



HEADING UP TO THE SNOW?

- Drive slowly and keep clear of snow plows.
- Wear layers of clothes to keep warm.
- Charge your cell phone before you leave and while driving and minimize usage.
- Try to keep a full tank of gas to avoid ice in the tank and fuel lines.
- Remember that experience, new tires and four-wheel drive are no match for completely iced-over roads and unprepared drivers. Everyone is at risk when the roads get bad.

[View more tips here](#)

FEBRUARY POSTER



Ladder Safety

Industrial Safety - The Backbone of OSHA Compliance Regulations

By: Jim Gilson, PE, CPCC, OWSI, Senior Safety Engineer, UCB

Have you ever wondered what safe-work codes apply to your job? Sometimes you may see people doing work that looks “unsafe” to you, but may be quite safe to the skilled people doing the work. You may even see workers who are working on the same equipment or job site, but working under two or more different safe-work codes. For example, a plumber doing work on a construction site would follow the California Construction Safety Orders (Title 8 Chapter 4 Subchapter 4 <https://www.dir.ca.gov/Title8/sub4.html>) which have slightly different code requirements and allowances when compared to a plumber doing work while “maintaining and repairing” an existing building or structure. In the latter situation, the workers would follow the General Industry Safety Orders (GISO) located in California’s Title 8 California Code of Regulations Subchapter 7. (<https://www.dir.ca.gov/title8/sub7.html>).

California’s Title 8 Chapter 4 Division of Industrial Safety Regulations (<https://www.dir.ca.gov/samples/search/query.htm>) make up the entire California Occupational Safety and Health Administration (Cal/OSHA) code of regulations enforceable by the Department of Industrial Relations (CA-DIR at [\[ca.gov/\]\(http://www.dir.ca.gov/\)\). The Subchapter 7 General Industry Safety Orders, otherwise known as GISO, is the primary set of safe-work orders followed by most workers in California who are not doing work in specific industries that have their own specialized set of safe-work regulations under Chapter 4 \(e.g. Elevator Workers, Mine Workers, Construction Workers, Telecommunications Workers, etc.\) GISO is organized into groups of safety orders that together make up the backbone of the Cal/OSHA enforceable codes for most workers in California. Some GISO codes may reference or cite other codes that employers must comply with, but the GISO is the foundational compliance code for ensuring employee workplace health and safety for most workers.](http://www.dir.</p></div><div data-bbox=)

The GISO apply to all people who are doing work for an “employer” regardless of their level or title within the organization, the employee / employer relationship (e.g. contract employees versus full-time employees) or their training or expertise in their work. It is the employer’s responsibility to provide all means necessary for an employee to work safely complying with the GISO. And, employees are required by law to do their best effort to follow the GISO. Let’s take a brief look at the structure of the GISO and what safety codes you’ll find in each Group: [View here](#)

12 PRINCIPLES OF BEING A LEADER IN SAFETY

- 1:** Never compromise safety
- 2:** Never pass up someone exhibiting unsafe behavior without correcting it
- 3:** Never pass up a physical hazard without securing or correcting it
- 4:** Never ask someone to do something you would not ask your family or loved one to do
- 5:** Never say anything to your people that you are not willing to write down and sign
- 6:** Always use positive people skills and continue to build on your own personal integrity
- 7:** Always ensure people receive only the very best training
- 8:** Always have and exhibit a positive attitude toward your people and the company
- 9:** Always work at building people's confidence in the company and in yourself by ensuring "I do the right thing for the right reasons because it is the right thing to do"
- 10:** Always continue to build and develop a safe, positive and productive work environment
- 11:** Always be consistent in your decisions and actively care for people
- 12:** Always lead by positive example

Source: www.ehstoday.com



Industrial Safety ...continued

As you can see, the depth and breadth of the GISO is quite extraordinary and likely impacts and regulates some part of the work you do every day at your job. So, if you ever wonder, "What code regulates the work I'm doing?" the GISO is the first place to start your inquiry. I have found that trying to find a specific regulation using the search function on the Cal/OSHA – Dept. of Industrial Relations website is often a frustrating exercise. But, an intrepid employee at Cal/OSHA a few years ago completed an index by word search / topic of all of the Chapter 4 regulations (which includes the GISO, Construction, Tunnel, Telecommunications and other safety orders). This index is located at a separate webpage at the following link (<https://www.dir.ca.gov/title8/index/T8index.asp>) and has a search box function with very clear instructions on how best to hone your search. In addition, there's an alphabetized subject list of every Cal/OSHA-addressed compliance code / work situation you can think of. It's a tremendously valuable resource when trying to find a specific regulation that impacts or governs the type of work you may be doing.

And, if the Cal/OSHA Title 8 Chapter 4 Subchapter 7 GISO weren't enough to put you to sleep at night, you can always check out the Federal OSHA code of regulations, Standards 29 CFR Part 1910 (https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=9696). The Federal OSHA code governs workplace safety in all federally-operated / owned locations within California, as well as in states that don't have their own state-mandated OSHA. I often will refer to the Federal OSHA website for understanding how a hazard is managed outside of California to gain more perspective on a compliance issue.

In addition, while California is often more stringent than the Federal OSHA code, there are times when the California code may be more lenient than the federal code. To ensure the university is as fully in compliance as possible, EH&S and Risk Management always attempt to manage our safety programs at minimum to the most stringent code governing a particular hazardous work situation. In that way, we know the university will at minimum be in compliance with all government regulations that may dictate our safe-work processes.

INDUSTRIAL SAFETY/ HAZARDOUS OPERATIONS RESOURCES

[Code of Federal Regulations, Title 29 \(29CFR\), Standard 1910.146, Permit Required Confined Space](#)

[Title 8, California Code of Regulations \(8CCR\), Section 5157, Permit Required Confined Spaces](#)

[Federal OSHA page on lock-out tag-out](#)

[California General Industry Safety Order on Lock-out Tag-out](#)

[Safety in the Performing Arts Manual \(PDF\)](#)

[Rigging - Hoists and Winches](#)

[UC Shop Safety Online Training](#)

[UC Shop Safety Manual](#)

UPCOMING EDITIONS

April: Field Research

May: Fleet, Walk and Bike Safety

June/July: Health, Wellness and Nutrition

FEEDBACK, PLEASE

Send an email to EHS@ucop.edu to submit your comments on the February issue or to suggest content ideas for future issues. We look forward to hearing from you!

CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#)

[UC Merced](#)

[UC Santa Barbara](#)

[UC Davis](#)

[UC Riverside](#)

[UC Santa Cruz](#)

[UC Irvine](#)

[UC San Diego](#)

[UCOP](#)

[UCLA](#)

[UC San Francisco](#)

[UC ANR](#)

Designing Safe Laboratories

Designing and building laboratories to support the University of California's (UC) diverse research operations takes a team of dedicated professionals years to coordinate. To assist in the design process, the UC Industrial Hygiene Workgroup developed a Laboratory Safety Design Guide in 2001, with a second edition published in 2007 (see below for link to document). As we turn the calendar to 2016, the UC continues to build and renovate laboratories and has an on-going need for a Lab Safety Design Guide that reflects current requirements and industry best standards. With this background and these thoughts in mind, Environmental and Occupation Risk Management, Inc. (EORM®), a BSI Professional Services Company, has been hired by the Office of President Risk Services to lead the organizational effort in creating the third iteration of this document.

As part of this process, an advisory group consisting of key members of UCOP Capital Projects, UCOP Risk Services and Campus EHS representatives came together for a visioning session on November 23, 2015 to help chart the course for bringing the Lab Safety Design Guide into the 21st Century. In addition to conducting the visioning session, EORM is interviewing stakeholders across the UC system to identify ways in which the revised guide can be more useful to a wider audience. EORM Consultant Terri Wallace is the project manager for this effort and will be soliciting input from those in the UC System with interest in the document's creation or contents. As this project progresses, Terri will be reaching out to designated stakeholders in the UC to support these important updates and revisions to the Laboratory Safety Design Guide. If you have questions at this time, Terri can be contacted at wallacet@eorm.com and (805)288-5083.

[University of California Environment, Health & Safety \(EH&S\) Laboratory Safety Design Guide, Second Edition, September 2007](#)

