



Next Meeting—April 3rd,  
11:30 am at Black Bear  
Diner

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Executive Committee

## April Chapter Meeting

**Date/Time:** Tuesday, April 3, 2018

**Executive Committee:** 10:00 am

**Regular Meeting:** 11:30 am – 1:00 pm Program begins at noon.

**Location:** Black Bear Diner 1150 E. Barnett Rd, Medford OR 97504

**Topic:** Professional Safety Certifications: A Panel Discussion

### Panelists:

Pam Ahr, MBA, ARM, CSP

Mark E. Hurliman, CSHM

Shane Hohman, CSP

Jon Sowers, OHST, CHST, CET, CSHO, EMT-B

### Program description:

Safety professionals have many possible certifications available to demonstrate their aptitude and commitment to the vast body of knowledge that safety represents. It is easy to get confused by this growing landscape of certifications and safety education opportunities. Have lunch with Southern Oregon's recognized experts on safety certification. Find out what is available and explore the professional benefits of having a professional certification in safety.

### Pam Ahr, MBA, ARM, CSP

Pam is a Senior Safety Management Consultant for SAIF Corporation in Medford. Prior to joining SAIF in October of 2003, she worked for five years at Jackson County Roads and Parks Department as their safety and human resource manager. Pam has a BS in Human Resource Management from Arizona State University and an MBA from the University of Oregon. She currently works with employers in Southern Oregon to help them implement or refine a comprehensive safety and health program.

### Mark E. Hurliman,

CSHM, has an occupational background that includes work as a dairy farmer, self-employed commercial fisherman, construction worker, logger, and mill worker. He has worked at Oregon OSHA since 1990, as a Compliance Officer and a Safety Consultant. The VPP Coordinator since 1996, Mark has been manager of the VPP and SHARP programs since 2001. Mark has been recognized by the Institute for Safety and Health Management as a Certified Safety and Health Manager (CSHM).

### Shane Hohman

Shane is a Safety Director for Carestream Health with a CSP. As a recognized safety leader in our region, Shane has spoken at the Southern Oregon Safety and Health Conference about pre-task planning and tools to leverage safety success. Shane has shown his commitment to safety in the region through his work on the conference planning committee.

### Jon Sowers

Jon has over three decades of health & safety experience. His experience includes Senior Safety Management Consultant SAIF Corp, Senior Safety Trainer Saudi Aramco, OSHA Education Center Instructor, and HSE Director National Training Professionals. Jon holds a number of professional safety designations.

# President's

## Message

By Pam Ahr

I'm tired. Less tired than last week but still feeling the effects of the change to daylight saving time. You see, I'm originally from Arizona where the time doesn't change twice per year. It was glorious. But Oregon is a better place to live so I need to get used to it.

Each year at this time, I try to figure out strategies to make sure I adjust quickly and get enough sleep. Neurologists who study the effects of sleep impairment on the brain describe more significant problems than one might expect.

For example, for children, even one hour of sleep deprivation can affect memory encoding and result in inattentiveness in the classroom. For adults, all biological systems are hindered by lack of sleep. A Michigan Medicine study found that there is a 24% jump in the number of heart attacks occurring the Monday after we spring forward compared with other Mondays the rest of the year.

Studies have shown that adults who consistently get less than seven hours of sleep in a 24-hour period were more likely to report chronic health conditions including heart disease, diabetes, obesity, asthma, and depression.

Interestingly, Fitbit began tracking sleep in March, 2017. They have collected data from 6 billion nights of customers' sleep (I am one of those customers). According to their data, men sleep an average of 6 hours and 25 minutes per night and women sleep about 25 minutes longer each night. These figures are similar to Gallup Poll figures from 2013.

However, experts typically recommend 7-9 hours of sleep each night. Not only will getting enough hours of sleep each night help to improve health outcomes, it will also make you safer. Recent research from AAA suggests that drowsy driving is involved in 9.5% of car crashes and 11% higher severity. AAA used dash-cam footage from 3593 participants. The drivers were monitored for several months as they drove their own vehicles. Also, according to AAA, "missing just two to three hours of sleep can more than quadruple your risk for a crash, which is the equivalent of driving drunk."

How can we get more sleep? Here are the most important tips from the American Academy of Sleep Medicine:

- Shut off all electronic devices at least 30 minutes before bedtime
- Take a warm shower or bath and brush teeth
- Read a book or write in a journal
- Turn the lights out at bedtime

Both my children think I'm annoying when I tell them to turn off their electronics and read a book. Of course, they also want a TV in their room (not a chance). With all the research that's out there, it's clear that living a healthy and productive life is closely related to how well we sleep. Time to take a nap!



# ASSE Becomes ASSP

June 1st, 2018

*By Michael Hill*

Well, fellow safety professionals, it's official! Our chapter has voted to approve the name change from American Society of Safety Engineers – Southern Oregon Chapter to American Society of Safety Professionals – Southern Oregon Chapter. This vote was held at our February chapter meeting and included the updates to our chapter bylaws. This was done in coordination with Society, and they are in middle of making all changes necessary on a global level. We are also in the process of changing over necessary business items including all media, banking, articles of incorporation, etc. Some of the things you will notice in the coming months are updated website, email notices, bylaws, handouts, banners, and logo. Here is the newly branded logo image for our chapter:



The official roll-out date of our new name and associated materials will be June 1, 2018, which is roughly the same time as the Safety 2018 Conference in San Antonio, where three of our executive committee officers will be representing our chapter.

Thanks to our entire team for the hard work in putting together all of the details for this transition! This is an exciting time to be a safety professional.

## New Spanish Website for **Hearing Protection**

*Excerpted from NIOSH e-News March, 2018*

¿Habla español? Share healthy hearing with your community! Find information on preventing noise-induced hearing loss with the new Spanish website from the It's a Noisy Planet. Protect Their Hearing.® campaign of the National Institute on Deafness and Other Communication Disorders.

<https://www.noisyplanet.nidcd.nih.gov/have-you-heard/noisy-planet-launches-new-spanish-website>



*Un programa de los Institutos Nacionales de la Salud*



## 9 Lessons for Living a Longer, Better Life

Source: Blue Zones Project

According to the Blue Zones Project ([www.bluezonesproject.com](http://www.bluezonesproject.com)), following these nine principles of living can help you live a longer and better-quality life.

- Move naturally—Let your environment inspire movement so it's a natural and regular part of your life.
- Right outlook—Shed the stress, live in the moment, foster a sense of purpose in your life.
- Eat wisely—Wind down and connect with people at the end of the day, with or without a glass of wine. Focus on a plant-based diet and eat mindfully, stopping when you're just 80% full.
- Connect—Connecting with others has been shown to have the greatest positive impact on our lives. Whether you're connecting with individuals, family, community organizations, faith-based or other social activities, having a "tribe" of your own is the most influential aspect of a happy, healthy life.



### The Power 9: Lessons for Living Life Longer, Better

#### Move Naturally

#### Right Outlook

- Downshift
- Sense of Purpose

#### Eat Wisely

- Wine @ 5
- Plant Slant
- 80% Rule

#### Connect

- Loved Ones First
- Belong
- Right Tribe

## Are You a **Safety Nerd?**

*Excerpted from NIOSH e-News March, 2018*

Do you love the topic of safety and health? You're not alone. And now you can join the Safe + Sound Campaign, organized by OSHA, NIOSH, the American Industrial Hygiene Association, the American Society of Safety Engineers, The Center for Construction Research and Training, the National Safety Council, and the Voluntary Protection Program Participants' Association. Businesses of all sizes [can access free activities, materials, graphics, templates, webinars, and other resources](#) to promote the importance of safety and health programs in the workplace.



# Are Your EAPs Underutilized?

*By Susan Murphey*

Employee assistance programs (EAPs) offer employees and family members assistance with a variety of issues, including mental health, substance abuse, legal problems, and financial concerns, whether workplace related or not. They have been around for decades and many companies provide them for employees and their families at no cost, yet it seems they are often overlooked. A study by the American Psychiatric Association (APA) found that only five percent of employees with access to EAPs actually use them; up to 40 percent of workers were unaware their employer even provided such services.

EAPs offer significant benefit to employers by decreasing absenteeism, turnover, and work-related accidents. They can lead to gains in productivity, employee engagement, and increase the likelihood workers will receive appropriate treatment for mental health and substance abuse issues.

While concerns about anonymity are often voiced as the reason EAPs aren't used, one of the biggest problems surrounding the underutilization of EAPs is that employers generally don't do a very good job communicating with their employees about the program. Many workers think they have to ask permission from their boss to use the program, which raises concerns about confidentiality. Some feel there is a stigma about reaching out for help, so they are reluctant to do so.

Employers need to continually educate employees about how their EAP works, starting with the fact that it is absolutely confidential. It also wouldn't hurt to reassure employees that every one of us has similar on and off-the-job struggles, including marital issues, raising children or step-children, blended families, sick kids, cancer, stress-related illness, parents with Alzheimer's, grief from death or loss, at-work or line of duty deaths, gambling problems, financial problems, substance abuse, eating disorders, job burnout, workplace conflicts, depression, or suicidal thoughts. Remind them that there is no need for workers to have to tell anyone, ask permission, go through HR channels, or do anything other than call the EAP phone number and make an appointment.

Whole health includes a comprehensive, integrated approach toward improving worker health and productivity, not just through safety initiatives, but by also supporting the worker's mental and physical health as well. Your EAP could be just what is needed to build a place of employment that encompasses total worker health.

## Save the Date- **Southern Oregon Safety Conference**

*By David Hanson*

Save the date for the 2018 annual Southern Oregon Safety and Health Conference on October 16th, 17th, and 18th. Sponsored by Oregon OSHA and the Southern Oregon Chapter of the American Society of Safety Engineers, this conference continues to be a great professional development opportunity for leaders of your organization, in addition to great training for safety committees. Mark your calendars now and watch upcoming newsletters for additional program details.

# Official Notice— Slate of Officers for **2018-19 Term**

By Chris Lawrence

The following are the 2018-19 candidates for elected and appointed positions of the Southern Oregon Chapter Executive Committee. There will be a membership vote at the May meeting.

## **Southern Oregon Chapter ASSE Slate of Officers for the 2018-19 Term**

Position	Candidates	Position	Candidates
Elected Positions	Name	Appointed Positions	Name
President	Mike Hill	Communications Coordinator	Susan Murphey
Delegate	Mike Hill	Conference Chair	David Hanson/Chris Lawrence
Vice President	David Hanson	Govt. Affairs Coordinator	Gary Robertson
Secretary	Cathy Justice	Operations Coordinator	Patrick Wynant
Treasurer	Patti McGuire		
Membership Chair	Amy Stonehill		
Programs	Tanya Haakinson		

## Upcoming OSHA 30 - **General Industry Certification Classes**

*By David Hanson*

Back by popular demand! OSHA 30 General Industry Certification Classes will be held on consecutive Fridays — April 27th through June 1st — 9:00 AM– 4:00 PM (skipping May 25th).

Early in 2018, our Southern Oregon ASSE Chapter provided world-class OSHA 30 certification instruction. Due to an abundance of interest, we are planning another program. Topics covered include Managing Safety and Health Exit Routes; EAP's Fire Prevention Plans; Walking-Working Surfaces; Fall Protection; Electrical Safety; Permit Required Confined Space; LOTO; Machine Guarding; Welding; Industrial Trucks; Hand Tools; Materials Handling; HAZCOM; Hazardous Materials; PPE; Bloodborne Pathogens; Industrial Hygiene; Ergonomics; Safety and Health Program Implementation; and Hot Topics.

About the instructor:

Cynthia Holm is an OSHA 30 course training instructor with experience in safety and environment coordination. She was an instructor with Allen Hancock College in the industrial technology department. Currently, she is an EHS manager with Providence.

Classes to be held at Harry and David, 2800 S Pacific Hwy, Medford, OR.

**ASSE Members -- \$390 per person**

**ASSE Non-Members -- \$475 per person**

Register online at: <http://safetyseries.cvent.com/OSHA30Southern2>.

**Monthly Newsletter** of the **Southern Oregon Chapter** of the **American Society of Safety Engineers**

# Your Life Quantity or Quality

By Susan Murphey

My grandmother used to say, "Getting old is not for sissies." The older I get, the more I realize the truth in this. In twenty years of ergonomic consulting, I've seen a number of workers debilitated by cumulative trauma, chronic illness, or both. I can't help but wonder what their retirement years will be like. After all, isn't that the goal? To work long enough and set enough aside to be able to retire and enjoy the good life? How good will the golden years be if they're struggling with chronic pain and limited by physical disabilities or chronic disease?

If we don't take care of our bodies now, they won't be able to care for us later. After all, it's the only place we have to live. Successful business leaders recognize that caring for their employees proactively helps sustain a stable, skilled workforce. Supporting employee wellness through comprehensive programs support not just safety, but the whole person. Smoking, poor diet, physical inactivity, risks for overuse injuries, and lack of stress management can have devastating effects on employee wellness. The end result not only affects the long-term health of the worker, but also the productivity, worker's compensation, and staff turnover of the employer. If we focus on the quality of worker health, the quantity (longevity) benefits as well—so does the employer.

## Are Your Workers **Dog Tired?**

By Susan Murphey

Worker fatigue can adversely affect productivity and injury risk through slower reaction times, decreased mental engagement, and increased work errors. Long-term sleep deficiency can have significant health effects, such as obesity, high blood pressure, and diabetes. Workplace improvements in ergonomics, lighting, and hazard reduction, as well as administrative controls such as flexible schedules and reduced or eliminated overtime, shift rotations, and long shifts help prevent fatigue and promote quality sleep, improving employee health while increasing productivity and safety.

Educating supervisors about fatigue management and workers on the importance of healthy sleep and how to get it is an important part of maintaining a safe workplace. You may also want to include information on how to get diagnosed and treated for sleep disorders such as sleep apnea.

Need a conversation starter? Check out this reaction time challenge:

<http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/how-awake-are-you>.



## Total Worker Health **Webinar**

The NIOSH *Total Worker Health*® program will host a free webinar "Numbers to Know How: Linking Research to Healthier Workplace Practices" on March 21, 1:00–2:30 p.m. EST. In this webinar, an expert panel of speakers will discuss challenges facing today's workplaces and the role of health survey data to inform Total Worker Health interventions. Featured speakers will discuss data and results from the Workplace Health in America Survey, the National Health Interview Survey, and the National Occupational Mortality Surveillance System. The webinar will highlight the link between work and health and the importance of Total Worker Health interventions to protect and promote worker safety, health, and well-being. Free continuing education credits for this activity are pending. Learn more or register for the webinar [here](#).

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## Consultants Page!

By Susan Murphey

The Southern Oregon Chapter of ASSE is pleased to offer a new benefit to our chapter members. For those members who provide safety consulting services or are seeking the services of a local safety consultant, we now have a Consultants Page on our website. Check it out at <http://asse-southernoregon.weebly.com/consultants.html>.

Listing on this page is a member benefit, available to chapter members in good standing. If you provide safety-related consulting services and would like to be listed on the Southern Oregon ASSE website, feel free to contact us at [communications@asse-southernoregon.org](mailto:communications@asse-southernoregon.org).

**Disclaimer:** The content and views included in this newsletter are for educational purposes only. The Southern Oregon Chapter of ASSE and its Executive Committee and affiliated organizations disclaim any and all liability for claims that may arise out of the use of this educational content.



## Free Trainings Available!

Course	Location	Date
<a href="#">Hazard Identification and Control</a>	Milwaukie	06/07/2018
<a href="#">Safety and the Supervisor</a>	Eugene	05/30/2018
<a href="#">Job Hazard Analysis (JHA)</a>	Klamath Falls	06/19/2018

### Online Courses

<a href="#">Hazard Identification and Control - Online</a>	Online/Internet
<a href="#">Inspections: What to Expect from Oregon OSHA - Online</a>	Online/Internet
<a href="#">Job Hazard Analysis (JHA) - Online</a>	Online/Internet
<a href="#">Lead in Construction - Online</a>	Online/Internet
<a href="#">Lockout/Tagout - Online</a>	Online/Internet
<a href="#">Personal Protective Equipment - Online</a>	Online/Internet
<a href="#">Portable Ladder Safety - Online</a>	Online/Internet

**www.orosha.org**  
click on  
"Education"

#### Mail:

Oregon OSHA Public Education  
P.O. Box 14480  
Salem, OR 97309-0405  
**Fax:** 503-947-7462

#### Call:

Salem office  
503-947-7443  
or toll-free in Oregon  
888-292-5247, option 2



# Training Opportunities



## Fall Protection Competent Person

Medford, OR June 5-6, 2018

## Forklift Safety Train the Trainer

Medford, OR May 8, 2018

## Confined Space Train The Trainer

Eugene, OR May 15-16, 2018

<http://www.d2000safety.com/>

## Employment Opportunities

### **RCC - Director of Risk Management**—Medford

Responsible for the overall leadership of the Risk Management functions which include Emergency Operations, Safety/OSHA, Title IX, Security, property and liability insurance coverages and claims, legal compliance, and overall risk management planning efforts for the College.

<https://goo.gl/zyQ5Zy>

### **State of OR - Public Safety Training Specialist 2 (Fire Program Training Coordinator)**—Central Point

Assess training needs of fire departments, fire training associations, and other public service organizations. Through regular contact: plan, assess, and identify training needs. Assess availability of resources and determine effectiveness of assigned training programs and projects.

<https://tinyurl.com/ybfqdfpe>

### **Oregon-OSHA - Operations & Policy Analyst 3**—Salem

This position is with the Oregon Occupational Safety and Health Division (Oregon OSHA). Oregon OSHA is responsible for assuring safe and healthful working conditions for Oregon workers through promulgation and enforcement of Occupational Safety and Health Regulations, and by providing education and consultation to employees and employers.

<https://www.governmentjobs.com/careers/oregon/jobs/1960811-0/operations-and-policy-analyst-3-technical-specialist>



**For More Employment Opportunities, Please See Our Employment Page at:**

<http://asse-southernoregon.org/>.

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# Mark Your Calendars

**General meeting:**

Thursday, April 5th, 2018 12:00 noon - 1:00 pm  
No-host Lunch

\*\*\*NEW LOCATION\*\*\*

**Climate City Brewing**  
509 SW G Street in Grants Pass  
(Just off NW 6th & Hyw 99)

**This month's topic:**  
**Conversation with a Compliance Officer**

Lee Milholland, Safety Compliance Officer  
Timothy Capley, Sr. Safety Compliance Officer, Industrial Hygienist

This session will give participants the opportunity to discuss Oregon OSHA Enforcement with local safety and health compliance officers. The subject matter will be dictated heavily by the questions of the audience but will in general discuss when and how employers receive a visit from compliance officer(s), what to expect when one arrives, the inspection process, and the evaluation of a condition identified as an alleged violation, how that dictates a proposed penalty that may accompany a citation, the closing conference, the employer's rights to appeal, and their responsibilities to respond with corrective actions.

**The RSA — Providing Quality Safety Training for the Price of Lunch!**

PLEASE JOIN US!! Membership **not** required.



Check out our website at:  
[www.redwoodsafety.org](http://www.redwoodsafety.org).

## Executive Committee 2017-2018

- President:** Pam Ahr, SAIF Corporation—[pamah@saif.com](mailto:pamah@saif.com)
- Vice President:** Michael Hill, SAIF Corporation—[michil@saif.com](mailto:michil@saif.com)
- Past President:** Chris Lawrence, Boise Cascade—[ChrisLawrence@BoiseBuilding.com](mailto:ChrisLawrence@BoiseBuilding.com)
- Secretary:** Tanya Haakinson, Timber Products—[thaakinson@timberproducts.com](mailto:thaakinson@timberproducts.com)
- Treasurer:** Patti McGuire, SAIF Corporation—[patmcg@saif.com](mailto:patmcg@saif.com)
- Conference Chairs:** David Hanson, SAIF Corporation—[davhan@saif.com](mailto:davhan@saif.com)  
Chris Lawrence, Boise Cascade—[ChrisLawrence@BoiseBuilding.com](mailto:ChrisLawrence@BoiseBuilding.com)

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- Communications Coordinator:** Susan Murphey, Essential WorkWellness—  
[info@essentialworkwellness.com](mailto:info@essentialworkwellness.com)

- Governmental Affairs Coordinator:** Gary Robertson, Oregon OSHA—[gary.l.robertson@oregon.gov](mailto:gary.l.robertson@oregon.gov)
- Operations Coordinator:** Patrick Wynant, Southern Oregon Goodwill—[Patrick.Wynant@sogoodwill.org](mailto:Patrick.Wynant@sogoodwill.org)



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