



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Southern Oregon Chapter

*June's Chapter Meeting
will be June 4th, 2019.*

June Chapter Meeting

Date/Time: Tuesday, June 4, 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 OR

Topic: Safety Accountability

Speaker: Ramiero Leon, Vigilant Senior Safety Trainer

Bio:

Ramiero has decades of experience earned through service in the US Navy and several top quality manufacturing companies. With years of hands-on experience, he has shifted to a consulting role with in-depth safety and health expertise, as well as practical advice on how safety impacts business needs. Ramiero was recognized in 2012 by his peers at the Cascade Chapter of ASSP as Safety Professional of the Year. Whether he's conducting safety training, assisting with an inspection, or helping to implement systems for safety improvement, Ramiero will provide the information and training for a great safety program.

Program description:

Does it seem like your safety program should be producing better results? If so, accountability, or lack of, may be the culprit. This class is designed to help you evaluate and establish accountability methods to ensure effective administration of policies, procedures, and accident prevention processes.

By the end of this class, participants will be able to:

- Define accountability
- Discuss the key components of sound accountability systems
- Outline effective accountability systems

Inside this issue:

2

President's Message

3

President's Message Continued

4

Creating a Defensible Fire
Perimeter

5

Preparing Your Family For
Wildfire Evacuation

6

Test Your Industrial Safety
Knowledge

7

Industrial Safety Quiz Answers

8

What We Do Matters

9

Free Trainings

10

Employment Opportunities

11

Executive Committee



President's Message

By Michael Hill

The ASSP Safety Express Bus Tour Was an Amazing Success!

On May 7th, 2019, Tanya Haakinson, ASSP Program Coordinator, led the Safety Express Bus with 32 attendees from 11 different companies onboard to four amazing tour stops. Our first stop was Darex in Ashland. [Darex](#) was founded in 1973 and is a light manufacturing company which makes the popular Drill Doctor and Work Sharp brands of knife and tool sharpening equipment. This impressive company earned their first year [Safety and Health Achievement Recognition Program \(SHARP\)](#) status with Oregon OSHA in 2018 and is actively working toward their second year SHARP recognition. Attendees of the tour were delighted to see innovation and wellness built into their safety program with things like collaborative robots packaging and boxing finished goods, which cuts down on repetitive injuries, and many ergonomic improvements. Darex also has a stellar health and wellness program that includes a healthy options vending room, Fresh Fruit Tuesdays (where the company puts out cases of fresh fruit free for all employees), twice-daily stretch and flex warmup exercises, and showers for workers who choose to run or bike to work or on break. Darex sets the bar high in building a fun, healthy, and safe work culture.

Our second stop was at a very unique Southern Oregon business: [Micro Trains](#) in Talent. This seller of model railroad trains and supplies dates back to 1940, and one of our tour guides has worked there for 45 years. They happen to employ a former Disney Imagineering employee named Joe who works in research and development, and he is currently working on a larger line of model trains for children. This worksite had some impressive safety and health features as well as a daily stretching program, Safety in Motion ergonomics training, an extremely clean and organized machine shop where they build model train forms, and an impressive safety record.

Third, we stopped for lunch at the [Evergreen Federal Bank's Bear Hotel](#) in Grants Pass where they store the 182 fiberglass bears that were created to be displayed throughout downtown Grants Pass. Here we were treated to a delicious lunch during a presentation from Coral Simpson of Blue Zones of Grants Pass. Coral explained the [Blue Zones program](#) and how it is making a difference in Oregon by helping communities provide healthy choices for their members such as offering fresh, natural, local food options, providing useable outdoor space, and promoting exercise and community involvement. As a bonus, Coral even taught us about mindful eating which is a technique designed to help you enjoy your food, eat less, and feel better. She taught us the Japanese saying, "Hara Hachi Bu," that is said in Japan before a meal to help them be more mindful in their eating. Loosely translated it means "80% full." Coral explained how it takes 20 minutes for us to feel full in our stomachs when we eat, so by focusing on eating to the point of 80% full, and eating slowly and mindfully, we can learn to manage our portion control and live healthier, happier, and longer lives.

Our fourth stop was at [Duro-Last Roofing](#) in Grants Pass. This commercial roofing materials manufacturer has achieved the [Voluntary Protection Program \(VPP\) Star certification](#) with Oregon OSHA and is one of the safest employers in the nation. Nationwide, VPP Star sites boast an average incident rate that is 52% lower than the average for their industry. Duro-Last was a shining example of what a VPP Star site looks like. We noticed as soon as we set foot on the manufacturing floor that things were different, with an extremely clean and organized shop. The workspace was well lit and the floor was clean and polished with orderly pedestrian lanes painted throughout. Storage racking was bolted to the floor and to each other to prevent tipping.

Continued on page 3

President's **Message**

Continued from page 2

Employees were working on an innovative flooring product that is made from recycled roofing scrap and provides cushion for knees and joints. Duro-Last has an impressive hazard recognition and control program as well as daily stretching and warm-up activities. Manufacturing VP, Tim Hart, also gave us a motivational speech describing the life experiences that led him to take such a strong stance around safety. Tim and the Duro-Last team have proven once again that safety and business success go hand-in-hand!

Our fifth stop was the awesome [Boise Cascade](#) Medford Plywood. This facility, which employs about 400 workers, is one of the number one producers of plywood in North America and is also an Oregon OSHA SHARP site with safety everywhere you look. We didn't have time to tour this site but got to see a section as we went into the facility for an impressive presentation by Chris Lawrence, Western Region Safety Manager, Meg, their full-time Occ Health nurse, and Matt Swanson, their swing-shift safety mentor. Matt shared about their onboarding process and work-strengthening program to prevent soreness. Meg shared about their proactive soreness and injury management program which includes a three-inch thick binder filled with procedures for supervisors to follow when symptoms occur, along with first aid packs to give to employees to treat everything from muscle soreness to rashes to other more serious injuries and illnesses. I am always amazed and impressed when I see how far proactive injury prevention and management can take an organization. The success of these efforts was shared, and they have achieved six months without a recordable injury. Some other Southern Oregon Boise sites have gone years.

I would especially like to thank Tanya for all her hard work putting this impressive tour together and these wonderful businesses who shared their time and successes with us. This was the fifth Safety Express Tour we have done. It was started by Mary Hoskins in 2012 and has been held semi-annually since 2013. Tanya did an amazing job of organizing and executing this fun and educational day! This event also coordinated well with the North America Occupational Safety and Health ([NAOSH](#)) Week, and it was fun to celebrate safety with so many other committed organizations around North America.

To see more photos visit: <http://www.soassp.org/>



Creating a Defensible Fire Perimeter

Excerpted from Pemco Perspective Newsletter

The Oregon Defensible Space Law enlists the aid of property owners to assist in protecting their home and firefighters during encroaching wildfires. The law requires property owners to reduce excess vegetation that may fuel a fire around their home or other structures. In some cases, it's also necessary to create fire breaks along property lines and roadsides.

In areas with moderate risk or higher, Oregonians are asked to self-certify that they've taken protective measures. (Certification is done by mail and is good for five years.) It's not something to be taken lightly. Homeowners who don't comply could be charged for firefighting costs—up to \$100,000—if fire breaks out on their unprotected land.

If you're unsure what's required in your community, reach out to your local Department of Forestry, Department of Natural Resources, or even your local fire district. Whether or not you're obligated to take protective measures, it's recommended that you follow Firewise techniques in making your property safer for you and your neighbors.



Safety and Health Historical Society Receives **Historical Book**

The Safety and Health Historical Society (SHHS) recently received a donation of 27 books from Nancy McWilliams and Edward Landry (deceased). Most of the books are 70 or more years old and classical publications in safety and health. One is even 123 years old. Before his death, Mr. Landry had given some of his older safety and health books to Ms. McWilliams, who decided to contribute them to SHHS.

In the collection are the first two issues of the Journal of ASSE, published in February and May 1956 within the National Safety Council's National Safety News.

Edward B. Landry served as President of the American Society of Safety Engineers (ASSE) during 1955-1956. At the time, he was employed as the Director of Safety and Health for the United States Post Office Department in Washington, D.C. ASSE honored him as a society Fellow in 1965.

Nancy J. McWilliams served as ASSE President during 1996-1997 and received the honor of Fellow in 2016. During her career in safety and health, she worked for various agencies of the U.S. government.

SHHS also received a copy of the 1951 edition of Lionel S. Marks Mechanical Engineering Handbook from the estate of Bruce A. Hertig, D.Sc. Dr. Hertig completed his studies in industrial hygiene at the University of Pittsburgh and for much of his career taught ergonomics at the University of Illinois at Urbana-Champaign. He was active in the American Industrial Hygiene Association and served as President of the Chicago Section.

Preparing Your Family for Wildfire Evacuation

Excerpted from CalFire by Susan Murphey

I think we're all hoping that this year's summer fire season isn't a repeat of last summer. That notwithstanding, we still have to be prepared. CalFire does a great job of providing information on preparing your family, including talking to your children about fire evacuation and considering the special needs of disabled or elderly family members.

Here are a few resources that offer guides and tips for families with young children about fire safety and preparing for a disaster:

[A Parent's Guide to Fire Safety for Babies and Toddlers](#) : The U.S. Fire Administration's information site for parents and caregivers to help prevent fire death of young children.

[Let's Get Ready! Planning Together for Emergencies](#) : Sesame Workshop campaign with tips, activities, and other easy tools to help the whole family prepare for emergencies.

[Ready.gov Kids](#) : FEMA's site for older kids to prepare and plan for a disaster. Includes safety steps, tips, and games to help children learn about and be ready for an emergency.

[Smokey Kids](#) : U.S. Forest Service's interactive Smokey Bear site with games, information, and resources on how to prevent forest fires.

Below are several resources that help individuals and families with special needs plan and prepare for an event such as a wildfire.

[Special Populations Fire-Safe Checklist](#) : U.S. Fire Administration's fire safety guide for individuals with special needs to help them protect themselves and their home from fire.

[Disaster Preparedness for Seniors by Seniors](#) : The American Red Cross booklet designed by and for older adults to prepare them for a sudden emergency.

[Disaster Preparedness for People with Disabilities](#) : American Red Cross Disaster Services booklet with information and resources to help people with physical, visual, auditory, or cognitive disabilities design a personal disaster plan.

[Emergency Preparedness for People with Disabilities and Other Vulnerable Populations](#) : Inclusive Preparedness Center website with information and resources for emergency planning.

[Disability.gov Personal Preparedness Guide](#) : Resource site for people with disabilities that gives information on necessary supplies, evacuation procedures, and how to assist pets and service animals in the event of a disaster.

Prepare ahead of time by practicing your family's fire escape plan and what to do to be safe when there is a wildfire nearby.

Source: <http://www.readyforwildfire.org/Prepare-Your-Family/>



Member Benefit/**New Member Orientation—June 4th**

By Amy Stonehill

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 the June 4th Chapter meeting. This is for anyone interested in learning about membership benefits and for any new members who may have questions. Please plan to stay after the June Chapter meeting for this brief discussion to learn more about ASSP membership.

Test Your Industrial Safety Knowledge

Source: www.mpofcinci.com

Here's your chance to test your Industrial Safety knowledge. Answers on page 7. (No peeking!)

1. What violations are most commonly cited by OSHA?

- A. Hazard communications
- B. Scaffolding
- C. Fall protection
- D. Respiratory protection

2. If you transfer chemicals from a labeled container to a portable container, you don't need to comply with standard hazardous material labeling requirements when:

- A. You hand the container off to someone else
- B. You leave the work area before using the materials
- C. You don't use the materials before the end of your work shift
- D. None of the above

3. You should wear eye, head, and face protection if you are working with which of the following tools?

- A. Portable abrasive wheel tools
- B. Electric tools
- C. Pneumatic tools
- D. Liquid fuel tools

4. Ladders should be angled so that the its base is one foot out from the wall for each ____ feet of a ladder's height.

- A. 2
- B. 4
- C. 8
- D. 10

5. While lowering a load with a forklift, you should *not* do which of the following?

- A. Tilt the mast backward to stabilize the load
- B. Stop the truck and put the mast to vertical position
- C. Move the truck 8 to 12 feet away from the stack
- D. Lower the load so that its lowest point is 6 to 8 inches from the ground

6. If you need to wear glasses with your eye or face protection, which of the following options is acceptable:

- A. Wearing prescription spectacles with side shields and protective lenses that meet safety requirements and also correct your vision
- B. Wearing goggles that fit comfortably over your glasses
- C. Wearing goggles that have corrective lenses mounted behind the protective lenses
- D. All of the above

Industrial Safety

Quiz Answers

1. Answer: C

The four most commonly cited violations are fall protection, followed by hazard communication, followed by scaffolding, followed by respiratory problems.

2. Answer: D

Labels aren't required on a portable container of hazardous materials if the materials are used immediately and completely during that same work shift, you are the only one using the materials transferred, and you did not leave the work area at any point.

3. Answer: C

Pneumatic tools like drills, hammers, chippers, and sanders run on compressed air and can cause injuries if the operator is hit by one of the tool's attachments' fasteners.

4. Answer: B

OSHA states that "non-self supporting ladders are to be positioned at such an angle that the horizontal distance from the top support to the foot of the ladder is about 1/4 the working length of the ladder."

5. Answer: C

OSHA provides the following guidelines for lowering a load via forklift:

1. Ensure the load is secured before moving.
2. Carefully tilt the mast backward to stabilize the load.
3. Slowly move the truck 8 to 12 inches away from the stack.
4. Return the mast to the vertical position before lowering the load.
5. Lower the load so that its lowest point is 6 to 8 inches from the floor.
6. While traveling, keep the load at a safe travel height.

6. Answer: D

These three options are all deemed acceptable by the Occupational Safety & Health Administration.

Safe + Sound **Week**

Save the Date: Safe + Sound Week: August 12–18

Once again, NIOSH, OSHA, and their partners are sponsoring [Safe + Sound Week](#) August 12–18. Safe + Sound week is a nationwide event to celebrate the successes of businesses that have implemented safety and health programs in the workplace. Every August, businesses that have implemented these programs in the workplace are invited to celebrate their safety successes and efforts to be #SafeAndSoundAtWork.

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 content.*

What We Do Matters

By Susan Murphey

As Occupational Safety and Health (OSH) professionals, we are often challenged with working against resistance to get things done. It may be resistance from management or resistance from workers, but in the end our persistence matters. Here's why: The Occupational Safety and Health Administration (OSHA) has 875 health and safety inspectors to cover the 9 million U.S. workplaces (not *workers*, but *workplaces*) under its jurisdiction. If OSHA inspectors visited every single workplace, the inspections would take 158 years to complete. Our diligence helps to close that gap. So, when you're feeling frustrated by the resistance to implementing safe work practices, persevere. Everything you do matters.

Southern Oregon Occupational **Safety and Health Conference**

By David Hanson

It's time to save the date for the upcoming Southern Oregon Occupational Safety and Health Conference to be held October 15-17, 2019, at the Ashland Hills Hotel. Here's a brief look at program information and costs. Watch for registration information in August.

Download here:

http://www.soassp.org/uploads/2/5/8/5/25852043/soassp_conference_flyer.pdf.

My Last **Newsletter!**

By Susan Murphey

It's been three years since I took over as Communications Coordinator for the Southern Oregon Chapter of ASSP and began writing the monthly newsletter. Thirty-six issues and literally hundreds of articles later, I'm hanging up my hat. It's been a pleasure sharing my insights and discoveries about the safety and ergonomics profession and our local community with you. I may not be writing the newsletter any longer, but I'll still continue to be involved as an ASSP member and providing ergonomic education and consulting through my company, Essential WorkWellness. You can find me at the monthly ASSP meeting or at info@essentialworkwellness.com. Thanks for reading the newsletter these past three years!

Safe Summer Job **Info for Young Workers**

Follow #MySafeSummer Job for Young Workers Safety Info

NIOSH has teamed up with OSHA, CareerSafe, and others to provide workplace safety and health information and resources to employers of youth, young workers, parents, and educators with a goal of keeping young workers safe at their summer jobs. Follow along on the NIOSH [Facebook](#), [Instagram](#), and [Twitter](#) through mid-May. Visit the [My Safe Summer Job web-site](#) and the [NIOSH Science Blog](#) for materials, resources, and information.

Nominations for Safe-in-Sound **Hearing Loss Prevention Award**

Nominations Open for the 2020 Safe-in-Sound Excellence in Hearing Loss Prevention Awards™

Nominations [will be accepted for](#) the 2020 Safe-in-Sound Excellence in Hearing Loss Prevention Award™ until July 15. The award, given by NIOSH in partnership with the National Hearing Conservation Association and the Council on Accreditation of Hearing Conservationists, recognizes those who demonstrate, by example, the benefits of developing or following good hearing loss prevention practices. Safe-in-Sound Award™ winning stories are shared and showcased at special award ceremonies and in press releases disseminated to the occupational health and hearing research communities.

Quick Tip for **Summer Heat!**

By Susan Murphey

As our weather starts to warm up, it's important to have plans in place for keeping workers safe in summer heat. An easy idea to implement for those working in warm temperatures is to have a supply of frozen Gatorade or similar electrolyte beverage popsicles to hand out to workers.

Free Trainings **Available!**



Course	Location	Date
Fall Protection	Klamath Falls	06/18/2019
Forklift Safety	Klamath Falls	06/18/2019
Excavation Safety	Eugene	07/10/2019
Confined Space Safety	Roseburg	09/10/2019

Online Courses

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

Training Opportunities



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

Forklift Safety Train the Trainer

Klamath Falls, Oregon—June 18th, 2019

Confined Space Train The Trainer

Medford, Oregon—July 9-10th, 2019

Fall Protection Competent Person

Boardman, Oregon—June 11-12, 2019



Safety and Rescue Training
for high-hazard work activities

Employment Opportunities

Safety & Environmental Manager—Precision Castparts Corporation – Redmond, OR

The priority for the Environmental Safety and Technical Training Manager will be to create and promote the safety culture within the facility through the development, implementation, and monitoring of programs and procedures to ensure overall plant and company safety. This includes ensuring compliance with all federal, state, and local regulations, and developing and delivering safety and skills training to new and existing employees.

<https://jobs.livecareer.com/l/safety-environmental-manager-precision-castparts-corporation-da5eb5a4251bc910f1e47ddeaddf31b5>

Health and Safety Manager—Georgia-Pacific – Albany, OR

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://www.glassdoor.com/Job/oregon-safety-manager-jobs-SRCH_IL0,6_IS3163_KO7,21.htm

Plant Safety Manager—Suterra – Bend, OR

Leading new safety initiatives based on analysis of incident data and feedback from employees. Working with external vendors to customize online tools for incident reporting, training, material safety data, and work permits. Developing a robust framework for managing EHS documents including inspections and audit results shared with outside agencies.

https://www.glassdoor.com/Job/oregon-safety-manager-jobs-SRCH_IL0,6_IS3163_KO7,21.htm

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, June 6th & July 11th, 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:

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 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 Chair: David Hanson, SAIF Corporation—davhan@saif.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

Operations Coordinator: Chris Lawrence, Boise Cascade—chrislawrence@BoiseBuilding.com

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

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



PO Box 1481 • Medford, OR 97501-0110

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

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