

Workers' Memorial Day 2011

This Workers' Memorial Day we focused on the four families of the men who lost their lives in New Hampshire while working in 2010. The family of Jesse Dale Kennett, Bethany Kennett, his widow, and Jamie their daughter, along with several other family members, were able to attend the evening memorial dinner.

The meeting was opened with remarks by Louise Hannan, the Executive Board Chair of NH COSH. Senator Jeanne Shaheen, who attended the evening event, met privately with the Kennett family members and expressed her condolences over their loss. Senator Shaheen addressed the crowd with a renewal of her commitment to continue to fight for OSHA reforms for the working person. Recently after the dinner the senator once again signed onto the most recent Protecting America's Workers Act reform bill.

Brian Mitchell, Executive Director of NH COSH, introduced the Kennett family members stating that he felt strongly about putting a face to the name of Jesse Kennett. Each year we remember those individuals who gave their lives on the job – they read the names but we must not forget their sacrifice. He continued by reading the names of the four individuals killed on the job and their obituaries: Jesse Dale Kennett, June 21,



Brian Mitchell and Bethany Kennett unveil new memorial plaque.

1960 – May 14, 2010; Donald T. Kendall, February 13, 1954 – May 14, 2010; Leo Paul Gonyea, February 2, 1976 – July 26, 2010; Francis H. Jaczuk Jr., March 9, 1946 – August 24, 2010. Noting that year after year we get up and read names, we feel sorrow, but then forget. Brian wanted to change that then he introduced Bethany Kennett the widow of Jesse. Bethany than told us about Jesse, the man, the father, the husband. He became a real person who even in his passing was still reaching outside his community to touch many lives.

Brian and Bethany unveiled a memorial plaque on which NH COSH will record the names of individuals who lose their lives on the job in New Hampshire each year. The names of the four individuals who lost their lives last year are the first on the plaque. We hope it is never full. This plaque now hangs outside the NH COSH office for all to see. We must not forget the lives of individuals who have given their life on the job and the families they leave behind.

The evening continued with a dinner. Marthe Kent, Region I Administrator for the US Department of Labor's OSHA, was the keynote speaker for the evening. Marthe gave an update on the current OSHA programs and how OSHA will survive in this political climate, and with this the evening's activities ended.



Senator Jeanne Shaheen speaks at Workers' Memorial Day.

Heat Stress Untreated May Lead to Death

Summer is here with high temperatures and high humidity. Now is the time to take extra precaution when working outdoors or in hot indoor environments. When working in a hot environment for long periods take care to maintain a normal body temperature to prevent a heat-related illness which may lead to death.

Heat stress, from exertion or hot environments, places workers at risk for illnesses such as heat stroke, heat exhaustion, or heat cramps. **Heat stroke** is a condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability. **Heat exhaustion** is the body's response to an excessive loss of water and salt, usually through sweating. Heat stroke is the most serious heat-related health emergency which may rapidly result in death. Heat cramps affect workers who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels and need to be replenished regularly.

During the summer months monitor the weather reports daily and reschedule outdoor work during the cooler parts of the day to avoid high heat exposure. Be extra vigilant during heat waves when air temperatures rise above normal. Encourage workers to drink plenty of water.

General symptoms to be aware of are:

- Headache, irritability
- Nausea, dizziness, weakness
- Thirst
- Heavy sweating, elevated body temperature
- Decreased urine output

If these symptoms continue and develop into:

- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature
- Hot, dry skin or profuse sweating

With heat stroke begin implementing emergency first aid measures, call 911 and get emergency medical help. Make sure that someone stays with the individual until help arrives. Move the person to a shaded, cool area and remove outer clothing. Wet the individual with cool water and circulate air to speed cooling. If possible soak down the person with cool water or ice to bring down the body temperature.

If symptoms have been recognized early, individuals should be removed from the hot area and given liquids to drink. Remove unnecessary clothing including shoes and socks. Cool the worker with cold

compresses to the head, neck, and face or have the person wash his or her head, face, and neck with cold water. Encourage frequent sips of cool water. If the individual is unable to drink, take the individual to a clinic or emergency room for medical evaluation and treatment. Never leave the person alone.

Train workers and supervisors about the hazards leading to heat illness and ways to prevent them. Instruct them to recognize symptoms in themselves and others. Encourage workers to immediately report symptoms in themselves and others. Provide workers with plenty of cool water (50-60°F if possible) in convenient, visible locations close to the work area. Remind workers to drink frequent small amounts of water before they become thirsty to maintain good hydration. Electrolytes can be replaced through eating regular meals and snacks that also provide salt. Reduce the physical demands of the job. If heavy job tasks cannot be avoided, change work/rest cycles to increase the amount of rest time. Also, schedule frequent rest periods with water breaks in shade or air-conditioned recovery areas.

Busy Training Year for NH COSH

It has been a very active year for NH COSH's staff. Under the OSHA vulnerable workers grant Brian Mitchell, Executive Director of NH COSH, has trained several hundred vocational high school students in Keene and Derry in basic workplace safety awareness. With the assistance of The New England Consortium's training van and Dave Coffey, TNEC's Training Manager, NH COSH was able to deliver confined space awareness training to over a hundred students at Pinkerton Academy in Derry.

During May the Worker Rights Network of Manchester which NH COSH is an active member provided three workshops at the request of the Latin American Center in Manchester to 16 individuals. These workshops are part of a basic worker's rights training which provides an increased awareness and clarifies information about workers' rights for immigrant workers. Topics that are covered include: wage and hour, deductions, overtime, leave time (these topics are covered by a representative from the New Hampshire Department of Labor); workers' compensation (information covered by a workers' comp attorney); healthy and safety hazards (NH COSH's Brian Mitchell and Sandra Chabot); organizing workers (NH COSH's Brian Mitchell)

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Students at recent Workers Rights Network receive certificates.

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and more. Students completing the three sessions are awarded a certificate of attendance at the end of the training.

Healthy School Teams at Fairgrounds Elementary, Ledge Street Elementary, Charlotte Avenue Elementary, and Bicentennial schools in Nashua have been working all school year with Sandra Chabot, Program Coordinator at NH COSH to evaluate their schools’ indoor environments. The teams are in the process of making recommendations on ways that their schools can work toward improving the school facility and classroom environments for the students and staff. Once their workplans are in place they become eligible for a small implementation grant from the NH Partners for Healthy Schools to help defray some of the costs of their recommendations.

NH COSH’s Brian Mitchell teamed up with Career InRoads to do some training presentations on workplace safety for women entering non-traditional jobs and immigrants under a grant from the Department of Transportation. Three trainings have been done so far in Hooksett, Dover and Derry with over 25 students attending the training.

Our adult basic education and ESOL trainer, Judith Elliott, has been very busy with basic workplace safety, job hunting skills, and worker rights training. She has reached over 200 students throughout the southern part of the state.

Jimmy Smith, our new TNEC trainer, helped out with an 8-hour Emergency Response Awareness Level for about a dozen municipal health officers in addition to his regularly scheduled HazWoper training for TNEC under UMass at Lowell’s Work Environment program. It has indeed been a very active training year for NH COSH’s staff who are hoping for a small lull to catch up on administrative work.

You Can Join NH COSH Today

Organizational Membership:

- \$ 60 1-100 members
- \$135 101-500 members
- \$250 501-2000 members
- \$375 2001 members or more

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Mail form and check payable to:

NH COSH
161 Londonderry Turnpike
Hooksett, NH 03106-1938

***NH COSH is a 501(c)(3) organization under the U.S. Tax Code. Contributions to NH COSH are tax deductible to the fullest extent allowed.*

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Marthe Kent, New England Regional OSHA Director, making a point at Workers' Memorial Day.

Need to Update Your Training Certification?

The New England Consortium (TNEC) at the University of Massachusetts/Lowell provides specialized training through a grant from the National Institute of Environmental Health and Safety (NIEHS). TNEC is a New England regional partnership between the UMass/Lowell and the OSHA Susan B. Harwood training awardees: Western MassCOSH, MassCOSH, RICOSH, CTCOSH, and NH COSH. TNEC also collaborates with the OSHA New England Training Institute Education Center, a program of Keene State College, New Hampshire, the Maine Labor Group on Health, and CSEA of New York.

Check the TNEC website www.uml.edu/t nec for more information about Hazardous Waste, Emergency Response, Emergency Preparedness, OSHA Construction, 40-hour, 24-hour, or 8-hour refresher

course training dates and times. Onsite contract courses can be specifically designed for the needs of your facility. TNEC; UMass/Lowell; 1 University Avenue, Lowell MA 01854; 978-934-3257 · t nec@uml.edu.

NH COSH Board Member Elizabeth Skidmore Promoted

The Executive Board and Staff of NH COSH would like to congratulate Elizabeth Skidmore on her promotion to Assistant to the General President of United Brotherhood of Carpenters, Sisters in the Brotherhood. Liz will be working out of their Boston office. We wish her the best in this endeavor and thank her for years of service on the NH COSH Board. Her seat on the NH COSH Board as an appointee of the NH AFL-CIO was been recently filled by the appointment of Joe Donahue of the Carpenters Local 118 by Mark MacKenzie, NH AFL-CIO president.



Elizabeth Skidmore, COSH Board, and Brian Mitchell, Executive Director, at board retreat.