maintenance and repair.

5

Lockout/Tagout

Standard: 1910.147
Total Violations: 2,923

This standard outlines minimum performance requirements for the control of hazardous energy during servicing and maintenance of machines and equipment.

6

Ladders

Standard: 1926.1053
Total Violations: 2,780

This standard covers general requirements for all ladders.

7

Powered Industrial Trucks

Standard: 1910.178
Total Violations: 2,281

This standard covers the design, maintenance and operation of powered industrial trucks, including forklifts and motorized hand trucks. It also covers operator training requirements.

8

Fall Protection – Training Requirements

Standard: 1926.503
Total Violations: 1,978

This standard addresses training requirements for employers in regard to fall protection.

9

Machine Guarding

Standard: 1910.212
Total Violations: 1,969

This standard covers guarding of machinery to protect operators and other employees from hazards, including those created by point of operation, ingoing nip points, rotating parts, flying chips and sparks.

10

Personal Protective & Life Saving Equipment – Eye and Face Protection

Standard: 1926.102
Total Violations: 1,528

This standard addresses appropriate personal protective equipment for workers exposed to eye or face hazards, such as flying particles and chemical gases or vapors.

OSHA UPDATE

RECORDING AND REPORTING OCCUPATIONAL INJURIES AND ILLNESS

OSHA requires that Form 300A – a summary of injuries and illnesses recorded on OSHA 300 Log – be posted between Feb. 1 and April 30.

BASIC REQUIREMENT

At the end of each calendar year, you must:

- Review the OSHA 300 Log to verify that the entries are complete and accurate, and correct any deficiencies identified;
- Create an annual summary of injuries and illnesses recorded on the OSHA 300 Log;
- Certify the summary; and
- Post the annual summary

CERTIFICATION

A company executive must certify that he or she has examined the OSHA 300 Log and that he or she reasonably believes, based on his or her knowledge of the process by which the information was recorded, that the annual summary is correct and complete.

The company executive who certifies the log must be one of the following persons:

- An owner of the company (only if the company is a sole proprietorship or partnership);
- An officer of the corporation;
- The highest ranking company official working at the establishment; or
- The immediate supervisor of the highest ranking company official working at the establishment.

POSTING

You must post a copy of the annual summary in each establishment in a conspicuous place or places where notices to employees are customarily posted. You must ensure that the posted annual summary is not altered, defaced or covered by other material.

Learn more at **OSHA.gov**.

PROTECTIVE INSURANCE ★ TOP WORKERS' ★ COMPENSATION CLAIMS

TOP 2018 CLAIMS

13% STRAIN/SPRAIN

31% MULTIPLE BODY PARTS

24% LOWER BACK

16% ANKLES

16% KNEES

14% SHOULDERS

29% SLIP AND FALL:
NOT SPECIFIC

13% SLIP AND FALL:
SAME LEVEL

12% MOTOR VEHICLE
ACCIDENT

12% REPETITIVE MOTION

An analysis of Protective's workers' compensation claims produces results that correspond with OSHA's most-cited violations in a significant area: falls. More than 40 percent of worker compensation claims were associated with some type of slip and fall.

How can you help your employees in staying safe, on their feet and on the job? Following are ideas to help mitigate the most common claims. Additionally, ask your Protective Representative about a visit with one of our loss prevention and safety specialists. They can provide even more suggestions to make your workplace as safe as possible.

Protective customers also have access to a large number of training resources available through our website and our representatives. Let us know how we can help!

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PREVENTING SLIPS & FALLS

The first step to a safe facility is training. Provide new employees with proper training to set the stage for safe behavior. Reinforce that behavior with consistent retraining so all employees are on the same page.

Be aware of the environment; adverse weather – rain, snow and ice – are the leading contributors to slips and falls. Outside, poor lighting, curbs, uneven sidewalks and pot holes all present hazards.

Inside your facility, look for frayed or curling carpeting, scattered debris, and liquids and spills in office areas and lobbies – especially those with tiles floors. A fresh set of eyes can help you see every day hazards to which you may have become accustomed. Invite a Protective Representative to inspect your facility and offer suggestions.

Proper footwear, such as slip resistant shoes, are a game-changer. During a four-month trial conducted by Protective, we found that slip resistant shoes reduced slip and fall injuries by 70 percent. Check the condition of the soles of your shoes and replace them if they are worn down.



When entering or exiting a vehicle, always use three points of contact. The same is true when climbing onto a dock or loading area. Never jump off of a dock. Hold the handrail when using stairs to help maintain control.

SLIP RESISTANT SHOES have special soles that give you more **TRACTION AND GRIP** on slippery surfaces. Protective customers can **RECEIVE A DISCOUNT** on slip resistant shoes. Ask your representative for more information!

Finally, avoid using equipment you are not trained or authorized to use, such as a forklift.

Even day slips may seem like small events, but they can quickly escalate into larger issues. Listen to your employees and pay attention to the little things that may be tripping them up.

AVOID LIFTING INJURIES

Material handling and lifting are among the most common actions resulting in injuries. These injuries are also some of the most painful and costly for you and your employee. Training employees on proper lifting techniques, or how to use lifting equipment, is a good start. Reminders on the job will help eliminate bad behaviors.

Most lifting injuries are cumulative – they happen over time and over many lifts. They happen when someone is carrying too many items at once, items that are awkward, or reaching too high, too low or out too far away from the body. Poor posture, physical fitness and bad habits can also contribute to these injuries.

SAFE LIFTING TECHNIQUES

- Before you lift, inspect your intended path of travel for obstacles or other possible hazards. Make sure that you have a clear path to carry the load, can see where you are going, and have a clear area to set it down.
- Size up the load before you lift it. Test the weight by moving a corner of the object and decide whether you can handle it alone or if you need help.
- Get a firm footing. Place your feet shoulders' width apart with one foot slightly forward of the other.
- Bend at your knees, not your waist, to get your legs and feet ready to support the load. This is the single most important part of lifting.
- Straighten your legs to lift straight up in a slow, smooth motion.
- Keep the load close to your body. For greater strength and stability, lift and carry the object near your waist.
- Move your feet when changing directions. Turning with your upper body while carrying the load causes strains.
- Bend your knees again as you lower the load.
- Ask for help for lifting items that are long, bulky, don't have a good place to grip or are too heavy for one person. If you have to strain to carry the load, you need assistance.
- Know when mechanical lifting equipment, such as a dolly or forklift, should be used.



FOLLOW COMPANY GUIDELINES FOR YOUR PERSONAL LIFTING WEIGHT LIMITS

- If possible, divide a heavy load into several smaller ones.
- If possible, avoid walking on slippery, uneven surfaces while carrying any load.
- Don't rely on a back belt to protect your back. When used improperly, they can actually damage your back.
- Let your leg muscles do the work. They are stronger than any other muscle in your body.
- Do not arch your back. This makes the nerve roots open to pinching and cause strains in weaker muscles.

FOR LOADS REQUIRING TWO PEOPLE TO LIFT

- Designate a leader in advance.
- Plan the lift and use all safe lifting procedures.
- Lift and lower in unison and with no sudden moves.
- Communicate with your partner during the entire move.



Rapid changes in technology are impacting trucking and transportation and changing the way we do business. In upcoming issues of Shield we will be highlighting some of these technologies – especially those that improve safety.

Emerging Technologies: SuperVision[®] Safety & Risk Analytics

The SuperVision product suite provides a comprehensive view of driver performance and safety compliance. Managers can receive and analyze CSA, telematic and crash data, and get continuous motor vehicle record (MVR) monitoring, including driver license status and violation updates for any driver on the team.

MONITORING & COMPLIANCE

Monitor your company's fleet with North America's largest continuous license monitoring service and ensure compliance of hazardous shipments

>> License Monitor™

License Monitor™ is an industry-leading, continuous driver license monitoring solution that provides actionable data and motor vehicle reporting to fleet carriers. It continuously monitors driver MVR across the U.S. and Canada with faster and more frequent driver alerts, all delivered on an easy to use monitoring application. You can import and manage driver rosters for any size fleet, and set your preferences to receive alerts by email and through the application.

>> Document Vault

Efficiently store all driver related documents in a single, secure location with the customizable storage option.

>> CDLIS

The Commercial Driver's License Information System (CDLIS) is a nationwide computer system in place to ensure that each driver has only one commercial driver's license (CDL) and one driver record. CDLIS allows employers to comply with Federal Motor Carrier Safety Administration (FMCSA) requirements (§ 391.21 – 391.27) by searching the database for a current CDL and up to three prior commercial driver licenses.

>> Hazmat Informer

HazMat Informer is a mobile driver solution that automates hazardous materials compliance. It's a simple, yet powerful tool for truck drivers, dock workers, dispatchers or anyone involved with transporting hazardous goods over the road. It's also a reliable tool to double check compliance and avoid penalties and fines which can be significant.

>> Driver Performer

This innovative driver management solution addresses the human component of the trucking operation in a cross-dimensional and user-friendly scorecard that's as easy as point and click. Driver Performer brings together all of the key operations metrics in an easy to use dashboard. Retain the "best of the best drivers," improve fuel efficiencies, reduce insurance costs, improve asset utilization, enhance workflow, increase on-time service, and focus on profitability – all with one program. The data presented informs decisions that impact the bottom line.

>> Safety Performer

When Safety Performer is added to License Monitor, a single sign-on lets you manage compliance, safety and accountability as well as monitor drivers' license status. This robust software gives fleet and safety managers a snapshot of what's happening thereby improving efficiency, boosting safety and cutting costs by identifying why safety problems are occurring in order to provide coaching, recommend remedies and encourage corrective action(s).

>> CSA Performer

CSA Performer offers safety and fleet managers a measurement, intervention and evaluation tool to help systematically identify why safety problems are occurring. It will help to quickly provide coaching, recommend remedies and encourage corrective action(s) to address high impact areas adversely affecting your CSA score.

>> Retention Performer

Retention Performer helps fleet managers monitor and be proactive about communicating with drivers, and document the driver's satisfaction. At an enterprise level, fleet managers and company leadership can measure the fiscal benefits of retention and map driver-turnover trends.

SAFETY & RISK ANALYTICS

Manage compliance, safety and accountability on the highway and increase driver performance and retention

SPOTLIGHT on SAFETY RESOURCES

Expert training content *anytime* you need it!

J.J. Keller® streaming video training is available to Protective Insurance customers. When you use this resource for your training needs you also benefit from:

Consistent Delivery

Ensure your training is delivered accurately and consistently with powerful "Remote View" capabilities.

Up-to-date Content

Train your employees with confidence knowing J. J. Keller's trusted team of subject-matter experts are continuously working to ensure our training reflects the latest regulatory requirements.

Mobile Compatibility

Watch videos from the Video on Demand library whenever it's most convenient — the video player will deliver the best streaming experience to you, regardless of browser or device (Minimum bandwidth availability of 1.5 Mbps, 3.0 Mbps or higher recommended).

Choose from videos in these areas:



Driver/DOT

Regulatory and best practices training for commercial motor vehicle drivers.



Hazmat

Training for employees who prepare or transport hazardous materials.



OSHA/Workplace Safety

Offering a wide variety of topics to help you meet OSHA training requirements and protect your employees from hazards.



Construction

From confined spaces to fall protection, the videos in this area can help your construction workers stay safe on the jobsite.



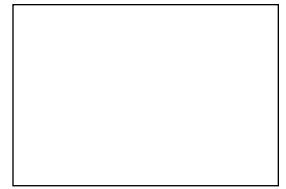
HR & Legal

Supervisor and employee training in key areas that can help limit your company's liability.

To access the J.J. Keller Training On Demand videos, please contact our Loss Prevention & Safety Services Department at (800) 644-5501 x7341 or lossprevention@protectiveinsurance.com.



111 Congressional Blvd., Suite 500
Carmel, IN 46032



Don't let worker injuries trip you up.



Protective Insurance cares about the safety of workers. From publications to training videos, our resources help promote a culture of safety within your business.

Follow the signs to great coverage.



protectiveinsurance.com