



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Southern Oregon Chapter

*No October Meeting
See you at the conference!*

No October Chapter Meeting —

See You at the Conference!

There will be no Chapter meeting in October. Instead, we hope to see you all at the Southern Oregon Occupational Safety and Health Conference October 16-18th. See <http://www.soassp.org/conference.html> for registration details.

Executive Committee ONLY meeting: 10:00 am

Date/Time: Tuesday, October 2, 2018

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

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President's Message

By Michael Hill

Greetings, fellow ASSP members. Thank you for taking the time to peruse this resource. Our hope is that it provides valuable information and motivation to help you advocate for or manage a safer organization and community.

This month's newsletter topic, Infection Control in the Community, is an important one, and, if treated with the importance that it deserves, has the potential to save lives. Maybe you feel safe and healthy in our communities of Southern Oregon, but there are many threats to our wellbeing and those of the ones that we love. It wasn't all that long ago that the Ebola outbreak was in the news, and we all wondered, *It is really possible for it to travel from the heart of West Africa and reach us here in the U.S.?*

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President's Message

By Michael Hill

Continued from page 1.

About 36,000 people in the U.S. die each year from the influenza virus.

Well, as you may remember, in 2014, we watched the news in shock as over 28,000 people contracted the disease, and more than 11,000 people died from the disease in West Africa. Four cases made it to America, and one of those resulted in a life lost. (CDC/2018)

While we have not had to deal with such a horrible, fast-spreading, deadly outbreak in our country recently, there are other diseases that are much more prevalent. In 2011, according to Johns Hopkins Medicine, there were 2700 new cases of Hepatitis A, 19,000 new cases of Hep B, 17,000 new cases of Hep C, and about 50,000 new cases of HIV. And about 36,000 people in the U.S. die each year from the influenza virus.

What can we do about it? This issue of the Southern Oregon Chapter newsletter will be full of answers to that question; however, here are a few simple answers according to SAIF Corporation's guide entitled "[Dodging the Bugs – A quick guide to infection control at work and home](#)":

- Thoroughly wash your hands and objects that are touched by hands.
- Brush up on fatigue management and stress management programs.
- Encourage people to stay home when ill.
- Cough or sneeze into your sleeve or elbow, not your hand.

Infectious diseases can be an invisible health hazard and easy to underestimate. Its thousands of victims each year should be a reminder to us that we cannot take this threat lightly. By following these simple measures—so simple that a child can learn them—we can prevent the everyday spread of deadly bugs in our communities.

(CDC/2018). Retrieved from:

<https://www.cdc.gov/vhf/ebola/history/chronology.html>

Johns Hopkins Medicine (2012): Retrieved from:

https://www.hopkinsmedicine.org/healthlibrary/conditions/infectious_diseases/statistics_of_infectious_disease_85,P00650

Dodging the Bugs – A quick guide to infection control at work and home (2017). Retrieved from:

https://www.saif.com/Documents/SafetyandHealth/InfectiousDisease/S911_dodging_the_bugs.pdf

saif Work. Life. Oregon. **Dodging the bugs:** saif.com/wellness a quick guide to infection control at work and home

Battling an invisible enemy such as the bacteria, viruses, parasites, or fungi that cause infectious diseases can be intimidating—and even a little scary.

There are two main ways that people are exposed to infectious diseases:

Person to person. Communicable diseases, such as seasonal influenza or colds, are primarily transmitted by sneezing, coughing, and inadequate handwashing. Communicable diseases also include Hepatitis B and Hepatitis C, which are spread through contact with blood and other bodily fluids.

By living creatures or objects. So-called "vectorborne diseases" include the West Nile virus, which is transmitted by mosquitos, and Lyme disease, which is spread by ticks. Tetanus

Preventing communicable diseases

For the environment:

- Provide handwashing facilities and/or waterless hand cleaner. (Note that waterless hand cleaner is not effective in killing germs that cause diarrhea.)
- Regularly wipe down common surfaces, such as door knobs, telephone handsets, and keyboards. Dispose of soiled tissues immediately.
- Disinfect areas contaminated by blood and other body fluids.
- Brush up on fatigue management and stress management programs.
- Provide healthy food and beverages at gatherings and promptly refrigerate leftovers.
- Encourage people to stay home when ill, and have policies in place that support



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Herd Immunity –

What's the Big Deal?

By Susan Murphey

It's the start of flu season again, and if it's anything like last year, you'd better prepare yourself. A major part of being ready is getting the flu vaccine. I was never much for flu vaccines in the past—I was healthy, had no predisposing risk factors, and had rarely had the flu. Then I started to hear about this concept of herd immunity.

Herd immunity occurs when those who are not vaccinated are protected by a significant portion of a population (or herd) that has been vaccinated, providing a measure of protection that disrupts the spread of disease. In the words of my friend John Aitchison, PhD, President and Director of the Center for Infectious Diseases, I was a freeloader . . . and, it turns out, so was he.

John wrote a great article for the Puget Sound Business Journal when he found out he, unwittingly, had not been vaccinated for measles. Fortunately for him, he'd lived his entire life as the innocent beneficiary of "herd immunity." Because a large percentage of the population was vaccinated against measles, John was relatively protected from getting them.

The same is true of other vaccines such as the flu, polio, smallpox, etc. When the majority of the population is vaccinated, it protects those who, for medical reasons, can't get the vaccine. However, if too many of us opt out, we run the risk of letting these infectious diseases get traction again. This puts many others, who cannot be vaccinated, at risk—such as those with allergies to components of the vaccine or severely immunocompromised persons.

So, while I wasn't particularly keen on getting the flu vaccine, I didn't really have a legitimate reason not to. And I felt I had an ethical responsibility to my community to do what I could to create the 'herd immunity' that would protect those who couldn't be vaccinated. Herd immunity requires about 92 percent of the population to be immune. It didn't feel right to put others at risk for my own personal reasons.



To read the full article by John Aitchison, PhD, President and Director of the Center for Infectious Diseases, visit <https://www.bizjournals.com/seattle/blog/health-care-inc/2015/02/seattle-biomed-science-director-why-unvaccinated.html?ana>.

OSHA 10 **Class Offered**

By David Hanson

The Southern Oregon Chapter of the ASSP is hosting a General Industry OSHA 10 class on November 2nd and 9th. This is a great opportunity for our region and is very price-competitive with other OSHA 10 classes offered. Safety folks who could not afford the cost and time of the OSHA 30 will find this class easier to attend.

Class size is limited to 40 students. To register, go to <https://safetyseries.cvent.com/osh10southern>.

A special thanks to Rogue Disposal and Mike Messenger for providing the classroom location. Also, thank you to our instructor Cynthia Holm.

Please share this with anyone you think would be interested!

Conference

News

By Michael Hill



We are thrilled to be able to invite you once again to attend the Southern Oregon Occupational Safety and Health Conference to be held at the Ashland Hills Hotel and Suites on October 16-18. This joint venture between Oregon OSHA and ASSP Southern Oregon Chapter is the finest safety and health event of its kind in our region.

One of our rich traditions is to recognize safety committees, safety programs, lifesavers, and business leaders who get it in safety each year at our very special award ceremony. I have had the distinct pleasure of heading up the ASSP award selection process for the last three years, and I must say there are some very well-deserving organizations that will receive awards this year—32 of them to be exact. A very special thanks to our ASSP Award Selection Committee that worked hard studying all of the applications and making the tough decisions to choose the best among us.

Please plan on joining us at 8:00 am on October 18th for the Thursday keynote session, as the award ceremony will immediately follow. Every year, I meet people who come away with a renewed commitment to achieve more than they ever thought possible. We have some brand-new organizations who took the challenge this year and accomplished great things with their safety committees and programs. I can't wait to present them with their well-deserved recognition, and I hope to see you there to experience this exciting event first-hand!

Don't Forget the Upcoming **Spy Award Reception**

By Tanya Haakinson



Reminder—Don't forget to save the date for the Southern Oregon Occupational Safety & Health Conference Reception!

ASSP Southern Oregon Chapter will host a special reception to award our first annual Safety Professional of the Year.

This event will be held in the Stardust Room on Tuesday, October 16, 2018 at the Ashland Hills Inn, 5:30pm to 8:00pm.

You're Invited — **Safety Conference Awards Presentation**

By David Hanson

The Southern Oregon Safety and Health Conference is almost here. The award applications are pouring in across the desks here at Safety Conference Award Application Headquarters. Safety committees and leaders across our region have been hard at work to fit their safety success stories within the cover of each application. Each award application demonstrates the efforts and accomplishments that have permanent and lasting impacts on the lives of Oregon workers and their families. Organizations with strong safety programs almost always make sure to celebrate their successes. I invite each of you to attend our awards presentation on Thursday, October 18th, at 8:20 am at Ashland Hills Hotel. You will see . . . we have so much to celebrate!

What Determines Our Health?

Source: Blue Zones Project (www.bluezonesproject.com)

- Genetics: 20%
- Environment: 20%
- Healthy Behaviors: 50%
- Access to Care: 10%



We may not be able to change our genetics, but we do have some control over our environment, access to care, and certainly our behaviors. According to the Blue Zones Project, following these lifestyle principles can help you live a longer and better-quality life.

- Move naturally—Let your environment inspire movement so it's a natural and regular part of your life. For example, park farther from the building and take the stairs rather than elevators.
- Right outlook—Shed the stress, live in the moment, and foster a sense of purpose in your life.
- Eat wisely—Focus on a plant-based diet and eat mindfully, stopping when you're just 80% full.
- Connect—Connecting with others has been shown to have the greatest positive impact on our lives. Whether you're connecting with individuals, family, community organizations, faith-based, or other social activities, having a "tribe" of your own is the most influential aspect of a happy, healthy life.

Putting the **Personal** in PPE

By Susan Murphey

Personal Protective Equipment (PPE) reduces exposure to hazards by creating a barrier between the worker and the hazardous element. Examples include the following:

- Hard hats
- Ear plugs
- Safety glasses
- Dust masks/respirators
- Safety gloves
- Highly visible clothing
- Protective boots



What's unique about all of these items is that they don't provide any protection unless you wear them. Providing the best possible personal protective equipment is no guarantee of safety if workers don't wear them. Other safety equipment such as shielding, alarms, and fencing provide automatic protection to workers. This is not the case with PPE. It only works, if you work it.

So, what is the best way to get workers to wear PPE? It's nice to think that each individual would take responsibility for their own safety, but we all know that there are competing priorities and dissuasions that may deter compliance. Understanding why people do what they do helps us work toward positive changes in behavior. Training and open communication and partnering with individuals in order to foster a culture of safety are important. And while persuasion can help, visible reminders are most effective. Make sure you're setting the visual example of what's important. Put the *personal* in PPE.

Halloween Remembrances

By Susan Murphey



Halloween always makes me think of Pat, one of my husband's best friends from high school. They played football together, and Pat often hung out at Tom's house to avoid a less-than-ideal situation at home. My in-laws attended Pat's sporting events right along with the rest of the boys in the family. In spite of many hardships, Pat was always an incredibly upbeat and generous person. He went on to run a successful custom home building company in San Diego. During the Halloween season, he'd make sure to time the construction schedule on a few homes so that they'd be roughed in and ready to be transformed into a haunted house! He had an enormous collection of spooky props and became quite well known for his construction of ghostly haunts. In fact, he'd get invited to Universal Studios to preview their latest and greatest special effects and provide feedback. He'd open the "haunted" houses he was building for tours, free of charge, to friends, family, and the surrounding neighbors where the house was being built.

Pat was such a dedicated hard worker that it wasn't unusual for him to stay late on a job site. But one night, late became worrisome when he didn't make it home for his daughter's school event, and his wife couldn't reach him by phone. He'd stayed late, working in the construction trailer on site, powered by a portable outdoor generator. However, even though it was outside, the carbon monoxide fumes seeped into the trailer. Sadly, one of his workers went back and found him dead from carbon monoxide poisoning. From the mess in the trailer, it was clear that Pat had recognized something was wrong and struggled to try to get out, but was overcome so quickly that it was too late.

The most common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. Large amounts of carbon monoxide (even outside) can overcome you in minutes without warning—causing you to lose consciousness and potentially die. We lost a dear friend, and the world lost a Halloween legend that day. Halloween always makes me think of Pat and reminds me to be more mindful of carbon monoxide hazards. I hope it does for you, too.

OSHA e-Tools for **Selecting Personal Protective Equipment** By Susan Murphey

OSHA e-Tools are interactive, web-based training tools on occupational safety and health topics. They're available for a number of topics, including Personal Protective Equipment (PPE). If you need help selecting the proper equipment or understanding requirements related to PPE, the e-Tool may be useful.

The Eye and Face PPE e-Tool includes general industry, maritime, and construction standards, as well as information on selecting the right equipment based on specific hazards. Check it out at <https://www.osha.gov/SLTC/etools/eyeandface/index.html>.

The Power Industry Standards and e-Tool for PPE can be found at https://www.osha.gov/SLTC/etools/electric_power/personal_protective_equipment.html.

There are also numerous resources for PPE selection and managing workplace PPE programs with links to PPE-related topics, such as eye protection, hearing protection, skin exposures, and protective clothing. If you need help getting started, the Canadian Center for Occupational Health and Safety offers an overview of designing a personal protective equipment (PPE) program. Links and resources can be found at: https://www.osha.gov/SLTC/personalprotectiveequipment/hazards_solutions.html.

Beware . . .

MRSA is Lurking

By Susan Murphey

A recent fall on a hiking trail landed me in urgent care getting stitches in my knee. Two days later, I had a raging infection. My wound had somehow been contaminated with *methicillin-resistant Staphylococcus aureus* (MRSA). This superbug can result in a potentially serious infection that is impervious to many antibiotics. While, historically, these infections are hospital-acquired (HA-MRSA), there are increasing numbers of community-acquired MRSA (CA-MRSA) cases. CA-MRSA cases commonly originate in prisons, day-care centers, and athletic or military facilities, not on a hiking trail in the Southern Oregon Cascades. Although I'll never know for sure, it's quite possible I acquired the infection at a medical facility.

Clean hands are the single most important factor in preventing the spread of pathogens and antibiotic-resistant infections in healthcare settings. Because the most common mode of transmission of pathogens is hands, the Center for Disease Control (CDC) Hand Hygiene Guideline recommends hand washing/sanitizing before patient contact and after contact with a patient's skin. In the three years I've lived in the Rogue Valley, the only medical professional I've received care from who routinely followed CDC Hand Hygiene Guidelines were the healthcare providers at my dentist's office. (Thank you, East Main Dental Clinic.)

In general, adherence of healthcare workers to CDC recommended hand hygiene procedures is poor. While adherence tends to vary by occupation, studies indicate the overall adherence rates average about 40%. The CDC estimates that each year nearly 2 million patients in the United States get an infection in hospitals, and about 90,000 of these patients die as a result of their infection.

As a patient, here is what you can do about hand hygiene:

- Kindly remind your healthcare provider to clean their hands before they begin. You might feel hesitant or not know how to start the conversation, but it's okay to speak up for clean hands! (I've found that leading by example works well—*"Let me just sanitize/wash my hands before we begin."*)
- Remember, your hands can spread germs as well. Frequent handwashing/sanitizing by patients and visitors plays an important role in preventing the spread of germs that cause serious infections.

Five rounds of antibiotics, including various side effects and allergic reactions, and my knee is finally on the mend. I also am finding my voice in advocating for myself and am feeling less awkward about asking healthcare providers to practice hand hygiene. For other ways to be a safe patient, visit <http://www.cdc.gov/HAI/patientSafety/patient-safety.html>.

For more on the CDC guidelines for hand hygiene in healthcare settings, visit <https://www.cdc.gov/handhygiene/>.



ASSP Networking Mixer

October 16th

By Tanya Haakinson

The ASSP Networking Mixer will be held Tuesday, October 16th, from 5:30pm-7:00pm at the Ashland Hills Hotel Stardust Room, 2525 Ashland Street, Ashland, OR 97520.

Also, the 3M Fall Protection Truck will be in the hotel parking lot from 5:00-5:25pm.

Who: The networking event is open to all conference attendees, PDC attendees, conference speakers, conference exhibitors and sponsors, conference hotel guests, and conference planning committee members.

What: Please join us for fun, games, prizes, vendors, demos, and more. The event will feature complimentary hors d'oeuvres and light beverages, along with a no-host bar. Taxi services available non-gratis.

The ASSP Networking Event is a great way to get to know other ASSP members from around the Northwest and to meet with valued exhibit partners, sponsors, and talented presenters. Please come and enjoy a special night out with Southern Oregon ASSP!

RSVP: The event is limited to 50 guests. Please RSVP by Monday, October 1, 2018 to Tanya Haakinson at thaakinson@timberproducts.com.

Disclaimer: The content and views included in this newsletter are for educational purposes only. The Southern Oregon Chapter of ASSP and its Executive Committee and affiliated organizations disclaim any and all liability for claims that may arise out of the use of this educational content.

Free Trainings Available!



Course	Location	Date
Hazard Communication Program - Aligned With GHS	Medford	10/25/2018
Worker Protection Standard - Pesticide Emphasis	Medford	10/25/2018

Online Courses

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

www.orosha.org
click on
"Education"

Mail:

Oregon OSHA Public Education
P.O. Box 14480
Salem, OR 97309-0405
Fax: 503-947-7462

Call:

Salem office
503-947-7443
or toll-free in Oregon
888-292-5247, option 2

Training Opportunities



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

Fall Protection Competent Person

Eugene, Oregon—October 30-31, 2018

Forklift Safety Train the Trainer

Eugene, Oregon—October 16, 2018

Confined Space Train The Trainer

Eugene, Oregon—November 13-14, 2018



Employment Opportunities

HR/Safety Manager—Playcore—Grants Pass, OR

Summary of essential job functions:

- Develop and implement HR strategies and initiatives aligned with the overall business strategy.
- Communicate with the organization for safety procedures undertaken.
- Report any safety-related incidents to OSHA, Workers' Comp, corporate leaders.
- Provide guidance and support coordination regarding various safety issues.
- Organize trainings to the employees regarding environmental management and safety issues.
- Provide information on environmental relevance by preparing charts, graphs, and presentations.
- Maintain and revise the company's handbook on policies and procedures.

<https://www.paycomonline.net/v4/ats/web.php/jobs/ViewJobDetails?job=49440&clientkey=AE16BCA22948917362F48ACE1482AD33>

Process Safety Management—Carestream—White City, OR

An opening exists for a Process Safety Management Engineer within Carestream Health's Process Engineering Team, White City, Oregon. The person in this position will be responsible for the planning, implementation, and oversight of the regulatory-based Process Safety Management (PSM) Program and Risk Management Plan (RMP) for the factory. The individual will drive process improvements to key program elements such as PHA, mechanical integrity, and process safety information. The candidate will be expected to provide a strategic direction, leadership, and training in building the PSM capabilities of all plant personnel.

<https://www.indeed.com/viewjob?jk=98f5c86825a804bf&tk>

Director of Risk Management—Asante—Medford, OR

Asante is seeking a Director of Risk Management to lead a three-hospital healthcare system in Southern Oregon. As the largest healthcare provider in Southern Oregon and Northern California, this is an outstanding opportunity for a results-driven leader.

<https://www.indeed.com/viewjob?jk=f3484ccac0641af7&tk>

For More Employment Opportunities, Please See Our Employment Page at: <http://soassp.org/employment>.

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

Mark Your Calendars



Check out our website at:

www.redwoodsafety.org.

General meeting:

Thursday, October 4th, 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 & Hwy 99)

This month's topic:

Safety Orientation

Panel of Presenters

Chris Lawrence - Boise Cascade

Mike Niedermeyer - Timber Products

Richard Brinkman - Duro-Last

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

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