

Safety on the Road

National Safety Council — Safety on the Road



In 2015, more than 38,000 people died in motor vehicle crashes; some of these fatalities involved people who drive for a living. According to Injury Facts 2016, the Council's annual report on unintentional injuries, the three biggest causes of fatalities on the road are alcohol, speeding and distracted driving.

Together We Can End Impaired Driving

Impaired driving is driving while drunk, drugged, drowsy and/or distracted. All of these are dangerous. All of these are preventable. In addition to the National Safety Council, these traffic safety and health advocacy organizations are working to end impaired driving:

- Consumer Healthcare Products Association
- Governors Highway Safety Association
- National Sleep Foundation
- Recording Artists, Actors and Athletes Against Drunk Driving
- Foundation for Advancing Alcohol Responsibility
- Students Against Destructive Decisions

Paving the Way to Safer Roads

With advancements in cell phone technology, distracted driving has been an increasing and misunderstood trend. In fact, findings from a recent NSC public opinion poll indicate 80% of drivers across America incorrectly believe that hands-free devices are safer than using a handheld phone.

Distracted driving, whether hands-free or handheld, is a dangerous threat to roadway safety.



It's always **SAFETY FIRST**.

Austin employees have worked 1,544,867 hours without a Lost Time Accident through 4/2017.

Educating Teen Drivers

For teens just learning to drive, car crashes are the No. 1 cause of death — mostly due to inexperience. Graduated Driver Licensing systems are proven to reduce crashes involving teen drivers by as much as 40%, minimizing common risks such as passenger distraction, nighttime driving and cell phone use.

Employers are Taking Action

Millions of people drive as part of their jobs. Some are professionally trained drivers, many are not. If a job does not primarily involve driving, the employee often does not receive the same kind of safety management or engagement in driving safety that others may get.

Employers need to manage the safety of their employees on the roads, just as they manage other risks in the workplace. Start with an understanding of keeping employees safe. The NSC Journey to Safety Excellence incorporates leadership and employee engagement, risk management, safety management systems and measurement.

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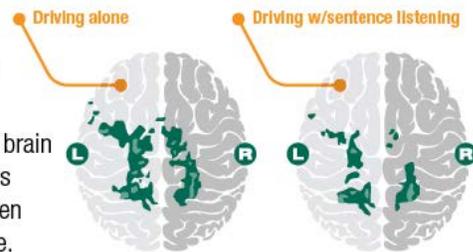
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MULTI-TASKING: THE BIG FAT MYTH

The brain quickly toggles between tasks — but can't do two things at the same time.

The activity in the area of the brain that processes moving images **decreases by up to 1/3** when listening to talking on a phone.



Defensive Driving Safety Training

Nobody knows driver safety training like the people who pioneered it more than 50 years ago. NSC created the first defensive driving course in 1964 and has been the leader in driver safety training ever since. NSC offers many options for defensive driving safety training for employees who are on the roads day in and day out.

Off-the-job crashes account for 80% of employer crash-related health benefit costs, and half of crash-related injuries cause employees to miss work. According to Injury Facts, the average economic cost due to a crash was more than \$1 million per death and more than \$78,000 per nonfatal disabling injury. Employers pay significant costs associated with off-the-job crashes, including decreases in employee health, well-being, and productivity, and increases in lost time from work and insurance costs.

To prevent motor vehicle crashes involving their employees on and off the job, employers should:

- Apply principles of the Journey to Safety Excellence
- Engage employees to understand the risks they face while driving, take action to address the risks, and implement measures to track progress
- Offer defensive driving courses and other training specific to the risks faced
- Offer programs for employees with alcohol or prescription or illegal drug problems
- Enact a corporate cell phone policy to prevent all cell phone use behind the wheel
- Enact a policy that requires employees to wear seat belts
- Ask NSC experts to assess your organization's road safety systems,



Teens' Biggest Safety Threat is Sitting on the Driveway

Half of all teens will be involved in a car crash before graduating from high school. Parental involvement doesn't end when a child gets a license. Teen drivers who continue to practice with their parents increase their chances of avoiding a crash.

May is Global Youth Traffic Safety Month

Global Youth Traffic Safety Month brings safety advocates together every May to focus on the prevention of vehicle crashes, the No. 1 cause of death for teens. It is a program of the National Organization for Youth Safety, in partnership with the National Highway Traffic Safety Administration, "Drive It Home" (an initiative of the National Safety Council) and other partners.

Here are some statistics from NOYS:

- 66% of teen passengers who die in a crash are not wearing a seat belt
- 58% of teens involved in crashes are distracted
- 25% of car crashes involved an underage drinking driver
- 5% of teen deaths in crashes are pedestrians and 10% are bicyclists

The goal is to empower young people to lead projects and programs across the country addressing the issue of teen motor vehicle crashes. The campaign gets under way each year during a high-risk time for young drivers: prom, graduation and summer driving.

Laws Aren't Enough — But Household Rules Come Close

No state has laws strong enough to fully protect new teen drivers. Household rules about passengers, nighttime driving and cell phone use can fill gaps in state laws.

Teens Crash Because They Are Inexperienced Drivers

Contrary to popular belief, teens crash most often because they are inexperienced. They struggle judging gaps in traffic, driving the right speed for conditions, and turning safely, among other things.



Pictured: Michael Sample with Liberty Mutual presenting Accident crash prevention techniques, followed by an experience of a lifetime. In addition to experiencing a hydroplaning vehicle. At 30+ mph and putting the car in a 360-degree spin, we learned the difference between putting ABS breaks on a vehicle versus standard breaks. At 30+ mph, I was able to stop a car in less than 35 feet with full control. Without ABS, 70 yards without control. No matter how long you have been driving, I highly recommend taking the Liberty Mutual driving class. See the video here: [<http://bit.ly/2rfSxBS>].



Pictured: Liberty Mutual and AON held a Kajima USA safety conference on May 23, 2017. Left to right Randy Dunagan (Liberty Mutual), John Trotter (Liberty Mutual), Charlie Engel (Austin), Gregory Crocker (AON), David Adsit (Batson Cook), David Storch (AON), Bill Madden (Batson Cook), Anibal Esquef (AON), and Joaquin Diaz (HDCC). Not in picture — Roman Iwanciw.

Cal/OSHA Cites Two Companies After Confined Space Death (\$352,570 for ten serious and willful health and safety violations)

EHS Today — Stefanie Valentic | OSHA Enforcement May 10, 2017

D&D Construction Specialties Inc. and Tyler Development Inc. are cited for ten serious and three willful violations following a May 10, 2017 worker's death.

Excavation and trenching are among the most hazardous construction operations. OSHA defines an excavation as any man-made cut, cavity, trench or depression in the earth's surface formed by earth removal. A trench is defined as a narrow underground excavation that is deeper than it is wide, and is no wider than 15 feet (4.5 meters).



Dangers of Trenching and Excavation

On Oct. 21, 2016, a D&D Construction employee entered a drainage shaft to clean out mud and debris.

No personal fall protection was utilized as the worker descended via bucket 10 ft. into the shaft, which was 4.5 ft. in diameter and lined with concrete.

At some point, the worker lost consciousness due to the oxygen deficient atmosphere in the confined space and fell 40 ft., then drowned in a foot of water.

"Cal/OSHA launched a confined space educational program to bring attention to the dangers and preventable deaths that occur in confined spaces," said Cal/OSHA

Chief Juliann Sum in a statement. "The program helps employers identify hazards and create effective safety plans that include air monitoring, rescue procedures and training before work begins."

General contractor Tyler Development was constructing a single-family residence in the Bel Air area and hired subcontracted D&D Construction to install and service reinforced concrete posts known as caissons¹ on the property, according to the agency's report.

The state-run occupational safety unit cited Tyler Development and D&D Construction Specialties Inc. a combined \$352,570 for ten serious and willful

health and safety violations following an investigation. Cal/OSHA said neither company was in compliance with required confined space procedures.

D&D Construction previously was cited in 2012 for similar safety violations at a different job site.

In total, D&D has to pay a proposed \$337,700 for 13 violations, including two willful serious accident-related, one willful serious, one serious accident-related, six serious, and three general in nature.

According to Cal/OSHA, the company failed to:

- Ensure safe entry into the confined space
- Have an effective method to rescue the worker in the confined space in an emergency
- Test the environment to determine if additional protective equipment, such as a respirator or oxygen tank, were required to work safely in the shaft.

Tyler Development was cited \$14,870 for five violations, three of them serious, for a failure to:

- Evaluate the worksite for possible permit-required confined spaces
- Ensure that the subcontractor meets all requirements to comply with a permit space program
- Protect workers from the hazard of impalement by guarding all exposed reinforced steel ends that extend up to six feet above the work surface with protective covers



Pictured: Lori Stabler and Mike Kane received their safety certificates for successfully completing the Crystalline Silica for Construction and Confined Space in Construction training. Congratulations!

Is A Heat Stress Program Required By OSHA?

Safety First Consulting — May 25, 2017

Is a written heat stress program required by OSHA? The answer depends on where workers are working. Heat stress is usually associated with construction work and other work outdoors during summer months (particularly in the southern and southwestern United States), but heat stress can be an issue while working inside as well. Working in or near kitchens, industrial ovens, heat processing, foundries and other hot areas subject workers to the risks of heat stress.

Although there is no specific Occupational Safety and Health Administration (OSHA) standard that addresses heat stress, OSHA frequently utilizes the General Duty Clause of the Occupational Safety and Health (OSH) Act to cite employers who should have a written heat stress program in place. The General Duty Clause says employers are required to "...provide a place of employment free from recognized hazards that are causing or are likely to cause death or serious physical harm to its employees." Employers know if the workplace or work area is hot or not, so employers are expected to have hazard controls in place to protect workers exposed to hot work environments.

The Body's Coping Mechanisms for Heat

The body can maintain a constant internal temperature by varying the rate and volume of blood circulation to the outermost layers of skin and releasing fluid onto the skin through sweat glands. When the moisture evaporates, it cools the skin and the body.

However, when ambient temperatures approach the skin's temperature, it becomes more difficult for the body to cool itself. If the ambient temperature reaches or exceeds the skin's temperature, the blood that is brought to the body's surface



cannot lose its heat, and as a result, sweating becomes the primary method of maintaining constant body temperature.

Evaporating moisture (sweat) from the skin is a very effective method to cool the body. When weather conditions include high humidity, sweat has a more difficult time evaporating from the skin, which can greatly disrupt the body's ability to cool itself.

Thankfully, human beings are generally able to adjust to the heat. Employers can utilize acclimatization as a method of gradually exposing workers to a hot work environment for increasingly longer periods of time. Full acclimatization typically takes from five to seven days. If done properly, acclimatization will prepare the human body to adapt to hotter temperatures.

Heat Stress Illnesses and Symptoms

There are five basic types of heat-related health issues and illnesses that can develop from working in hot environments, including:

- Heat cramps
- Fainting
- Heat rash

- Heat exhaustion
- Heat stroke

Heat Cramps

Heat cramps can manifest independently, or they can develop with another heat-related illness. Heat cramps are actually muscle spasms caused by sweating while working muscles hard in hot environments. Heat cramps are very painful and they may be caused by improper salt levels in the body (too much or too little), and muscles tend to be more susceptible to heat cramps when they are overworked.

Fainting usually occurs when an acclimatized worker stands in one position for a long time, but recovery is usually adequate after a brief break to lie down or sit. Keeping the blood circulating can reduce the risk of fainting, so workers should be encouraged to move around rather than standing still.

Heat Rash typically develops on the skin in hot, humid conditions where sweat does not easily evaporate from the skin. When sweat ducts become clogged with dried sweat or dirt, heat rash usually develops.

If the rash becomes infected, it makes an already uncomfortable condition almost intolerable. Bathing and drying the skin on a daily basis, particularly after working in hot environments, can help reduce the likelihood of developing a heat rash.

Heat Exhaustion is associated with losing an abundance of salt by excreting a large volume of sweat. A worker who is experiencing heat exhaustion will still sweat, but may have some of the following symptoms:

- Headache
- Dizziness
- Weakness
- Mood changes
- Confusion
- Irritability
- Nausea
- Vomiting
- Urine of darker color and smaller quantity
- Pale or clammy skin

Heat Stroke is the most dangerous form of the heat stress illnesses and could result in death of the victim. Heat stroke is the result of the body's temperature-regulating system failing. Heat stroke victims typically have the following symptoms:

- No sweating
- Dry, pale skin
- Mood changes
- Irritability
- Confusion
- Seizures
- Unconsciousness

Call For Emergency Care

While victims of heat cramps, fainting and heat rash can be treated with rest, cool water and shade, and possibly a shower, victims of heat exhaustion or heat stroke must be taken more seriously as they are potential life-threatening situations.

Heat Exhaustion

Assist victims of heat exhaustion by:

- Moving the person out of the sun or away from the heat source and into

- a cooler/shaded area
- Provide sips of cool water to drink
- Cool the victim by fanning and providing a wet cloth
- If the victim is dizzy, lay them down and raise the feet 6 to 8 inches
- If the victim is nauseous, lay the victim on his or her side
- Loosen or remove clothing, and most importantly...
- Stay with the victim

The victim's condition can rapidly change the illness from heat exhaustion to heat stroke, and the victim's life could depend on having someone available to call for help. If the victim doesn't feel better in a few minutes, call for emergency help immediately.

Heat Stroke

If the victim is diagnosed as having heat stroke, call for emergency help right away (911). Perform the same first aid actions list above for heat exhaustion, plus:

- If the victim is unconscious, lay the victim on his or her side
- If the victim has a seizure, remove any objects on the victim or nearby that could cause harm
- Provide cool water if the victim is conscious, but provide the water in small sips
- Place ice packs underneath the armpits, behind the knees, and in the groin area.

Who Is At Greater Risk?

Anyone working in hot environments is susceptible to heat stress illnesses, but workers have an elevated risk of developing a heat stress illness when they:

- Are dehydrated
- Are tired or fatigued
- Have non-regular exposure to hot and humid environments
- Are over the age of 40
- Are overweight or otherwise in poor physical condition
- Are on some medications

- (diuretics, some tranquilizers, and antihistamines)
- Have a history of heat stress illnesses
- Have consumed alcohol or drugs within the past 24 hours
- Have a heat rash or a sunburn, and/or
- Wear too much clothing

Preventing Heat Stress Illnesses

Workers can be protected from dangers associated with working in hot environments by doing the following:

- Train all workers how to recognize symptoms of heat-related illnesses and how to appropriately respond to them
- If possible, schedule the hardest work during the coolest part of the day
- Promote workers using the buddy system (working in pairs) to keep an eye on one another
- Provide plenty of clean, cool water and remind workers to sip water (at least one cup) every 15 to 20 minutes
- Encourage workers to wear light-colored, loose-fitting clothing that is breathable (as permitted by working conditions)
- Provide cool shaded areas and promote workers to take frequent micro-breaks there
- Encourage workers not to consume large, heavy meals or consuming caffeine or alcoholic beverages within 24 hours of working in hot environments
- Attempt to contain radiant heat by placing shields around hot machines or furnaces where it is safe to do so
- Increase insulation around heat-producing machines and furnaces
- Open windows and doors where appropriate
- Use exhaust ventilation, fans and/or air conditioning where possible
- Provide tools and equipment to reduce worker exertion

Planning Ahead for Hot Weather: Employer Checklist

Develop a list of hot weather supplies (e.g., water, shade devices, etc.). Estimate quantities that will be needed and decide who will be responsible for obtaining and transporting supplies and checking that supplies are not running low.

Create emergency action plan for heat-related illnesses (who will provide first aid and emergency services, if necessary).

Develop acclimatization schedule for new workers or workers returning from absences longer than one week.

Identify methods to gain real-time access to important weather forecast and advisory information from the National Weather Service and ensure the information is available at outdoor work sites (e.g., laptop computer, cell phone, other internet-ready device, weather radio).

Determine how weather information will be used to modify work schedules, increase the number of water and rest breaks, or cease work early if necessary.

Train workers on the risks presented by hot weather, how to identify heat-related illnesses, and the steps that will be taken to reduce the risk.

Plan to have a knowledgeable person on the worksite who can develop and enforce work/rest schedules and conduct physiological monitoring, when necessary, at high and very high/extreme risk levels for heat-related illness.

Daily Planning for Hot Weather: Employer Daily Checklist

Is there plenty of fresh, cool drinking water located as close as possible to the workers?

Are water coolers refilled throughout the day? (Has someone been designated to check and make sure water is not running

low?)

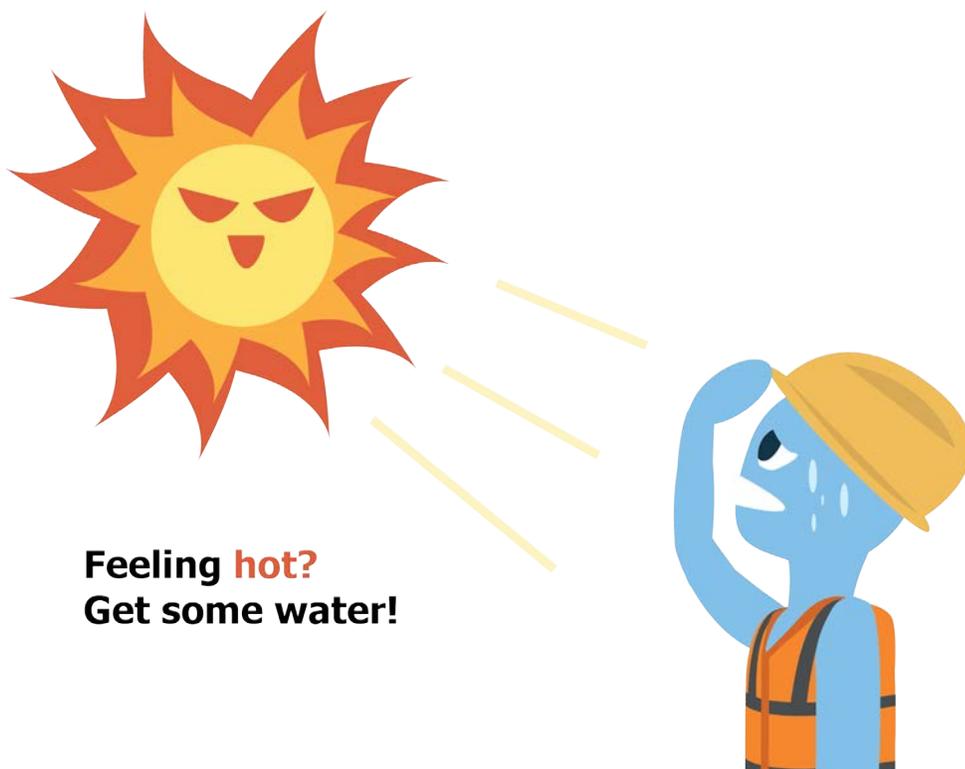
Is shade or air conditioning available for breaks and if workers need to recover?

Do workers know the:

- Common signs and symptoms of heat-related illness?
- Proper precautions to prevent heat-related illness?
- Importance of acclimatization?
- Importance of drinking water frequently (even when they are not thirsty)?
- Steps to take if someone is having symptoms?
- Does everyone know who to notify if there is an emergency?
- Can workers explain their location if they need to call an ambulance?
- Does everyone know who will provide first aid?
- For high and very high/extreme

heat index risk levels, is there a knowledgeable person at the worksite who is well-informed about heat-related illness and able to determine appropriate work/rest schedules and can conduct physiological monitoring as necessary?

- Are workers in the high or very high/extreme heat index risk levels being physiologically monitored as necessary?
- Drink water often
- Rest in shade
- Report heat-related symptoms early



Connecting the Worker to Hearing Protection

EHS Today — Brad Witt, MA, CCC-A — May 10, 2017

In a connected workplace, employees and supervisors accurately would know how much protection each worker achieves with a particular earplug or earmuff.



New Regulation for General Industry

Since the inception of hearing conservation regulations hatched in the 1970's, efforts to stop noise-induced hearing loss always have been tied to a lagging indicator — namely, audiometric testing. If repeated audiometric testing indicates a progression of hearing loss among noise-exposed workers, then we know something is amiss in the hearing conservation program.

By relying on audiometric testing, intervention often begins after the damage has been done. Employers refit hearing protection or reduce the noise exposure only after an employee demonstrates a downward shift in hearing.

In the last decade, the Bureau of Labor Statistics reported rates of hearing loss in private industry as being nearly flat — not the hoped-for loss prevention that the 1983 Hearing Conservation Amendment was intended to inspire. At a workplace, this fact often is voiced in comments from safety managers: "We measure the noise, provide protectors, and test the hearing

of the workers — and we still show shifts in hearing, year after year. What are we doing wrong?"

The disconnect occurs for several reasons. The published noise reduction rating (NRR), based on laboratory testing of 10 people under ideal conditions, often is a poor predictor of individual protection in the real world. Estimated noise exposures under the hearing protection for any given worker are usually wild guesses. Hearing protectors often compete with verbal communication, causing a disincentive for proper wearing. The only success metric defined in the regulation — audiometric testing — is a lagging indicator that takes years to indicate a problem. It all spells trouble for companies that are trying proactively to stop occupational hearing loss before it shows up as a recordable shift or compensation claim.

In a connected workplace, employees and supervisors accurately could know how much protection each worker achieves with a particular earplug or earmuff. Noise levels could be monitored real-time under the protector, and workers and managers

could be alerted when exposures reach hazardous limits. Communication could be enhanced, not degraded, by the personal protective equipment (PPE).

In short, the hearing protector would document its own effectiveness.

The good news is that these technologies all are available in the workplace.

Fit Testing

For decades, the safety manager's only tool for predicting protection levels from an earplug or earmuff was the NRR on the package. But hearing conservation professionals have long recognized that the NRR is not a good predictor of real-world attenuation.

Under current EPA regulations, the NRR is based upon ten people tested in an acoustic lab under ideal conditions. The hearing protector is fit on the subjects by the experimenter, and the subjects sit motionless in a chair for the duration of the testing. No head or jaw movements are allowed; the subjects wear the

protectors for only a few minutes at a time and the discomfort of the fit is not considered in the testing process. With such a contrived test set-up, it is understandable that many hearing conservation professionals describe the NRR as “not really relevant” to real-world protection.

Fit testing of hearing protection allows a safety manager to measure the protection levels of hearing protectors in the field under real-world conditions. Several systems allow users to test the real earplugs workers normally use, fit just the way the worker normally inserts them. The resulting measurement needs no de-rating or adjustment to predict real-world protection; it is the real-world protection measurement. Workers walk away from their fit-testing knowing what a good fit feels and sounds like; managers have documentation of a good fit, adequate for the noise levels on-site.

Fit-testing now is accepted as a best practice in many hearing conservation programs. In a Best Practice Bulletin published by an OSHA Alliance of hearing conservation professionals, seven benefits of fit-testing of hearing protectors were defined. The bulletin endorses fit-test systems for their value in assisting to select proper protection, train workers in proper fitting techniques and re-fit workers whose audiometric results demonstrate a shift in hearing. Fit-test systems also provide valuable documentation that the employer has provided adequate protection and training for its noise-exposed workers. Rather than relying upon the lagging indicator of audiometric testing, fit-testing is a leading indicator that identifies a hearing protection problem months or years before it shows up as a recordable shift.

In-Ear Dosimetry

While fit-testing provides a snapshot in time regarding the protection levels of a hearing protector, there is no guarantee a worker repeatedly will fit the protector

in that same manner. In-ear dosimetry, however, continuously monitors real-time protection levels under the protector, and alerts the worker immediately so that proactive measures can prevent hearing damage.

Technology that connects us to our surroundings has bloomed in the past decade. We can connect remotely to the heat or lighting in our homes. Personal sensors can warn us of hazards while we work, drive and even sleep. Many of these devices are wearable, giving us immediate feedback to our heart rate, quality of exercise or other biometric alerts.

In the noisy workplace, the connected worker wears protection that verifies its own efficacy. While traditional noise dosimetry takes measurements from a microphone mounted on the shoulder of a worker, in-ear dosimetry essentially inserts that microphone under the PPE (on the eardrum side of an earplug or under the ear cup of an earmuff). Real-time sensors alert the worker when noise levels under the PPE exceed safe exposures, and integrated dosimetry monitors the overall noise dose throughout the day. The worker and supervisor can be alerted long before the noise dose approaches hazardous levels.

The additional benefit of in-ear dosimetry is its ability to measure any “cheating” in the use of the protector. To hear critical sounds, workers sometimes remove their earplugs, or lift off their earmuffs for just a minute or two, assuming that a few minutes without protection “isn’t a big deal.” But it is a big deal.

In hazardous noise, small intervals of no protection quickly void long periods of adequate protection, due to the logarithmic scale used in measuring decibels. Fifteen minutes of cheating out of an eight-hour workday easily can decrease protection levels by one-half for the entire workday. Using in-ear dosimetry, if a worker removes the PPE

for just a few minutes for any reason, the dosimeter will be reading high because it is capturing the ambient loud noise levels. An overexposure alert can be triggered not just for a poorly-fitted earplug or earmuff, but also for a protector that repeatedly is removed throughout the day, exposing the worker to short bursts of hazardous noise.

The biggest benefit from technologies like fit-testing and in-ear dosimetry is the elimination of surprises. No longer do employees suddenly show up with a hearing loss, several years into the audiometric testing program. Instead, these connected workers and their managers know on day one of employment whether their protected noise exposures are hazardous, and corrective intervention immediately can be implemented.

Communication

A noisy worksite filled with warning signals, radio communication and moving equipment gives a worker a ready excuse for not wearing hearing protection. “I would rather lose my hearing than lose my life,” the rationale goes. The assumption is that earplugs and earmuffs isolate the worker from critical sound, and the worker must choose one or the other. But it’s a myth to assume critical communication and hearing protection cannot co-exist.

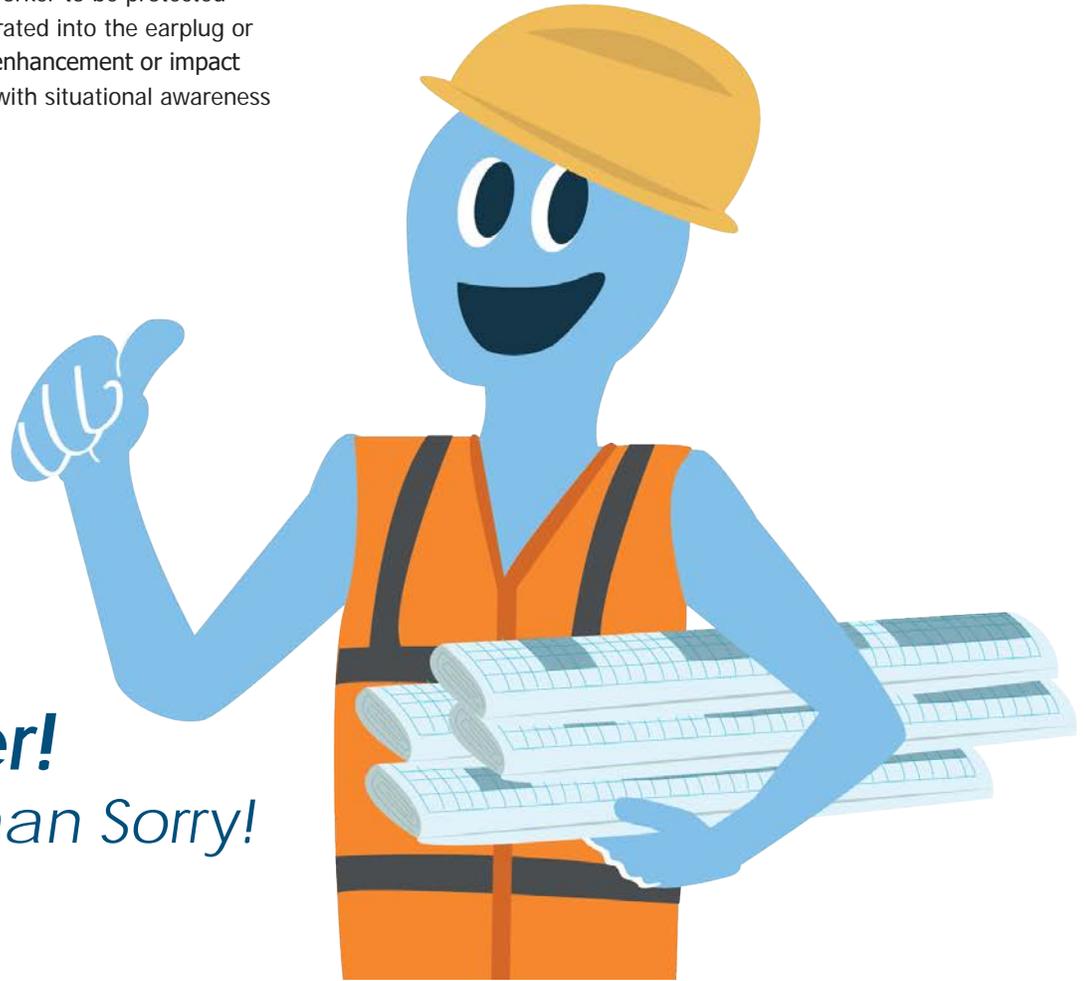
In a NIOSH field study exploring why noise-exposed workers don’t wear their hearing protection, the primary reason given was the workers’ fear that it would interfere with communication and job performance. The problem especially is acute for workers with an existing hearing loss. For them, wearing earplugs or earmuffs produces a double hearing loss: the attenuation of the protector overlaid on their existing loss.

Fortunately, manufacturers have responded with a number of speech-friendly hearing protectors. Some electronic earmuffs are designed with amplification circuitry that makes speech

easier to understand in intermittent noise. At safe noise levels, these earmuffs amplify the signal, allowing easy conversation while wearing the protectors. But when incoming noise levels above safe limits are detected, these immediately revert to a noise-blocking, passive earmuff to offer optimal attenuation.

New intelligent devices borrow technologies from military applications, where incoming sound from a communication radio is enhanced to make speech more audible, while background noise is electronically suppressed. Today's hearing protectors allow the noise-exposed worker to be protected but still connected. Technology integrated into the earplug or earmuff (like Bluetooth link, speech enhancement or impact noise reduction) provide the worker with situational awareness and communication.

In today's workplace, the connected worker uses smart technology to increase productivity without sacrificing safety. Technologies that measure real-world protection, PPE that verifies its own efficacy and hearing protectors that enhance communication connect workers to their job, their environment and their own safety awareness.



Remember!
Better Safe than Sorry!

SAFETY REMINDER

In case of SERIOUS injury or accident on the project (i.e., accident requiring hospitalization, near fatalities, etc.) you must notify Austin's Regional Management and Safety Director, Charlie Engel, at 256-289-4807.

Also, do you have safety information that you want to share? Contact Charlie.

