

subcontractors on the project will be required to have specific written safety and health programs in place, and each employee must attend a jobsite safety orientation before working on the site. The safety partnership will last for the duration of the project, which is expected to be completed in September 2016.

The new 170,000-square-foot Biosciences Building for CMU will be a four-story building with an additional mechanical penthouse level. The site is located directly to the east of the College of Education and Human Services. This parcel currently houses the last four remaining buildings of the Washington Apartments. These four existing structures will be demolished to accommodate the construction of the new facility. The site is located adjacent to an existing campus utility tunnel to minimize infrastructure costs.

The Biosciences Building will contain a multi-purpose room with seating for 200; a large active learning classroom; teaching labs; faculty/research offices; the department Chair's office; student study areas; an isotope lab; a BSL-3 Lab; a Herbarium with special collections; and a university Imaging Center. These program elements are in addition to the primary research labs that occupy the upper three levels of the structure. ♡

**“It is not enough to have knowledge, one must also apply it. It is not enough to have wishes, one must also accomplish.”**

— Johann Wolfgang von Goethe

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**DOES YOUR PROGRAM  
ADDRESS THE LEADING  
CAUSE OF DEATH?**

BY TRACEY ALFONSI  
CAM DIRECTOR OF SAFETY AND EDUCATION

In the construction industry, safety professionals concentrate much of their time and attention on what's become known as the "Focus Four" or the "Fatal Four": Falls, Struck By, Caught Between, and Electrocuting Hazards, which account for approximately 79 percent of deaths in construction. They perform hazard assessments, eliminate or reduce exposure whenever possible, and distribute personal protective equipment, like fall arrest systems, hard hats and gloves, in an effort to protect employees.

The Focus Four topics account for four of the 10 hours of training received during an OSHA 10 class, and increase to six hours of the training included in an OSHA 30 course. Whenever I ask a group of workers, "What's the leading cause of death in construction?" they almost always correctly answer, "Falls." This indicates to me that, even though we haven't eliminated the risk, we are successfully raising awareness in the industry.

But there is a bigger monster out there killing someone every 33 seconds, which is roughly the equivalent of a September 11th-like tragedy repeating itself every 24 hours, 365 days a year. It doesn't get addressed at all in OSHA training and many companies simply don't discuss it. It is a hazard that is predictable and, in 50 percent of cases, there are observable warning signs.

Have you guessed it yet?

Here are some more staggering statistics:

- 600,000 deaths each year are attributed to it – that's one in four deaths.
- Among women, the number is one in three deaths.
- 47 percent of these deaths occur outside of the hospital, suggesting that people ignore early warning signs.

I'm talking about heart disease. Contributing factors, like obesity and smoking, are statistically higher among construction workers when compared to the general population. In addition, working in remote locations, often without access to an Automated External Defibrillator (AED), decreases emergency response time, resulting in a higher likelihood of death. Most of these deaths are attributed to lifestyle, not workplace conditions, which means regulatory agencies, like OSHA, won't be identifying it as a work-related hazard or requiring businesses to educate employees.

While there is no law mandating employers to address this growing problem, there are plenty of things companies can do to slow down this run-away train. First, stop serving your employees donuts and pizza at every meeting. Second, encourage physical fitness, like implementing stretch and flex programs, subsidizing gym memberships, or encouraging employees to participate in a "Biggest Loser" competition. Consider sponsoring a team of employees to participate in the American Heart Association's Detroit HeartWalk, scheduled for May 2nd. Third, educate. Train everyone to recognize early warning signs of heart disease and get all of your key personnel certified to perform First Aid and CPR.

The American Heart Association has declared February to be American Heart Month, and the first Friday is National Wear Red Day. Now is a great time to roll out a new program or offer incentives for adopting a healthier lifestyle. To support the health piece of your Safety & Health Management System, CAMTEC is hosting a First Aid/CPR/AED course on March 11, 8:30-12:30.

For more ideas on implementing a wellness program at your workplace, contact Tracey Alfonsi at (248) 972-1000. ♡