



Issue I : September 2020



AAA OSHA Training & Safety Consultants, Inc.

Welcome to our first issue of AAA OSHA Training & Safety Consultants general newsletter. We are excited to announce that we will be publishing an annual newsletter to all of our employees, clients and on our company website. This newsletter will include Company Updates and Announcements, OSHA News, Monthly Safety Topic, Job Site of the Month and current Job Postings for our company. The goal of our newsletter is to keep everyone up to date on what AAA OSHA Training & Safety Consultants is up to! We are excited to have you join us!

We are excited to announce our newsletter is **Interactive!** Most photos are connected to online links!

How to navigate our Interactive newsletter:

- Connect to the Internet
- Right Click the desired pictures to be brought to corresponding internet page

Who Are We?

AAA OSHA Training & Safety Consultants, Inc. is a hands on safety professional company with 14 years of working knowledge of enforcing safety rules and regulations at all levels of government (federal, state, and local) planning, developing, and coordinating the safety and occupational health component of personnel, materials, equip-ment, and environments to achieve safety effec-tiveness for companies.





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Company Updates and Announcements

AAA OSHA Training & Safety Consultants, Inc. is a women-owned business enterprise (WBE) specializing in safety consulting services to comply with OSHA training and safety programs. We feature construction safety compliance, powered industrial equipment and construction job site inspections. We create customized training sessions for your specific needs on and off job sites. We also create customized safety plans and fire safety plans.

Featured Employee



Dan Hibbard, the Team Leader of the AAA OSHA Training & Safety Consultants. Dan is a dedicated employee, always traveling to any location to get the job done. Dan is a PSSHC and a CSHO. We want to thank him for all of his hard work and dedication.

A big thank you to all of our Summer Interns:

- Adam Crateau - Keene State College
- Ian Sinkoski - Mass. Maritime Academy
- Tae Lee - Bentley University





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OSHA News

Covid-19: Returning to Work

OSHA has developed some guiding principles to help everyone get back to work safe. Those principles include:

1. Hazard Assessment
2. Hygiene
3. Social Distancing
4. Isolation of Sick Employees
5. Workplace Flexibility
6. Training of Employees
7. Anti-Retaliation of Employees

OSHA is attempting to keep everyone safe, while the world returns to "normal." The goal is to keep everyone safe and healthy. Check out OSHA's "Guidance on Returning to Work" for more information on the principles listed above.



**Guidance on
Returning to Work**

Masks, Am I Getting Enough Oxygen?

"Medical masks, including surgical masks, are routinely worn by healthcare workers throughout the day as part of their personal protective equipment (PPE) ensembles and do not compromise their oxygen levels or cause carbon dioxide buildup. They are designed to be breathed through and can protect against respiratory droplets, which are typically much larger than tiny carbon dioxide particles. Consequently, most carbon dioxide particles will either go through the mask or escape along the mask's loose-fitting perimeter. Some carbon dioxide might collect between the mask and the wearer's face, but not at unsafe levels."



Heat Stroke vs. Exhaustion

It is important to know the difference between **Heat Stroke** and **Heat Exhaustion**.

Heat Stroke is a medical emergency that should be dealt with immediately.

Signs: Headaches, confusion, loss of consciousness, no sweat, hot red skin, nausea or vomiting, rapid heart rate.

What to Do: If someone is experiencing heat stroke, call 911 right away, DO NOT GIVE FLUIDS, and bring them to a cooler place.

Heat Exhaustion is not a medical emergency, should be handled the same way.

Signs: Dizzy or fainting, heavy sweating, cold palms, weak pulse, and excessive thirst.

What to Do: Remove the person and get to a cool, dry place, give them fluids, and have them lie down. The quicker you act the better the results.



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Safety Topic: Fall Prevention

September is National Stand Down Month for Fall Prevention. Fall Prevention Safety is a full-time job. That's why it is important for workers and employers to remain focused on fall hazards every day – not just during the stand-down months. Employers have to educate workers on fall hazards, not only through participation in stand-downs, but also through tool box talks, safety meetings, the creation of or improvements in safety and health programs. AAA OSHA Training & Safety Prevention specializes in creating and improving fall protection standards and protocols in companies. We also provide Fall Protection Training by Certified Instructors. Reach out directly if you need help!



U.S. Department of Labor

NATIONAL SAFETY STAND-DOWN
TO PREVENT FALLS IN CONSTRUCTION

SEPTEMBER 14–18, 2020

Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

For more information:
www.osha.gov/StopFallsStandDown
 #StandDown4Safety • 1-800-321-OSHA (6742)

Logos for OSHA, CDC, and MOSH are displayed at the bottom.

PLAN. PROVIDE. TRAIN.
Three simple steps to preventing falls.

- ☒ Wear a harness and always stay connected
- ☒ Make sure your harness fits
- ☒ Use guardrails or lifelines
- ☒ Inspect all fall protection equipment before use
- ☒ Guard or cover all holes, openings, and skylights

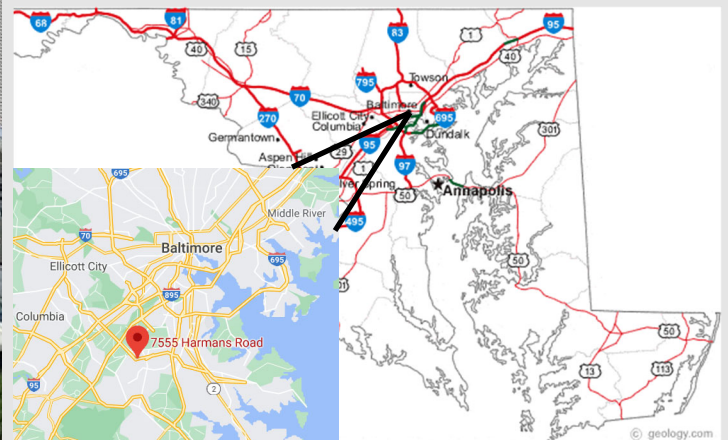




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Job Site of the Month:

Welcome to 7555 Harmans Road, Harmans MD. AAA OSHA Training & Safety Consultants is working with CRB for Catalent Biologics to build new “Clean-Rooms” for biologic research. All of Calant’s electrical, plumbing, servers, and buildings are being updated. AAA OSHA Training & Safety Consultants has a number of employees on the job site overseeing the safe work of this large scale expansion project. Our team consists of Engineers, Safety Specialists, Project Managers, and Quality Control personnel.





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Join Our Team

Position: Construction Superintendent

Location: Utica, New York

Description: Supervise every aspect of a building project, employees, and subcontractors including reporting on progress to owners, handling basic proposals, and managing contracts

For more information and to send resumes please contact Dan Hibbard at dhibbard@aaaoshaconsultants.com

Position: OSHA 500 Outreach Instructor

Location: Winthrop, Massachusetts

Description: Teach and interact with students about OSHA Construction Standards. Must have OSHA 500 certification in order to apply for this job.

For more information and to send resumes please contact Dan Hibbard at dhibbard@aaaoshaconsultants.com

Position: Social Media, Marketing, Advertisement

Location: Winthrop, Massachusetts

Description: Building and managing our Social Media, outreach to potential clients, and create platforms to expand out company.

For more information and to send resumes please contact Dan Hibbard at dhibbard@aaaoshaconsultants.com

Position: Quality Control

Location: Utica, New York

Description: Employee shall be able to read plans and review contractors work. Employee will be working on site ensuring the project is up to code and designs are being followed.

For more information and to send resumes please contact Dan Hibbard at dhibbard@aaaoshaconsultants.com