

BUILDING NEWS



The NCBE Officers & Directors invite you to join us via Zoom for our

67th Annual NCBE Membership Meeting

Thursday, June 24th from Noon to 1:30 P.M.

Our Special Guest Speaker will be:

Dr. Robert Eyler, PhD

Professor of Economics at Sonoma State University

“North Bay businesses are re-opening! But what does the future look like for Sonoma, Mendocino, Lake & Napa Counties?”



Dr. Robert Eyler



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2019–20 NCBE President



Craig Lawson

CAL Custom Building Services
2020–21 NCBE President



Mike Behler

Behler Construction Company
2021–22 NCBE President

The program will include:

Presidents Remarks and Installation of our new NCBE Officers & Board of Directors

[CLICK HERE TO REGISTER \(No Charge\)](#) Zoom log-in details will be sent to all registrants.

For further information, contact NCBE CEO Keith Woods at 542-0645 or Keith@ncbeonline.com

Mask requirements have been lifted for most vaccinated employees in California

Based on three different sources who understand the ever-changing COVID-19 requirements better than we do, it now appears that employers are able to actually make changes to their workplace policies regarding the wearing of masks.

There are some new employer requirements regarding postings, ventilation evaluation, and a few other items, but there seems to be more clarity as of this writing (on Friday, June 18th).

For further information, [CLICK HERE](#) to see a news release that was issued.

Permit Sonoma now re-open to the public

Permit Sonoma announced recently that its Permit Center is now open to the public full-time and staffed to assist contractors on Mon., Tues., Thurs., and Fri. from 8 A.M. to 4 P.M. and on Wed from 10:30 A.M. to 4 P.M.

However, they continue to encourage the use of the department’s digital tools and note that online permitting services remain the best way to have a permit processed. Staff can be reached by phone at (707) 565-1900 and pressing 0 to speak to an operator who will direct people to the correct person or division.

For in-person visits to the Permit Center, wearing a mask is required of customers and they cannot exchange paper with staff.

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Upcoming Webinars & Events

OSHA 10-Hour for Construction

**Tuesday & Tuesday,
 June 22th & June 29th
 9 A.M. – 3 P.M.**
 Cost \$129 NCBE Members
[Online Zoom webinar](#)

CPR/First Aid Training

**Tuesday, July 20th
 9 A.M. – 12 P.M.**
 Cost \$85 NCBE Members
 Construction Training Center

**Sexual Harassment Prevention
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The California Department of Fair Housing and Employment offers free Sexual Harassment Prevention Training for supervisors (2-hour) and employees (1-hour) in English and Spanish, and a number of other languages as well. To get more information and to sign up go to: <https://www.dfeh.ca.gov/shpt/>

**67th Annual NCBE
 Membership Meeting**

**Thursday, June 24th
 To register contact:
receptionist@ncbeonline.com**

**Independence Day
 Monday, July 5th**

**Public Works 101
 Tuesday, July 6th**

12 P.M. – 1 P.M.
 Cost \$25 NCBE Members
 Construction Training Center

Construction Training Center
1030 Apollo Way, Santa Rosa (707) 542-9502
Seminar registration: Contact Accounting@ncbeonline.com



This Week

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ECA's General Membership Meeting

Transportation and Infrastructure Funding

From State, Regional and Local Outlooks— We have a great LINEUP of speakers to bring you the latest and greatest information you can use in your business forecasting.



Tuesday, June 29, 2021

12 pm—2 pm

Zoom Meeting

Speakers:

State Senator Mike McGuire

Sonoma County Supervisor James Gore

Sonoma County Supervisor David Rabbitt

SCTA Executive Director Suzanne Smith

Sonoma County Director of Transportation and Public Works Johannes Hovertsz

\$25 – ECA members, NCBE members & Marin Builders Exchange

\$50 – non members

email mary@nceca.org to register for this zoom meeting

Corporate Members



Working excessive overtime can be deadly

New findings show that risk of heart disease and stroke increased significantly among people working 55 or more hours per week.

By Nicole Stempak

Working well over 40 hours per week can increase your risk of work-related disability and early death.

In 2016, 745,000 people died from long working hours. That represents an increase of 29% since 2000, according to data from the World Health Organization (WHO) and International Labour Organization (ILO).

The WHO and ILO conducted this first-of-its-kind study on death and health associated with working long hours. Their findings were published late May in the journal *Environment International*.

Specifically, they found that working 55 or more hours per week is associated with an estimated 35% higher risk of a stroke and a 17% higher risk of dying from ischemic heart disease compared to those working 35-40 hours a week.

“Working 55 hours or more per week is a serious health hazard,” said Dr. Maria Neira, Director, Department of Environment, Climate Change and Health, at WHO, in a statement. *“It’s time that we all—governments, employers and employees—wake up to the fact that long working hours can lead to premature death.”*

Working long hours is now known to be responsible for about one-third of all work-related burdens of disease. It is the largest of any occupational risk factor calculated to date.

What’s more, that risk has been increasing. Between 2000 and 2016, the exposed population increased by 9%, and the attributable burdens of death from ischemic heart disease and stroke increased by 42% by 19%, respectively.

[MORE ON PAGE 5](#)



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Working excessive overtime can be deadly

[FROM PAGE 4](#)

A majority of those deaths were men aged 60-79 who had worked for 55 hours or more per week between the ages of 45 and 74.

“After average working time decreased steadily over the second half of the 20th century in most countries, this overall downward trend ceased and even began to reverse in some countries during the 21st Century,” the authors write. *“As new information and communication technologies revolutionize work, working time is predicted to further increase for some industries.”*

The WHO says COVID-19 may have worsened the trend.

“The COVID-19 pandemic has significantly changed the way many people work,” said Dr. Tedros Adhanom Ghebreyesus, WHO Director-General, in a statement. *“Teleworking has become the norm in many industries,*

often blurring the boundaries between home and work. In addition, many businesses have been forced to scale back or shut down operations to save money, and people who are still on the payroll end up working longer hours. No job is worth the risk of stroke or heart disease. Governments, employers and workers need to work together to agree on limits to protect the health of workers.”

WHO recommends the following actions to protect workers’ health:

Governments can introduce, implement and enforce laws, regulations and policies that ban mandatory overtime and ensure maximum limits on working time.

Bipartite or collective bargaining agreements between employers and workers’ associations can arrange working time to be more flexible, while at the same time agreeing on a maximum number of working hours.

Employees could share working hours to ensure that numbers of hours worked do not climb above 55 or more per week.

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Where does Biden's Infrastructure Bill stand?

The Memorial Day deadline for sweeping legislation to repair our crumbling infrastructure has passed. Democrats and Republicans are still working to reach an agreement. But big differences remain, and time is short.

Jessica Lombardo

Infrastructure. Never have we been so happy to have a buzz word trending in the news. Much of the news however has dealt with Congressional squabbling over what infrastructure legislation should look like and how to pay for it.

For Democrats, infrastructure funding means finding ways to combat climate change and build resilient structures using green initiatives. The second part of the proposal is set to address economic inequities, provide paid leave to workers and support child care. The administration's accompanying Made in America Tax Plan proposes to increase the corporate rate from 21 percent to 28 percent to pay for it all.

Republicans know that this type of pay-for is dangerous for the economy and are skeptical of the laundry list of items touted as "infrastructure" in the Biden plan.

The White House continues to see upside to infrastructure negotiations with Republicans, even as the talks run past the Memorial Day deadline President Joe Biden initially planned. The president still has faith in his ability to win over reluctant Senate Republicans and many see the benefit to working on this proposal in a bipartisan way.

Still, the divide between Republicans and Democrats seems to be widening on the issue. Here is the latest news from Washington:

June 16th

The White House and congressional Democrats are preparing to go it alone on a massive infrastructure

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Where does Biden's Infrastructure Bill stand?

FROM PAGE 7

package, saying they'll know by next week whether Republicans will join them or whether they'll fly solo on a bill modernizing the nation's transportation systems and addressing the threat of climate change.

Republicans from the start made it clear that they felt left out of the process and were disinclined to offer support on the INVEST in America Act.

"The reality is you all have your mind made up, and you're probably going to push this partisan bill through and push it out of the committee and vote it off the floor and send it off to the Senate, where hopefully something better will happen," said Rep. Bruce Westerman, R-AR.

Democrats are set to pursue a "two-track" strategy to

enact Biden's American Jobs Plan that would pour tax dollars not only into highways, bridges and airports but also broadband, electric vehicle charging stations and new housing while also accelerating the nation's conversion from fossil fuels to clean energy.

Democrats said they would negotiate with Republicans on a bill that focuses on traditional transportation. If a deal can't be reached, Democrats now say they will fold those programs into a larger climate bill using "budget reconciliation," a parliamentary strategy that bypasses the filibuster process and allows a simple majority to pass legislation.

Where the bipartisan infrastructure package stands: The scaled-down agreement backed by a bipartisan group of 10 senators appears on life support days after it was announced, with progressives pressuring the White House to move on from bipartisan talks according to The Hill.

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High heat “Best Practices”

By Dept of Industrial Relations

Because of extreme environmental conditions during high heat employees’ physical and mental condition can change even more rapidly into a serious medical condition. The onset of heat illness may be confused with other problems and may not always be obvious before it becomes life-threatening. Therefore, proper planning and taking extra measures may be required to prevent and/or respond to heat illness during high heat.

Extra Measures During High Heat

Extra measures during high heat include but are not limited to the following:

Communicating Through Meetings

During high heat a designated person(s) should hold short, frequent meetings (before and during work) with the workers to review the company heat illness prevention procedures, the weather forecast, emergency response and other additional safety measures.

Being Extra Vigilant

During high heat it is necessary to be extra vigilant. Your communication system is ([see Effective Communication](#)) especially important to get more frequent feedback from your employees and supervisors in the field. Then, based on the environmental conditions present and the condition of your employees you can more quickly make the appropriate adjustments, communicate them, and put the changes into place before problems arise or become serious. In high heat:

Have supervisors and employees watch each other more closely for alertness and any signs or symptoms of heat illness by using your mandatory “buddy system”.

Encourage supervisors and employees to communicate about how they are feeling on a more frequent basis.

Account for the whereabouts of employees at more frequent intervals throughout the work shift and at the end of the work shift.

[MORE ON PAGE 10](#)

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High heat “Best Practices”

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Changing Work Severity and Duration

During high heat it may be critical to make adjustments to work activities, see [Work Severity and Duration Adjustments](#).

Additional Water Consumption

Encourage employees to drink small quantities of water more frequently (i.e., in addition to the four 8-ounce glasses of water, or a total of one quart per hour) throughout the entire work shift to prevent dehydration

During high heat, have extra drinking water for employee consumption and make sure that effective replenishment measures are in place

Encourage employees to consult with their doctor on salt and mineral replacement.

Encourage workers to also drink water before and after work

Drink Only Water

Encourage employees to avoid drinking alcohol altogether

Encourage employees to choose water over other drinks (e.g., sodas and drinks containing caffeine and sugar) because these other drinks may increase dehydration. Also, if employees choose these other drinks they may drink less water.

Shade and Additional Cooling Measures

Remember that shade is adequate only when it completely blocks the direct sunlight and allows the body to cool. Shade is not adequate when it does not allow the body to cool. In high heat air temperatures in the shade may still be extremely high and not allow the body to cool. For industries other than agriculture, during high heat, you may need to use other alternative cooling measures in addition to shade, (e.g., allowing employees to spend time in air conditioned places). For alternative cooling measures see [Shade and Other Cooling Measures](#).

As required, the shade shall be enough to accommodate all employees taking rest breaks or having a preventative recovery.

[MORE ON PAGE 11](#)

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High heat “Best Practices”

FROM PAGE 10

The shaded area shade shall be located as close as practicable to the areas where employees are working.

During meal periods, the amount of shade must be enough to accommodate all employees who remain onsite during their meal period.

Additional and/or Longer Rest Breaks and Cool Down Rest Periods

During high heat it is especially important to permit employees the freedom to interrupt work activities to take rest breaks and allow the body to cool. During high heat you may need to allow employees to take more frequent

and longer breaks, and more cool down rest periods ([see Preventative Cool Down Rest Periods](#)). Remember to provide areas for employees to take their breaks and cool down rest periods which are:

- Readily accessible and in close proximity
- Open to the air and ventilated or cooled, or in shaded areas
- Near sufficient supplies of drinking water
- Keep records of breaks as a best practice.

Changing Meals

Encourage employees to eat smaller more frequent meals which reduce the heat the body produces as compared to eating large meals less frequently

Encourage employees to choose foods with higher water content such as fruits, vegetables and salads

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United Rentals shares 5 toolbox talk topics on trench hazards and safe work practices

Toolbox talk topics were compiled to help companies increase worker knowledge about trench hazards and safe work practices in trenching and excavation operations.

Becky Schultz, United Rentals Inc.

Because trench and excavation operations are among the most dangerous jobs in the construction and utility industries, each year the Trench Safety Stand Down is held to encourage companies to discuss with workers the risks of working in trench and excavations. In support of this effort, which is taking place June 14 to 18, United Rentals, Inc. (URI) has compiled a list of five toolbox talk topics centered around increasing worker knowledge about trench hazards and safe work practices.

URI has long been an advocate of the use of regular toolbox talks as part of an overall safety program.

“Safety is our No. 1 priority at United Rentals,” said Todd Hayes, Trench Safety Region Vice President at URI. “We engage our customers to help mitigate risk and improve production on underground construction projects by providing education and training about regulations, along with a partnership on shoring solutions. By

dedicating time to a safety program that includes jobsite ‘toolbox talks,’ companies provide an out of the classroom overview of the regulations, as well as a review of the hazards, and a plan to protect every employee from the hazards so they can work safely in and around trenches and excavations.”

Following are the topics URI shared in its press release. It adds that these are just a sampling of the many topics that can help keep safety top of mind for workers.

1. Protecting Underground Installations

Existing utilities are everywhere, and hitting them while digging is extremely hazardous. Scratching the coating on a gas pipeline can cause line failure. Hitting fiber optic lines can cause severe disruption to every industry. Damage prevention is key.

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United Rentals shares 5 toolbox talk topics on trench hazards and safe work practices

[FROM PAGE 12](#)

Make sure to call a locate service through 811, which is the national call-before-you-dig phone number. Even if the project is on private property where the property owner does not own the utility, and even if it is in a submerged setting like a swamp or a lake. Know the state law regarding how much time to give to owners to respond and a locate service will come out and mark the approximate location of those utilities.

When the lines have been marked, use care when digging around any utility so as to not disturb or damage the line. Fines for digging without having called for the appropriate locates are significant even if nothing is hit. Know the law and refer to OSHA Standard 1926 Subpart P – call before digging.

2. Provide Proper Access and Egress

In every trench of four or more feet in depth, a ramp, ladder or other safe means of access and egress must be in place any time employees are in a trench. An employee must be able to exit a trench safely at any time without depending on assistance from someone else to get out.

In a trench excavation, point of egress must be within 25 ft. of every worker, according to OSHA Standard 1926 Subpart P. If an earthen ramp is the access/egress choice, the employee must not be exposed to a potential cave-in and the earthen ramp must allow for the employee to enter and exit in a normal, upright orientation. Likewise, if a ladder is the choice, the employee must be able to access the ladder without being put at risk of a cave-in.

3. Test for Hazardous Atmospheres

Trenches and excavations are not automatically considered confined spaces, according to OSHA Trench and Excavation Safety. In every trench or excavation that is 4 or more feet in depth, where there is a potential for a

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United Rentals shares 5 toolbox talk topics on trench hazards and safe work practices

[FROM PAGE 14](#)

of a sewer line, just to name a few. Refer to OSHA Standard 1926 Subpart P for more details.

5. Providing Fall Protection

When an employee is permitted or allowed to cross over a trench and the depth of the trench is 6 ft. or more, then a walkway with guardrails 42 in. high (+/- 3 in.), midrails at least 21 in. high, and meeting the other specific requirements in OSHA Fall Protection found in 1926.502(b), must be used. Also, if the trench is not readily visible due to any visual barrier, then fall protection must

be provided that meets the requirements found in OSHA 1926.502.

Visit OSHA Standard 1926 Subparts P and M for more information. [CLICK HERE for article with links.](#)

Information provided by United Rentals, Inc. and edited by Becky Schultz.

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Capitol Connection Q&A for Contractors

By Shauna Krause
[Capitol Services, Inc.](#)

Having assisted contractors for many years, I know sometimes you need an answer yesterday, because tomorrow may depend on it. And while most of us are going back to the office after Covid, an out-of-state contractor still wants to work 'remotely' ...

Q: We are a newly formed Delaware Limited Liability Company (LLC) with several subsidiaries which hold various licenses in California. Our goal is to obtain a license for the new LLC and transfer all work from the subsidiaries to our new entity and combine all the classifications we will need on to one license.

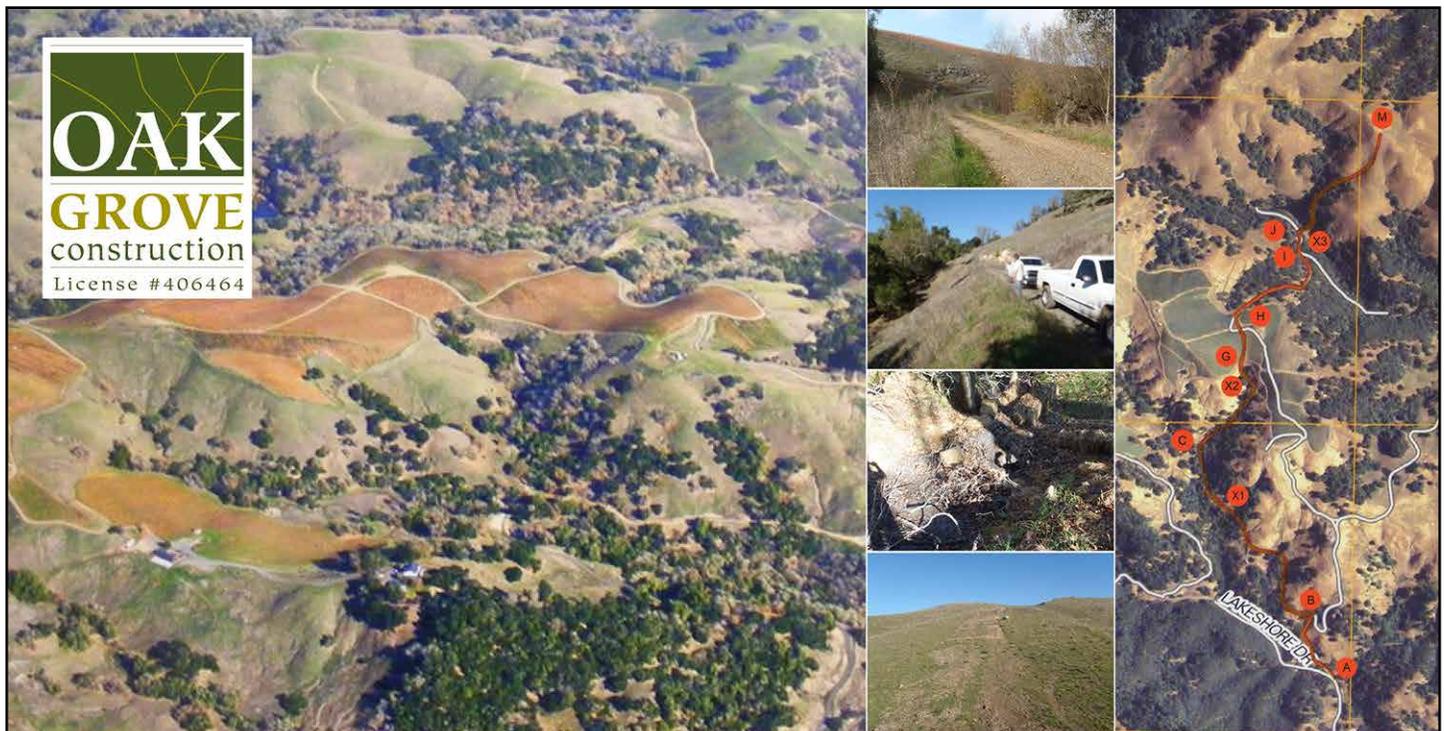
We are planning to transfer employment of a couple of the subsidiaries' Qualifiers in order to qualify our license. In addition, we are looking to add several classifications which will require some of our employees to sit for exams.

I read somewhere that a company cannot have a Qualifier apply for multiple classifications at the same time when a test is required. What if we have separate Qualifiers for each classification in which a test is required, are we then able to put them all on one application since they individually will not be taking multiple exams? Will that work? Time is of the essence which is why I'm asking.

A: Anytime a test is involved, only one individual can apply at a time. Multiple qualifiers cannot apply on the same application if they need to take exams, regardless of the fact they are separate classifications.

Q: Our company is looking to get licensed in California. As you know from our previous conversations, we had a potential Responsible Managing Employee (RME) in mind, however that deal fell through as he was unwilling to disassociate from another company he is acting as RME for. We have an employee who definitely meets the requirements and is willing to sit for the exam. We were wondering though, is there some sort of residency requirement for the qualified person? It seems that some

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Capitol Connection Q&A for Contractors

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states require the qualified person to be physically present in the state while construction is ongoing, while other states have no such requirement. The candidate we are considering lives in North Carolina, and he wishes to continue residing there even after becoming the qualified person for our Company in CA. He is even requesting to be able to work from home part time. We just want to make sure this will all be permissible before we pull the trigger.

A: There is no residency requirement, however the qualifying individual is required to be actively engaged in the construction activities being performed in CA. Whether that's done remotely or on site is up to you, but your qualifier can definitely continue living in NC once he becomes the qualifier for your company. Also keep in mind an RME is required to work at least 32 hours a week or 80% of the company's operating time. The conditions beyond that are not outlined in the law. The law regarding RME's does not require the qualifier to be physically on the job site.

While knowledge is power, knowing where to go for the answers is half the battle. Get expert assistance immediately when you call 866-443-0657, [email info@](mailto:info@)

cutredtape.com, or write us at *Capitol Services, Inc.*, 3609 Bradshaw Rd, Ste H, #343, Sacramento, CA 95827. Research past columns at www.cutredtape.com.

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Why reporting all incidents matters

Employers should have open communication channels for reporting incidents.

By Juhlian Pimping

The concept of incident reporting has been around for quite some time now. Though it was designed to improve safety in the workplace, there are still a number of reasons employees refuse to comply avoid this. Management and frontline workers need to understand why reporting an incident makes a big difference in the safety, efficiency and overall well-being of the organization and its members.

Awareness of threats

Reporting incidents is essential since it raises the organization’s awareness about the things that can go wrong so that corrective and preventative actions can be taken promptly. This applies to industries involving manual labor, manufacturing with heavy machinery, office work, and many others. Without the communication channel provided by incident reporting protocols, a variety of threats to safety could go unnoticed and unresolved.

Threats such as:

Faulty or malfunctioning machinery/equipment

Improper behavior (*sexual harassment, bullying, showing up to work under the influence of alcohol or banned substances, etc ...*)

Lack of safety equipment, training, and controls

Encourages improvement

Incident reports are thinly-veiled questions about what the workplace is lacking. Often, seemingly minor incidents are symptoms of a much bigger problem. Such reports provide valuable, real-life data to management who can use it to assess whether additional training, better equipment, and/or new strategies are needed for the organization to level up.

Inspires urgency

Simply mentioning something unusual that happened at work doesn’t exactly give it an air of seriousness and urgency. An incident report is a legal document that prompts organizations to take immediate action for resolution. When writing incident reports, get as many

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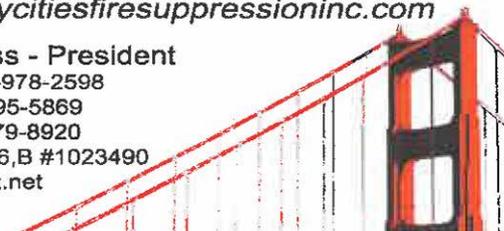
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Why reporting all incidents matters

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witness testimonies as possible to support its legitimacy and ensure that something is done to prevent future recurrence.

It is crucial that incidents are reported immediately or at least within the day of its occurrence, regardless of its severity. An incident report form is used to gather the details of an incident for formal documentation and

investigation. Incident reporting doesn't only benefit an organization by improving safety. It's a vehicle for all-encompassing growth and improvement.

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Occupational Safety and Health Standards Board votes to adopt revised COVID-19 Prevention Emergency Temporary Standards

Revisions Account for Rising Vaccination Rates, Offer Guidance to Help Businesses Reopen while Maintaining Strong Worker Protections

Revised Emergency Temporary Standards Effective Today

Sacramento—The Occupational Safety and Health Standards Board today adopted revisions to the COVID-19 Prevention Emergency Temporary Standards that account for recent guidance from the California Department of Public Health based on increases in the number of people vaccinated. Governor Gavin Newsom today signed an executive order enabling the revisions to take effect without the normal 10-day review period by the Office of Administrative Law—providing clarity and consistency for employers and employees as California fully reopens its economy. The revised standards took effect today.

The revisions include the following:

Fully vaccinated employees do not need to be offered testing or excluded from work after close contact unless they have COVID-19 symptoms.

Fully vaccinated employees do not need to wear face coverings except for certain situations during outbreaks and in settings where CDPH requires all persons to wear them. Employers must document the vaccination status of fully vaccinated employees if they do not wear face coverings indoors.

Employees are not required to wear face coverings when outdoors regardless of vaccination status except for certain employees during outbreaks.

Employees are explicitly allowed to wear a face covering without fear of retaliation from employers.

Physical distancing requirements have been eliminated except where an employer determines there is a hazard and for certain employees during major outbreaks.

Employees who are not fully vaccinated may request respirators for voluntary use from their employers at no cost and without fear of retaliation from their employers.

Employees who are not fully vaccinated and exhibit COVID-19 symptoms must be offered testing by their employer.

Employer-provided housing and transportation are exempt from the regulations where all employees are fully vaccinated.

Employers must review the Interim guidance for Ventilation, Filtration, and Air Quality in Indoor Environments.

Employers must evaluate ventilation systems to maximize outdoor air and increase filtration efficiency, and evaluate the use of additional air cleaning systems.

Cal/OSHA is updating its resources to assist employers with understanding their obligations required by the revised emergency standards. The webpage contains an updated fact sheet and Frequently Asked Questions about proposed revisions to the emergency temporary standards. In addition, Cal/OSHA is currently updating its model COVID-19 Prevention Program in English and Spanish and information on planned webinars hosted by its Consultation Services Branch.

The Occupational Safety and Health Standards Board, a seven-member body appointed by the Governor, is the standards-setting agency within the Cal/OSHA program. The Standards Board's objective is to adopt reasonable and enforceable standards at least as effective as federal standards. The Standards Board also has the responsibility to grant or deny applications for permanent variances from adopted standards and respond to petitions for new or revised standards.

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