Chapter Officers
President: James Calvert CSP, CHMM jcalvert@bwxt.com
Vice-President: Daniel Ashworth dashworth@bwxt.com
Secretary: Bob Calhoun CSP calhoun@mpinet.net
Treasurer: David McCrumb david.mccrumb@grupobimbo.com

Committee Chairs & Contributors
Audit: Daniel Ashworth
Delegate: Bob Calhoun CSP
Governmental Affairs: Phillip Fincher CSP, CIH
Newsletter: Bob Calhoun CSP
PDC Liaisons Kathy Warwick
Past President: Kathy Warwick

Upcoming Meetings & Events
January 11th Grupobimbo’s Safety Program; Roanoke, VA
February 8th Machine Guarding, One Approach; Site TBD
March 14th Advanced Degrees in Safety; Site TBD
April 11th Fire Safety Topic; Site TBD

Chapter Officer Elections
May 9th Topic and meeting site TBD
June 13th Topic and meeting site TBD
July – August: Summer Break

VENDORS NIGHT
Date: Monday December 14th; 3:30 – 5:30 pm
Cost: We will be ordering off the menu
RSVP with Bob Calhoun 434-382-9212/rpcalhoun@bwxt.com

515 Bedford Avenue, Bedford, VA
(540) 587-9377
Located off of SR 221 (Main St in Bedford) and SR 460

About Vendor’s Night
To date, the following vendors will be participating in Vendor’s Night:

- AG Jefferson is a supplier of prescription glasses and safety eyewear. AG Jefferson is offering two Wiley X polarized sunglasses as door prizes
- Fire & Safety provides fire extinguishers, fire suppression systems, as well as a full range of fire protection products and safety supplies. They also offer training classes including: CPR, First Aid, Bloodborne Pathogens, AED, Fork Lift Certification, HAZCOM, Fire Extinguisher Training, Confined Space Entry, Defensive Driving, Respirator Fit Testing, and many more.
Chapter News

The proposed Chapter Bylaws were posted to our website and an e-mail was sent November 12th to the membership for review, comment and voting. A date of December 12th is the cut off for voting and results will be distributed on or about December 14th. Another voting reminder e-mail will be distributed just prior to the voting cutoff date. The Bylaws were amended to:

- Adopt the ASSE format as approved by the 2014 House of Delegates.
- Changes are only in format and the same rules of business observed.
- There are minimal changes in wording and number of petition signatures required was reduced from 8 to 7.
- Since we are having issues filling Chapter office positions, we have established no term limits for all positions. The annual elections will be held as they normally are.

A nomination committee is being formed to assemble candidates for 2016-17 Chapter Officers. Prospective officers and committee volunteers are needed.

Speaking of volunteers, all committees are seeking members and some are also seeking committee chairs. Contact Bob Calhoun if you are interested.

Our Chapter website, http://starvalley.asse.org/, is being updated. New job opportunities, Chapter meeting topics, all the newsletters, the October meeting presentation and the new officer’s mug shots have been added.

We are always in search of best practices to share, meeting topic and speaker recommendations.

IT'S TIME TO CONSIDER RUNNING FOR CHAPTER OFFICE; AN ELECTION COMMITTEE IS BEING FORMED. Throw your hat in the ring, make a difference!

Join us at the Star Valley Facebook page: https://www.facebook.com/starvalleyasse!

The Star Valley Chapter Officers wish everyone a joyous, safe holiday season and a prosperous new year!
This year the ASSE Foundation celebrates 25 years of strengthening the safety profession through education, leadership development and research. The Foundation Board of Trustees has challenged every member to give $25 to the Safety Matters Fund in celebration of 25 years. The Safety Matters Fund has been determined to be critical in sustaining the Foundation’s programs that direct benefit to members and the profession and provides start-up dollars for new innovations.

What is the challenge?
The Foundation is challenging all ASSE members, chapters, and regions to give back to the community and support Safety Matters, the Foundation’s signature fund. The three ASSE regions that show the greatest combined growth in number of individual donors and dollars raised for Safety Matters win the challenge.

When will the challenge take place?
The challenge dates will be from September 1, 2015 through May 31, 2016. Donations made during the House of Delegates presentation on June 26, 2016 will also count.

What do the winning regions win?
The top three regions will earn Foundation program bucks, which can be used to fund Foundation-related programs such as scholarships or grants in their region, based on the total amount of donations raised for Safety Matters:

- First place – 8% of total amount raised for Safety Matters
- Second place – 5% of total amount raised for Safety Matters
- Third place – 2% of total amount raised for Safety Matters

When will challenge winners be announced?
The winning regions will be announced at SAFETY 2016, June 26-29, Atlanta, GA.

There will be more news to follow. To keep updated regarding the status, the statistics will be posted on this website: http://foundation.asse.org/challenge/

The Foundation is the charitable arm of the ASSE, focusing on educational programs that advance the profession we serve, developing tomorrow’s safety leaders, and supporting research to expand the knowledge of the safety community.

See the ASSE Foundation website for more information and to contribute to this worthy cause: http://foundation.asse.org/
Overexertion: The Leading Cause of Disabling Injury

According to research conducted by Liberty Mutual Insurance®, overexertion continues to be the leading cause of disabling injury in the workplace. Injuries in this category, which include lifting, pushing, pulling, holding, carrying, or throwing, cost U.S. businesses $15 billion in 2012, the most recent year studied. The Liberty Mutual findings are based on information from the insurer’s workers’ compensation claims, the U.S. Bureau of Labor Statistics, and the National Academy of Social Insurance. Researchers determined which injuries caused an employee to be out of work for 6 or more days and ranked those events by total workers’ compensation costs.

Here are the 10 leading injury causes and associated costs.

1. Overexertion: $15.1 billion
2. Falls on same level: $9.19 billion
3. Struck by object or equipment: $5.3 billion
4. Falls to lower level: $5.12 billion
5. Other exertions or bodily reactions: $4.2 billion
6. Roadway incidents involving motorized land vehicles: $3.18 billion
7. Slip or trip without fall: $2.17 billion
8. Caught in or compressed by equipment or objects: $2.1 billion
9. Repetitive motion involving microtasks: $1.84 billion
10. Struck against object or equipment: $1.76 billion

Liberty Mutual reported the financial impact of these 10 injury causes is $60 billion in direct workers’ compensation costs, or more than $1 billion per week spent by businesses. That figure doesn’t include the indirect costs of lost productivity, absenteeism, and other associated expenses.


CDC’s Holiday Health and Safety Tips

The Center for Disease Control (CDC) published some holiday tips on their website to assist everyone during the holiday season. There are hyperlinks that provide additional information. A song has also been created, that can be seen at this link: The 12 Ways to Health Holiday Song

**Wash your hands often.**

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

- [Cover Your Cough](#)
- [Handwashing: Clean Hands Save Lives](#)

**Stay warm.**

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

- [Stay Safe and Healthy in Winter Weather](#)
- [Winter Weather](#)
Manage stress.
Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

- Managing Stress
- Sleep Hygiene Tips

Travel safely.
Don’t drink and drive, and don’t let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt appropriate for his/her height, weight, and age.

- Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety
- Child Passenger Safety
- Impaired Driving
- Travelers’ Health

Be smoke-free.
Avoid smoking and breathing other people’s smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

- Quit Smoking

Get check-ups and vaccinations.
Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history. Get health insurance through healthcare.gov if needed.

- Regular Check-Ups Are Important
- Family Health History Resources and Tools
- Flu and People with Diabetes
- Get Smart: Know When Antibiotics Work
- Vaccines and Immunizations
- Women: Stay Healthy at Any Age (AHRQ)
- Men: Stay Healthy at Any Age (AHRQ)

Watch the kids.
Children are at high risk for injuries. Keep a watchful eye on your kids when they’re eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids’ reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop rules about acceptable and safe behaviors, including using electronic media.

- Electronic Aggression: Technology and Youth Violence
- Home and Recreational Safety
- Parents Portal
Prevent injuries.

Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Leave the fireworks to the professionals. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries. Keep vaccinations up to date.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don’t use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

- Carbon Monoxide (CO) Poisoning Prevention
- General Injury-Related Information
- Healthy Pets Healthy People
- Fire Deaths and Injuries: Prevention Tips
- Fireworks-Related Injuries
- Traumatic Brain Injury

Handle and prepare food safely.

Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

- Be Food Safe
- It's Turkey Time: Safely Prepare Your Holiday Meal

Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

- Food Safety at CDC
- Alcohol: Frequently Asked Questions
- Fruits and Vegetables
- Healthy Weight
- Managing Diabetes During the Holidays
- Physical Activity for Everyone

Related Links

- The 12 Ways to Health Holiday Song
- Holiday Song e-Card
- Holiday Song Podcast
- Holiday Tips Podcast
- Holiday e-Cards
- Holiday Feature
NIOSH News: Occupational Injury - Do Family Members Pay a Price?

When an occupational injury occurs, the effects can extend far beyond the worker and the workplace. Just ask family members who may have to take care of their injured relative or do additional household chores and errands. Hypothetically, this could mean a spouse or child helping to support a much larger, injured relative to move to the dinner table or a child lugging heavy laundry and groceries or moving furniture. But almost all occupational injury studies, including economic studies, focus on injured workers or their employers and the costs of healthcare and lost productivity either through or outside workers’ compensation, not on the possible repercussions for the injured worker’s family.

A pioneering study from the National Institute for Occupational Safety and Health (NIOSH) and Northern Kentucky University found that family members of severely injured workers filed more healthcare claims than family members of non-severely injured workers for fractures, sprains, joint dislocations, and other muscle and bone or “musculoskeletal” disorders. The researchers linked 17,238 workers’ compensation claims with family members’ outpatient healthcare claims for musculoskeletal disorders. They classified workers as severely injured, and therefore more likely to need physically demanding help from family members, if they received wage replacement or indemnity payments from workers’ compensation and were absent from work for at least 7 days.

Using 2005–2006 claims data from 37 large employers, the researchers found that, in the 3 months after the occupational injury, claims relating to musculoskeletal disorders among family members of severely injured workers exceeded those for family members of non-severely injured workers by 34%. The increase persisted even after the researchers accounted for other factors, such as pre-existing musculoskeletal disorders. Nationwide, the researchers estimated that these excess outpatient costs for family members of severely injured workers amounted to $29 million to $33 million per year during the study period. Because their estimate did not include hospitalization claims or those submitted more than 3 months after injury, the actual excess costs for family members of severely injured workers could be even higher. To understand further the full toll of occupational injury on workers’ families, the researchers plan to assess additional family consequences of occupational injury. For example, what are the potential financial and emotional consequences?

To read the full article in the American Journal of Industrial Medicine, go to http://onlinelibrary.wiley.com/doi/10.1002/ajim.22500/full

To learn more about NIOSH research on the economic burden of worker injury and illness visit: http://www.cdc.gov/niosh/programs/econ/


What’s New with NIOSH

The National Institute for Occupational Safety and Health recently identified some of their objectives and activities in work and as published on the NIOSH website. Click on each link to obtain the information.

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Please provide Newsletter comments, news, recommendations and submissions to Calhoun@mpinet.net
### Panel (SEP); Initial Review

- Federal Register Notice: [Subcommittee for Dose Reconstruction Reviews (SDRR), Advisory Board on Radiation and Worker Health (ABRWH or the Advisory Board), National Institute for Occupational Safety and Health (NIOSH)]

**10/27**
- NIOSH Press Release: [NIOSH, AIHA Jointly Announce “Safety Matters” Initiative for Young Workers](#)

**10/23**
- NIOSH Research Rounds: [October 2015](#)
- MMWR: [Elevated Blood Lead Levels Among Employed Adults — United States, 1994–2012](#)

**10/15**
- NIOSH Science Blog: [Advancing Worker Well-being Across the Working Life: NIOSH’s New Center for Productive Aging & Work](#)

**10/13**
- NIOSH Press Release: [NIOSH Launches New Total Worker Health® Center to Promote Lifelong Worker Well-being: The National Center for Productive Aging and Work](#)
- Federal Register Notice: [Issuance of Final Guidance Publications - 15 Skin Notation Profiles](#)

**10/9**
- NIOSH Topic Page: [Productive Aging and Work](#)
- Federal Register Notice: [Designation of a Class of Employees for Addition to the Special Exposure Cohort – Hooker Electrochemical Corporation](#)

**10/8**
- Federal Register Notice: [Proposed Data Collection Submitted for Public Comment and Recommendations – Proposed Project: PPE-Info Database](#)

**10/1**