



Alaska

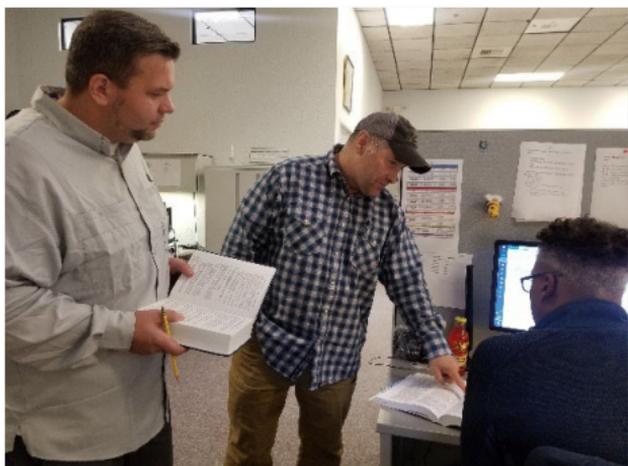
Occupational Safety and Health
Consultation and Training
AKOSH C&T



Revised October 2022

Alaska Occupational Safety and Health Consultation and Training (AKOSH C&T)

Consultation and Training provides **FREE** and confidential assistance to help employers recognize, evaluate, and prevent workplace hazards. Consultation's trained and highly qualified professionals help employers detect potential hazards and establish/maintain safe and healthful workplaces.



Consultants Mitch Wallace, Brad Buechner, and Rod Bracken researching regulations

Why Use Consultation and Training Services?

All consultation visits and most trainings are **FREE**; smaller employers receive priority services. Consultants DO NOT issue citations or penalties. Employers can request on-site visits and training to fit specific needs of their company by completing a *Request Form* to specify which services are needed. [Request forms](#) are located at:
http://labor.alaska.gov/lss/forms/consultation_training_form.pdf

Travel

Whether it's Kotzebue, Kodiak, Juneau, Fairbanks, Dutch Harbor, or the North Slope, Consultation consultants will travel wherever they are needed at no cost to the employer to deliver consultation services.



Consultants Michael Flint and Heather Miley test equipment before a safety visit

AKOSH Consultants receive specialized training from various safety and educational facilities to include: Pacific Northwest OSHA Education Center, the OSHA Training Institute, and various training programs throughout the state.

What can C&T Consultants do for you?

- Travel to your worksite to help identify hazards
- Make suggestions to fix recognized hazards
- Provide necessary tools to help develop a written safety and health program
- Provide free on-site monitoring of noise, vapors, fumes, and particulates
- Conduct free or low-cost training specific to your company's needs.



Consultants in excavation cla

Benefits of C&T Services

Save Money

A strong workplace safety and health program makes “good business sense” and yields major returns on your investment. Each avoided workplace injury saves approximately \$8,500. Reducing Worker’s Compensation claims will help keep premiums and injury and illness rates low.

Engage Your Workforce

An effective safety and health program at your worksite will put your workers in a better position to become more effective at their jobs, increase productivity rates, and assure product quality.

Confidential

Consultation services are kept confidential from the AKOSH Enforcement section. Consultants are prohibited from disclosing information to Enforcement Officers while working with an employer.

Types of AKOSH Training

Site-Specific Training

Employers may request site-specific training on various topics such as fall protection, accident prevention, personal protective equipment, bloodborne pathogens program, scaffolding, monitoring, and other OSHA-regulated training.

OSHA 10-Hour General Industry or Construction

AKOSH provides OSHA 10-Hour training in Construction and General Industry for employers throughout Alaska. This two-day course is offered to employers who require certification for their staff in Construction or General Industry. A minimum of ten employees are required to attend.

Workplace Violence Training (WPV)

This training covers basic WPV prevention techniques and addresses concerns regarding the safety and protection of employees in case of a WPV event. Additional WPV topics include:

- Customer Service De-escalation Techniques
- Bully Prevention Awareness
- Preventing Hostile Work Environments

Seafood Training

AKOSH offers employers a free, two-day seafood training session for supervisors and management personnel in the seafood industry.

Understanding OSHA Rights Training

This one-hour presentation discusses employees' rights and employers' responsibilities as defined by the 1970 OSHA Act. To request training, complete a [request form](#) located at:

http://labor.alaska.gov/lss/forms/consultation_training_form.pdf

What Employers can Expect from a Visit

Many hazards identified during the visit may be corrected on-site. Employers can make corrective actions during the visit. Having supervisors and key personnel readily available during the visit is an excellent way to get things done.

If serious hazards cannot be corrected during the consultation visit, consultants can help the employer develop a plan for corrections with specific target dates (typically within 60 days) from the date of the visit. Short-term interim protective measures may be necessary.

Following the consultation visit, the employer will receive a **confidential** written report that details the consultant's findings. The report includes recommendations for hazard corrections and other supporting materials. If more time is needed to correct a hazard, the employer can submit a request for an extension.



Industrial Hygienists Heather Miley and Gina Agron assess noise levels during forklift operations.

Partnerships

Alaska Partnership Programs provide an opportunity for diverse employers to work cooperatively with AKOSH to improve workplace safety and health performance. Acceptance into a partnership is an achievement that will require significant ongoing efforts. The goals of partnership are varied and may include:

- Reduce accidents and related costs
- Increase productivity with less downtime and improved employee morale
- Improved industry focus on causes of workplace accidents
- Reduced Worker's Compensation costs and reportable injuries.

AKOSH has three Cooperative Programs:

1. Safety and Health Achievement Recognition Program (SHARP)
2. Voluntary Protection Program (VPP)
3. Construction Health and Safety Excellence Program (CHASE)

Safety and Health Achievement Recognition Program (SHARP)

SHARP is an exemption and recognition program that recognizes the safety and health practices of small employers that operate an exemplary safety and health program. Acceptance into SHARP is an achievement that demonstrates the employer is a role model for other business peers.



Elaine Banda, Chief of Consultation and Training presenting SHARP renewal certification to Fairbanks Community Food Bank



Lynden Transport SHARP induction ceremony (March 2021)

Benefits of SHARP

SHARP sites lead the way by example and inspire positive and creative change throughout their industries. Participants engage in conscientious hazard reporting and correction. SHARP participants emphasize positive worker involvement in safety and health activities. Benefits include:

- Reduced accidents and related costs
- Increased productivity with less down-time
- Improved safety culture and employee morale
- Collaboration with other SHARP members on safety and health topics



*Mitch Wallace, Safety Consultant,
SHARP Coordinator*

SHARP Participation (Getting Started)

1. Receive a cost-free full-service Safety and Health Consultation visit with a comprehensive review of safety and health management systems.
2. Implement and maintain a safety and health management system that meets or exceeds OSHA's guidelines.
3. Injury and illness rates do not exceed the national average for the company's industry.
4. Notify Consultation when changes in working conditions or work processes may introduce new hazards into the workplace.

Voluntary Protection Program (VPP)

Voluntary Protection Programs (VPP) promote effective worksite-based safety and health performance. In VPP, management, labor, and AKOSH establish cooperative relationships to implement a comprehensive safety and health management system. Approval in VPP provides official recognition of the outstanding efforts of employers and employees who have achieved exemplary occupational safety and health.



VPP Team at the Central Processing Facility #1 Conoco Phillips, Kurparuk, Alaska. Christian Hendrickson-VPP Coordinator, Rodney Bracken-Safety Consultant, Heather Miley-Health Consultant, and Adante Jones-Lead Safety Consultant

Getting Started

1. The first step toward VPP is to establish a strong safety & health program.
2. Schedule cost-free assistance through AKOSH C&T. A consultant will review your operations and provide guidance.
3. Contact the VPP Coordinator to request a VPP application: (907) 269-4946.
4. Submit a completed VPP application to the [AKOSH VPP Coordinator](mailto:christian.hendrickson@alaska.gov) at christian.hendrickson@alaska.gov

To participate in VPP, employers must:

- Maintain safety and health management system excellence
- Maintain a cooperative relationship with AKOSH C&T
- Maintain employee support for VPP participation
- Maintain compliance with OSHA regulations and work toward industry best-practices
- Commit to continuous improvement.
- Conduct outreach and mentorship to promote safety and health excellence with industry peers.

Construction Health and Safety Excellence Program (CHASE)

In Alaska, construction presents unique safety and health challenges compared to almost any other industry. Construction companies in Alaska experience an extremely high rate of injuries. Construction is a high hazard industry and consequences of workplace injuries are often catastrophic.

CHASE was created to provide a partnership between licensed Alaska contractors and AKOSH to take a proactive approach in reducing these injuries, illnesses and fatalities within the construction industry in our great state.



Dawson Construction CHASE Ceremony, Juneau Alaska

How does CHASE work?

Through an established and structured approach, consultants work with contractors within the parameters of the program's guidelines. There are three levels of participation:

- AK Blue
- AK Gold
- AK-Flag

CHASE participants enter the program at the AK-Blue or AK-Gold level for a period of five years, after which they may qualify for AK-Flag status.

Benefits of CHASE

- This exciting partnership program tailored exclusively for the construction industry in Alaska produces immediate positive effects within the safety and health program through on-site training and hazard identification.
- Continued involvement between Consultation and the employer ensures established improvement measures are met and contractors strive toward the next level
- Proactive measures are established to ensure self-monitoring protocols are implemented and maintained to reduce and eliminate injuries and illnesses within the company workforce.

Consultation and Training Provides

- A free safety service provided by the State of Alaska
- Consultants who visit employers' worksites upon request
- Hazard identification and recommendations that do not come with citations or penalties
- Free on-site monitoring of noise, vapors, fumes, and particulates
- Free or low-cost training specific to companies' needs



Safety consultants in excavation training

AKOSH Mission

Reduce and eliminate workplace hazards and the incidence of workplace safety and health accidents by promulgating and enforcing standards and regulations; providing training, outreach, and education; establishing partnerships; and encouraging continual improvement in workplace safety and health and the development of comprehensive safety and health management systems.



STATE OF ALASKA LABOR STANDARDS & SAFETY AKOSH Consultation

**For more Consultation and Training
information call:**

Toll free: (800) 656-4972

Local: (907) 269-4955

Business hours 8 a.m. to 4:30 p.m. Monday
through Friday.

Visit our website at:

<http://labor.alaska.gov/lss/oshhome.htm>

