



# 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>



**Alaska**  
Occupational Safety and Health  
Consultation and Training



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

AKOSH C&T 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.

AKOSH Consultants received 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?

Consultants can:

- 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.



### Why Utilize Consultation and Training?

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](http://labor.alaska.gov/lss/forms/consultation_training_form.pdf)



### **Benefits of C&T Services**

#### *Save Money*

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

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 pathogen, 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](http://labor.alaska.gov/lss/forms/consultation_training_form.pdf)

## AKOSH 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 administered by AKOSH's On-site Consultation and Training section that recognizes the safety practices of small employers that operate an exemplary safety and health management system. Acceptance into SHARP by AKOSH is an achievement that will single out an employer over business peers and become a model for worksite safety and health.



## Benefits of SHARP

SHARP sites have the opportunity to lead the way by example and to inspire positive and creative change throughout their industries. By working cooperatively, SHARP participants can demonstrate that incentive programs, which emphasize positive worker involvement in safety and health activities and conscientious hazard reporting and correction, can be one element in an effective injury and illness prevention program. Benefits include:

- Reduce accidents and related costs
- Increase productivity with less down-time
- Improvement of the safety culture and employee morale
- Collaborate with other SHARP members on safety and health topics.

### SHARP Participation (Getting Started)

1. Receive a cost-free Full-service both Safety and Health Consultation visit and a comprehensive review of your safety and health management system with all hazards found by the consultants corrected
2. Have injury and illness rates for the preceding year that meet the requirements
3. Implement and maintain a safety and health management system that meets or exceeds OSHA's Guidelines
4. Agree to notify the AKOSH C&T Section and request a subsequent on-site consultation visit when changes in working conditions or work processes occur that 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.



### Benefits of VPP

- On average VPP participants experience 52% fewer workplace incidents than their competitors
- Fewer injuries lead to lower costs.
- Less downtime due to incidents and injuries lead to increased productivity
- VPP MERIT sites are exempt from AKOSH general schedule surprise Enforcement inspections for three years. VPP STAR sites are exempt for five years
- VPP companies tend to attract and retain top employees.

## Getting Started

1. The first step toward VPP is to establish a strong safety & health program
2. Contact the VPP Coordinator
3. Submit a written VPP application to the AKOSH VPP Coordinator
4. A VPP application Packet can be printed from the following web site:

<http://www.osha.gov/dcsp/vpp/index.html>

### To participate, employers must:

- Request a cost-free consultation visit from AKOSH that involves a complete hazard identification survey
- A C&T specialist will review your operation and provide guidance
- Commit resources to perform ongoing worksite evaluations
- Correct all identified hazards within an established time period
- Implement and maintain a safety and health management system that meets or exceeds AKOSH Safety and Health Program Management Guidelines
- Reduce the incidence of workplace injuries to levels targeted in the partnership agreement
- Promote workplace safety and health and the goals and achievements of the partnership.

## 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. Hazards are innumerable and the consequences are often catastrophic.

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



### How does CHASE work?

Through an established and structured approach, AKOSH professionals work with contractors within the parameters of the program's simple guidelines to attain one of three level of participation: AK Blue, AK Gold, AK-Flag. CHASE participants enter into the program at the AK-Blue or AK-Gold level for a period of five years.

### 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 AKOSH and the employer ensure established improvement measures are being reached and the contractors work toward the next level within CHASE.
- 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 Services

- A free safety service provided by the State of Alaska
- Consultants visit the employers' worksites upon the request of the employer
- Consultants DO NOT issue citation or penalties.
- Free on-site monitoring of noise, vapors, fumes, and particulates
- Free or low-cost training specific to your company's needs.



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### 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.