



Clark Seif Clark Environmental Newsletter

www.csceng.com 800.807.1118

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Every day, Clark Seif Clark professionals are deployed across the nation helping both large and small customers resolve health & safety, industrial hygiene, environmental and indoor air quality issues.

At a moment's notice, Clark Seif Clark can send their experts anywhere they are needed. No matter if it's in response to a hurricane, wildfire, flood, tornado, or other natural disaster, Clark Seif Clark is ready to help and can respond in no time at all.

Construction Companies Prepare for OSHA's Crystalline Silica Standard Enforcement

Next month, the Occupational Safety and Health Administration (OSHA) will begin enforcing a Final Rule for respirable crystalline silica in an effort to curb lung cancer, silicosis, chronic obstructive pulmonary disease (COPD) and kidney disease in construction workers. The rule is comprised of two standards, one for Construction and one for General Industry and Maritime.

OSHA's new Crystalline Silica Rule has a reduced permissible exposure limit (PEL) which requires employers to limit worker exposures to respirable crystalline silica to 50 micrograms per cubic meters of air averaged over an 8 hour shift. This is a reduction from the current PEL which is 100 micrograms per cubic meters of air averaged over an 8-hour shift. According to the agency, approximately two million workers in the construction industry are exposed to respirable crystalline silica in over 600,000 workplaces. OSHA estimates that more than 840,000 of these workers are exposed to silica levels that exceed the new permissible exposure limit (PEL).

The new rule also requires employers to:

- Use engineering controls to limit worker exposure

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Clark Seif Clark
(CSC)

csc@csceng.com
800.807.1118

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- Provide respirators when engineering controls cannot adequately limit exposure
- Limit worker access to high exposure areas
- Develop a written exposure control plan
- Offer medical exams for employees anticipated to have high exposure to crystalline silica.
- Provide hazard communication training for employees working with silica which covers health risks and steps to limit exposures

"Inhalation exposure to crystalline silica can occur during countless construction tasks since it is such a common mineral found in everything from concrete and stone to sand and many types of mortar," said Zahid Iqbal, MPH, CIH and Technical Director at Clark Seif Clark. "OSHA has announced that the enforcement of the new construction industry standard will begin on September 23rd, 2017. At CSC, our industrial hygiene professionals are available to assist construction companies with compliance strategies that include air testing, monitoring, engineering controls, record keeping, personal protective equipment fit testing and employee hazard communication training. These services not only help to protect employees from exposure risks, they are also instrumental for keeping companies in regulatory compliance."

CSC recently sponsored an educational video about crystalline silica exposure hazards in the construction industry that can be seen here:



To learn more about this or other occupational, environmental, air quality, health and safety testing services, please visit www.csceng.com , email csc@csceng.com or call (800) 807-1118.

Preventing Occupational Hazards due to Heat Exposure and Temperature Extremes

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Is It Safe?

July and August are the months that typically bring the hottest outdoor temperatures. These hot and often humid conditions can create health and safety challenges for workers in countless outdoor occupations. Many other workers are subject to hot conditions year-round due to the physical activities of their jobs, contact with heated objects or radiant heat sources.

All employers are responsible for providing a safe work environment for their workers. This includes protecting them from temperature extremes. In hot environments, the Occupational Safety and Health Administration (OSHA) reports, "Employers should establish a complete heat illness prevention program to prevent heat illness. This includes: providing workers with water, rest and shade; gradually increasing workloads and allowing more frequent breaks for new workers or workers who have been away for a week or more to build a tolerance for working in the heat (acclimatization); modifying work schedules as necessary; planning for emergencies and training workers about the symptoms of heat-related illnesses and their prevention; and monitoring workers for signs and symptoms of heat illnesses. Workers newly exposed to heat or those that have been away from work and are returning can be most vulnerable to heat stress and they must be acclimatized."

While heat-related illnesses can happen any time of the year, many more cases typically occurring during the hot temperatures and humid conditions of summer . These hot conditions can impact workers involved in thousands of occupations with reactions ranging from heat rashes and cramps to heat exhaustion, heat stroke and even death in extreme circumstances.

To assist employers in providing a safe work environment, as required by law, CSC offers industrial hygiene consulting services. CSC's professionals create programs to help minimize worker exposures to temperature extremes and numerous other occupational hazards. They also offer comprehensive occupational testing and monitoring services, and develop heat stress related illness hazard communication training for employers.

To learn more about this or other industrial hygiene, occupational, environmental, indoor air quality, health and safety services, please visit www.csceng.com , email csc@csceng.com or call (800) 807-1118.

About Clark Seif Clark: CSC was established in 1989 to help clients in both the public and private sectors address environmental issues. CSC is a leading provider of these services with multiple offices along the western seaboard and southwest. The company

believes in science-based protocols and has a strong background in engineering making them the preferred environmental consultants to healthcare facilities, architects, schools, builders, contractors, developers and real estate professionals.