



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Southern Oregon Chapter

*Next Meeting—August
7th, 11:30 am at Black
Bear Diner*

August Chapter Meeting

Date/Time: Tuesday, August 7th, 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

Presenter: Cole Foster, MS, MBA, CSCS

Designations: Master of Business, Master of Science: Exercise Physiology, Certified Strength and Conditioning Specialist (CSCS)

Title: Movement Analysis: A Novel Approach to Injury Prevention and Total Worker Health

In today's competitive environment, employers should be able to focus on enhancing bottom line and market position rather than losing productivity and revenue due to high workers' compensation and general healthcare costs. For too long people chase pain, winding up frustrated with short term results and unnecessary medical costs from manageable medical conditions. Rather than chasing pain, the purpose of this presentation is to focus on strategies that reduce the potential for injuries by focusing on pertinent leading indicators that can manifest in costly instances of pain and degeneration. This presentation will provide insight into a system that focuses on the following components of the "Industrial Athlete":

- Injury prediction and fitness for duty
- Early reporting / Early intervention
- Return to work and work hardening

Bio: Cole Foster is a Southern Oregon native who has spent much of his life devoted to athletics and human performance. Cole holds an MBA from George Fox University, a Master of Science in Exercise Physiology from Western Michigan University, and a Bachelor of Exercise Science from Oregon State University. While at Western Michigan, Cole worked as a strength and performance coach. For the past six years, Cole has been working in the utilities industry as an injury prevention specialist, creating occupational health programs.



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Past-President's Message

By Pam Ahr

This is my last president's message. Effective July 1st, Mike Hill is the new Southern Oregon Chapter President. The opportunity to volunteer with ASSP has been one of the best decisions I've made during my career. While the members on the Executive Committee have changed over the years, they have always been safety champions of the highest caliber. If ever you need a boost in your safety job or just some extra support to get you through, I recommend joining the Executive Committee.

I will continue learning from the group as I move into the past-president position. Mike will be an exceptional president and I am looking forward to seeing our progress as the Southern Oregon Chapter of ASSP.

www.soassp.org

President's Message

By Michael Hill

Greetings, fellow safety professionals,

I consider it a privilege to be a part of this great organization—now the ASSP! Starting July 1st, a long-time dream of mine was realized as I began serving as your Chapter President. I have held many positions over the 11 years of my membership including Conference Committee Member, Secretary, Program Coordinator, STARS Coordinator (now Operations Coordinator), Conference Chair, and Vice President.

It has been an honor to serve under the leadership of so many great safety leaders over the years including Mary Hoskins, Jeff Smith, Jim McNeil, Connie Gibbs, Chris Lawrence, Curt Charley, and Pam Ahr. These are the “safety legends” that I have looked up to and whose encouragement and advice has helped me immensely in my journey as a safety professional.

When I first started as a shift supervisor, I was more than a little intimidated by the “Safety Engineer” part of this organization, and someone had to explain to me that I didn’t have to be an engineer to be a member. I believe that this shift to “Safety Professional” more adequately represents who we are and will benefit us greatly moving forward.

Of the many benefits I have received from ASSP membership, these stand out:

- High-quality monthly technical training programs
- Networking with other like-minded safety advocates
- Mentorship by local safety pros
- Career guidance and resources
- Leadership development opportunities

Some of the goals that I look forward to this chapter year are as follows: finish the business details of the name change; work to digitize many of our business documents including minutes to make transitions between officers a smoother one; continue to increase our reach into the schools where we can make a difference promoting the safety profession and safety practices with our local students; provide another world-class safety conference with attendance that meets or exceeds last year; and continue to expand our membership and the engagement of our members by serving their needs well.

Thank you for being a part of this great organization. I am excited to be on this journey with you. If there is anything I can do to help you, or if you have questions to help you maximize your membership, please don’t hesitate to ask.

Michael Hill, CSP
michil@saif.com



Dis-traction

at the Wheel

By Susan Murphey

Summer, by definition, seems like it should include the word “distraction.” Our schedules are disrupted by new routines, whether it be getting our kids to summer camp or prepping for summer vacations. Our attention is “dis-tracted.” Most definitions of *distracted* include a *diversion of attention*, yet the root of the word is *traction*. When our cognitive traction is diverted, it can cause us to potentially lose *contact* with the task we’re performing, just as poor tire traction causes us to lose proper contact with the road. When you’re distracted at the wheel, both the cognitive and physical can lose traction.

In spite of the well-known risks, it’s estimated that 660,000 Americans use electronic devices while driving; 75% of Oregonians admit to driving distracted. The American Automobile Association (AAA) found that more than 40% of those between the ages of 19-39 admit to texting and driving at the same time. Did I mention that it quadruples the risk of an accident?

Sadly, it seems our efforts to address the issue have fallen short. Distracted driving laws, as well as the ANSI/ASSE Z15.1-2012 consensus standard have been instituted, in-dash technologies with voice activation have become common new car features, and yet we remain dis-tracted. In fact, it appears that the new in-dash technologies may actually be a greater distraction than cell phones because of the demand on our attention they require. Research shows that using voice commands while driving causes the driver to look, but not really see. The diversion of attention results in less scanning of road ahead and checking of rear-view mirrors, due to cognitive distraction. This perceptual blindness changes what we perceive, causing us to lose cognitive *traction*.

The best solution I’ve found is to put your phone on silence (not vibrate—you’ll still hear it) and leave it in the back seat. You won’t know what you’re missing, so you won’t miss it! Not only will you be less distracted in your driving, but you’ll be better prepared to respond to what other, less -traced drivers on the road may be doing.

New Council Member and Open Position

We are pleased to have Pam Thoren, as our newly appointed Executive Committee member, serving as our Chapter Operations Coordinator. Pam is the Office Manager for the Facilities/Support Services Office at the Medford School District. Pam has a BS in Business Administration from Southern Oregon University. Welcome aboard, Pam!



The Executive Committee is still seeking a chapter member to serve as Secretary for the 2018-19 term. The position of Secretary is a great introduction to chapter operations for someone looking to get more involved in ASSP. If you would like to know more about this opportunity, visit http://www.soassp.org/uploads/2/5/8/5/25852043/asse_board_member_responsibilities_2017-2018.pdf to read the Roles and Responsibilities or contact any Chapter Executive Committee member in person or by using the Contact Us form on the website <http://www.soassp.org/exec-committee.html>.

ASSP Chapter Award Applications—

Due August 31st!

By Michael Hill

ASSP is proud to offer the following awards that are presented at the Southern Oregon Occupational Safety and Health Conference in October. Award applications are accepted until August 31st, 2018 and will be presented at the conference on the morning of October 18th, 2018. Celebrate the safety success of your team or outstanding individual by applying for one of these special recognition awards! Applications can be downloaded at <http://www.soassp.org/conference>.

Award	Description
Lifesaver Award	Recognizes an individual who used skills learned on the job to save the life of another person.
Safety Committee Recognition Award In Honor of Frank J. Bertak	Identifies safety committees, its members and activities, that have made a significant contribution toward a company's overall success.
Best of the Best Safety Committee Award	Celebrates one safety committee who outshines the rest in preventing injuries and illnesses, promoting the cause of safety, and making safety fun.
Outstanding Safety and Health Program Award In Honor of Randall M. Lundberg	Recognizes companies of all sizes that excel in addressing the seven major elements of an effective occupational safety and health program.
Business Leader Who Gets It Award	Recognizes a business leader who has demonstrated an outstanding commitment to safety and health.
NEW! Chapter Safety Professional of the Year Award	Acknowledges the dedication and outstanding contributions of an ASSP member to the safety and health of their organization or Chapter region.

New This Year—Spy Award Reception at the Annual Safety Conference

By Tanya Haakinson

Reminder—Don't forget to save the date for the Southern Oregon Occupational Safety & Health Conference Reception!

ASSP Southern Oregon Chapter will host a special reception to award our first annual Safety Professional of the Year (SPY) recipient.

This event will be held in the Stardust room on Tuesday, October 16, 2018 at the Ashland Hills Inn, 5:30pm to 8:00pm.



It's Almost Conference Time

By David Hanson

Mark your calendars and start making plans to attend this year's Southern Oregon Occupational Safety and Health Conference. The premier safety conference for Southern Oregon is coming October 16-18th to the Ashland Hills Hotel. Here's a snapshot of what you can expect. For full conference details, see the next page.



October 16-18, 2018

Ashland Hills Hotel • Ashland

Professional Development Workshop (Oct. 16)

Pre-Conference Workshop (Oct. 16)

- First Aid/CPR/AED

Sessions include (Oct. 17 & 18)

- Advanced Hazard Risk Assessment
- Building a Great Safety Culture
- Chemical Hazards
- Common Sense in Safety
- Conflict Management
- Fall Protection
- Forklift Best Practices
- Heat Stress
- HR/Safety Legal Updates
- Industrial Ergonomics
- OSHA Recordkeeping
- Reasonable Suspicion
- Safety Committee Series
- Scaffold Safety
- Silica
- Total Worker Health

Welcome **New Member Amy!**

Our newest Southern Oregon ASSP member is Amy Schiel-Algea. Amy is originally from Southern California and moved to Oregon in 2010. She worked in the grocery business in California for 14 years, then started with Boise Cascade EWP, White City in 2012 as a Crowder Operator. Amy joined the plant's safety committee and took over as head of their recognition committee in 2016. Being on the safety committee has allowed her the opportunity to join ASSP and advance her knowledge in safety. In her free time, Amy likes to ride her horse, kayak, and enjoy exploring this beautiful state with her husband. Welcome, Amy!

New Distracted Driving Laws **Are Now In Effect**

By Susan Murphey

Effective July 1, 2018, there are now stricter laws in Oregon state regarding the use of cell phones while driving. The new, tougher penalties, including increased consequences for repeat offenders, are part of a statewide effort to deter drivers from distracted driving.

Oregon Department of Transportation reports that there were nearly 11,000 crashes involving a distracted driver in Oregon state between 2012 and 2016, resulting in 70 fatalities and more than 16,000 injuries. Under the new rules, if the offense contributes to a crash or is the second offense, the fine could be as much as \$2500. First offenses are \$1000, if no crash occurs. Third time offenders, within a ten-year period, would be charged with a Class B misdemeanor, resulting in fines up to \$2,500 and 6 months in jail.



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- Industrial Ergonomics
- OSHA Recordkeeping
- Reasonable Suspicion
- Safety Committee Series
- Scaffold Safety
- Silica
- Total Worker Health

Costs to attend:

Professional Development Workshop (Oct. 16)	\$130
Pre-Conference Workshop (Oct. 16)	\$50
Conference (Oct. 17 & 18)	ASSP Member \$160 Non-member \$175
One day (Oct. 17 or 18)	\$100
Executive Session (Oct. 18) with Lunch	\$75

Watch for registration information in August 2018.

Professional Development and Keynote Speaker



Bob Edwards

The H.O.P. Coach - Founder

October 16

Professional Development Workshop

Human and Organizational Performance Fundamentals

October 17

Keynote

Failure and Success, They aren't that Different!

Exhibits • Awards • Workshops



Southern Oregon Chapter

Questions? or to receive registration materials, contact the Conference Section, 503-947-7411 or toll-free in Oregon at 888-292-5247, option 1

www.soassp.org • osha.oregon.gov/conferences

A joint effort of the American Society of Safety Professionals (ASSP), Southern Oregon Chapter, and the Oregon Occupational Safety & Health Division (a division of DCBS).



Awesome LifeSaver App for Distracted Drivers!

By Susan Murphey

The Oregon Department of Transportation (ODOT) has partnered with LifeSaver to create a campaign with an app that blocks cell phone use when driving. The safety campaign gives companies, organizations, and schools the opportunity to compete to see who can drive the most safely.

Participating organizations create a DriveHealthy portal account used to invite drivers to install the LifeSaver App and participate as members of that organization or group. The free LifeSaver app scores drivers based on whether they unlock their phone while driving. Scores are posted and then reset each month. Friendly competition aside, it's a great way to track changes in behavior.

Research has shown that people are more likely to change behavior if they connect with others (the gym-buddy concept). Here's a great opportunity to create a little friendly competition between workers, friends, family members, youth groups, etc. Just download the app and start the fun! For more information, go to <https://lifesaver-app.com/#faq>. If you're ready to get started, you can register at www.drivehealthy.org.



Safe + Sound Week **August 12-19, 2018**

By Susan Murphey

Safe + Sound Week is a nationwide event, sponsored by OSHA, to raise awareness and understanding of the value of safety and health programs. This year, Safe + Sound activities will take place August 12-19th. Organizations of any size or industry can participate. It's a great opportunity to show your company's commitment to safety to your workers, customers, and the public. You can host an event just for your workers or host a public event to engage your community. For more information, go to <https://www.osha.gov/safeandsoundweek/>.

More Safety Down Under!

By Susan Murphey

The last in my series of fun safety signs from our trip to New Zealand. Enjoy!



"Give Way" is a common safety term apparently.



Seems like it might be a "high sheep crash" area as well!



Love this!



In case you didn't get it the first time...

Driving Policy Checklist **for the Workplace**

By Susan Murphey

Did you know that crashes are one of the leading causes of death at work in every major industry? We have all kinds of safety policies in the workplace for slips, trips, and falls, environmental exposure, etc. but what about operating a motor vehicle? The Center for Disease Control (CDC) Foundation has created a Driving Policy Checklist to assist you in implementing safe practices for motor vehicle use.

For information, check out <https://www.cdcfoundation.org/businesspulse/vehicle-safety-infographic#complex2>.

Smokewise

Ashland

By Susan Murphey

As follow-up to the fire safety theme from last month, the Ashland Forest Resiliency Stewardship Project has recently launched a website of wildfire resources. Bookmark <http://www.ashland.or.us/Page.asp?NavID=17502> to easily find DEQ's Air Quality Index, maps of regional wildfires and smoke, and the visibility index. You can also find out how to protect yourself from risk factors of smoke exposure, learn how organizations should plan for smoke, and much more.

AQI Value	Actions to Protect Your Health From Particle Pollution
Good (0 - 50)	None
Moderate (51 - 100)	Unusually sensitive people should consider reducing prolonged or heavy exertion.
Unhealthy for Sensitive Groups (101 - 150)	The following groups should reduce prolonged or heavy outdoor exertion: - People with heart or lung disease - Children and older adults
Unhealthy (151 - 200)	The following groups should avoid prolonged or heavy exertion : - People with heart or lung disease - Children and older adults Everyone should reduce prolonged or heavy exertion.
Very Unhealthy (201 - 300)	The following groups should avoid all physical activity outdoors : - People with heart and lung disease - Children and older adults Everyone should avoid prolonged or heavy exertion.

Disclaimer: The content and views included in this newsletter are for educational purposes only. The Southern Oregon Chapter of ASSP 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

[Lockout/Tagout and Machine Safeguarding](#)

Medford

09/12/2018

[Confined Space Safety](#)

Medford

09/12/2018

Online Courses

[Hazard Identification and Control - Online](#)

Online/Internet

[Inspections: What to Expect from Oregon OSHA - Online](#)

Online/Internet

[Job Hazard Analysis \(JHA\) - Online](#)

Online/Internet

[Lead in Construction - Online](#)

Online/Internet

[Lockout/Tagout - Online](#)

Online/Internet

[Personal Protective Equipment - Online](#)

Online/Internet

[Portable Ladder Safety - Online](#)

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



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

Fall Protection Competent Person

Eugene, Oregon—October 30-31, 2018

Forklift Safety Train the Trainer

Eugene, Oregon—October 16, 2018

Confined Space Train The Trainer

Eugene, Oregon—November 13-14, 2018



Employment Opportunities

Health, Safety, and Risk Manager—University of Oregon—Eugene, OR

The Global Education Oregon (GEO) Health, Safety, and Risk Manager is responsible for identifying, developing, implementing, and promoting best practices for supporting the health and safety of students, faculty, and staff while abroad on a GEO-sponsored program or GEO business. This position is also responsible for identifying and mitigating risk factors associated with GEO's programming. The Health, Safety, and Risk Manager works collaboratively with all stakeholders (campus, domestic, and international partners) to support GEO's short, medium, and long-term goals related to the health, safety, security, and risk of GEO students, faculty, and staff.

<http://careers.uoregon.edu/cw/en-us/job/521848/health-safety-and-risk-manager>

Corporate Claims/Risk Manager—Lithia—Medford, OR

- Supervise the claims management program to ensure appropriate staffing, effective support to operational teams for insurance-related items, timely handling of reporting claims, and cost-effective resolution of claims.
- Build and maintain relationships with claims adjusters, insurers, legal counsel, and other claims-related parties.
- Manage the relationship with the third-party claims administrator to ensure timely handling of reported workers' compensation and property and casualty claims and cost-effective resolution of claims.
- Coordinate communication efforts needed in significant insurable events (hail, flood, fire, earthquake, etc.) with all involved departments and stores to quickly and effectively return stores to operations and manage the related insurance claim.

<https://careers-lithia.icims.com/jobs/42039/corporate-claims-risk-manager/job>

Safety Specialist—Knife River—Central Point, OR

Knife River has an immediate opening for a Safety Specialist in Medford, Oregon, to join an existing team emphasizing safety, quality, production, and growth.

This position is responsible for planning, implementing, and coordinating programs to reduce or eliminate occupational injuries, illnesses, and financial losses to Knife River's Northwest Region. Specific emphasis on Construction and Materials Supply business with MSHA safety expertise.

<https://www.indeed.com/viewjob?jk=f03a1957e9957f4c&tk=1ci80oh06bq65b43&from=serp&vjs=3>

For More Employment Opportunities, Please See Our Employment Page at: <http://soassp.org/employment>.

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

Mark Your Calendars



General meeting:
Thursday, August 2nd, 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 & Hwy 99)

Check out our website at:
www.redwoodsafety.org

This month's topic:
Teaching Safety to a Bilingual Workforce

Presented by: Naomi Hernandez, Sr. Safety Mgt. Consultant, SAIF Corporation

Program description: Please join us for this insightful training from a professional bilingual safety trainer. Naomi will share tips and tricks for communicating safety to a Hispanic workforce. You will better understand this culture and ways that effective safety training can be delivered.

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

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

Executive Committee 2017-2018

- President:** Michael Hill, SAIF Corporation—michil@saif.com
Vice President: David Hanson, SAIF Corporation—davhan@saif.com
Past President: Pam Ahr, SAIF Corporation—pamahr@saif.com
Secretary: Vacant
Treasurer: Patti McGuire, SAIF Corporation—patmcg@saif.com
Conference Chairs: David Hanson, SAIF Corporation—davhan@saif.com



Chris Lawrence, Boise Cascade—ChrisLawrence@BoiseBuilding.com

- Membership Coordinator:** Amy Stonehill, City of Medford—amy.stonehill@cityofmedford.org
Program Coordinator: Tanya Haakinson, Timber Products—thaakinson@timberproducts.com
Communications Coordinator: Susan Murphey, Essential WorkWellness—
info@essentialworkwellness.com

- Governmental Affairs Coordinator:** Gary Robertson, Oregon OSHA—gary.l.robertson@oregon.gov
Operations Coordinator: Pam Thoren, Medford School District—Pam.Thoren@medford.k12.or.us

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