

warmer because you are closer to it, but your coffee is cooler because water boils at 202 degrees. Denver is also extremely dry, so it is a good idea to drink more water than normal. With less water vapor in the air at this altitude, the sky really is more blue in Colorado. But there is 25 percent less protection from the sun.

Drink plenty of water before your trip to Denver and while you are there. You will need to drink about twice as much water as you would drink at home.

Hold back on alcohol and sedatives, and exercise moderately. The effects of drugs are magnified at altitude, and breathing may seem more difficult when you first arrive.

Bring sun protection such as sunglasses, sunscreen, and lip balm because Denver receives over 300 days of sunshine per year (more than San Diego or Miami).

Altitude: The air is just thinner. Many people with respiratory problems move to Denver for the dry air. But the change in altitude may make you feel different for a few days. The effects of exercise are more intense so, if you normally run ten miles a day at home, you might try six miles in Denver. Be aware that this may change your respirator fit testing experience, but those who are assisting you with the test will be there to help!

—From *www.denver.org* and the AIC Health & Safety Committee.

New ANSI Standard for Fall Protection

According to the Bureau of Labor Statistics, falls remain the number one killer in the construction industry and high on the list in other industries. The American National Standards Institute (ANSI) and the American Society of Safety Engineers (ASSE) have collaborated to develop a new standard that takes a more comprehensive and detailed approach to fall protection.

Z359-2007 received final ANSI approval on May 31, 2007 but took effect in October. There are five different standards within the code:

- Z359.0-2007: Definitions and Nomenclature Used for Fall Protection and Fall Arrest

- Z359.1-2007: Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components
- Z359.2-2007: Minimum Requirements for a Comprehensive Managed Fall Protection Program
- Z359.3-2007: Safety Requirements for Positioning and Travel Restraint Systems
- Z359.4-2007: Safety Requirements for Assisted-Rescue and Self-Rescue Systems, Subsystems and Components

More specific than the old standard (ANSI Z359.1-1998), the new one includes detailed information on how to set up an effective fall protection program and more clearly defines “competent person” and “qualified person” by establishing credentials for these roles. It also emphasizes safety requirements for fall protection devices such as lanyards, harnesses, connectors, self retracting lifelines and assisted rescue.

For more information on the new fall protection standard or for a copy of the standards, go to www.ansi.org.

Paying for Personal Protective Equipment: Employers’ Responsibility

Eight years after it was first proposed, a standard that requires employers to pay for employee personal protective equipment (PPE) has been published in the Federal Register. The standard does not require employers to provide PPE where none has been required before. Instead it stipulates that the employer must pay for the PPE required by current regulations, with the following exceptions:

- Non-specialty safety-toe protective footwear, including steel-toe shoes or boots, and non-specialty prescription safety eyewear if the employer permits such items to be worn off the job site.
- If the employer provides metatarsal guards but allows employee to use shoes or boots with built-in metatarsal protection, the employer is not required to reimburse employees for the shoes or boots.
- Logging boots.
- Everyday or ordinary clothing, such as long sleeve shirts, long pants,

street shoes, and normal work boots, or skin creams and other items used solely for protection from the weather such as winter coats, jackets, gloves, parkas, rubber boots, and hats.

- Lost or intentionally damaged PPE does not have to be replaced at the employer’s expense.

According to OSHA, with the exception of footwear, employers for “nearly all industries” already pay for more than 90 percent of their employees’ PPE. But now, it is the law. The law becomes effective February 13, 2008. After that, employers have until May 15, 2008 to be in compliance.

BNA-OSHR, 37(45), 11/15/07, p. 1007 & 72 FR 64341-64430, 11/15/07

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Grants and Fellowships

2007–2008 Rome Prize Competition

Jana Dambrogio, a conservator at the Document Conservation Laboratory at the National Archives and Records Administration (NARA) is a recipient of the Booth Family Rome Prize for the 2007/2008 year. She will be working on "A Technical Study of Northeastern Italian Monastic Legal and Accounting Documents and Bindings at the Vatican Secret Archives."

The Rome Prize, administered by the American Academy in Rome, is awarded to 30 artists and scholars representing a variety of disciplines. Winners of the Rome Prize reside at the Academy's 11-acre center in Rome and receive room and board, a study or studio, and a stipend. For more information, visit the <http://www.aarome.org>.

Deadlines for FAIC Grant and Scholarship Applications are February 1 and 15. Guidelines and application forms are available at <http://aic.stanford.edu/faic> or from the AIC office. Feb. 1: “Take a Chance,” Christa Gaehde, and Carolyn Horton grants.