



A publication of the
Oregon Independent Aggregate Association
PO Box 571
Stayton, Oregon 97383
www.oraggregate.com

BOARD OF DIRECTORS:
Erick Staley – Chairman
Jerry Davidson- Vice Chairman
Kellie Ramar - Secretary
Mary McNatt – Treasurer
Bill Ruchti
Andrew Siegmund
Melissa Bronson
Erwin Hackett
Bill Leavens

Oregon Independent Aggregate Association *Newsletter*

June 2023

June Editorial courtesy of Heather Smith, Mine Safety & Health Administration

Educational Field and Small Mine Services (EFSMS) provides assistance in the development and improvement of the health and safety programs of mine operators and contractors in the mining community. The EFSMS specializes in training programs tailored to reduce the number of injuries and illnesses in the mining industry. Additionally, EFSMS evaluates industry instructors to ensure miners receive quality and effective training. EFSMS staff are located in 31 states and travel to mines and training centers to provide assistance that will strengthen and modernize training.

EFSMS works closely with MSHA District enforcement offices to identify industry needs and provide assistance to mines with safety and health issues. EFSMS provides assistance to the mining community through outreach initiatives, which are developed in collaboration with MSHA and the mining industry to address current or trending accidents in the mining community. These programs help mine operators develop or revise training, safety and health programs to address the conditions and hazards specific to their mines. Additionally, EFSMS provides assistance with developing training plans, instructor training (train-the-trainer), and evaluating instructors.

Currently we are focused on our latest MSHA Special Initiative, Stand Down to Save Lives:
<https://www.msha.gov/may-17-stand-down-save-lives>

Contact a local EFSMS Training Specialist: <https://arlweb.msha.gov/epd/efsms/contact.asp>



Many accidents can be prevented with just a few minutes – or seconds – of precaution. The **Stand Down to Save Lives** is an opportunity for mine owners and operators to share safety measures that can prevent injuries and deaths. Host a toolbox talk, a discussion on common hazards, conduct workplace and equipment examinations, or provide longer training sessions.

Keep these best practices in mind as you [Take Time, Save Lives:](#)

OWNERS/OPERATORS: How can you improve safety and health programs, equipment, and hazard reporting to make them more effective?

SUPERVISORS: How can you improve training and examinations? Have you addressed any concerns raised prior to your shift?

MINERS: Do you have properly fitting protective equipment and are you fully trained on any you are operating?

[Tell us about your Stand Down to Save Lives trainings and other events!](#)

Heather Smith
Mine Safety & Health Administration, Training Specialist
Educational field & Small Mine Services
Albany, Oregon
541-801-2510 office 863-447-7727 cell



A guide to the dangers of the sun and 21 tips to keeping construction crews safe from those harmful rays

As the summer season rolls on, the workload isn't the only thing that increases.

The amount of hours crews put into a day extends throughout the hotter months, but with longer hours comes the inevitable exposure to UV rays.

Time and time again the topic of sun exposure is addressed in construction firms nationwide, but the question is, how much of that discussion is put into practice out in the field?

WHAT IS MELANOMA?

There are different varieties of skin cancer, and not all of them are as dangerous as the infamous melanoma.

For instance, basal and squamous cell skin cancers are called non-melanomas, which are found on the outer layer of the skin.

The American Cancer Society says these types of cancers can develop on sun-exposed areas of the skin, like the face, ear, neck, lips and backs of the hands. The cancers can be slowly growing but can also spread to other parts of the body. These types can be cured if treated early.

As for melanoma, this cancer begins in the melanocytes, which are cells that produce the skin coloring known as melanin.

Melanoma is almost always curable if detected early, according to the American Cancer Society.

GET INFORMED

If crews decide to battle the sun head on, they will lose every time.

It's important for contractors to share information and get informed about understanding the sun's strength, even down to the very basics.

For instance, everyone knows putting on sunscreen is a basic step in preventing sunburn. However, do you know if you're choosing the right sunscreen?

Always be sure to read the label before purchasing sunscreen and look for the phrase "broad spectrum" protections. This label means the sunscreen can block UVA and UVB rays.

Additionally, "water resistant" does not mean "waterproof", the American Cancer Society states. If a product has this phrase, the manufacturer must put a specific amount of time it works while sweating.

PREVENTION

Protecting your employees should be your number one goal, and that includes sun safety. Proper sun safety should be addressed at weekly safety meetings.

Here are some tips from the Skin Cancer Foundation for outdoor workers:

1. Outside jobs can sometimes be done inside or moved to a shady location. A temporary shelter can be erected or trees and buildings used for protection.
2. A shady spot should be available for lunch and coffee breaks.
3. Reorganize the job so tasks requiring outdoor work get done in the morning before 10 a.m. and after 4 p.m., to avoid the hours of greatest sun intensity.
4. Wear protective clothing and cover the skin.
5. Long-sleeved, closely woven shirts and long trousers provide the best protection.
6. Avoid clothes that you can see light through. If light is getting through, the ultraviolet radiation is getting through as well.
7. If shorts are worn, a pair that approaches the knee will offer more protection than a shorter pair.
8. A collar will protect the skin on the back of the neck.
9. Wear a hat and sunglasses
10. A hat will keep the sun off the face, neck and ears. It will also protect bald spots.
11. Broad-brimmed hats are best. The brim should be at least three inches wide.
12. If a lot of bending is required, have a flap on the back of the hat, which will keep the sun off the back of the neck.
13. Hardhats can have a flap or extra brim fitted to them.
14. Use sunglasses or safety glasses that filter out UV rays.
15. Use an SPF 15 or higher sunscreen before going outdoors.
16. Use a water-resistant sunscreen when working with water or when perspiring.
17. Some substances increase the harmful effects of ultraviolet radiation. These include industrial chemicals such as asphalt and diphenyls, and some medications. A water-resistant sunscreen will help give protection when there is likely to be skin contact with these substances.
18. Choose a gel, stick or lotion form of sunscreen according to personal preference; no one form is more effective than another.

19. Reapply sunscreen every two hours. If sweating freely, reapply more often.
20. Make sure the face, lips, neck, ears, arms and back of the hands are protected.
21. Ultraviolet radiation bounces off water, sand, concrete, light-colored surfaces and snow. People who work near these areas will need to take extra care.



Mark your calendars

Our 2024 training dates have been confirmed

Albany Fairgrounds – March 12, 2024

Douglas County Fairgrounds – March 13, 2024

Newsletter and Training Notification email address updates

These past few years have brought many changes to some of our member companies. If you have had a change in personnel or added new personnel that you wish to receive this newsletter and information regarding our annual training please contact our secretary Kellie Ramar @ memberreply@oraggregate.com



Don't forget to spread the word to your family and employees about our scholarship. Forms are now available on our website.

Attention OIAA member contacts

Our CPA prefers to email membership renewal invoices. Some of them are bouncing back. Please update the contact for your company that should be receiving these invoices.

Is there someone in your company that you would like to receive this newsletter? Please send information to memberreply@oregonaggregate.com

Current Board of Directors

Erick Staley – Chairman
Jerry Davidson – Vice Chairman
Mary McNatt- Treasurer
Kellie Ramar – Secretary
Bill Ruchti
Andrew Siegmund
Melissa Bronson
Erwin Hackett
Bill Leavens

Our next meeting is tentatively scheduled for September 27th 10 AM
KPD office conference room in Springfield, Oregon

Our meetings are open to all our members. We would love to hear what is happening at your company and if there is anything you would like to share with the association.

Remember your association can only be as good as you help make it.

memberreply@oraggregate.com.