



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Southern Oregon Chapter

*May's meeting is the
Safety Express event.*

Safety Express in Lieu of May Chapter Meeting

Tuesday, May 7, 2019, 7:30 am to 5:00 pm

May's meeting is the Safety Express event; there will not be a meeting at Black Bear.

Please join us in an expert-led, safety and wellness focused tour of four diverse worksites within the Rogue Valley. A delicious lunch & safety presentation is included at the Bear Hotel in Grants Pass, catered by Tap Rock. Plus, you'll share in celebrating NAOSH's Safety & Health Week (May 5th—May 11th). Besides a safety tour, each location will also include examples of their wellness activities. Don't forget to get your ticket before the Safety Express is full! Limited to 45 attendees.

\$65.00 for ASSP Members and \$75 for Non-members

Please make checks payable to:

Southern Oregon ASSP

PO Box 1481

Medford, OR 97501

RSVP by Thursday, April 22, 2019, to thaakinson@timberproducts.com.

Industrial Dress: Long pants, work boots or closed-toe shoes (no heels), safety vest, eye and hearing protection required.

Southern Oregon ASSP Presents:

*A learning adventure for Safety Professionals
and Safety Advocates in the Rogue Valley!*

Safety Express Tour
Tuesday, May 7, 2019
7:30am to 5:00pm



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Conference Sneak Preview



*By David Hanson, Conference Planning Committee Chair
& Chapter Vice President*

I am very happy to report that Robin Rose will be attending our Southern Oregon Safety and Health Conference this October. She will be leading our Professional development workshop (PDC) on October 15th and delivering the keynote address on Wednesday the 16th.

Some of you may remember her PDCs from a few years ago at our conference that were so outstanding she was invited to return for a second year. I attended a couple of her presentations at the GOSH conference last March, and she was better than ever.

Robin is a rising star in the safety and health world, and we are fortunate to have her presenting at our conference this year. She has a master's degree in Counseling Psychology from Lewis and Clark College. She served as college faculty for 15 years and is a published author. Her latest book, *Shifting Gears: A Brain Based Approach to Engaging Your Best Self*, is widely used and field tested.

During the full day workshop on the 15th, she will be providing attendees with practical tools for maintaining professional composure and fostering teamwork and effective communication. These are key fundamental skills that any professional needs to use to be successful in any endeavor. The safety profession is no exception. As safety professionals, we can be more effective if we improve our leadership, communication skills, team building, and manage difficult situations. Robin is the perfect person to help us do this. This workshop will have something for everyone.

One Wednesday the 16th, Robin will kick off the day with a keynote address titled "Safety on the Brain." She will discuss strategies we can use to be safer by overriding our natural stress responses that can be dangerous in so many ways. We will learn healthy ways that we can be more resilient, aware, relaxed, and safe. If you attend Robin's presentations at the conference and nothing else, you will easily get your money's worth.

If you can't wait until October, go see Robin in action on her website at <http://www.robinrose.com>.

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.

Are You Leading by **Example?**

By Susan Murphey

As OSH professionals, it seems safety and health are always top-of-mind, but what about when it comes to driving safely? Each year, AAA conducts a Traffic Safety Culture Index to evaluate attitudes and behaviors surrounding road safety topics such as seat belt use, distracted driving, speeding, or driving while tired or under the influence.

The 2017 index polled the general public and found that drivers' behaviors don't always reflect their attitudes toward safety. For example, most drivers consider texting while driving more dangerous than talking on a cell phone, however, nearly 45% read a text message or email while driving. Nearly 50% admitted to running a red light when they could have safely stopped, in spite of viewing it as unacceptable behavior. And while most view drowsy driving or driving under the influence as unacceptable, over 30% admitted to driving when extremely tired and almost 14% drove under the influence.

Do you *Talk the Talk* and *Walk the Walk*? (Or in this case...drive the drive.)

Understanding Noise-Induced Hearing Loss

Excerpted from PSJ by Susan Murphey

There comes a time when your arm isn't quite long enough to hold the paper far enough away to read. Similarly, there comes a time when you realize you're missing out on conversations simply because you can't hear as well as you used to.

We live in a noisy world. According to the CDC, one in four U.S. adults who think their hearing is good, actually have hearing damage. Nearly 15% of adults in the U.S. between the ages 20 and 69 years old have hearing loss caused by exposure to noise at work or leisure activities. Furthermore, the CDC reports an increase in the number of young people exposed to loud sounds through portable devices and entertainment venues. As much as 16% of teens between 12-19 years old report some degree of noise-induced hearing loss. Common everyday activities such as using a leaf blower or going to loud concerts can damage a person's hearing just as much as a noisy work environment. Half of Americans with noise-induced hearing loss report no exposure to loud noise at work.

Sound vibrates the eardrum and tiny bones in the ear, which in turn vibrate the hair cells of the inner ear. Over time, exposure to loud noises can permanently damage the hair cells, resulting in permanent hearing loss. Repeated or long durations of exposure to sounds at or above 85 dB can cause hearing loss. Here are some reference points:

- Refrigerator humming: 45 dB
- Normal conversation: 60 dB
- Heavy city traffic: 85 dB
- Motorcycle noise: 95 dB
- MP3 player at max volume: 105 dB
- Siren: 120 dB
- Guns/firecrackers: 150 dB

You know you're getting old when you carry earplugs with you to concerts, music venues, and on airplanes. . . .

Work Wellness or Safety?

Excerpted from the Applied Ergonomics Society Newsletter; February 2019

When I think of wellness, I think of overall health and well-being. But does *work* wellness mean something different? The Webster dictionary defines wellness as "the quality or state of being in good health especially as an actively sought goal." At work, this might include nutrition programs, fitness/exercise programs, smoking cessation programs, monitoring of cholesterol/blood pressure, etc. These programs focus on the person rather than the work environment. But in reality, total worker health should include all of these things *and* the hazards the work environment may hold.

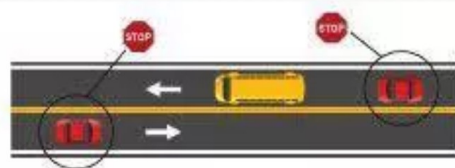
[NIOSH's Total Worker Health®](#) discusses how work-related safety and health hazards affect worker well-being and promote a variety of types of research and programs to improve both their personal health *and* safety. As safety professionals, we have the ability to eliminate or reduce risks from jobs/workstations, and to make sure that equipment and furniture purchased to be utilized in the work environment provides the best possible protection for the worker. So, while you may have a safety and ergonomics program, without a wellness program, a work wellness program wouldn't really be complete.

Refresh Your Road Safety Knowledge!

1

Two-lane roadway:

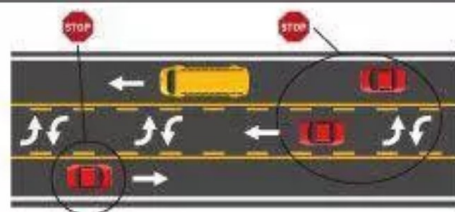
When school bus stops for passengers, all traffic from both directions must stop!



2

Two-lane roadway with a center turning lane:

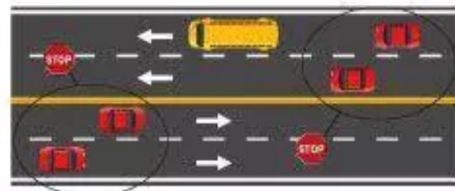
When school bus stops for passengers, all traffic from both directions must stop!



3

Four-lane roadway without a median separation:

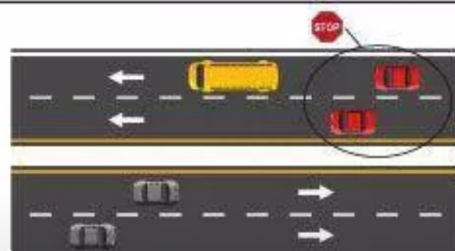
When school bus stops for passengers, all traffic from both directions must stop!



4

Divided highway of four lanes or more with a median separation:

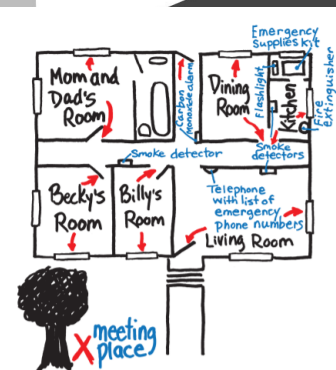
When school bus stops for passengers, only traffic following the bus must stop.



Just **"Do One Thing"** to Prepare

By Susan Murphey

We all say we're going to prepare so we're ready should a natural disaster occur, but for so many of us, there just doesn't seem to be the time to do it. When I was bemoaning a task, I knew I should do but didn't want to, my friend Barb used to say, "Just commit to doing it for 30 minutes." After that, you can stop if you want to. Invariably, 30 minutes would turn into two hours and before I knew it, the task would be completed. It's the getting started that's tough.



The City of Medford has suggested that we can begin by just "doing one thing" to prepare for disaster. Their "Do One Thing" campaign suggests that by taking one step per month towards disaster preparedness, by the end of a year, you'll be that much closer to being ready. Start by making a plan.

- Meet with your family or household members and discuss how to prepare and respond to the emergencies that are most likely to happen where you live, work, and play.
- Plan what to do if you have to evacuate.
- Choose two places for your family to meet. One should be right outside your home in case of a sudden emergency, such as a fire. The other should be outside of your neighborhood, in case you cannot return home or are asked to evacuate.
- Hold evacuation drills at home. Practice getting out of the house quickly, and drive your planned evacuation route. The more you practice, the more confident you will be if you really have to evacuate.

Even if you only did one of these things, you'd be that much more prepared. For more information, go to <https://www.facebook.com/MedfordFireDepartment/>.

For downloadable forms, visit:

Family Emergency Plan

[http://www.ci.medford.or.us/SIB/files/Family%20Emergency%20Plan%20Fillable%20Form\(1\).pdf?fbclid=IwAR0u5NM7rDMrvsWRFpPEv6SPuDiedU_rcKWsZNIYq0373fPA77CPHungyyg](http://www.ci.medford.or.us/SIB/files/Family%20Emergency%20Plan%20Fillable%20Form(1).pdf?fbclid=IwAR0u5NM7rDMrvsWRFpPEv6SPuDiedU_rcKWsZNIYq0373fPA77CPHungyyg)

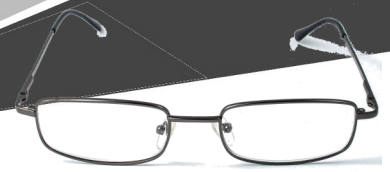
Home Escape Plan

<http://www.ci.medford.or.us/SIB/files/Home%20Escape%20Plan.pdf?fbclid=IwAR2WYMzzvnhRI7GSXYzpNuuW5hA-N5U4KD4mQcyEkMMmCvjYrwsLfNJ1QxU>.

Southern Oregon ASSP Welcomes Amber Roberts

Amber was born in Southern Oregon and has been here all her life. She has been working at TP Trucking in Central Point for the last 11 years. Her current title is "Driver and Safety Assistant," and she primarily takes care of driver orientation and safety training for new hires. Amber has been an active member of the TP Trucking safety committee for 10+ years. She is married to husband James and enjoys camping, going to the dunes, and her 2 puppies at home. Amber also plays on a co-ed softball team on the weekends. She joined ASSP to broaden her safety knowledge and to network with other safety professionals. Welcome, Amber!

Understanding Reading Glasses



By Susan Murphey

As part of ergonomic assessments, I often see workers challenged with awkward postures of the neck in an effort to see their work. If you've reached that point where you no longer bring things closer to read, but rather move them farther and farther away, you may wonder what to do when your arm won't extend enough to be able to read. You've entered the time of reading glasses! Ninety percent of reading glasses "cheater" sold in the U.S. were to people over age 45. Fortunately, not only are reading glasses now readily available, but they've become much more sophisticated. These over-the-counter (OTC) vision correction glasses have become invaluable to those who need them. I have a pair in every room of the house!

Here's what you need to know: Reading glasses are rated in 0.25 increments of diopter strength. The higher the number, the more the magnification. If you're using them at the computer, you probably need a separate pair for the monitor that is 0.75 less powerful than the pair used for just reading. For example, if your reading pair is +2.25, your computer pair would be +1.50. To have correction for reading and monitor distance all in one lens, consider prescription occupational progressive lenses for computer use. These special multifocal lenses allow the wearer to view the computer monitor comfortably by having the reading correction in the lower part of the lens and the monitor correction in the upper part of the lens. While full reading-to-distance progressive lenses are often advertised (and inappropriately prescribed) for computer viewing, the middle (monitor viewing) zone of the lens is the narrowest zone in full progressives. Thus, most wearers are not happy with them for computer use as it results in constant flexion and extension of the neck from trying to focus at monitor distance. However, occupational/computer progressives are only for near and intermediate viewing distance, not for distance. Also, consider glasses with blue-light filters for computer use for improved sleep and reduced risk of headaches.

Reading sunglasses are now available as well, usually as nonprescription bifocals with reading magnification notched into the bottom of the lens. Choose those with polarized lenses to block UV light. If you wear contacts for distance correction, you can add a pair of reading glasses when you need them for close-up work. However, keep in mind that OTC vision correction won't solve everything. For instance, OTC readers are made to a standard distance from pupil to pupil, so if your eyes are closer together or further apart than "standard," you may end up with eye-strain. If you're unsure, check with your eye doctor.

Redwood Safety Summit **Change of Location**

There has been a change to the published location for the Redwood Safety Association Safety Summit to be held April 26th. New location:

**Asante Outpatient Center (AOPC)--4th
floor of the building**
537 SW Union Avenue
Grants Pass, OR, 97527



Do You Have Teens in the Workplace?



By Michael Hill

The Board of Certified Safety Professionals Foundation is partnering with NIOSH to put together free online training to address the problem of young workers experiencing high rates of on-the-job injuries. "The training will be available to the public free of charge and used in conjunction with high school career development courses, CTE (career technical education), STEM (science, technology, engineering, math) pathways, and apprenticeship programs." (BCSP/Q3-2018)

This new training will be greatly expanding the current [Youth@Work: Talking Safety](#), which is a core curriculum already in place for middle and high schoolers. BCSP states that this new training "will promote core competencies for workplace safety and health, such as the ability to recognize hazards in a work environment and the best methods for controlling them." (BCSP/Q3-2018)

For more information and to access the NIOSH Youth@Work: Talking Safety Program for Oregon young people, visit this website: <https://www.cdc.gov/niosh/talkingsafety/states/or/2015-153/default.html>. From this website, you will find the free curriculum for students including the 324-page curriculum guide book which covers eight core competencies, Teacher PowerPoint Presentation, and companion video.

As we continue to look for new ways to promote safety for teachers and students, this excellent resource can help to educate young workers to take their own safety seriously and give them a great start on a safe career.

(BCSP, Q3-2018). Board of Certified Safety Professionals Third Quarter eNewsletter for 2018. Retrieved from: <https://myemail.constantcontact.com/BCSP-Third-Quarter-2018-eNewsletter.html?soid=1102546528915&aid=uayIu3nB90I>

Southern Oregon ASSP **Welcomes Laurie Hester**

Laurie Hester is from Mississippi and lived in Austin, Texas and Santa Cruz and San Jose, California before arriving in the Rogue Valley a year ago. Laurie has worked in the field of Health, Safety and Compliance of Child Development Centers for 25 years. She has a master's in Organization Development, and a Bachelor's of Science in Nutrition Science. Laurie is a certified Red Cross Water Safety Instructor and is passionate about teaching others about the prevention of drowning. She is also a CPR-First Aid instructor. Laurie is currently the Safety and Compliance Manager of Southern Oregon Head Start. Laurie is married to Gary and they are both outdoor enthusiasts who can be found hiking 4-6 miles at Roxy Ann Peak most days of the week. Laurie joined ASSP to connect with other safety professionals, and to learn more about safety in different industries. Welcome, Laurie!



Oregon OSHA 4-hour Workshops Are Coming to Your Area!

April 23, 2019 in **Medford**

Safety Meetings and Committees in the morning
Accident Investigation in the afternoon

June 18, 2019 in **Klamath Falls**

Forklift Safety in the morning
Fall Protection in the afternoon

September 10, 2019 in **Roseburg**

Confined Space Safety in the morning
Lockout/Tagout & Machine Guarding in the afternoon

November 19, 2019 in **Klamath Falls**

Worker Protection Standard in the morning
Hazard Communication Aligned with GHS in the afternoon

Follow the link below to Oregon OSHA workshop schedule and registration information:

<https://osha.oregon.gov/OSHAPubs/catalogs/workshop-schedule-apr-jun.pdf>.

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.

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	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
Recordkeeping and Reporting - Online	Online/Internet

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

Training Opportunities



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

Forklift Safety Train the Trainer

Medford, Oregon—May 14, 2019

Confined Space Train The Trainer

Eugene, Oregon—May 21-22, 2019

Fall Protection Competent Person

Boardman, Oregon—June 11-12, 2019



Safety and Rescue Training
for high-hazard work activities

Employment Opportunities

Safety Representative—SAIF—Salem, OR

As a safety representative in our training program, you'll learn to help businesses reduce workplace injuries through consulting. You could teach a business how to find and correct hazards, explain the benefits of eliminating workplace injuries, or help them prioritize improvements to their safety and health programs. You'll learn on the job in an environment where researching, writing, developing presentations, public speaking, influencing, analyzing data, and gaining workplace safety and health knowledge come together to form a solid safety and health consultant foundation.

<https://www.indeed.com/cmp/SAIF-CORPORATION/jobs/Safety-Representative-15b6b3594787b0d3?q=Safety&vjs=3>

Safety Engineer EHS Specialist—Carestream—White City, OR

The Safety Specialist promotes safe work practices at the Oregon site. They use their subject matter expertise to work directly with operations employees to understand and improve safety in site operations. The Safety Specialist leads projects to achieve business goals and improve safety culture and performance. Other activities include improving processes and reporting protocols to ensure compliance to safety regulations, and the maintenance and reporting in these systems. This position will be partnering closely with front line employees up to senior leadership.

https://sjobs.brassring.com/TGnewUI/Search/Home/Home?partnerid=25072&siteid=5034#jobDetails=675199_5034

Safety & Occupational Health Specialist—Veteran Affairs—White City, OR

Safety and occupational health specialists perform non-supervisory work including but not limited to the following:

- Inspecting - observing environmental conditions and employee performance patterns to identify hazards, detect risks, and determine causal relationships; developing abatement recommendations for safety and occupational health hazards.
- Investigating - searching for clues, studying variables, questioning witnesses, and retracing sequences to uncover the sources of reported injuries and illnesses.
- Conducts safety and fire protection orientation classes for all employees.
- Prepares written procedures for implementation of safety, fire protection, and occupational health policies.

<https://www.usajobs.gov/GetJob/ViewDetails/529977900>

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, May 2nd, 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:

RISK/SAFETY MANAGEMENT What is it? Why do it?

Presenter:

Steve Dobbs

Providing a safe and healthy workplace can be a challenge and seem overwhelming to many. This talk will focus on putting things into perspective and hopefully reduce some of your anxiety about safety compliance. It's not as complex as many think. There will be several examples of hazards that are easily identified yet, too often, exist and cause injury. Steve will also talk about the value of a strong safety culture and a little on human behavior. He hopes to clear up a few misconceptions and fears about OSHA. You are not alone; there are great safety and health resources available.

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

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info@essentialworkwellness.com

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