

Staff Direct Phone Numbers

As we mentioned in our last newsletter, we moved to new offices in April. Along with that, we changed our phone system. You can still call 651-481-9787 – you will get a list of options to reach any of our staff directly.

Here are our direct numbers:

Carol Keyes	651-842-9210
Janet Keyes	651-458-4930
	(This did not change)
Mark Hatherly	651-842-9211
Betsy Parrish	651-842-9212
Jake Thorson	651-842-9213

Come see our new offices!

Open House on Friday, Sept. 12

Everyone is welcome—we would love for you to see our new office space. Please join us

- **Date:** Friday, September 12
- **Time:** 1:30 pm to 4:30 pm
- **Where:** 33 E Wentworth Ave, Suite 320, West St Paul.
- **RSVP** not required, but appreciated (so we know how many goodies to get)



33 E. Wentworth Avenue, West St. Paul

Congratulations, Jake!

Jake Thorson passed his Certified Hazardous Materials Management exam, and is now a CHMM (pronounced “chum”). Jake specializes in helping CHESS clients with environmental compliance, from hazardous waste management to air quality permitting.



N95 Day—September 5

NIOSH (National Institute of Occupational Safety and Health) reports they are getting excited for Friday, Sept. 5 when they will celebrate N95 Day.

What is an N-95 Day, you ask?

N-95s are filtering facepieces—those two-strap dust masks used by so many people. NIOSH will be emphasizing the importance of the proper use of NIOSH-approved N95 filtering facepiece respirators (FFRs) in the workplace.

NIOSH is sponsoring several activities for N95 Day, including a Twitter chat with NIOSH respirator experts and a webinar on the importance of N95 respirators for pandemic preparedness. The agency also plans to use its social media channels – [Facebook](#), [Twitter](#), and the [NIOSH blog](#) – to share educational information, including new infographics, about N95 FFRs.

The NIOSH N95 Day webinar, “Respirator Preparedness in Healthcare: Where Technology Meets Good Practices,” will be held on Sept. 5, from noon to 1 p.m. ET. Space is limited, and participants are required to register by Thursday, Sept. 4. For more information, visit the [webinar page](#).

For further details on N95 Day, visit the [NIOSH website](#).

(Information compiled from AIHA and NIOSH)

Right to Know Training Guides

CHESS has developed Right to Know training guides for several industry sectors: automotive repair, woodworking, and dry cleaning services. If you, or a company you know, needs assistance with Right to Know training, please let us know.

Feature Products: We are always looking for good resources for our clients. Here are some interesting products we've seen recently:

1. Cooling towel. Several companies make these; this one is the Chiller by Ergodyne. They are available from safety suppliers, such as Hagemeyer, Continental Safety, Grainger and Fastenal. Soak in water, wring out, put around your neck and it will help keep you cool for hours.
<http://www.ergodyne.com/products/pages/default.aspx?PRD=296&PCA=14>



2. Werner Podium Ladder. Allows user to turn completely around, safely.
<http://us.wernerco.com/en/products/featured-products/podium-ladders>



3. First aid kit solutions. You need to have first aid kits in your facility. You can pay an outside service to take care of them, you can try to keep supplies around yourself, or you can order supplies as you need them.

For someone to stock your kits when you need them, call Maximum First Aid – Mike or Connor at (763) 780-1406 or maximumfirstaid@reagan.com.

Tuff Supplies carries first aid kits as well as bandages from Genuine First Aid. These kits and bandages have everything you need in easy-to-store, self-contained storage units. Contact Gary from Tuff Supplies at gbrown@tuffsupplies.com or 845 678 3444. “Tuff Supplies: Tough on safety. Tuff on pricing.” (Okay, Gary wrote that, not us.)

Spanish-language Workers Comp Form Available

A Spanish version of the revised Rehabilitation Rights and Responsibilities of the Injured Worker form is now available in PDF on the Department of Labor and Industry's website at www.dli.mn.gov/WC/Wcforms.asp.

The heat may still come...

It is not too late to hope for and prepare for warm weather and the heat of summer.

Are you drinking enough liquids? Three ways to tell if you are.

1. If you drink a quart of water an hour and you are not peeing a quart an hour, you are not drinking enough.
2. If you pinch and lift the skin on the back of your hand and it is slow to return to normal, you aren't drinking enough water.
3. If your urine is not clear or nearly clear, you aren't drinking enough water. Urine shouldn't be yellow, golden or darker. Clear is what it should be.

Remember sports drinks have a lot of sugar. Consider mixing a bottle of sports drink with a bottle of water. You get more for your money, and half the sugar for each bottle. Beware of zero calorie sports drinks. Often they have sorbitol in them. This is used to sweeten sugar free candy. They carry a warning: "May cause diarrhea"!! Watch how much you drink of these liquids.

Watch those around you for signs of heat exhaustion. You may not see it in yourself. Remember, heat stroke can kill. Enjoy your summer safely.

OSHA & Regulatory Update Corner

Poster Updates

The Minnesota Minimum Wage poster has been updated. You can download and print the poster from the MN Department of Labor and Industry website:

http://www.dli.mn.gov/LS/Pdf/posters/minwage_poster.pdf

It is also available in Hmong, Somali and Spanish:

<http://www.dli.mn.gov/main.asp>

This is the only state employment poster that has been updated.

OSHA Small Business Website

OSHA has a new Small Business website; find it here:

<https://www.osha.gov/dcsp/smallbusiness/index.html>

You can request an on-site consultation, read Frequently Asked Questions or go through the Compliance Assistance Quick Start. The Quick Start runs you through requirements that might apply to your business, from general industry standards, to training, program development and record keeping requirements. You can also do a survey of your business and get recommendations. (The site says it will take about 10 minutes, but it took closer to 30 when I ran through it.)

Smoke Detector Recall

The U.S. Consumer Product Safety Commission (CPSC) announced the recall of smoke detectors that may fail to warn of a fire. These smoke detectors made by ESL, Interlogix, are hard-wired into security systems. They would have been professionally installed sometime after February 2013. For more specific information and instructions on what to do, go to the CPSC web site:

<http://www.cpsc.gov/en/Recalls/2014/ESL-Interlogix-Hard-Wired-Smoke-Alarms-Recalled/>

Questions? Please do not hesitate to contact us if you have safety-related questions or just need more information about something or the services we offer. Please contact us by phone (651-481-9787) or email if you no longer want to receive newsletters or if you want them in a different format (email, mail).

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