



# Southern Oregon

AMERICAN SOCIETY OF SAFETY ENGINEERS Chapter

May 2018

Next Meeting—May 1st,  
11:30 am at Black Bear  
Diner

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Executive Committee

## May Chapter Meeting

**Date/Time:** Tuesday, May 1, 2018

**Executive Committee:** 10:00 am

**Regular Meeting:** 11:30 am – 1:00 pm

Program begins at noon.

**Location:** Black Bear Diner, 1150 E. Barnett Rd, Medford OR 97504

**Topic:** Steps to Improve Your  
Safety Culture

**Speaker:** Andrew Johnson, CSP, CHST



**Program description:** This presentation addresses how companies can develop and accomplish a culture in which safety is the shared value of every employee. Audience members will learn the motivating factors behind the decisions employees make. The presentation will help your organization lead and implement a safety culture by involving everyone in recognizing and identifying opportunities to improve.

**Bio:** Andrew has worked in the construction field for over 20 years. He began his career working in the trades, then transitioned to a safety role nine years ago. Andrew earned an associate degree in Sustainability, Health and Safety from Mt. Hood Community College. Andrew is currently working as the Safety Manager for JB Steel where he shares his passion for safety and supports the progress of the safety culture.

## President's Message

By Pam Ahr

At our April 3<sup>rd</sup> chapter meeting, a panel of experts discussed some of the safety certifications available. Certified Industrial Hygienist (CIH), Certified Safety Professional (CSP), and Certified Safety and Health Manager (CSHM) are at the top of every safety professional's "must have" list. However, these all require a bachelor's degree and several years of experience.

We have some exceptional people in our Rogue Valley community who are safety champions. Most people assigned to safety duties wear many other hats in their workplace. Attaining a CIH, CSP, or a CSHM is probably not a high priority. While I am very proud of attaining a CSP myself, I had already been working as a safety professional for more than 15 years. I also had the full financial support of the company I work for.

The panel discussion made me think back to when I first started out as an employee with safety duties. I remember feeling way out of my league and desperate for safety training.

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# President's

## Message

By Pam Ahr

*Continued from front page*

For anyone starting out in safety, I would highly recommend taking all the OR-OSHA in-person and online training courses that you can. An OSHA 30-hour or 10-hour certification is also a great idea. Jon Sowers spoke about several certifications that are highly respected and require a few years of experience and a high school diploma or GED. The Southern Oregon Occupational Safety and Health Conference that takes place in October is a phenomenal resource for safety people at all levels.

Your Southern Oregon Chapter Executive Committee is almost entirely made up of people who probably started out in safety much like you, not expecting it, but loving it all the same. Any of us would be happy to provide you with mentoring and guidance. The wonderful thing about the safety community is that everyone is willing to share their best practices. Regardless of any certification, our goal is always the same, employees go home to their families safe and sound every day.

Here is a link to OR-OSHA's training courses:

<http://osha.oregon.gov/edu/Pages/index.aspx>

From Federal OSHA:

<https://www.osha.gov/dte/>

Here is a nice list of safety certifications through the Board of Certified Safety Professionals:

<https://www.bccsp.org/Certifications/Safety-Certifications-at-a-Glance>

And a list from the Institute for Safety and Health Management:

<https://ishm.org/certifications/>

The Industrial Hygiene certification info:

<http://www.abih.org/become-certified>

Because ASSE supports safety professionals and their continued growth in the industry, our chapter will be sending out a survey to you to determine interest within the community for various training options. If you'd like to provide input now, here's a link to the survey.

Deadline: April 30, 2018

<https://www.surveymonkey.com/r/YYHXGK5>

Please help us by completing the survey by April 30th. Thank you!



# Southern Oregon Occupational

## Safety and Health Conference

By David Hanson

It is very exciting for me to announce that Bob Edwards will be attending our Southern Oregon Occupational Safety and Health Conference. He will be teaching our all-day PDC on Tuesday, October 16<sup>th</sup> and delivering our keynote address the morning of Wednesday, October 17<sup>th</sup>. I had the opportunity to see Bob in action last fall at the SAIF statewide safety consultant conference. All of us there came away wanting to learn more. During this year's Occupational Safety and Health Conference at the Ashland Hills Hotel, we will all get an opportunity to spend more time learning from the HOP (Human and Organizational Performance) Coach.

Bob helps organizations realize that human error is common and can even be expected in complex work environments. He demonstrates how, when something bad happens, our focus needs to shift from blaming those doing the work to a look at the system they are working in. Bob draws on his life experience from the military, working in industry, outdoor adventure sports, and raising a family of 12 kids to bring his presentation about Human Performance to life. Bob has worked for one of the world's largest corporations, at medium-sized companies, and has been self-employed. He uses a humorist style to talk about his own failures and successes in life to help others relax a little about failure and focus more on learning and collaboration.

He is a leading expert on Human Performance Learning Teams and has led hundreds of Learning Team sessions for safety and quality events and for operational upsets and challenging design issues. His approach is practical and easy to use. He brings real value to those who do the work and helps managers understand better the complexity and adaptive nature of work. He leads organizations to improve operational discipline through empowerment of employees and forward accountability. Bob is high-energy and engaging and the audience will find that they have gone on a journey of learning and discovery during his presentation and at the same time acquired valuable tools for solving complex problems in the workplace. Bob has a BS degree in mechanical engineering from Tennessee Technological University and an MS degree in Advanced Safety Engineering Management from the University of Alabama Birmingham.

Bob Edwards



Welcome New Member **Mike Niedermeyer!**

By Amy Stonehill

ASSE Southern Oregon Chapter is pleased to welcome new member Mike Niedermeyer. Mike has lived in Medford his entire life—his family goes back to one of the original settlers in this valley. He has been married for 28 years this October and has two daughters, one 25 years old and one 20 years old. He and his wife love to travel, hike, and golf when they get the chance. Mike started working for Timber Products as a laborer on graveyard 40 years ago and has worked his way up the management ladder to do many positions and have many experiences. He currently finds his focus back in the safety world with Timber Products, Medford Plywood. Welcome, Mike!



# Mental Well-being in the **Workplace**

By Susan Murphey

There is increasing evidence that the mental health of employees significantly influences their overall health. Poor mental health and workplace stress can contribute to hypertension, diabetes, and a range of cardiovascular disorders, as well as back pain, headaches, gastrointestinal disturbances, and psychological effects such as anxiety and depression, loss of concentration, and poor decision making. In addition, poor mental health and stress impacts businesses directly through both absenteeism and presenteeism. These “—eeisms” cut productivity, increase the burden on workers, and can lead to increased worker injury.

Work-related stress is a major cause of occupational ill health, poor productivity, and human error. Companies are starting to look at how the prevalence of medical problems undermine job performance in the workforce and are beginning to investigate how to mitigate that loss in cost-effective ways. Mental illness is essentially an illness you take to work. It permeates every thing you do. Employers may not easily recognize the signs and symptoms, nor the effect on business. However, Harvard Business Review reports that most studies have determined that presenteeism is far more costly than illness-related absenteeism or disability. For example, two Journal of the American Medical Association studies found that the productivity loss resulting from depression and pain while at work was roughly three times greater than absence-related productivity loss attributed to these same conditions. In other words, productivity actually decreased less from people staying home than from them showing up but not performing at the top of their game.

Depression, fatigue, hypertension, headaches, gastroesophageal reflux, and back or neck pain are among the health conditions associated with presenteeism; they are also associated with impaired mental health. Providing for integrated health and safety efforts to create a total worker health approach to wellness results in healthier employees, improved financial performance, and an increased competitive advantage against comparable businesses.

## May is Mental Health **Awareness Month**

By Susan Murphey

Did you know that Mental Health Awareness Month has been observed in May in the United States since 1949? It was started by the Mental Health America organization (formerly the National Association for Mental Health). During the month of May, Mental Health America, its affiliates, and other organizations interested in mental health conduct a number of activities which are based on a different theme each year. This year's theme is Fitness #4Mind4Body. According to Mental Health America, information will focus on increasing understanding of how the body's various systems impact mental health based on recent research. Topics will include:

- The connection between gut bacteria/flora and mental health;
- The role of stress and inflammation in the development of mental health disorders;
- The preventative and recovery promoting aspects of physical activity;
- The importance of sleep; and
- How nutrition and food can affect mental performance and mood.

Check the Mental Health America website for toolkit materials and awareness increasing activities.

<http://www.mentalhealthamerica.net/may>

# The Stigma Surrounding Mental Health Issues

By Susan Murphey

When Robin Williams took his own life, the shocking contrast of the loss of someone seemingly so upbeat and positive was sobering. People struggled to understand, reason, and rationalize in the aftermath of Williams' death. Along with the struggle to understand, something else emerged—talk about the "stigma" of mental illness. Much like the "Me Too" movement of recent months, the death of Robin Williams allowed space for people to begin talking openly about their struggles with mental health issues.

Canadian sociologist Erving Goffman defined social stigma as "the phenomenon whereby an individual with an attribute which is deeply discredited by his/her society is rejected as a result of the attribute." Among the mental illnesses afflicting those who die by suicide, depression is the most common. Depression afflicts more than one out of every 20 Americans over the age of 12. Why the stigma for something so common? Depression and mental illness are deeply intertwined with suicide, yet we still don't treat them as the public-health issues that they are.

Stigma can result in a view of mental illness as a scary, strange thing or as a form of weakness. Most of us know close friends or family members who have dealt with depression, bi-polar disorder, or other mental health conditions. By talking openly about it, we can remove the associated stigma and become more accepting and supportive. And by talking more openly than we might have done in the past, employers can become more attuned to dealing with it. In your workplace, would an applicant feel less inclined to mention a history of mental health problems than a battle with cancer? If so, you may want to look at the stigma you've got surrounding mental health. Personally and professionally, we can all make a collective effort to be more open and accepting in talking about mental health issues. Demystifying mental illness begins with simple conversations.



Get Ready for NAOSH WEEK **May 6-12, 2018!**

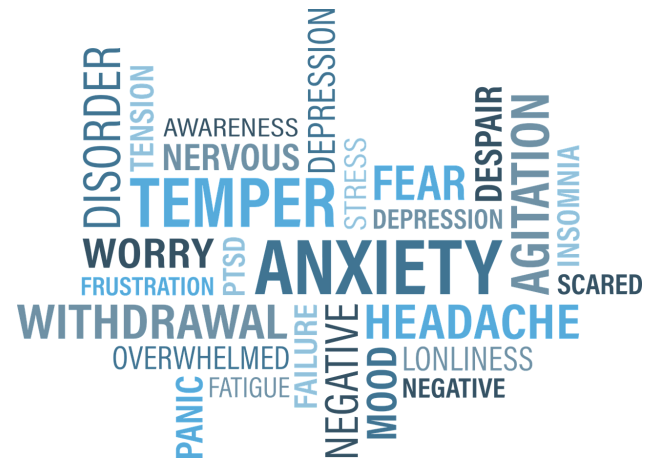
The goal of the North American Occupational Safety and Health Week is to focus employers, employees, partners, and the public on the importance of preventing injury and illness in the workplace, at home, and in the community. ASSE joins with other safety and health organizations to increase the awareness and importance of occupational safety and health to workers through their support of NAOSH week. Your organization also has the opportunity to support this valuable cause by hosting safety-related events and activities in the workplace or community. For suggestions, visit [http://naosh.org/english/events\\_suggestions.html](http://naosh.org/english/events_suggestions.html). And don't forget to use the #NAOSHWeek hashtag to share your events!

## 9 Ways to Fight

[www.nami.org](http://www.nami.org)

The stigma surrounding mental illness causes people to feel ashamed for something that is out of their control. Worst of all, stigma prevents people from seeking the help they need. Whether you are struggling with mental health issues or know someone who is, all of us have an opportunity to raise our voices against the stigma associated with mental illness. But how? Those suffering with mental illness were asked “How do you fight stigma?” This was their response.

1. Talk openly about mental health.
2. Educate yourself and others.
3. Be conscious of language—your words matter.
4. Encourage equality between physical and mental illness.
5. Show compassion for those with mental illness.
6. Choose empowerment over shame.
7. Be honest about treatment.
8. Let the media know when they're being stigmatizing.
9. Don't harbor self-stigma.



The perception about mental illness won't change if we don't act to change it. No matter how you contribute to the mental health movement, you can make a difference simply by knowing that

National Highway Institute **Training Opportunities**

The National Highway Institute relies on local agencies to hold Instructor-led and Web-conference Training throughout the year. Take a look at the newly launched training below and consider bringing this training directly to your organization by hosting a session.

**Risk-based Stewardship and Oversight (for States)**: This Instructor-led Training (ILT) provides participants with a working knowledge of the Risk-based Stewardship and Oversight (RBSO) approach and a basic understanding of its key components: the Stewardship and Oversight Agreement between an FHWA Division and the State DOT, the role of risk management in developing stewardship and oversight strategies, the data-driven Compliance Assessment Program (CAP), and risk-based stewardship and oversight involvement in Projects of Division Interest (PoDIs), including Projects of Corporate Interest (PoCIs).

FHWA employees at all levels and in all disciplines are encouraged to take the [Federal version of Risk-based Stewardship and Oversight](#), which was also updated this month.

## Host a Training

Register to receive alerts when new sessions are scheduled by visiting the course description page.

# Upcoming D2000

## Safety Trainings in Medford

### D2000 May 8th—Forklift Train the Trainer—Medford

This eight-hour course is designed to provide experienced forklift operators with the knowledge, skills, and resources needed to deliver effective initial and refresher training to your employees. It stresses the practical application of safe operating principles, load characteristics, and workplace hazards. The curriculum reflects all the training requirements listed in OSHA 29 CFR 1910.178.

<https://www.d2000safety.com/course/forklift-train-the-trainer/>

### D2000 June 5-6th—Fall Protection Competent Person—Medford

Competent Persons are designated by their employer and are responsible to identify existing and predictable hazards in the work environment. They are also authorized to take prompt measures to eliminate the hazards.

This intense two-day course will provide students with the knowledge and skills to be able to carry out these responsibilities and to ensure compliance with their location's fall protection program.

<https://www.d2000safety.com/course/fall-protection-competent-person/>

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## Free Trainings Available!



Course	Location	Date
<a href="#">Hazard Identification and Control</a>	Milwaukie	06/07/2018
<a href="#">Safety and the Supervisor</a>	Eugene	05/30/2018
<a href="#">Job Hazard Analysis (JHA)</a>	Klamath Falls	06/19/2018

### Online Courses

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



## Fall Protection Competent Person

Medford, OR June 5-6, 2018

## Forklift Safety Train the Trainer

Medford, OR May 8, 2018

## Confined Space Train The Trainer

Eugene, OR May 15-16, 2018

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

## Employment Opportunities

### **Timber Products—Safety Superintendent—Medford**

Provides Medford Particleboard with overall coordination of Safety and Health initiatives, policy, and procedure. Coordinates training, incident investigations, audits, policy development, and implementation. Provides overall guidance to ensure compliance with state and federal Safety and Health regulations. Works diligently as a member of Plant Management team.

<https://goo.gl/LXpiZ9>

### **State of Oregon—Occupational Safety Specialist 3—Medford**

This position is with the Oregon Occupational Safety and Health Division (Oregon OSHA). Oregon OSHA is responsible for assuring safe and healthful working conditions for Oregon workers through promulgation and enforcement of Occupational Safety and Health Regulations, and by providing education and consultation to employees and employers.

<https://goo.gl/54KQmu>

### **Pacific Corp—Senior Safety Administrator—Medford**

Evaluate the effectiveness of strategies to reduce risks. Investigate accident/incident, near miss and follow up activities. Provide advice and counsel from a safety, health, and regulation compliance standpoint. Assist with facility safety committees, plant safety administrators, and other personnel in conducting pilot projects and other safety-related initiatives. Conduct and report statistical analysis and trends on the safety performance of the plant.

<https://goo.gl/YdAtNc>

**For More Employment Opportunities, Please See Our Employment Page at:**

<http://asse-southernoregon.org/>.

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



# Mark Your Calendars

## General meeting:

Thursday, May 3rd, 2018 12:00 noon - 1:00 pm  
No-host Lunch

\*\*\*NEW LOCATION\*\*\*

## Climate City Brewing

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

## This month's topic:

## Online Resources for the Safety Professional

*Jon Sowers, Senior Safety Management Consultant*

Safety Professionals have never had access to the vast amounts of information that they do today. Unfortunately, the volume of information can be overwhelming. What are the best resources when looking for PowerPoint presentations, developing Emergency Action Plans, or writing an Illness and Injury Prevention Program? This training will help uncover the hidden safety resource gems and provide a way to conveniently access them when needed. Don't reinvent the wheel—the work has already been done.

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

PLEASE JOIN US!!

Membership **not** required.



Check out our website at:

[www.redwoodsafety.org](http://www.redwoodsafety.org)

## Executive Committee 2017-2018

**President:** Pam Ahr, SAIF Corporation—[pamahr@saif.com](mailto:pamahr@saif.com)

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

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ASSE Chapter Recognition  
2011-2012

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