



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Southern Oregon Chapter

*Next Meeting—January
8th, 11:30 am at Black
Bear Diner*

January Chapter Meeting

Date/Time: Tuesday, January 8th, 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., Medford**



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Executive Committee

Topic: Safety Orientation Best Practices

Speaker: Chris Lawrence and Richard Brinkman

Ever wonder what other local companies do for new employees when it comes to safety training? Please join us for a panel of safety professionals who have utilized safety orientation training as a risk reduction tool in their respective workplaces.

Safety orientations have been a proven way to set the standard in the workplace, bringing new employees up to the standards and culture of safety in any business.

Bio:

Chris Lawrence of Boise Cascade

With over 20 years in occupational safety and health, Chris Lawrence is a retired US Air Force safety professional who is the current regional safety manager for Boise Cascade. Their new hire orientation starts with a discussion on personal risk management and continues with a series of leadership discussions on what safety is at Boise Cascade, Western Oregon Region. This includes integrity, reporting, soundness of mind, behavior expectations, and general safe practices.

Richard Brinkman of Duro-Last

Richard Brinkman started working for Duro-Last Roofing 20 years ago. He started as a production employee; within 5 years, Richard was promoted to supervisor for EXCEPTIONAL Metals division. June 2016, he was promoted to plant manager for Duro-Last. His primary focus is safety by maintaining a safety conscious workforce and continuous improvement projects that will reduce risk of injury. Richard will be discussing corporate policy and topics to discuss before, during, and after new employee orientation.

Chapter Executive

Committee Nominations

By Pam Ahr



Hello, Rogue Valley safety community! I am the elections chairperson for the 2019/2020 program year for the Southern Oregon Chapter of ASSP. As mentioned in last month's newsletter, we are entering our nominations phase, and I am responsible for ensuring we have candidates for each elected position on the Executive Committee. We need to have a slate of candidates published in our March newsletter so they can be voted on by membership in May. The elected positions run from July 1, 2019 through June 30, 2020.

The elected positions are the following:

President
Vice President
Secretary
Treasurer
Membership Coordinator
Program Coordinator

Appointed positions are:

Conference Committee Chair
Communications Coordinator
Government Affairs Coordinator
Operations Coordinator

At this time, we have candidates for most of the elected positions, although anyone interested in an elected position can request to be added to the slate of candidates. We also have an opening in our appointed positions. Susan Murphey, who has been our phenomenal Communications Coordinator, will be stepping down next year. Our chapter is looking for someone to develop the monthly newsletter and assure email notifications. Please get in touch with me if you have an interest in serving as Communications Chair.

Information on the roles and responsibilities of Chapter Executive Committee positions can be found at <http://www.soassp.org/exec-committee.html>. I can be reached at 541-857-4203 and pamahr@saif.com. You can also contact

me or any of the Executive Committee members if you have questions about any of the other positions. The Executive Committee meetings take place from 10:00-11:15, just before the general lunch meeting. We invite anyone to attend to learn more about chapter operations.



Moving Toward Better Health

Excerpted from the Professional Safety Journal; May 2018

Regular physical exercise has been shown to lower the risk of premature death, heart disease, diabetes and some types of cancer. It has is also associated with better mental health. But what do we use as an indicator of good physical health or the need for improvement?

The following four indicators have been shown to be associated with improved health and longevity:

1. Standing balance
2. Grip strength
3. Walking speed
4. The ability to sit down and rise from the floor

Furthermore, these factors have consistently been shown to play a role in the prevention of soft-tissue injuries, hand injuries, and slips/trips/falls. Let's look a little more closely at these movements.

Standing Balance is influenced by leg strength and coordination. Unsteady balance increases the potential for slips/trips/falls and soft-tissue injuries. To test yourself, see if you can balance on one leg with your eyes closed for more than 10 seconds.

Grip Strength is dependent on arm and core muscle strength as well as balance. Grip strength is an indicator of overall muscle strength. Poor grip strength influences the risk for hand injuries, dropping a tool or part onto feet, and soft-tissue injuries. In addition, declining grip strength has the potential to decrease productivity, work efficiency, and quality of work through the loss of fine-motor control.

Walking Speed is affected by a loss of balance, strength, and cardiovascular capacity. Gait speed that is affected by poor cardiovascular conditioning is more difficult to improve than the other indicators, but can be improved relatively quickly if diminished by a lack of strength or balance.

Ability to Sit Down/Rise from Floor is an indicator of balance, strength, flexibility, and coordination. It impacts the risk for slips/trips/falls and soft-tissue injuries. To test yourself, sit down on the floor, then see if you can get up without support from your hands. Studies indicate that those who need more support, such as pushing/pulling yourself up with your hands or going to your knees first before standing were five to six times more likely to have diminished longevity.



Construction Safety Summit Coming to Central Oregon



The Mid-Oregon Construction Safety Summit Conference will be held January 28-29 in Central Oregon. The training will focus on the safety and health of workers in residential, commercial, and industrial construction, including everything from fall protection and ladder safety to excavation hazards and prevention of pipeline damage.

The 18th annual summit will take place at the Riverhouse on the Deschutes Convention Center in Bend. The summit's keynote speakers are Russ and Laurel Youngstrom, co-owners of Youngstrom Safety in the Seattle area. The Youngstroms are safety advocates and motivational speakers. In 1995, Russ Youngstrom, who was working for a painting company, fell from a scaffold and severed his spinal cord. The accident left him a paraplegic and changed the family's life forever.

The Youngstroms have dedicated their lives to sharing their tragic experience in hopes that others will benefit from hearing their story. Their January 29th keynote presentation, "It Won't Happen to Me," will emphasize the importance of personal accountability in workplace safety by offering two different perspectives on the permanent and ongoing consequences of ignoring safety precautions. The construction safety summit also offers opportunities for attendees to earn continuing education credits through Oregon's Construction Contractors Board and Landscape Contractors Board. Certification and re-certification will be offered for first aid personnel and work zone flaggers. In addition, the OSHA 10-hour training for construction certification will be offered.

The two-day summit's other workshops include:

- Construction A-Z. This session reviews the many hazards found in construction and demolition, and the best practices – and requirements – for correcting them.
- Scaffold user training.
- Planning for safety, every phase.
- Asbestos and lead awareness.
- Defensive driving strategies for Central Oregon.
- Hand/power tools and personal protective equipment.

Registration for pre-conference workshops (Monday, Jan. 28) is \$50. Conference registration (Tuesday, Jan. 29) is \$85. Registration for the OSHA 10-hour training for construction is \$140 for both days.

To register, go to <https://safetyseries.cvent.com/summit19>. If you have questions or need help registering, call the Oregon OSHA Conference Section, 503-947-7411.

Test Your Snow-Driving Knowledge!

Source: www.pemco.com

Do you think you're a snow-safe driver? Try these questions to test what you know in the snow. Answers on page 6. (No peeking!)

1. If your rear tires start to slide, should you "steer into the skid"?
2. Is it better to approach a snowy hill at a steady speed or "get a run at it" so momentum will carry you to the top?
3. Are stopping distances the same in snow as compared with dry pavement?
4. Should you use daytime running lights in the snow?
5. Should you keep tire pressure the same, regardless of the season?
6. Should you stay behind a snow plow?
7. Does cold weather weaken my car's battery?
8. In snowy or icy conditions, should pedestrians always walk facing traffic?
9. If you get stuck, should you stay with the vehicle?
10. Should you turn off cruise control in freezing weather?

Fire Safety Video—Timely Information

By Mark Hurliman

Just in time for the holidays! Here's a very interesting and informative fire safety video. This is absolutely worth viewing and sharing with your families, safety committees, and work groups.

<https://vimeo.com/293952932>



Celebrating Our Members

By Amy Stonehill

We'd like to recognize the following members for reaching membership milestones this quarter. Congratulations on your commitment to safety and ASSP!

5 years	20 years
Dennis Jordan	Debbie Dill
Lori Austin	

Training Program for Hearing Loss Prevention in Construction

By Susan Murphey

The Center for Construction Research and Training has developed a program to increase worker awareness of noise hazard. In order to understand more about noise exposure and hearing loss prevention, surveys were conducted, which identified a need for additional training materials.

In the construction industry, three out of every four workers are being overexposed to noise on a jobsite. The Construction Noise and Hearing Loss Prevention Training Program incorporates new strategies to improve retention of the information and training provided. The comprehensive program includes modules and exercises that can be used on their own or as part of both the 10-hour and 30-hour OSHA training programs. Program details can be found at <https://www.cpwr.com/research/research-practice-library/r2p-and-p2r-work/preventing-hearing-loss>.

Here are some additional links that can be used to raise awareness, address noise hazards, and prevent hearing loss in the construction industry:

- [NIOSH Sound Level Meter App](#)
- [Construction Noise Infographics](#)
- [NIOSH Buy Quiet Program](#)
- [NIOSH Hearing Protector Device Compendium](#)
- [CPWR Hazard Alert: Noise](#) and [Ruido y la Pérdida Auditiva](#)
- [CPWR Toolbox Talk: Hearing Protection](#)
- [Mining Resources for Construction on Noise & Hearing Loss](#)

Snow-Driving—Quiz Answers

1. Yes, but that term "steering into a skid" is confusing. A simpler way to say it is to steer in the direction you want the front of the car to go. If your rear wheels are skidding to the right, for example, the front of your car will be pointing slightly left. You want to turn your wheel gently to the right to straighten the car. Resist the urge to brake, because that can make the skid worse. Once you've regained control, take your skid as a sign you need to slow down.
2. A steady speed gives you a better chance to crest the hill safely. But better yet is planning a route that avoids hills in snowy conditions whenever possible.
3. No. Stopping distances triple in the snow compared with dry pavement. That's especially important to keep in mind when you're approaching intersections.
4. Yes. They help other drivers see you.
5. Yes. While you may have heard that reducing tire pressure improves traction, it's safest to follow manufacturers' recommendations for tire pressure.
6. Yes. That's safer than trying to pass it, and you'll have freshly cleared road to drive on. Just remember to give the plow LOTS of space – a full eight car lengths.
7. Yes. Frigid temperatures can sap your battery by 30%, so to be on the safe side, consider replacing batteries older than five years.
8. Yes. That gives you a chance to see a car that's starting to slide and to get out of the way.
9. Yes. Unless you can see help from where you are and it's safe to walk there without risk, stay warm inside your car and wait for help. Keep your exhaust pipe clear of ice and snow to avoid carbon monoxide buildup inside the car.
10. Yes. If your car hydroplanes or skids, its automatic acceleration will continue in order to maintain a constant speed. This will increase the likelihood of you losing control of your vehicle.

Member Benefit/New Member Orientation

January 8th

Have you ever wondered about the benefits of ASSP Membership? There will be a short (15 minute) ASSP Member Benefits and New Member Orientation immediately following January 8th's chapter meeting. This is for anyone interested learning about membership benefits and for any new members who may have questions. Please plan to stay after the January chapter meeting for this brief discussion to learn more about ASSP membership.



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
Hazard Identification and Control	Eugene	01/23/2019
Accident Investigation	Roseburg	02/21/2019

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

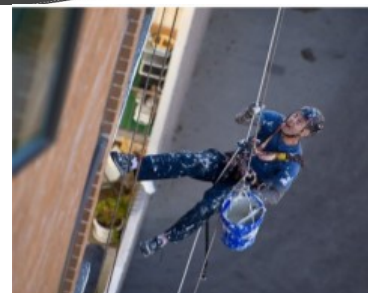
Eugene, Oregon—March 26-27, 2019

Forklift Safety Train the Trainer

Medford, Oregon—May 14, 2019

Confined Space Train The Trainer

Medford, Oregon—February 12-13, 2019



Employment Opportunities

Contracts Administrative Officer/Risk Manager—SOU—Ashland, OR

In addition to contract administration duties, this position serves as the campus Risk Manager by overseeing risk management activities, which include processing claims filed, interfacing with legal counsel and complying with risk management related standards. This position leads with the objective of enhancing/promoting safety and minimizing loss to protect the assets of the organization.

<https://www.indeed.com/viewjob?jk=5ff6c1bb9a72b1ef&tk=1cvlpg6l3b093802&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>

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

Mark Your Calendars



Check out our website at:

www.redwoodsafety.org.



General meeting:

Thursday, January 3rd, 2019 12:00 noon - 1:00 pm
No-host lunch

Climate City Brewing

509 SW G Street in Grants Pass
(Just off NW 6th & Hwy 99)

This month's topic:

Hearing Protection

Presenter:

Lenny Reiersen, Oregon OSHA

Most of us take hearing for granted. When we go home after work and when we get up in the morning, we expect to hear. Human hearing is amazingly sensitive. Our ears can distinguish 400,000 different sounds and can detect sounds so quiet they cause the eardrum to vibrate less than 1/80-millionth of an inch. However, that remarkable sensitivity does not have a lifetime guarantee.

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

PLEASE JOIN US!!

Membership **not** required.

Executive Committee 2018-2019

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: Roy Harper, Medford School District—roy.harper@medford.k12.or.us

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—thaakinson@timberproducts.com

Communications Coordinator: Susan Murphey, Essential WorkWellness—

info@essentialworkwellness.com

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

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

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