

Next Meeting—February 5th, 11:30 am at Black Bear Diner

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# **February Chapter Meeting**

Date/Time: Tuesday, February 5th, 2019

Executive Committee: 10:00 am

Regular Meeting: 11:30 am - 1:00 pm

Program begins at noon.

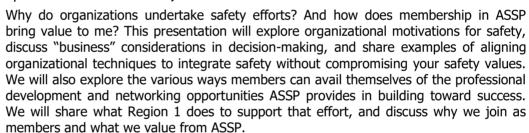
Location: Black Bear, 1150 E. Barnett Rd., Med-

ford

**Topic: The Business Case for Safety: Examples** 

**Lived for Success** 

Speaker: James Boretti, CSP



The presentation will discuss:

Motivations: For safety in our organizations—why do they do it

Culture: Safety culture in our organizations

Examples: Shared experiences in overcoming barriers that lead to safety integration Society: Importance of your membership in ASSP and how that helps you succeed

#### Bio:

James Boretti, Certified Safety Professional

CEO/President, Boretti, Inc.

With over 30 years of experience, James has an extensive background in the field of safety & health. James is president of Boretti, Inc., a professional SH&E firm providing a broad range of technical and business safety solutions. He has successfully consulted with a wide range of clients and industries, including healthcare, manufacturing, television, construction, and agricultural environments. His efforts have resulted in measurable improved operational efficiency and productivity, lowered insurance rates, reduced claims frequency, and OSHA compliance.

James is Regional Vice President of Region I for the American Society of Safety Professionals and a frequent speaker for them. He is a Certified Safety Professional (CSP), a Professional Member of the ASSP, and former member of the ASSP Code of Conduct Committee. He teaches safety courses for the University of California, Irvine, in ergonomics and sustainability/social compliance. James is well versed in ISO and other non-governmental organization (NGO) voluntary and marketplace certifications for safety, environmental, and sustainable operations.



### **ASSP Executive Committee!**

If you've ever thought about joining our team on the Executive Committee, now is your chance! We are currently looking for a Communications Coordinator to start on July 1st. Susan Murphey has decided to step down after three years of service. Susan jumped in with both feet and has done an amazing job coordinating and writing newsletter articles, maintaining the website content, and helping us with our new vision for community outreach. There is also a great team that supports this position—including a paid newsletter editor and web developer, many people on the committee who share articles and help with web content, and even people who help keep the social media content fresh and current—so you won't be alone in this role. We have a great team that supports one another and strives to help each person on the team shine.

I have served on the Executive Committee for 10 years now, and in that time, I have had the privilege of working with five Communications Coordinators. Each has taken ownership of this position in a slightly different way, shaping it with their strengths and adding their own signature touches and unique and creative elements.

The benefits of serving on the Executive Committee are numerous: you will gain terrific leader-ship, organizational management, and communications experience; you will have the opportunity to rub shoulders with some of the leading safety professionals in our region; you will be a part of something bigger than yourself by helping to shape the future of our chapter and society as a whole; you will help hundreds of people have access to top-notch safety and health content through print, digital, and social media, as well as reach out to strategic media partners with information about our events and award winners.

If you are the type of person who likes to lead the discussion and are looking for an opportunity to help your local ASSP chapter serve our membership with excellent occupational safety and health content, please let me or anyone on the Executive Committee know of your interest. You might be just the right person to help continue our vision of helping Southern Oregon employers improve the safety and health for their workers for years to come!

Michael Hill CSP

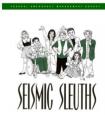
### Earthquake Preparedness for Kids

By Susan Murphey

FEMA offers a booklet outlining several Earthquake Safety Activities for Kids. These can be used in the classroom or at home. These ready-to-use, hands-on activities for students and teachers explain what happens during an earthquake, how to prepare for earthquake shaking, and how to stay safe during and after an earthquake. The booklet includes instructions for leading a Hazard Hunt. Prepare and Share, and Ma

booklet includes instructions for leading a Hazard Hunt, Prepare and Share, and Making a Kit. Check it out! <a href="https://www.fema.gov/media-library-data/20130726-1508-20490-6311/fema-527.pdf">https://www.fema.gov/media-library-data/20130726-1508-20490-6311/fema-527.pdf</a>

For middle and high school-aged kids, there are age appropriate activities in the Seismic Sleuths publication *Earthquake: A Teacher's Package for Grades 7-12.* Information is available at <a href="https://www.fema.gov/media-library/assets/documents/15229">https://www.fema.gov/media-library/assets/documents/15229</a>.



# My First Earthquake—

# Thank You, Mr. Hewitson!

By Amy Stonehill

"WWWWHHHHAAAATTTT IIISSS HHHAAAAAPPPPEEENNN-IIINNNGGGG???" Everything was ssslllloooowwww motion. . . .

October 1, 1987 was a normal day. My roommate stood drinking coffee while I ironed for work. In a moment, *everything changed*. Instantly, I was in Mr. Greg Hewitson's 6<sup>th</sup> grade class: "In an earthquake, get to a doorway." Yes! I had a plan! "Lynn, get in the doorway!" I screamed as I made my way to her. In a 5.9 earthquake 20 seconds is an eternity; thank God for Mr. Hewitson!



1989 Loma Prieta (San Francisco), a 6.9, brought the region to a standstill: 1.4 million lost power, the Bay Bridge collapsed, 12,000 homes/26,000 businesses damaged; 3,757 injuries, 63 deaths. 150 miles away in Sacramento, my dining room light swayed, coffee mugs slid off my counter; and that was only a 6.9!

FEMA urges the Rogue Valley: Prepare to <u>sustain yourselves for a minimum of 2 weeks, maybe longer</u>. <a href="http://www.mailtribune.com/news/20170917/when-big-one-hits-are-you-ready">http://www.mailtribune.com/news/20170917/when-big-one-hits-are-you-ready</a>

But there is good news! This is NOT a surprise! We're Oregonians! We may fight about Ducks and Beavers, but when the chips are down we stick together. When Cascadia hits, we will thrive **together**. Some ideas:

- 1. Water/filters
- 2. Canned, dehydrated, freeze-dried food
- 3. First aid kit—make sure it's full and not 10 years old!
- 4. Pet food—don't forget Fifi and Fido!
- 5. Phone chargers—keep portable chargers charged, consider solar powered chargers pretty inexpensive and easy to use
- 6. Cash—stores will likely only accept cash, not debit/credit cards.
- 7. Toilet paper—important!

Think about daily medication for you, your children, your parents. If insurance doesn't allow for an additional supply to have on hand, you may want to consider a one-time purchase, and as you use it, replenish with the insurance-covered medication so you always have a 30-day supply ready.

I now have a son going into 6<sup>th</sup> grade. I truly hope his 6<sup>th</sup> grade teacher is a great teacher like Mr. Hewitson. His precepts, preparation, and forethought are solid foundations in my life.

#### **GREG HEWITSON'S WORDS TO LIVE BY:**

- The unexpected **IS** coming—be prepared.
- Think ahead/plan ahead—always a good thing to do.
- Build relationships with neighbors and those around us every day—together we can survive anything.
- Things can be replaced—relationships are the only things that truly last.

Above all, remember Cascadia is coming, but together we can face anything!

# Women in Safety Excellence—

#### **Local Events**

By Tanya Haakinson

ASSP's Women in Safety Excellence (WISE) Common Interest Group advances ASSP members and the safety profession through education, mentorship, networking, collaboration, research, and innovation.



In 2018, our Southern Oregon WISE chapter, with the assistance of Southern Oregon ASSP and Rogue Valley SHRM organizations, provided quality safety training and materials to the Women in Trades pre-apprentice cohort program in Grants Pass and Medford, a partnership with WorkSource Rogue Valley. Each WISE member taught classes related to safety like LOTO, Machine Guarding, Fall Protection, Hazard Communication Aligned with GHS, PPE rules, Safety Committee Operations, Forklift Case Studies/Awareness, and Walking-Working Surfaces. Each WISE teacher instructed the same material for both cohorts, volunteering their time to train future skilled workers.

In 2019, WISE will be meeting quarterly to plan programs, mixers, or other events happening throughout the year. The first activity WISE will participate in this year is the Careers in Gear event on February 7, 2019 at Central High School. WISE will be part of the ASSP table, discussing safety as a career path to local area high school students.

If you are interested in joining WISE and becoming part of an evolving safety group in our local community, please reach out to Tanya Haakinson at <a href="mailto:thaakinson@timberproducts.com">thaakinson@timberproducts.com</a>.

# Make an "Earthquake Sweep" Through Your Home

Excerpted from Pemco Perspective newsletter, July 2018

#### Kitchen

 Install childproof latches on cupboard doors to keep them closed. In homes without small children, move cleaners and chemicals to lower shelves so they can't tumble out and spill.

#### **Bedrooms**

• Scoot your beds away from the windows and remove pictures hanging over the headboard. Keep a pair of sturdy shoes and a flashlight under the bed – both can help you safely navigate in the dark if fallen items are strewn around.

#### Living and family rooms

 Apply safety film to sliding glass doors and picture windows. Add ledge barriers to display shelves and move heavy items to lower shelves.

#### Home office

 Anchor file cabinets and bookshelves to the wall with sturdy straps. Ditto for display cases and grandfather clocks.

#### Garage, basement, or utility room

• Post signs showing where and how to shut off utilities, like natural gas, and make sure you have the tools needed to do the job (a special wrench, for example). Strap your water heater to the wall.

#### Are You

# Ready?

Excerpted from Pemco Perspective, May 2018

In a recent PEMCO Insurance Poll, only 8% of Washington and Oregon residents said they were "very prepared" if a natural disaster happened. If you're among the 92% who feel you could do more, these tips can help you **get ready** for emergencies like earthquakes, wildfires, and prolonged power outages:

- 1. Get a kit. You'll want three-days' worth of grab-and-go supplies plus a stored two-week supply if you're cut off from services but able to stay in your home. That includes non-perishable food; one gallon of water per person, per day; medications; copies of important documents; and cash (small bills). You can **build a kit yourself** or get a jumpstart with prepacked supplies available from the **Red Cross Store** or (who knew?) **Costco**.
- 2. Make a plan. Arrange a meeting place if your family is separated when disaster strikes. Designate an out-of-state family member who can coordinate communication if local telephone or online resources are knocked out.
- 3. Be informed. Know where to go in your community to get information or request help. You'll also want to make sure at least one family member knows first aid, including CPR.

You might also be interested in this list: What important papers should I keep, and where should I store them? <a href="https://pemco.com/northwest/perspective/2018-may/important-papers">https://pemco.com/northwest/perspective/2018-may/important-papers</a>

# Using Facebook for Safety Check-ins

Excerpted from Professional Safety Journal by Susan Murphey

You may have seen your Facebook friends checking in as 'safe' during recent natural disasters, but now you can use it as a safety communication tool for your company. Facebook now offers the ability for workers in an area affected by a crisis to check in as 'safe.' The platform also allows designated operators to create and send out notifications to their workforce until everyone is accounted for or as a pre-emptive alert for those who may be at risk of a pending crisis.

For more information, go to <a href="https://www.facebook.com/workplace/features/safety-check?">https://www.facebook.com/workplace/features/safety-check?</a>
<a href="path=features/safety-check">path=features/safety-check</a>.

### Celebrating Our Members

By Amy Stonehill

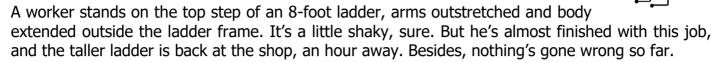
The Southern Oregon Chapter of ASSP is pleased to welcome student member Addie Hodgson. Addie is pursing her B.S. in Occupational Safety & Health from Columbia Southern University. She was inspired to pursue a career in safety from her stepdad (Gary Robertson) who has been a role model since he came into Addie's life when she was 16 years old. Gary has been in safety for a long time and is someone Addie has always looked up to. Addie has since found an interest in safety and is eager to get her career started, as it is something extremely applicable and important for all workplaces. She's even starting on a draft for a safety program for her current workplace, a local restaurant in the Rogue Valley, trying to encourage a proactive safety culture within small businesses. Welcome, Addie!

For additional information on ASSP Student Memberships, go to <a href="https://www.assp.org/students">https://www.assp.org/students</a>.

# Technology Update:

# **Ladders May Be Getting Smarter**

By Scott E. Clark, Sr. Safety Management Consultant at SAIF Corporation



As the worker applies more pressure to drive one last stubborn screw, the additional force travels through his body to his feet, tipping him off balance. The ladder abruptly slips from underneath him and he falls to the ground, sustaining a serious head injury. His life will never be the same.

Scenarios like this are repeated at work and home literally hundreds of times a day. In the last 12 months alone, SAIF has seen nearly 600 injuries, \$11 million in claims costs, and 14,500 time-loss days associated with falls from ladders. More than a third of those injuries were life-altering.

This is not a new trend. Ladder falls have been on the top-five highest severity injury lists for the last decade or more. Ladder technology hasn't changed much during that time, nor have the associated hazards and accompanying safety interventions. The ladder, like the wheel, is hard to reinvent. And like the wheel, ladder use is ubiquitous—at home and work. So, what more can be done to prevent severe injuries?

Enter the "Smart Ladder."

On behalf of Safety Advancement and Innovation (SA&I), I travelled to Cincinnati recently to observe and provide feedback on this first-of-its-kind, early-stage technology. The gathering, led by Otto Ladder Safety, included more than 20 industry experts in safety, data science, electrical and human factors engineering, construction, product liability, and more, representing national organizations including NIOSH, CPWR, Stress Engineering, Hays Companies, Zurich, and SAIF.

In short, the new technology involves placing sensors on ladder feet, along with a "brain" unit at the top of the ladder. Thousands of bits of data are collected every second by way of the tiny sensors and an accelerometer to electronically interpret how the ladder is being used. Uneven or leaning set? It knows. Leaning too far out? It knows. Standing on top step or cap? It knows. Loose ladder rung rivet? It probably knows that too! And those are just a few examples.

The smart technology automatically collects ever-elusive, much-coveted leading indicators—no observation or visual inspection required. When set hazard thresholds are met, data is wirelessly transmitted, interpreted, and sent to designated users (the employee, supervisor, foreman, safety director, etc.) in real time, allowing immediate action. Usage data is also analyzed over time to illuminate potentially hazardous trends which can then be acted upon. On-ladder alerts (light, sound, vibration) are being evaluated as well.

While the ladder isn't being reinvented exactly, it is being transformed from dumb-as-a-rock to smart-as-a-whip. This could be a real game changer in preventing injuries. And, oh yeah, that worker in the example above? This technology easily could have been the critical, time-sensitive intervention needed to prevent a tragedy.

To be sure, the product still needs to be fleshed out and refined before it's ready for prime time. But this is exactly the type of innovation that that could benefit injury prevention efforts.

The safety tech landscape is ripe with innovation. This is one of many examples of how new ideas and innovation can help make Oregon the safest and healthiest state.

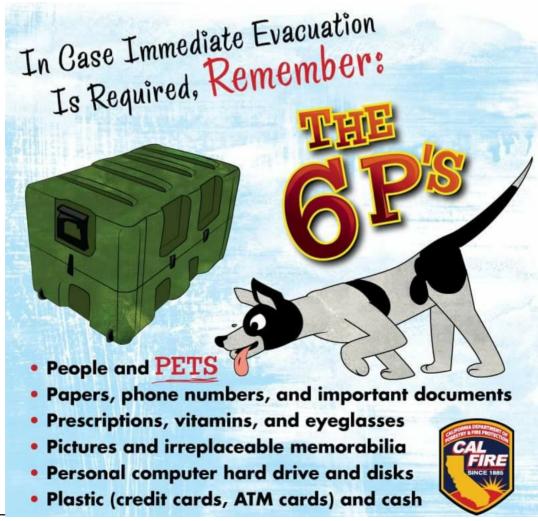
Call!

By Susan Murphey

When the Klamathon Fire came marching up I-5 last summer, spreading at an unprecedented rate, it caught my attention. Sure, we all have a rough idea of what we'd do in the event that we had to evacuate, but how ready was I, really? What if I had less than an hour to gather everything up and get out of my home? What if I couldn't get home and had to evacuate the area from where I was in my car? Hmm . . . perhaps I wasn't as prepared as I thought I was.

Whether it's due to a wildfire, earthquake, or some other unexpected event, preparation is key to individual and corporate survival. The Klamathon Fire was a wake up call for us. My husband and I spent the next Saturday *really* preparing. We put "GO" bags in each of our cars so that if we were out and about and couldn't come home, we'd have a few days' worth of supplies. The Dollar Store was a great resource. We also collected things we'd take with us if we were evacuating from home and put them all together on a shelf in the garage so we could quickly grab and go. Things we didn't want to store in the garage, like laptops and other valuables, were listed on a checklist that is posted on the shelf in the garage. We may not remember everything if we're in a panic.

Fortunately, the winds were favorable and the efforts of CalFire, ODF, and other agencies were spectacular in getting the Klamathon Fire under control. We didn't have to evacuate, but I felt much better being prepared. Are you prepared for fire evacuation, earthquake, or any other natural disaster?



# Master's Degree in Safety

### & Health Management Now Offered

By Pam Ahr

A Master of Science in Safety and Health Management degree is now being offered at Central Washington University. The MS-SHM provides a professional learning experience for post-baccalaureate students with at least four (4) years of full-time experience in environmental health and safety (EHS) or a closely related field. This program has been designed to be completed part-time over two years and one summer. Students take up to two courses per quarter in a cohort model, with admission every other year.

Since this is a fully online graduate program, you can review the online learning website for detailed information about admissions, out-of-state tuition waivers, and online advising: <a href="http://www.cwu.edu/online-learning/future-students">http://www.cwu.edu/online-learning/future-students</a>.

Review the skills and technical requirements before applying: <a href="http://www.cwu.edu/masters/online-graduate-programs">http://www.cwu.edu/masters/online-graduate-programs</a>.

If you have any additional questions, please contact Morgan Bliss, Asst. Professor of the Safety and Health Management Program at CWU: Morgan Bliss, MS, CIH, CSP

Assistant Professor – Safety and Health Management Program Engineering Technologies, Safety, and Construction Dept.

Central Washington University 400 E. University Way Ellensburg, WA 98926 Phone: 509-963-1740 blissm@cwu.edu

# Slate of Executive Council Candidates

By Pam Ahr

The follow candidates have been slated for the elected and appointed offices of the 2019-2020 term of the Southern Oregon Executive Council. Candidates will be voted on by membership in May. The elected positions run from July 1, 2019 through June 30, 2020.

The position of Communications Coordinator is still available for any member who is interested. As this is an appointed position rather than an elected position, it can be appointed by the President at any time. For more information about the Communications Coordinator position, go to <a href="http://">http://</a> www.soassp.org/execcommittee.html. If you are interested in serving Communications Coordinator, please contact Pam Ahr 541-857-4203 pamahr@saif.com.

Slate of Officers for the 2019-2020 Term

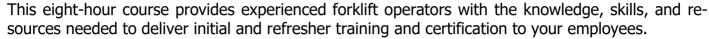
Position	Candidates	Position	Candidates
Elected Positions	Name	Appointed Positions	Name
President	Chris Lawrence	Communications Coordinator	
Delegate	Michael Hill	Conference Chair	David Hanson
Vice President	David Hanson	Govt. Affairs	Gary Robertson
Secretary	Roy Harper	Operations Coordinator	Tanya Haakinson
Treasurer	Patti McGuire		
Membership Coordinator	Amy Stonehill		
Program Coordinator		Past President	Michael Hill

#### D2000 Forklift Train the

#### **Trainer Class**

**Where:** Timber Products—Medford, Oregon **When:** February 12, 2019, 8 am-5 pm

Cost: \$345/person



The curriculum reflects all the training requirements listed in 29 CFR 1910.178.

All students will receive a fully-scripted Leader's Guide, sample student materials, and a variety of checklists and forms.

Prerequisites: Students must be qualified lift truck operators who have experience with the types of trucks used at your facilities.

Click here to register.

**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

#### Free Trainings Available!

Course	Location	Date
<b>Hazard Identification and Control</b>	Eugene	01/23/2019
Accident Investigation	Medford	04/23/2019
Safety Meetings and Committees	Medford	04/23/2019



<u>Hazard Identification and Control - Online</u>

<u>Inspections: What to Expect from Oregon OSHA - Online</u>

<u>Online/Internet</u>

Job Hazard Analysis (JHA) - Online Online/Internet

<u>Lead in Construction - Online</u> Online/Internet

<u>Lockout/Tagout - Online</u> Online/Internet

<u>Personal Protective Equipment - Online</u>

Online/Internet

<u>Portable Ladder Safety - Online</u> 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

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

# Training **Opportunities**



**Fall Protection Competent Person** 

Eugene, Oregon-March 26-27, 2019

**Forklift Safety Train the Trainer** Medford, Oregon-May 14, 2019



http://www.d2000safetv.com/

#### **Confined Space Train The Trainer**

Medford, Oregon—February 12-13, 2019

### **Employment** Opportunities

#### Safety Coordinator—Amy's Kitchen—White City, OR

Under direct supervision of the Safety Supervisor, the Safety Coordinator will assist in establishing and promoting a safe work environment in all company-wide safety programs. Helps maintain a safety culture that encourages safety awareness and self-responsibility. Assists in company focus on all aspects of occupational safety at the ground level. Assists business unit leaders in understanding policies, procedures, and safe work practices. May also work closely with employees and instruct on safety concepts, safe work practices, and safety-related materials.

https://www.indeed.com/viewjob?jk=4f0df6359cb04bb2&tk=1d1p572vm1e8t002&from=serp&vjs=3

#### Safety and Human Resource Coordinator—Murphy—Gold Hill, OR

The purpose of the Safety and Human Resource Coordinator is to support the Human Resource Department in our southern locations. This position will assist in all HR and Safety functions. Murphy Company takes safety seriously, and we require all of our employees to use the standard industry practices to keep everyone safe on the job. Trust and confidence is of the utmost importance in this key position.

https://secure4.entertimeonline.com/ta/6008572.jobs?ShowJob=201589635

#### Clinical Risk Analyst—Asante—Medford, OR

The Clinical Risk Analyst works closely with colleagues to preserve the assets of the organization and promote a safe environment for patients, staff, and visitors.

As the Clinical Risk Analyst at Asante, you will have the opportunity to:

- Provide oversight and guidance on clinical risk-related events
- Maintain a systematic process for tracking and trending safety events
- Ensure that the assessment, identification, evaluation, reporting, and follow up on risk management activities include timely reporting of serious safety events to Asante leadership.

https://www.indeed.com/viewjob?jk=0903b222288d99c6&tk=1cvlpjal4b093802&from=serp&vjs=3

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

# **Mark Your Calendars**

#### **General meeting:**

Thursday, February 7th, 2019 12:00 noon - 1:00 pm No-host lunch

NEW LOCATION **Grants Pass Black Bear Diner** 1900 NW 6th St, Grants Pass, OR 97526

# This month's topic: Hand Protection

Presenter:

#### Tony Sanseri Regional Sales Manager—WA, OR, HI

This presentation will explain why companies may want to use cut resistant gloves by sharing statistics about workplace injuries. The meeting will review the ANSI cut resistant standard that was implemented in 2016, and explain the testing and differences between

the ANSI and European (EN388) standards. The proper selection and use of cut resistant gloves, as well as samples of different types of cut resistant gloves, will be presented.



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

### Executive Committee 2018-2019

President: Michael Hill, SAIF Corporation—michil@saif.com

**Vice President:** David Hanson, SAIF Corporation—<u>davhan@saif.com</u>

Past President: Pam Ahr, SAIF Corporation—pamahr@saif.com

**Secretary:** Roy Harper, Medford School District—<u>roy.harper@medford.k12.or.us</u>

**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, Independent Safety Professional—amystonehill@yahoo.com

**Program Coordinator:** Tanya Haakinson, Timber Products—<u>thaakinson@timberproducts.com</u>

**Communications Coordinator:** Susan Murphey, Essential WorkWellness—

info@essentialworkwellness.com

Governmental Affairs Coordinator: Gary Robertson, Oregon OSHA—gary.l.robertson@oregon.gov

**Operations Coordinator:** Chris Lawrence, Boise Cascade—<u>chrislawrence@BoiseBuilding.com</u>

Delegate to HOD (House of Delegates): Michael Hill, SAIF Corporation—michil@saif.com

Newsletter/Web Designer: Ethan Hill, Light Symphony Productions—ethan@lightsymphony.pro



Check out our website at:

www.redwoodsafety.org.





PO Box 1481 • Medford, OR 97501-0110

Visit our website at http://soassp.org.

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