



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

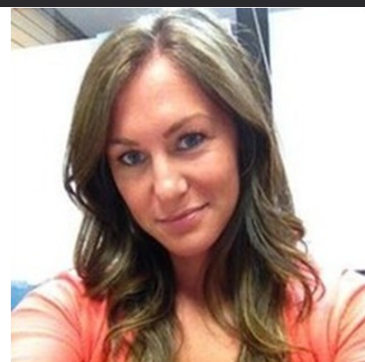
Southern Oregon Chapter

The next Chapter meeting will be September 3, 2019.

September Chapter Meeting

Date/Time: Tuesday, September 3, 2019

Executive Committee: 10:00 am
Regular Meeting: 11:30 am – 1:00 pm
Program begins at noon.



Location: Black Bear Diner, 1150 E. Barnett Rd., Medford, Oregon

Topic: Establishing an Effective Wellness Program

Speaker: Jen Killpack, Risk Coordinator, City of Medford

Program description:

Need help establishing an effective wellness program? Want to know the better options to help promote wellness in the workplace? If so, the information in this course will provide you with tools to start a successful program.

Bio:

After receiving a degree in Health Promotion and Fitness Management, Killpack spent nearly a decade traveling across the country implementing wellness programs. Through this experience, she gained a solid understanding of how to effectively evolve a healthier culture within a workforce.

Throughout her wellness career, Killpack noticed the very important relationship between health and safety and wanted to bridge the gap. In her current position as Safety and Workers' Compensation Coordinator, Killpack was given the opportunity to help re-create the wellness program for the City of Medford. Honored with this challenge, Killpack is able to connect safety and wellness together, one milestone at a time.

Inside this issue:

2

President's Message

3

Tinnitus: My Journey to a Possible Cure

4

Helpful Considerations for Applying for Safety Committee and Safety Program Awards

5

President's Message Continued

6

Conference Save the Date!

7

The ASSP Community: A Valuable Resource for Safety Professionals

8

Employment Opportunities

9

Executive Committee



President's Message

By Chris Lawrence

Last month, I talked about how our Southern Oregon Chapter of the ASSP is filled with great members and that several of those great members serve on the leadership team (aka executive board). As I noted, this is a very dedicated group of people whose common goal is to ensure that the chapter provides resources to the membership and the safety community as a whole. In this newsletter, I will finish-up highlighting the team.

Let's start with Roy Harper. Roy, the past and current secretary, became plugged into safety as a team member of the Medford School District where he is a facilities supervisor and serves on the safety committee. He jumped in headfirst to serve the chapter as the secretary which requires diligent effort to record the goings on of the chapter meetings. He does this level of volunteer work skillfully month after month, and it's clear that he takes pride in all that he does. It is a challenge to jump into a team of people where you don't know many of them and where your efforts are all volunteer efforts, but you have an internal drive to make those efforts timely and top notch. Roy is this type of volunteer!

David Spence, the programs coordinator, is one of the newest members to the team. He is a safety coordinator at Boise Cascade's White City Veneer plant. It is one of the most hands-on industrial plants in the Boise Cascade operations and is currently in its third year without a recordable injury. Dave has a passion for safety, and this can be seen in the success of his team—he led the safety committee to a Best of the Best Safety Committee award during the 2017 Southern Oregon Occupational Safety and Health Conference. Dave jumped into his role as programs coordinator and is doing an outstanding job of bringing a variety of technical classes to the chapter luncheon meetings. He is clearly dedicated to keeping up the pace with quality presentations!

I hope you have had the chance to meet Patti McGuire. She is the one with a big smile that you see around the chapter functions. Why mention her smile? Well, she does have a big smile, but it's because she keeps that smile despite being the chapter treasurer for several years! This volunteer position has a very critical job: she keeps track of all operational budget items to include money going out and coming in. She has a critical eye towards expenditures to ensure that we only spend money in ways that benefit chapter members, and this includes the funding it takes to put on the three-day Southern Oregon Occupational Safety and Health Conference. Besides being a great money manager, Patti is a Senior Safety Management Consultant for SAIF Corporation. Like the rest of the team, she has a passion for safety that makes her a success in her full-time job and in all she does as a volunteer.

A Senior Safety Consultant with Oregon OSHA, Gary Robertson serves as the governmental affairs coordinator. He keeps the chapter leadership apprised of goings-on with changes in OR-OSHA rules. While there are not always a lot of changes to report on, he is positioned well to serve in this volunteer capacity! Gary has a very busy work schedule as a safety consultant. OR-OSHA's safety consultation program is considered one of the best OSHA consultative processes in the country. As a result, he uses his passion for safety to help local companies advance their safety programs in order to keep their employees safe. Of an interesting note, Gary's passion is rubbing off on others as his daughter continues her education towards a degree in safety. Well done, Gary, promoting the next generation of safety professionals!

Continued on page 5

Tinnitus: My Journey to a

Possible Cure

By Amy Stonehill

Hello. My name is Amy Stonehill, and I currently serve as membership chair for the Southern Oregon Chapter of ASSP. Last year I began a strange and unexpected journey that may give you hope.

After an unplanned surgery, I woke from the surgery with tinnitus. I thought it was due to medications or anesthesia, but it didn't go away. I have always been very careful with my hearing; as a musician with near perfect pitch, hearing is extremely important to me. This never-ending screeching in a tinny B flat is beyond annoying.

I began to research. At first, everything I found emphatically stated, "THERE IS NO CURE." Well, that's just not good enough. I questioned that finding because it made no sense. I had no ear trauma; I woke from a surgery with it. There must be some other explanation!

And then I found several articles: scientists are beginning to question their initial beliefs. Why? Because some people – desperate for it to STOP – had gone to the extent to have their hearing medically removed altogether, only to find that the tinnitus did not go away. There must be something more.

In 2005, I was treated with a brand new, cutting-edge therapy called EMDR (Eye Movement Desensitization and Reprogramming). Israeli scientists discovered this treatment cured many who experienced PTSD. As I was raised under extreme abuse, my husband and I decided it was worth a try to see if it might help the night terrors and other effects from trauma. EMDR CHANGED MY LIFE. It literally rerouted areas of my brain, transforming, well, almost everything.

As I researched tinnitus, EMDR kept popping up as a possible cure. After researching for more than a year, it looked like the odds were that possibly 50-75% of those who receive EMDR had tinnitus lessen or stop altogether! I decided to try it. I found a trained professional in the Medford area (there are several) who agreed to treat me. After the first treatment, I was surprised that the volume of the screech lessened. That evening, there was a moment—I actually had no screeching for about 30 seconds. Let me tell you, 30 seconds of QUIET was AMAZING.

I have now had two treatments. My doctor thinks that I may only need four or five treatments total. Please hear me: I am not saying that this is for everyone. But what if it may help you or someone you love? What if this simple treatment would give you back quiet? One thing I know: the science is there. And the findings have begun to make waves in the medical realm world-wide.

I am on this journey. And I believe the tinnitus will be gone soon. But even if it is never completely gone, I can honestly say that I am glad I decided to give EMDR a try. If you or someone you know suffers from tinnitus, I urge you to research for yourself. Perhaps my journey will encourage you.

And who knows? Perhaps this treatment will completely change the health and safety field by eliminating tinnitus. Wouldn't that be GREAT?!

Two articles of interest:

<https://www.tinnitus.org.uk/eye-movement-desensitization-and-reprocessing-as-a-treatment-for-tinnitus>

<https://traumapractice.co.uk/emdr-for-tinnitus/>

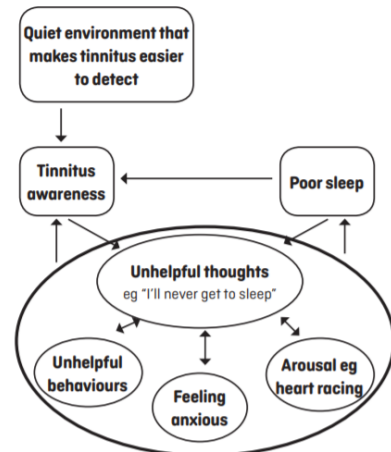


Diagram: the vicious cycle of insomnia and the role of tinnitus

Helpful Considerations for Applying for **Safety Committee and Safety Program Awards**

By David Hanson

Have you ever thought about applying for one of the recognition awards given out at the annual safety conference? Have you ever wondered what it takes to win? David Hanson, former safety coordinator at sites winning multiple awards shares his wisdom of what it takes to win big. If you are interested in applying, make sure you get those applications in by the August 30th deadline. Award applications can be found at www.soassp.org/conference.

1: Accident and incident investigations need to be thorough and corrective actions need to focus on systemic factors and root cause. The application should show that these factors and causes are directly addressed in corrective solutions that are implemented. If you can show that the hierarchy of controls is considered when determining what solutions to implement, that is a plus. These solutions need to show that elimination of the hazard that caused the injury was considered. If administrative and engineering causes are identified, your documentation should show that multiple and/or effective corrective actions were taken to assure that the incident never happens again. You will need to provide supporting documentation to show follow-through on your corrective actions. Near miss reporting should be a noticeable element. If you can show that your investigation team thoroughly investigates key near misses on occasion, all the better.

2: Safety inspections should show that items discovered on walkthroughs are addressed and do not fall through the cracks. Well organized inspections can help with this because the action items can be linked to the inspections. When you print your monthly inspection, action item status would be automatically updated.

3: Your safety committee minutes should show that hazards and incidents are being discussed and that leading indicators are measured, studied, and implemented. Are you addressing how workplace practices contribute to unsafe conditions? Show how. Are you addressing how unsafe conditions contribute to unsafe practices? Show how.

4: You will need to show that your safety committee is fulfilling (and exceeding) all the functions of a safety committee. Excellence in these basic safety committee functions should be evident and easily assessed.

<http://osha.oregon.gov/Pages/topics/safety-committees-and-meetings.aspx>

5: It is helpful to use a running tally of hazards and include it in the application. Other Best of the Best (BoB) winners have started using a variant of this running hazard log list. This works well because it shows a clear process that a reported hazard must go through to completion. It also provides, at a glance, the types of corrections and improvements that are happening in your facility. Make sure your hazard report process closes the loop and provides feedback to affected employees and is available for all employees to review.

Continued on page 5

Helpful Considerations for Applying for Safety Committee and Safety Program Awards

6: The more your safety committee can demonstrate that it represents the safety concerns of the workforce and involves people in their safety program, the better. The climate of safety at your facility should shine through the pages of your application. It will be detectable in your minutes, inspections, investigations, and the follow-through of hazard report completion. Wildcard bonus points seem to go to the company that can show innovation or creativity in how they involve employees in the safety program or safety training.

7: List and summarize recent activities designed to improve your organization's safety success. Basically, what initiatives are you implementing that help promote a safer workplace? The selections committee is looking for what you are doing that is above and beyond what is expected, and you need to show that it is effective.

8: Format. Consider the awards committee members who may be evaluating your application. The easier it is for them to find the information they need, the better. Also, make it easy for them to find the information you want them to get. Pictures can tell a story quickly and easily.

David Hanson

Conference Planning Chair

Continued from page 4

President's **Message**

Chris Lawrence

Continued from page 2

While she is no longer serving on the board, Tanya Haakinson deserves to be mentioned. She was formerly the Safety Director at Timber Products. She has moved on to a new position and has stepped down as our operations coordinator. She has held several positions within the leadership board and is a very energetic, highly involved, and inspiring woman who has made so many of our functions successful! She has served as chair for a variety of organizations and activities and was instrumental in setting up a chapter outreach from ASSP's Women in Safety Excellence (WISE), a common interest group which seeks to further the role of women in EH&S. We will miss her.

We still need at least two more people to volunteer for open positions on the board: one to fill Tanya's vacancy in the chapter operations role; and one or two to head up the communications role of the chapter. If you are interested in joining this wonderful team of professionals, please contact any of the board members to inquire about serving our chapter and the many great members who make up our safety community of the ASSP!

I will close with this: I am so blessed to be able to be a member of this chapter and to serve alongside such amazing professionals! It is just one more reason I am so thankful this is the career field I was meant to be in!

Chris Lawrence

Chapter President





October 15-17, 2019

Ashland Hills Hotel • Ashland

Professional Development Workshop (Oct. 15)

Pre-Conference Workshop (Oct. 15)

- First Aid/CPR/AED
- Workzone Flagger Certification

Sessions include (Oct. 16 & 17)

- Safety Committee Track
- Chemical Hazards
- Legislation Updates
- HR Track
- Health Topics
- Industrial Hygiene Topics

Costs to attend:

Professional Development Workshop (Oct. 15)	\$130
Pre-Conference Workshop (Oct. 15)	\$50
Conference (Oct. 16 & 17)	ASSP Member \$160
		Non-member \$175
One day (Oct. 16 or 17)	\$100

📅 Watch for registration information in August 2019.

Professional Development and Keynote Speaker



Robin Rose

Author, Trainer and Consultant

October 15

Professional Development Workshop

Leadership, Teamwork & Communication – Tools for Success

October 16

Keynote

Safety on the Brain

Exhibits • Awards • Workshops



Southern Oregon Chapter

Questions? or to receive registration materials, contact the Conference Section, **503-947-7411** or toll-free in Oregon at **888-292-5247, option 1**

www.soassp.org • osha.oregon.gov/conferences

A joint effort of the American Society of Safety Professionals (ASSP), Southern Oregon Chapter, and the Oregon Occupational Safety & Health Division (a division of DCBS).



The ASSP Community: **A Valuable Resource for Safety Professionals**

By Chris Lawrence

I know this has been discussed amongst the membership, but I have been so impressed with it that I just have to talk about it some more! What is "it"? It is the ASSP's on-line community platform. What a great tool this is, and it is available to us as members. My best description of it: a blog on steroids!

I participated in the community in the early stages because it was used as a clearinghouse for an ASSP committee that I am a member of. Overall, it is a community platform for all members to participate in and learn from, but it can also be used for special projects and information storage/sharing. It is a great tool for projects as noted, but its power is found in its information sharing configuration.

Each day as new entries are made, I get an email with new questions, thoughts, and tools. Recently, I was considering building a new general safety audit checklist. About the same time as I was thinking of what my checklist would be like, I received the emailed Daily Digest and opened it up. I immediately noticed a new thread where a person asked if anyone in the community had an audit checklist. There were several members who replied with audit examples and links to potential audits tools. I downloaded three audit tools from this one visit to the on-line community!

In another example, I was hoping to find some new insight into confined space safety. I typed in a search for confined space and found several conversations and thoughts about the subject. It worked brilliantly!

If you are a member, you really need to make yourself familiar with this platform. It is housed on the ASSP website and you may get emails more often than you want, but it can be a very valuable tool! If you are not a member, this platform is a good reason to join! Whatever the case, do yourself a professional favor and spend some time looking through the discussions in the community. You are sure to find some helpful tools for your efforts. Just go to www.ASSP.org, log in, and then in the upper right corner of the home page, click on ASSP Community.

Chris Lawrence

Free Trainings Available!



Course	Location	Date
<u>Confined Space Safety</u>	Roseburg	09/10/2019
<u>Worker Protection Standard - Pesticide Emphasis</u>	Klamath Falls	11/19/2019
<u>Hazard Communication Program - Aligned With GHS</u>	Klamath Falls	11/19/2019
<u>Confined Space Safety</u> <u>Confined Space Safety</u>	Roseburg	09/10/2019
<u>Lockout/Tagout and Machine Safeguarding</u>	Roseburg	09/10/2019

Online Courses

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

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Training Opportunities



<http://www.d2000safety.co>

- [Fall Protection Competent Person](#) – October 29-30, 2019 – Eugene, OR
- [Confined Space Train the Trainer](#) – November 19-20, 2019 – Eugene, OR
- [Fall Protection Competent Person](#) – April 14-15, 2020 – Medford, OR
- [Forklift Train the Trainer](#) – June 9, 2020 – Medford, OR
- [Confined Space Train the Trainer](#) – November 17-18, 2020 – Medford, OR

Employment Opportunities

Safety Officer

Umpqua Health – Roseburg

The Safety Officer will facilitate compliance with Occupational Safety and Health Administration (OSHA) guidelines, providing advice on measures to minimize hazards or unhealthy situations. The Safety Officer will facilitate monthly safety meetings, audits, investigations, reporting, and make recommendations on correction.

<https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=7c351fe0-05a4-435b-b968-8f4bd3828255&jobId=298859&source=IN>

Safety Director

Timber Products Company — Medford

Responsible for the overall Company safety program. Works with employees at all levels of the organization to ensure safety is our number one priority. Oversees Company-wide compliance with safety regulations.

<https://www.timberproducts.com/about/careers>

Safety Analyst

Eugene Water and Electric Board

This position provides administrative and technical advice to supervisors and employees to ensure safety programs are compliant with state and federal regulations, and EWEB's safety procedures and processes are successfully implemented. This position works with the Safety Program Manager to advance EWEB's safety culture.

<https://www.governmentjobs.com/careers/eweb/jobs/2531230/safety-analyst>

Safety/HR Generalist

Swanson Group – Springfield Plywood

Provides technical and administrative support related to a variety of Safety & Human Resources processes including staffing and hiring, benefits administration, occupational health and safety and employee training. This position assists leaders with safety protocols of incident investigation, hazard assessment, injured worker return-to-work, and mentoring the safety teams.

<https://jobs.localjobnetwork.com/j/t-SafetyHR-Generalist-Human-Resources-e-Swanson-Group-Mfg-l-Springfield,-OR-jobs-j38149369.html?pbid=68499>

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

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Mark Your Calendars



General meeting:

Thursday, September 5th, 2019 12:00 noon - 1:00 pm
No-host lunch

Location:

Grants Pass Black Bear Diner

This month's topic:

Electrical Safety

Presenter:

Presented by: Jay Schindler, Environmental, Safety and Health Engineer for Klamath Energy

The hazards associated with the use of electricity include electrical shock and electrical fires caused by shorts and overloaded circuits or wiring. In addition, sparks from electrical equipment can serve as an ignition source for flammable or explosive vapors or combustible materials. Most incidents are a result of unsafe work practices, improper equipment use, and faulty equipment. Adherence to rules and procedures can significantly reduce the electrical hazards one might encounter in the workplace and ensure compliance with OSHA regulations.

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

PLEASE JOIN US!!

Membership **not** required.

Executive Committee 2019-2020

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

Vice President: David Hanson, SAIF Corporation—davhan@saif.com

Past President: Michael Hill, SAIF Corporation—michil@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, Mercy Flights—amys@mercyflights.com

Program Coordinator: David Spence, Boise Cascade—davidspence@bc.com

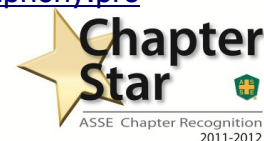
Communications Coordinator: Position Open

Governmental Affairs Coordinator: Gary Robertson, Oregon OSHA—gary.l.robertson@oregon.gov

Operations Coordinator: Position Open

Delegate to HOD (House of Delegates): Chris Lawrence, Boise Cascade—
chrislawrence@BoiseBuilding.com

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



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

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