

Health & Safety

Summer 2014



Newsletter

New Contract Wins Major Safety & Health Improvements

The 2014 labor contract has maintained all existing safety and health contractual language and has improved in a number of areas.

The contract was approved in every Division with an overall 82% 'yes' vote. Here are safety and health provisions that affect members:

Line of Duty Death Benefit

Transit work is intrinsically dangerous. It is industrial work. With all the labor laws, MTA Policy Instructions and aggressive oversight by TWU Local 100 safety and health representatives, hazardous work still continues. Track work, bus driving, cleaning dangerous bio chemical hazards from platforms and other work each contain serious problems. That is why the union demanded, and won, a stronger death benefit for line of duty deaths. The new benefits is a cash payment of \$250,000 for any death in the line of duty, up from \$100,000 currently.

Bus Operators Protections

Demanding and forcing the MTA to install bus operator safety shields is the first step. The second step is to force the MTA to install these shields as soon as possible. This contract has set a deadline on these installations: The MTA will accelerate the installation of bus partitions, completing work by January of 2017. This means, regardless of the age of the bus, every bus operator will be protected.

DNA Bus Kits

The MTA [O/ATA] will supply on each bus in passenger service a DNA kit as those utilized in other major urban transportation systems. There are a large number of passengers who engage in the horrible act of spitting on bus operators. With this kit, the bus operator will be able to track down the culprits. And, since this kit will be in the area of bus operator's seat, it should deter such terrible behavior.

Public Health Sanitary Problem Solved

For years bus operators, male and female, were able to use local residential businesses' restroom facilities. That ability slowly dissolved over the past period of time, especially for female bus operators.

Now, the new contract insures that female operators will enjoy improved restroom facilities throughout the system.

Better Death Benefit For All Members

Not to be confused with the "Line of Duty Death Benefit," the new contract improves the Active Service Death Benefit by 5 times: from \$5,000 to \$25,000. This is a huge relief to the immediate family of the deceased worker and all of his or her next of kin.

Occupational Health and Death Benefits – To Be Done

The TWU, along with other trade unions, are always trying to show a relationship between workers who die from occupational health related hazards and their job title.

For example, asbestos related deaths are acknowledged by the New York State Workers' Compensation Board. But, the MTA, at this juncture,

does not view our members who die from asbestosis, asbestos related cancer and mesothelioma as being "line of duty" deaths.

Our work with medical scientists continues to show this relationship and give the next of kin their proper rights.

TWU 100 Preparedness Task Force: Update

The Centerfold from the last Newsletter has been converted into a hard stock poster to be posted on all Local 100 bulletin boards across the System.

The title is: **UNION PREPARES FOR NEXT 'BIG ONE' WITH NEW TASK-FORCE.** The poster includes important checklists for survival kits and key telephone numbers. The heavy rain, flooding and hurricane season are already upon us. So, NOW is the time to get you and your family prepared.

Mold Clean Up

Also, the National Institute for Environmental Health Sciences booklet: "Mold Clean-up and Treatment: Health and Safety Essentials for Workers, Volunteers and Homeowners" is available at the Union Office. Stop by.

September 2013 NIH'S WORKER EDUCATION & TRAINING PROGRAM



Local 100 Endorses Climate Change March At United Nations

- **January 2010, a Snow and Ice Blizzard descends on New York in brutal fashion.**
- **August 20, 2011, Hurricane Irene rips through the region, knocks out power to millions for days.**
- **October, 29, 2012 Superstorm Sandy devastates coastlines, floods the subways and brings New York to a standstill.**
- **In the Midwest, hundreds of tornadoes devastate communities, and wild fires threaten thousands of square miles of acreage and homes in the western states. Coincidence? Or the by-product of climate change?**

On Sept. 23, the UN is holding a Summit on Climate Change. Two days before, on Sunday, Sept. 21, tens of thousands of students, union members, environmental activists, churchgoers, and others, will march on the UN demanding that action be taken to reverse climate change. TWU 100 will be there.

In the short term, as Sandy showed, climate change endangers the homes of many of us and the jobs of all of us.

In the long term, it threatens the future of all our children and grandchildren.

At the same time, members of the TWU bring something special to the fight against this danger. We are uniquely positioned to connect the strengths of the union movement to the goal of reversing the dangers of climate change.

Our members operate the buses and trains of mass transit systems that keep thousands of tons of pol-

lutants out of the air every year. With proper funding, mass transit could do even more. Our members who work on mainline railroads can help promote the development of a national high-speed rail system. Our members at utilities can help work to reduce emissions from power plants and to modernize the grid so that less electricity is lost. And our members at airlines can work to make sure that the shift of traffic to rail takes place without degrading the wages and working conditions of airline workers.

All Local 100 members who want to help build our contingent at the Peoples Climate March are invited to a planning meeting on Thursday, July 31. These meetings will be at 10 AM and 6 PM at the union's hall -- 195 Montague, 3rd Floor, Brooklyn. If you can't make one of these meetings, but want to help bring people on September 21, send a note with your name, title, phone number and/or email address to sdowns@twulocal100.org.

Bus Divisions Officers Meet to Discuss Better Ways to Protect Workers Against Hazards

On April 29, 2014, 16 leaders of bus locations from OA and TA divisions met to discuss improved implementation of the jointly agreed upon Policy Instruction "10.30.3" issued on Feb. 23, 2009..

The Walkaround Inspection is governed by the rules of the "Labor-Management Safety Committee." ***[The Labor Management Safety Committee shall include the responsibility center [RC] head or designee and designated Union representative, who shall jointly chair the monthly Meetings.]***

This 8-hour session was taught by Dave Newman, Industrial Hygienist with the New York Committee for Occupational Safety and Health.

Frank Austin, Director of Bus Safety, chaired the session.

The following bus facility union reps were in attendance: Tuskegee Depot; Jackie Gleason; Michael J. Quill; Kingsbridge; Gun Hill and Eastchester; Ulmer Park; Flatbush; Grand Avenue; West Farms; Manhattanville and Fresh Pond.

Newman reviewed the basic responsibilities that Safety and Health representatives have while conducting the Walkaround Inspection.

It was agreed by everyone that there must be a pre-meeting of the Walkaround team, labor and management, to determine the:

- Scope of the inspection
- The outstanding key hazardous areas and timetable for repairs;
- And those new areas that need to be inspected.

The actual walkaround is not time limited; and everyone agreed that every hazard found during the walkaround is allowed to be on the List of Hazards being written down.

The post-Walkaround period must also be considered to be a formal Post Meeting where time tables for repairs



remediation are set.

The minutes of the meeting, according to the PI, are drawn up by the management representative. No one disagrees with that step. But, everyone agreed that these minutes must be signed off by the union representatives before being submitted to both the Management's Office of System Safety and the Union's Safety and Health Department.

These minutes must be submitted, "by

the management representatives within 5 business days of the meeting."

The union representatives were all on work time-release to attend this 8-hour seminar.

Linda Fernandez the Department of Buses representative from Kings Bridge attended the session.

The full day was full of lively exchanges among union reps and between the union reps and the Department of Buses reps.

TWU Local 100 Officers

John Samuelson

President

Earl Phillips

Secretary Treasurer

Latonya Crisp-Sauray

Recording Secretary

Angel Giboyeaux

Administrative Vice President

Safety & Health Department Officers

Tom Carrano

Director, Subways

Frank Austin

Director, Buses

Dr. Frank Goldsmith

Director, Occupational Health

Your Safety Reps in the Field

Keith Cummings, Harold Boro, Tommy McNally, Tom McGlynn,
Dennis Jones, Steve St. Hill,

Vanessa Jones,

Lawrence Rafolovich

TWU Hotline: 1-888-302-3727; Workers' Comp: 212-873-6000 Ext. 2133

Safety & Health Department Shows True Grit: Gets Hazardous Sanding Discs Out of Service

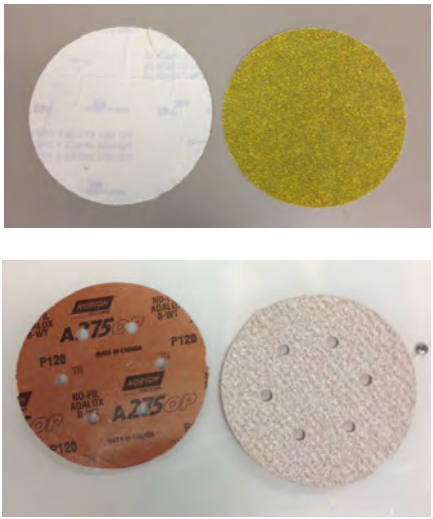
Thanks to quick intervention by the Local 100 Safety & Health Department, management has issued a "Maintenance Alert" regarding the use of certain numbered sandpapers.

Local 100 Safety and Health Representative Harold Boro responded to a number of worker complaints that a course heavy duty P40 sanding disc paper had been introduced for usage without pre-drilled holes.

Boro noted that the holes were a vital safety feature that aligned with holes on the sander itself that in turn was hooked up to a vacuum. He said the vacuum sucks the dust into its canister and not into the work environment. "Without the holes, the vacuum is useless and collects little to no dust

generated by sanding," said Boro. He added that workers tried to compensate by punching their own holes in the disc, but excess paper created by the hand-cut holes hindered the ability of the vacuum to do its job efficiently. The incorrect product was causing a health hazard, according to Boro, because it was exposing the workers to the dust of paints, primers, and other materials.

The union demanded that the offending discs be removed from the stock rooms, and that management issue a safety directive so that wherever the discs had been introduced that they be taken out of service throughout the system.



NOT SAFE



SAFER



Management complied with the union request and issued the following alert.

MAINTENANCE ALERT!

Effective immediately, all DOB/MTA Bus locations are to only use sanding discs with vacuum holes on D/A sanders with vacuum attachments. DO NOT USE SANDING DISCS WITHOUT VACUUM HOLES.

The following TA #s are for sticky-back 6# sanding discs with 6 holes:

- 48-24-4045 # 80 Grit
- 48-24-4052/48-24-4056 # 100 Grit
- 48-24-3398 # 120 Grit
- 48-24-3430 #180 Grit
- 48-24-3425 # 220 Grit

Additionally, **Choice** supplies the following sticky-back sanding discs with 6 pre-drilled holes :

- 80 Grit - 662611-31515
- 100 Grit - 662611-31514
- 120 Grit - 662611-31513

Choice is currently in the process of setting up 40 Grit sticky-back sanding discs with 6 holes.

Additionally, arrangements will be made to set this up in stock. Once the 40 grit is set up, a Maintenance Directive with all this information will be issued.

No Stigma to Work-Related Mental Health Issues

By Howard M. Rombom, Ph.D.
Behavioral Medicine Associates

New York City transit workers are exposed to numerous situations in which the level of stress and occupational difficulty can often result in psychological difficulties, which may require a professional consultation as well as a variety of treatment options.



Occupational difficulties can take the form of stress at work, including the constantly increasing workload, dealing with supervisors, as well as the demand for caution, safety and vigilance in making certain that the city's transit system operates efficiently, effectively, and most importantly, safely.

Occupational difficulties can also arise from interpersonal problems between co-workers who may have problems work-

ing together in a harmonious manner.

Mental health issues are not illnesses, diseases or life-long problems; they are difficulties adapting and adjusting to circumstances in the environment and in an individual's personal life. Personal problems can often result in stress at work; the worker may be suffering from difficulties at home, which impact upon his or her performance while at the job. It is understood in order to help resolve and control these problems, a set of behavioral/psychological skills can be provided to help cope and to develop ways to handle problems in the future. These cognitive behavioral skills include such techniques as relaxing training, focusing of attention, as well as understanding the nature of the situation and changing one's perspective. The way in which we perceive situations is significant. It controls the way we respond emotionally to the event. By changing our perception of a situation we are able to adjust our reaction and become more effective and efficient in coping with routine activities and

daily stressors.

There should be no embarrassment, discomfort, or reluctance to seek help. The types of treatments provided are focused on the here and now and are skills-based; these techniques teach ways to more effectively handle the situations that arise in life and provide a systematic process which can be used throughout one's lifetime. The result is helping an individual cope more effectively, derive more satisfaction from life, and interact more effectively with his/her peers, supervisors, and family.

Your Union Can Help!

Alcoholism, substance abuse, DWI, stress, family issues, financial troubles, gambling, depression . . .

Call the Union Assistance Program (UAP). It's confidential, voluntary, non-disciplinary, and a free union benefit.

212-736-3579

Union Working With Researchers on Effects of Shift Work on Health

Two prominent health researchers, Dr. Nicole Bowles, Ph.D. from the Rockefeller University and Dr. Carla Boutin-Foster, M.D., M.S., from Weill Cornell University will be working with TWU Local 100 on a project to better understand how shift work affects health.

Local 100 representative Liz Wilson, chair of the Women's Committee, will help coordinate the effort for the union.



TWU's Liz Wilson

Dr. Bowles and Dr. Boutin-Foster hope to administer questionnaires that look at a variety of health factors such as stress, support, sleep pat-

terns, and other health behaviors. Dr. Bowles and Dr. Boutin-Foster believe the interviews will provide insight beyond the scope of surveys. They hope to include approximately 70 members in these interviews.

TWU's Wilson said that the interviews are confidential, and will provide an opportunity for members to share how they believe their work schedule im-



Dr. Nicole Bowles



Dr. Boutin-Foster

pacts health behaviors and their lived environment. Wilson added that findings from the study will help the union to better understand how to improve the health of its members. Dr. Bowles said, "transit workers serve a vital role in helping New York City to function and operate on a daily basis. Transit workers enable vast majority of New Yorkers to get to work, get to school, go to recreational activities and then back home to their families. Therefore, maintaining the health of our transit workers is an important matter that impacts all of us." Dr. Bowles believes that transit workers' irregular work or shift work schedules may be a risk factor for

heart disease, diabetes, and other conditions. She added that sleep is also an important factor. "Recent studies report that individuals who work at night or in a rotating shift position, compared to daytime workers, have poorer daytime sleep, reduced nighttime alertness and performance, and possibly increased accident dangers," she said. "It is vital for researchers to better understand how sleep affects health."

Garage Accident Kills a Young NYC Sanitation Worker

Local 100 joined the Sanitation Union in mourning the tragic death of 43-year-old Sanitation worker Steven Frosch, who was killed recently when he was hit by a street sweeper at his garage in Maspeth.

The horrifying incident brings to light similar dangers transit workers face in depots throughout the city with buses and other equipment moving swiftly about the facility.

Dr. Frank Goldsmith, TWU's Director of Occupational Health urged transit workers to be vigilant at all times in the depot. "Workers view their depot as a comfort zone, but many hazards face our members there."



TWU Local 100 Disaster Preparedness Task Force Recommends . . .

Emergency Supplies Checklist for Survival Kit

Build a Kit: Every member of your family should have an individualized Emergency Survival Kit. The emergency survival kit should be robust and contain enough food, water, medications and other consumables to last three days. The following items should be included in your emergency supplies kit:

- Backpack to be used for evacuation
- 4" x 4" Gauze
- 5" x 9" Trauma Gauze
- Ace Bandage
- Roll of Medical Tape
- Antiseptic Wipes
- Bottle of Saline
- Medical Gloves
- Assorted Band-aids
- Whistle
- Work Gloves
- Eye Goggles
- Emergency Blanket
- Extra Batteries
- Dust Mask
- Sanitation Wipes
- Manual Can Opener
- Flashlight - including batteries
- Multi-Tool with Pliers
- Crank Operated Emergency Radio
- Reflective Vest
- Sleeping Bag

Please **add to your kit every week** and begin to build a kit for each member of your family. Be sure to incorporate every family members individual needs and address them in their personalized kit. Be sure to add an entertainment item in your kit like a deck of cards or a paperback book. Most importantly, insure that you rotate your sustainment items on annual basis.

Part 1. Sustainment

- 7-10 Day Supply of Non-perishable Food
- Water Purification Tablets
- 7-10 Day Supply of Water (one gallon water per person, per day)
- Collapsible Water Container
- Ready to Eat Canned Foods
- Candy
- Eating Utensils
- Energy Bars

Part 2. Hygiene

- Toothpaste & Toothbrush
- Feminine Hygiene Products
- Hand Sanitizer
- Garbage Bags
- Resealable Plastic Bags (Quart Size)
- Medication (10 Day Supply)
- Toilet Paper
- Towels
- Travel Soap, Shampoo, Deodorant
- Change of Clothing

Part 3. Tools

- LED Lantern w/batteries
- Glow Sticks
- Duct Tape
- Local Maps
- Waterproof Matches
- Paper and Pencil
- Permanent Marker
- Cell Phone Charger
- Document Holder



Join
TWU Local 100's
Disaster
Preparedness
Task Force
Call:
212-873-6000
ext. 2064

Track Safety Task Force Views Two Safety

The Joint Track Safety Task Force has been overseeing two pilot programs, one of which is currently being implemented and the other will be implemented in the fall.

The first program, i-Tig, involves track inspections while walking through switch areas. This program has been described in past editions but in brief, Local 100 discovered track inspectors were not being sufficiently protected while performing walking inspections in switch areas. The result was the i-Tig program which prevents train movement through switch areas while they are being inspected. The program has been implemented on the IRT as well as the BMT. Training will occur for the



IND commencing in July where it will then be rolled out in the entire system.

The second is for pre-service inspection of trains by Train Operators and Car Inspectors. The pilot that was implemented at 207th St. Yard, in regards to the pre-service inspection of trains, has been successful and will be rolled out system wide in the near future. New flags are currently being procured and the policy will be rolled out some time in the fall.

A long overdue current NYCT rulebook is in the final stages of review and is slated for distribution to all members in the fall.

Submitted by Jack Blazejewicz

Union Mourns L. 100 Conductor Jimmy Willis, 59, WTC Responder

The Local 100 union family is mourning the untimely death of retired Conductor Jimmy Willis, who may be the first transit worker to suffer a service-related death resulting from the World Trade Center disaster. His wife of 15 years, Christy, reported that Jimmy had a fatal heart attack on Tuesday, June 24, 2014. She posted on Facebook: "He was the most wonderful



man and my soul mate. I am lost at the moment but I am so thankful for my daughters who are helping me manage." TWU Director of the Training and Upgrading Fund Hector Ramirez, who worked closely with Willis in the aftermath of the WTC disaster, called him "passionate, relentless, always working for the members."

Jimmy had 18 years of service to New York City Transit when he retired. He was a former President of the NYC Transit Emerald Society and also served as the union's coordinator for heritage events.

His greatest contribution to Local 100 came after the WTC attack. He had spent the morning of September 11th in Astoria, campaigning with the union's political action team for City Council candidate Arthur Cheliotis. The next day, he headed to Ground Zero to render whatever help he could and to help in the search for his cousins, Firefighter Michael Roberts of Ladder 35, and FDNY Chief of the Special Operations Command, Ray Downey. He later told the Local 100 Express: "I had hope on Wednesday night, but when I went back Friday, it looked like the gates of hell, like Dresden or Hiroshima, and I thought, I'm

not going to see my cousins again." Jimmy was an implacable fighter with management on safety issues. The WTC disaster energized his activism and revealed hidden talents. He became a gifted communicator who raised the union's profile in multiple interviews after 9/11, including an appearance in the documentary, "Everyday Heroes," produced by the IAM, which documented the accounts of union workers who responded to 9/11.


Appointed as a Special Assistant to the Local 100 President after 9/11, he organized the union's response to the health problems of workers after the attack and was an outspoken champion in getting transit workers credit with having a major part in the emergency response to 911. His advocacy

for WTC rescuers was recognized by many, including Senator Hillary Clinton. He fought successfully for federal dollars to compensate WTC rescue and recovery workers. Mt. Sinai physician Steven Markowitz, who ran the WTC clinic at the hospital, called him "a selfless, passionate, big-hearted and smart guy."

Jimmy suffered from a variety of health problems after his service at Ground Zero including respiratory, depression, kidney failure, and cardiac illnesses. Jimmy was approved for a NYCERS disability pension and obtained federal money from the World Trade Center fund administered by the Feinberg Commission. With the help of longtime union member and workers' comp rep Joel Fredricson, he qualified for workers' compensation due to exposures to tainted air at Ground Zero.

Besides his wife, Jimmy leaves two stepchildren, Angela, who served in the U.S. Navy, and Amber, as well as two grandchildren, Christopher Jr. (CJ) and Autumn.

If you worked or volunteered at the pile, you are urged to fill in the application to enroll in the WTC Health Program. The form (sample below) can be found on line at:
<http://www.cdc.gov/niosh/topics/wtc/pdfs/NYCResponderEligibility.pdf>

	<small>Form Approved OMB No. 0920-0891 Exp. Date 12/11/2011</small>
World Trade Center Health Program Responder Eligibility Application (Other than FDNY)	
A World Trade Center (WTC) Health Program General Responder is a worker or volunteer who provided Rescue, Recovery, Demolition, Debris, Removal and related support services in the aftermath of the September 11, 2001 attacks on the World Trade Center but was not affiliated with the Fire Department of New York.	
If you believe that you are eligible for enrollment in the WTC Health Program, please provide the following information to begin the eligibility determination process:	
Today's Date ____/____/____	
Last Name _____	
First Name _____ Middle Name _____	
Mailing Address _____	
E-mail address _____	
City _____ State _____ Zip Code _____	
Primary Phone # (____) - _____ - _____	
Secondary Phone# (____) - _____ - _____	
Date of Birth ____/____/____ Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
Place of Birth _____	
Government Identification Number _____	

It's Summer! Protect Yourself From the Dangers of Working in Excessive Heat!



Protecting Workers from Heat Stress

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions your employer should take any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

To Prevent Heat Illness, Your Employer Should

- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.



For more information:

OSHA® Occupational Safety and Health Administration
U.S. Department of Labor
www.osha.gov (800) 321-OSHA (6742)

OSHA 3154-09-11R



- Schedule frequent rest periods with water breaks in shaded or air-conditioned areas.
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.



How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.

If you have any questions or concerns, call OSHA at 1-800-321-OSHA (6742).

For more information:

OSHA® Occupational Safety and Health Administration
U.S. Department of Labor
www.osha.gov (800) 321-OSHA (6742)

For Transit Properties
Be sure there is plenty of **COLD** water and **ICE** available.