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Newsletter Editor	Bob Calhoun CSP

Upcoming Meetings & Events

- December 1st Nominations and Election Committee Formation
- January 13th Meeting Topic TBD
- February 1st Deadline for nomination for [Regional SPY](#)
- February 10th Meeting Topic TBD
- March 1st End of Fiscal Year
- March 9th Meeting Topic TBD
- April 13th Meeting Topic TBD
- May 11th Meeting Topic TBD
- May 31st Upload Financial Report and Financial Checklist
- June Baseball Night Out Location & Date TBD
- June 22-25 SAFETY 2020 Conference in Orlando, FL

In this Newsletter

- Chapter News
- Buzzed driving
- Holiday safety tips
- Sneaky winter weather

MONTHLY MEETING December 9th

“Naturally Occurring Asbestos in the Virginia Appalachians- Impacts to Worker Health and Safety, Regulatory Compliance, and Economic Impacts”.

Our own, **Glenn Hargrove, CIH, CSP, PG, CHMM**

See page 2 for details.



Time: 5:30 pm Happy Half Hour
6:00 pm Dinner
6:30 pm Program

Cost: See page 6 for menu selections.

Location: Corned Beef & Company
107 S Jefferson St, Roanoke, VA
(540) 342-3354

Please RSVP with Bob Calhoun:
rpcalhoun@mpinet.net/434-382-9212

NOVEMBER MEETING RECAP

Many thanks to **Greg Bennett** for the excellent tour of Liberty University from an occupational safety and health standpoint. Are hats are off to our other hosts **Chris Chambers, Andy Smith** and **Tyler Edwards**. The tour provided a perspective of occupational safety and health considerations required of a major university with a variety of many interesting processes, applications and occupations.





Star Valley Chapter Newsletter

DECEMBER 2019



Our December Speaker

E. Glenn Hargrove, CIH, PG, CHMM, Director, Industrial Hygiene with Froehling & Robertson, Inc. 1734 Seibel Drive, NE, Roanoke, VA

Glenn Hargrove is a licensed Professional Geologist and Certified Industrial Hygienist with over twenty-nine years of consulting services involving: geological, hydro-geological, asbestos, mold, lead, hazardous materials, industrial hygiene, safety, sub-surface investigation and remediation, and property acquisition due diligence. Mr. Hargrove regularly designs and performs a variety of services associated with asbestos including pre-renovation/demolition inspection for asbestos-containing materials, development of Operation and Maintenance (O&M) Plans, drafting of abatement project specifications, and monitoring of asbestos abatement operations. Other industrial hygiene duties include lead-based paint (LBP) and other hazardous materials inspections and developing related risk assessments as well as conducting inventories of abandoned substances.

Presentation Title:

Naturally Occurring Asbestos in the Virginia Appalachians-Impacts to Worker Health and Safety, Regulatory Compliance, and Economic Impacts

Abstract:

Naturally occurring asbestos (NOA) occurs throughout the Piedmont and Blue Ridge Provinces of the Appalachian Mountains from southwest to northeast Virginia. NOA is largely confined to metamorphosed ultramafic rocks such as soapstone and serpentine although it can also be detected in associated soils and saprolites. NOA is not currently regulated by Virginia state agencies. However, the presence or potential presence of NOA has an impact on a variety of enterprises in the state. The goal of this presentation is to discuss where NOA occurs, methods of detection, and appropriate analytical techniques to confirm the presence of asbestos. The subsequent impacts of the presence of NOA is also discussed with an emphasis on projects that involve personal involvement.

Nominations & Elections Committee

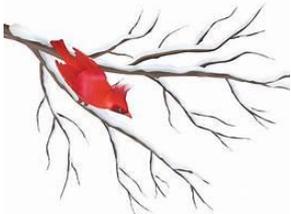
It's nearly time to select the chapter's 2020-21 leadership team. The Nominations and Elections Committee is in need of members to select prospective officers by Dec. 31, 2019.

Safety Professionals of the Year: Nominations Due 2/1/19

The Safety Professional of the Year (SPY) awards presented by our chapters and regions recognize the dedication and outstanding contributions of ASSP members. If you plan to nominate a member for your region's SPY award, you should be working on the packet now because nominations are due Feb. 1, 2020. Find more information in [Community Leader Resources](#).

OSHA Holiday Season Resources

OSHA has resources to help keep warehouse employees, tractor trailer drivers, and forklift operators safe as they work to get merchandise to people's home. Retailers are encouraged to follow crowd control safety guidelines, such as using trained security personnel or rope lines for customers. For more information, visit OSHA's [Holiday Workplace Safety webpage](#).



The Star Valley Chapter wishes everyone
a safe and prosperous New Year





NHTSA Buzzed Driving Is Drunk Driving Campaign

The holiday season is a time for parties and gatherings with friends, family, and coworkers. Parties can also provide opportunities over indulge festive drinks, with some partygoers finding themselves “buzzed” without a sober ride home. This holiday season, the National Highway Transportation Safety Administration (NHTSA) reminds everyone that: *Buzzed Driving Is Drunk Driving*. Those planning on enjoying alcoholic beverages need to make sure they refrain from driving. Review the facts below and share the word about the dangers of drunk driving.

Stay Off Santa’s Naughty List: Don’t Drink and Drive.

- According to NHTSA, 37,133 people were killed in motor vehicle traffic crashes in 2017, and 29 percent (10,874) of those fatalities occurred in crashes during which a driver had a blood alcohol concentration (BAC) over the legal limit of .08 grams per deciliter (g/dL).
- Drug-impaired driving is an increasing problem on our nation’s roads. It’s illegal to drive while drug-impaired, period. It’s essential for drivers to understand: *If You Feel Different, You Drive Different*.
- According to NHTSA, 885 people lost their lives in traffic crashes involving a drunk driver during the month of December 2017.
- From 2013 to 2017, there were 4,110 people killed in December crashes that involved drivers with BACs over the legal limit of .08.

Drinking and Driving Will Cost You—Possibly Your Life.

- A DUI can set you back \$10,000 in attorney’s fees, fines, court costs, lost time at work, higher insurance rates, car towing and repairs, and more.
- The financial impact from impaired driving crashes is devastating. Based on 2010 numbers (the most recent year for which cost data is available), impaired-driving crashes cost the United States \$44 billion annually.

Plan a Safe Ride Home Ahead of Time—This Holiday Season, and All Year Round.

Plan ahead. If you plan to drink, plan for a sober driver to take you home. Is it your turn to be the designated driver? Take that role seriously—your friends are relying on you.

- Remember that it is never okay to drink and drive. Even if you’ve had only one alcoholic beverage, designate a sober driver or plan to use public transportation or a ride service to get home safely.
- Download NHTSA’s SaferRide mobile app, available on Google Play for Android devices: (<https://play.google.com/store/apps/details?id=com.nhtsa.SaferRide&hl=en>), and Apple’s iTunes Store for iOS devices: (<https://itunes.apple.com/us/app/saferide/id950774008?mt=8>). SaferRide allows users to call a taxi or a predetermined friend, and identifies the user’s location so he or she can be picked up.
- If you see a drunk driver on the road, contact Local Law Enforcement
- Have a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.

Keep your holidays happy and safe by letting someone sober do the driving.

Remember: *Buzzed Driving Is Drunk Driving*.

For more information, visit www.trafficsafetymarketing.gov



Just one drink can impair judgment and increase the risk of getting arrested for driving drunk—or worse, cause a crash if behind the wheel. Many factors determine the effect alcohol has on your body, and it can vary depending on factors such as your weight and when you last ate.



CDC Holiday Food Safety Tips

If turkey is the centerpiece of your holiday feasts, [follow these food safety tips](#) to properly handle and prepare it. Food handling errors and inadequate cooking are the most common problems that lead to foodborne disease outbreaks linked to poultry in the United States. CDC and partners are currently investigating a [multistate outbreak of *Salmonella* infections linked to raw turkey products](#). As of November 6, 2018, 164 people were infected with the outbreak strain have been reported from 35 states. Everyone is encouraged to safely thaw, handle, and cook turkeys to help prevent germs from growing. Thaw turkeys in the refrigerator rather than on the counter and do not rinse your turkey. Consider cooking the stuffing in a casserole dish rather than inside the turkey. It's also important to use a thermometer to check whether your turkey has been cooked to a safe internal temperature of 165°F.

More holiday food safety tips are provided below:

- [Refrigerate leftovers quickly to prevent *Clostridium perfringens*](#), one of the most common causes of food poisoning in the United States. The CDC estimates *C. perfringens* causes nearly 1 million foodborne illnesses each year in the United States. Serve meat and poultry dishes hot, within 2 hours after cooking.
- [Say no to raw dough](#). Eating or tasting unbaked products that are intended to be cooked, such as dough or batter, can make you sick. Children can get sick from touching or eating raw dough used for crafts or play clay, too.
- [Practice safety when preparing chitlins](#), a traditional Southern food. Before you begin, take out everything you'll need to prepare chitlins and clean up with soon after you're done. Keep children out of the kitchen while you prepare chitlins and wash your hands thoroughly with soap and warm water after completing preparations.

Stay Safe While Holiday Decorating

Put safety first this holiday season. When decorating your home for one of the most magical times of the year, be sure to follow proper ladder safety procedures.

If you are hanging holiday lights outdoors, use an extension ladder that not only reaches the top of your roof, but extends two or three rungs above it. Consider asking a friend or family member to support the ladder. After all, this is a time for togetherness and holiday cheer! Source: American Ladder Institute

Support you Chapter Committees – Volunteer!

- | | |
|--------------------------------|------------------------------------|
| ○ ASSP Foundation Liaison | ○ Membership + Chair |
| ○ Audit | ○ Nominations & Elections |
| ○ Awards & Honors + Chair | ○ Professional Development + Chair |
| ○ Communications | ○ Programs + Chair |
| ○ Governmental Affairs + Chair | |

OSHA Tip of the Week:

[Never move a mobile ladder occupied by a worker.](#)

See this link for a wealth of information on this subject.





Sneaky Winter Weather hazards to be aware of...

The National Weather Service recently created messages for social media to build a “weather ready nation”. The topics, accompanied with pictorial representations, with safety tips, include:

- [First Snow](#)
- [Dense Fog](#)
- [Sun Glare](#)
- [Rain with a Temperature Near Freezing](#)
- [Snow Squalls](#)
- [Freezing Drizzle](#)
- [Flash Freeze](#)
- [Rain After a Long Dry Stretch](#)

Check out this link: <https://www.weather.gov/wrn/winter2019-sneaky-winter-hazards-sm>

rain with a temperature near freezing

Ice can form on roads and lead to dangerous travel when the air temperature or road temperature drops below freezing.

safety tips

- Slow down
- Don't use cruise control
- Leave plenty of distance between you and other vehicles

“Sneaky” Winter Hazards

The winter season brings many weather events that can “sneak” up on you. These are weather hazards that cause big impacts and make travel difficult without making big news.

weather.gov





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Corned Beef & Company Meeting Menu Choices

House Salad: Fresh mixed greens, shredded carrots, sliced cucumbers, diced tomatoes, sliced red onion, topped with our homemade croutons. *Add grilled chicken or shrimp for \$3 extra. Add salmon or crab cake for \$5 extra.*

Classic Caesar Salad: Chopped romaine lettuce tossed in creamy Caesar dressing, topped with grated parmesan cheese & homemade croutons. *Add grilled chicken or shrimp for \$3 extra. Add salmon or crab cake for \$5 extra.*

Star City Cobb Salad: We made this salad famous in the Valley! Diced chicken, shredded swiss cheese, diced tomatoes, crumbled bacon, blue cheese crumbles, & egg slices all atop a bed of fresh mixed greens.

Strawberry and Goat Cheese Salad: Fresh spinach, crumbled goat cheese, strawberries, & candied pecans, served with our house made strawberry vinaigrette. *Add grilled chicken or shrimp for \$3 extra. Add salmon or crab cake for \$5 extra.*

The Jazzbo: Turkey, bacon, cole slaw & horseradish with melted cheddar on a kaiser roll.

The Basic Burger: Lettuce & tomato *Choice of cheese add \$1.*

Chicken Alfredo: Strips of chicken, broccoli, & pasta in a garlic cream Alfredo sauce.

Chicken & Shrimp: Pan fried chicken breast topped with sautéed shrimp & garnished with fried spinach in a hazelnut cream sauce. Served with cheddar mashed potatoes

Chicken Tender Dinner: 6 hand breaded chicken tenders served with spiral fries, coleslaw, & homemade honey mustard.

Shrimp & Fried Grits: Stone ground grits deep fried served with sautéed shrimp, sausage, & garlic in a Cajun cream sauce served with a side of steamed broccoli.

Bourbon Glazed Salmon: Served with wild rice pilaf & steamed veggies.

8 oz Sirloin: Served with cheddar mashed potatoes & a side salad.

Half Rack Ribs: Tossed in our homemade BBQ sauce, served with spiral fries & coleslaw.



Support the future, support the Foundation

Stay Connected! Review your Communications Options with ASSE:
Click here to update your address, email and more.



Social Media:



Join us @Star Valley Facebook page:

<https://www.facebook.com/starvalleyasse>



SafetyFOCUS

Immersive Education for Safety Professionals

February 13 – 20, 2020 Rio All-Suite Hotel | Las Vegas, NV

Formally known as Seminarfest, Safety FOCUS 2020 is a week-long “immersion in safety education” where industry leaders provide in-depth coverage of concepts you need to keep workers safe on the job.

See this link for more information:

<https://safetyfocus.assp.org/>