



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

Southern Oregon Chapter

*July's Chapter meeting  
will be July 2, 2019.*

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Executive Committee

## July Chapter Meeting

**Date/Time: Tuesday, July 2, 2019**

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, Oregon**

**Topic: Electrical Safety Training**

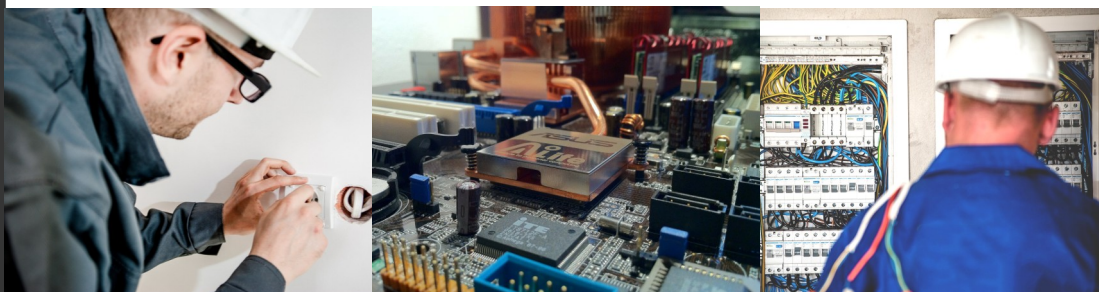
**Speaker: Chris Lawrence**

### Program description:

The class will start with a basic electrical safety discussion and lead into a discussion on arc flash safety. Basic electrical safety should be a part of any new hire on-boarding program, and arc flash safety should be considered anywhere there are personnel expected to manipulate breakers and disconnects.

### Bio:

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.



## Fire Season

Fire season is upon us again. The all too familiar time of year when we see that icky reddish-brown fog moving into our region. I am preparing myself for that claustrophobic feeling when you realize you can't see more than a few hundred yards and that burn in your throat and eyes makes going outside miserable. The last six summers in Southern Oregon have made it clear that we can probably expect more of the same this summer.

The smoke you will see this summer is a mixture of chemicals, gasses, and particulate that is launched into the air from the burning violence that the wildfire used to damage plant material, woodland creatures, and buildings. These air contaminants are generally not healthful for you to breath into your lungs. They reduce your lung capacity and heart effectiveness, worsen asthma, and cause coughing and irritation. Carbon monoxide is found in elevated levels and reduces available oxygen to your bloodstream.

Certain populations are at risk of worsening health and complications in these smoky conditions. People who work outdoors, have respiratory conditions or cardiovascular disease, and long-time smokers are especially vulnerable.

Become familiar with DEQ's Air Quality Index: <https://oraqi.deq.state.or.us/home/map>.

Limit your exposure to wildfire smoke.

Reduce the time spent outdoors. Close all windows and set air conditioning to recirculate. Limit the amount of air from the outside into the building. Use high efficiency HEPA air-cleaning filters.

Reduce the time you engage in vigorous outdoor activity. When you are outside, breath short, shallow breaths to protect portions of your lungs that you may want to use later.

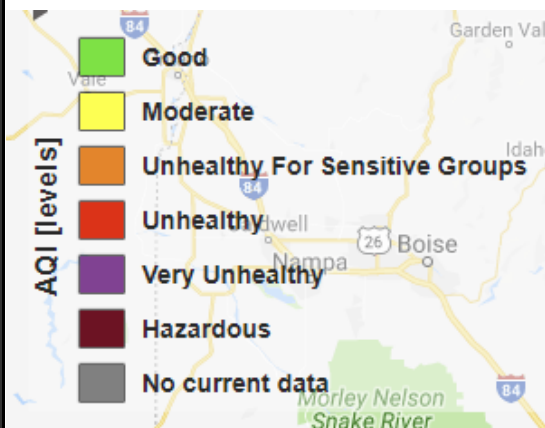
Stay hydrated and drink plenty of water. Dehydration can make the harmful effects of smoke worse.

Reduce other artificial sources of dust or smoke (candles, cigarettes, gas, propane, wood burning stoves, furnaces, and vacuuming).

Cease work when air quality and/or visibility presents health and safety hazards, including carbon monoxide, heavy smoke, or low visibility.

Set aside and store adequate stockpiles of water, food, personal protective equipment, and communication methods.

Reduce symptoms



N95 or R95 dust masks can reduce particulate inhalation.

Goggles can reduce eye irritation.

Drink plenty of water to help with scratchy throat and coughing.

Eye drops can help with itchy eyes.

Run an indoor air humidifier.

Consider leaving the area for the duration of the smoke emergency.

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## Message



What a privilege it was to attend the ASSP [Safety 2019 Conference](#) in New Orleans on June 10-12th. Bringing in around 5600 safety professionals from around the world, it was a jaw-dropping first-time experience for this safety professional. With hundreds of exhibit booths to visit in the expo, I had to choose the top dozen that I had in mind to visit and stick with those. On the way through, I couldn't help but stumble across a few other terrific supply ideas and resources such as vacuum lifts and ergonomic devices, advanced PPE options, hi-tech guarding, and many more. Many of the booths were gigantic with their own classrooms built in holding scheduled flash-sessions. Each day, there were 2-3 general keynote sessions with many top-name speakers and panelists as well as 24 breakout sessions every hour and a half. It was hard to decide between them all. After a while, I found myself choosing nationally recognized presenters more than topics or titles.

[Keni Thomas](#) had an impressive keynote luncheon presentation on leadership based on his story of fighting the battle of Mogadishu on October 3, 1993. Thomas explained as the mission began to fall apart, it was crucial to stick with the training plan and adapt to survive. Thomas summarizes the often cited key to leadership of building trust, "How do you build trust? The quickest way to do it is to go through a shared hardship." Another concept that has perfect application in the safety world is an idea that he learned in the Army: "Slow is smooth and smooth is fast!" And one of the highlight quotes on his experience with leadership, "Leadership is not a title or rank, it is the example you set to the people you serve." Thomas ended his presentation with a moving song that he wrote and performed called [Hold the Line](#).

Other phenomenal sessions that I attended included a world-class driver safety session presented by the former UPS Safety Manager, [Charlie Halfen](#), Safety Excellence Maturity Model by [Terry Mathis](#), a keynote by Colonel [Nicole Malachowski](#), The Psychology of Safety Success by [Scott Geller, Ph.D.](#), Culture Transformation by [Shawn Galloway](#), and a moving closing keynote by [Scott Hamilton](#) who shared about overcoming his lifelong health challenges to become a four-time world champion and Olympic gold medalist.

This conference greatly expanded my perspective about safety education and safety excellence. Safety 2020 is already accepting applications for speakers and will be held June 22-25th in Orlando.

Michael Hill, CSP  
Past-President





# Heat **Safety**

*Oregon OSHA*

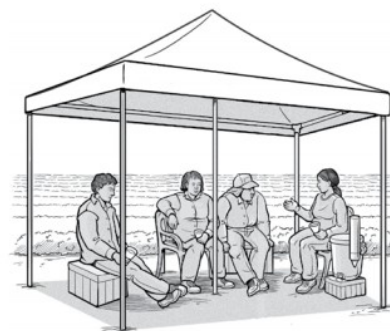
To view the entire flyer click the link below:

<https://osha.oregon.gov/OSHAPubs/4926.pdf>

## Heat illness can be prevented!



☒ **Water**



☒ **Shade and Rest**



☒ **Training**



☒ **Emergency Plan**

## The Heat **is On!**

Melissa Diede

This morning at the Construction Advisory Committee we learned from OR-OSHA that they will shortly begin asking questions and provide enforcement across all industries regarding the Local Emphasis Program—Preventing Heat Related Illnesses. OR-OSHA will begin asking employers questions June 15 about their heat-related illness and death prevention best practices. The heat season questions will end October 1.

OR-OSHA has developed a program directive that incorporates a broad spectrum of industries and industry specific best practices and standards. A field inspection guide details the questions they will be asking. These are detailed toward the end of program directive 299.

<https://osha.oregon.gov/OSHARules/pd/pd-299.pdf>

Methodology: OR-OSHA will be using wet bulb testing indoors and relying on the NIOSH app for outdoor heat/humidity measurements and NOAA heat index chart.

OR-OSHA is also analyzing data to determine if future heat-related illness prevention specific standards should be promulgated.

# Heat Stress

By Pam Ahr

On June 6<sup>th</sup> of this year, OR-OSHA revised Program Directive A-299. The purpose of the directive is "compliance assistance and outreach among employers with indoor hot processes and employers of outdoor workers in the construction, agriculture, and forestry industries." However, it also states that it is the duty of all employers to prevent heat-related illnesses. As an employer may be asked during a compliance visit how they are addressing possible heat related illnesses, now is good opportunity to review what those are and what to look for. Also from the directive:

**Heat-related Illnesses:** The human body normally cools itself by sweating and allowing that sweat to evaporate. This simple strategy requires enough fluid in the body to make sweat, air circulating across the skin, and low enough air humidity to allow the sweat to evaporate.

Workplace causes of heat-related illnesses involve work activities in a hot environment that can overwhelm the body's ability to cool itself, especially working in a hot environment without adequate access to water for rehydration.

Heat-related illnesses include:

**Heat rash** (sweat rash or prickly heat). Skin symptoms usually resolve by cooling the skin and avoiding exposure to the heat that caused it. However, symptoms that last longer than a few days, or a rash that gets worse may require medical treatment.

**Heat exhaustion** can be prevented by being aware of your physical limits related to a hazardous environment on hot, humid days. The most important factor is likely to be drinking enough clear fluids (no alcohol or caffeine) to replace those lost to perspiration. Signs and symptoms of heat exhaustion typically include:

- ☐ Profuse sweating
- ☐ Weakness, fatigue
- ☐ Nausea, vomiting
- ☐ Muscle cramps (associated with dehydration)
- ☐ Headache
- ☐ Light-headedness, fainting, or "heat syncope" (Fainting or loss of consciousness is potentially serious and should be referred for medical advice. Any loss of consciousness must be recorded on the employer's 300 log).

Intervention for heat exhaustion includes recognizing the symptoms, stopping the activity, and moving the affected employee to a cooler environment where they can rehydrate. Cooling off and rehydration with water (or electrolyte-replacing sports drinks) is the cornerstone of treatment for heat exhaustion. Activity must be stopped and steps taken to cool down. If activities resume without the core temperature returning to normal levels this may cause heat related symptoms to recur.

**Heat stroke.** This is a life-threatening condition that requires an immediate emergency medical response. The person typically stops sweating, becomes confused or lethargic and may even have a seizure. The internal body temperature may exceed 106 F (41 C). Signs and symptoms of heat stroke typically include:

- ☐ Absence of sweating
- ☐ Dry skin
- ☐ Agitation/strange behavior
- ☐ Dizziness/disorientation/lethargy
- ☐ Seizures
- ☐ Signs and symptoms that can mimic those of a heart attack

*Continued on page 6*

# Heat Stress

By Pam Ahr

*Continued from page 5*

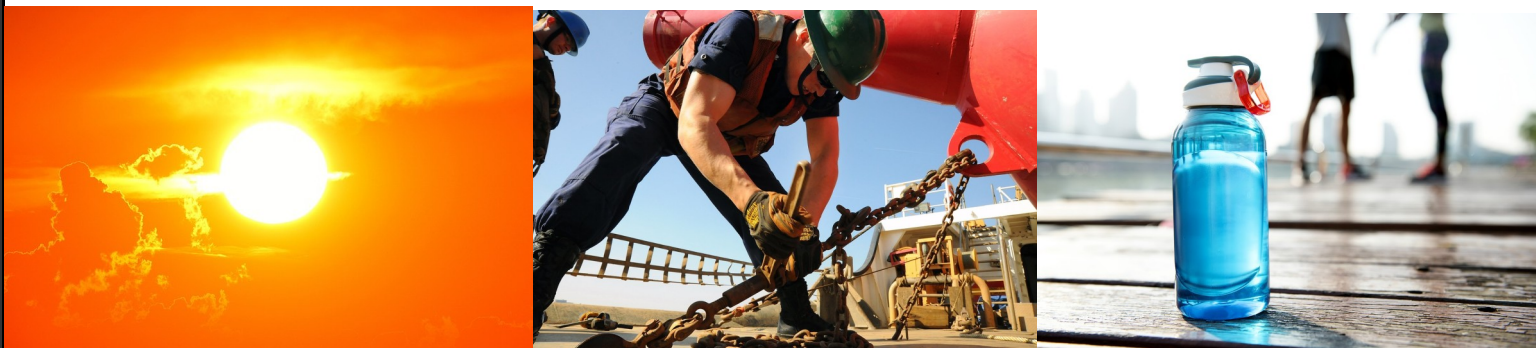
If there is no intervention and the body's temperature regulation fails, heat exhaustion can rapidly progress to heat stroke or sun stroke. Heatstroke requires immediate medical attention to prevent permanent damage to the brain and other vital organs that can result in death. Ensure that emergency services are summoned immediately if heat stroke is suspected. While waiting for emergency services to arrive cool the victim by moving them to an air-conditioned environment – or at least a cool, shady area – and help them remove any unnecessary clothing.

## Elements of an effective heat illness prevention program

Employer's program should include the following:

- ☐ Training employees about the hazards of heat, steps to prevent heat-related illnesses, how to recognize the symptoms of dehydration, and how to respond to suspected heat-related illnesses in others.
- ☐ Providing adequate amounts of cool, potable water in work areas.
- ☐ Providing employees frequent opportunities and encouragement to stay hydrated by drinking water.
- ☐ Providing a cool, climate-controlled area where heat-affected employees may take their breaks and for recovery when signs and symptoms of heat-related illnesses are recognized.
- ☐ Providing adequate space in shaded areas for affected employees at hot worksites where they may take their breaks and cool off.
- ☐ Implementing a work/rest regimen if necessary to keep employees safe.
- ☐ Implementing a heat acclimatization program for new employees or employees returning to work from absences of three or more days.
- ☐ Acclimatization and training about health conditions aggravated by heat: Workers should be allowed to get used to hot working environments by gradually increasing time in the work environment over several days. The same should be done for workers returning from an absence from work of three or more days. One example, for a healthy worker, is to begin work with 50 percent of the normal workload and times spent in the hot environment, and then gradually increase the time and workload over a 5-day period.
- ☐ Implementing specific procedures to be followed for heat-related emergency situations and training on the first aid to be administered immediately to employees who show symptoms of heat-exhaustion or heat stroke.

Your ASSP executive committee would be happy to point you in the direction of additional information if you need it. Your workers' comp carrier can also help.



# Fire Season

*Continued from page 2*

Prepare for wildfire-related emergencies.

Determine location of cleaner air shelters. (Large commercial buildings, schools, shopping malls, or other facilities with effective air conditioning and filtration.)

Plan for ways to get employees and family members to safer locations or when to release employees safely before situations worsen.

Designate essential personnel and duties that can perform emergency critical duties.

Create an emergency action plan.

There is a growing list of resources available to help you and your business navigate this year's fire season.

David Hanson, ASP

Sources:

<http://oregonsmoke.blogspot.com/>

<https://apps.state.or.us/Forms/Served/le8622.pdf>

<https://www.oregon.gov/oha/ph/Preparedness/Prepare/Documents/OHA%208626%20Wildfire%20FAQs-v6c.pdf>



## Free Trainings Available!



<b>Course</b>	<b>Location</b>	<b>Date</b>
<a href="#"><u>Forklift Safety</u></a>	Eugene	07/10/2019
<a href="#"><u>Excavation Safety</u></a>	Eugene	07/10/2019
<a href="#"><u>Confined Space Safety</u></a>	Roseburg	09/10/2019

### **Online Courses**

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



# Training Opportunities



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

## **Forklift Safety Train the Trainer**

Bend, Oregon—July 16th, 2019

## **Confined Space Train The Trainer**

Medford, Oregon—July 9-10th, 2019



Safety and Rescue Training  
for high-hazard work activities

## Employment Opportunities

### **Safety Manager—Randstad Engineering—Central Point, Oregon**

Permanent position: Industry leading manufacturer is looking to hire a Safety Manager. This position will be in Medford area. The role is critical to eliminate or control hazardous conditions resulting from human error and/or associated with the machinery, tools, equipment, and production. Position comes with an excellent compensation plan commensurate with experience ranging from a base salary of \$80k-85k/yr. Excellent relocation package for those willing to relocate to the area. All candidates must be legally authorized to work in the US.

[https://www.glassdoor.com/job-listing/safety-manager-randstad-engineering-JV\\_IC1151530\\_KO0,14\\_KE15,35.htm?jl=3258723666&ctt=1560441879309](https://www.glassdoor.com/job-listing/safety-manager-randstad-engineering-JV_IC1151530_KO0,14_KE15,35.htm?jl=3258723666&ctt=1560441879309)

### **Health and Safety Manager—Georgia-Pacific—Albany, Oregon**

Providing safety leadership and strategic direction within the Albany & Eugene Chemical Plants through the application of Georgia-Pacific's Market Based Management (MBM®) philosophy. Developing and aligning facility H&S strategy according to the Division H&S plan and facility critical risks through site-specific policies, procedures, and best-practices. Ensuring systems effectively address the H&S risk profile at the plant through monitoring compliance, conducting risk assessments and root cause analyses, and tracking performance metrics.

<https://kochcareers.referrals.selectminds.com/jobs/health-and-safety-manager-29313>

### **Safety Professional—Roseburg—Dillard, Oregon**

Founded in 1936, Roseburg Forest Products is a privately-owned company and one of North America's leading producers of particleboard, medium density fiberboard, and thermally fused laminates. Roseburg also manufactures softwood and hardwood plywood, lumber, LVL and I-joists. The company owns and sustainably manages more than 600,000 acres of timberland in Oregon, North Carolina, and Virginia, as well as an export wood chip terminal facility in Coos Bay, Oregon. Roseburg products are shipped throughout North America and the Pacific Rim. To learn more about the company, please visit [www.Roseburg.com](http://www.Roseburg.com).

[https://www.glassdoor.com/job-listing/safety-professional-roseburg-forest-products-JV\\_IC1151641\\_KO0,19\\_KE20,44.htm?jl=2967060413&ctt=1560442198632](https://www.glassdoor.com/job-listing/safety-professional-roseburg-forest-products-JV_IC1151641_KO0,19_KE20,44.htm?jl=2967060413&ctt=1560442198632)

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, July 11, 2019 12:00 noon - 1:00 pm  
No-host lunch

Location:

### Grants Pass Black Bear Diner

1900 NW 6th St., Grants Pass, Oregon 97526

## This month's topic:

### Advanced Accident Investigation for Safety Committees

*Presenter:*

#### Mark Hurliman

All safety committee members must have training in the principles of accident and incident investigations for use in evaluating those events. Safety committees are also required to "establish, amend, or adopt accident investigation procedures that will identify and correct hazards." Additionally, safety committees must evaluate all accident and incident investigations and make recommendations for ways to prevent similar events from occurring. This session will delve into not just accident causation theory, but into using the hierarchy of controls to find and track solutions that will eliminate recurrence.

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

PLEASE JOIN US!!

Membership **not** required.

## Executive Committee 2019-2020



**President:** Chris Lawrence, Boise Cascade—[chrislawrence@BoiseBuilding.com](mailto:chrislawrence@BoiseBuilding.com)

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