Please provide Newsletter comments, news, recommendations and submissions to Calhoun@mpinet.net

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
Nominations & Elections: Frank Goodwin
PDC Liaisons: Kathy Warwick
Past President: Kathy Warwick

Upcoming Meetings & Events
February 8th  Machine Guarding Risk Assessment; 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

Wholesome Harvest Bakery Programs & Tour
Date: Monday January 11th 6:00 pm
Cost: No charge, Meal provided
RSVP: Bob Calhoun 434-382-9212 or rpcalhoun@bwxt.com.
All attendees must RSVP!

See page 10 of this newsletter for the General Rules for Visitors

Note: This document must be reviewed and signed by everyone participating in the tour.

Wholesome Harvest Bakery
1955 Blue Hills Drive Roanoke, VA 24012

From 460 East (Challenger Avenue from points north and east) – turn right onto Blue Hills Drive one stoplight past Chick-fil-A.

From 460 West (Orange Avenue from downtown Roanoke) – turn left onto Blue Hills Drive one stoplight past McDonalds and KFC

After turning onto Blue Hills Drive:
- Take the first right after the FedEx depot
- Turn right into main parking lot (park in any open space – no reserved parking except for handicap)
- Go to door around the right corner from the main front door where someone will meet you (sign will be posted to signify correct door)
- If you are late, please call 540-204-5736 and someone will meet you at the door

Dinner will be provided from a local business that uses Wholesome Harvest Bakery products. Dinner will begin at 6:10 PM after introductions. Program will begin at 6:30 followed by a tour of the production area for those interested.
Chapter December Meeting Minutes and News

The meeting was called to order by President Jimmy Calvert. Attendee introductions were accomplished and a short business meeting followed with the following discussed:

- Results of the new Chapter Bylaws were presented. The Bylaws, as tabulated by ASSE, passed by a 26-0 margin. The Bylaws adopt the ASSE format as approved by the 2014 House of Delegates; include changes are only in format and the same rules of business observed; the number of petition signatures required was reduced from 8 to 7; and no term limits were specified for all positions. The annual elections will be held as they normally are. The Bylaws will be posted to our website. Everyone that voted were thanked.

- Information was passed on to the attendees regarding a Chapter meeting opportunity in Lexington, VA. Member Paul Burns suggested a meeting at Washington & Lee University with a tour of the campus and Lee Chapel.

- Jimmy stated one of his goals is to offer meetings at different locations to support the membership with meetings planned for Roanoke, Blacksburg and other locations.

- A call went out for volunteers for Chapter committees and chairpersons. Frank Goodwin graciously offered to chair the Nominations and Elections Committee.

- Chapter meeting topics, all the newsletters, the October meeting presentation and the new officer’s mug shots have been added to the Star Valley Chapter website, http://starvalley.asse.org/.

- Meeting attendees were reminded that the Chapter is always in search of best practices to share, meeting topic and speaker recommendations.

Participating vendors were introduced. Vendors included AG Jefferson Opticians, Fire & Safety, Safe-Gard Safety Shoes and Willoughby and Associates. Each vendor described their products and services. Door prizes provided by the vendors that included:

- Two pairs of Wylie-X polarized safety glasses by AG Jefferson won by Brandi King and Michael Joaquin
- A $25 gift certificate for a local restaurant by Saf-Gard Safety Shoes won by Frank Goodwin
- A $25 Visa card by Saf-Gard Safety Shoes won by Emily Ashworth
- A certificate for a CPR-First Aid class for 10 persons by Fire & Safety won by Gladys Billups
- A $50 certificate in the Fire & Safety store won by Bob Calhoun

A Secret Santa purchased everyone’s meal making the evening even more special.

The December meeting was a big success with great networking opportunities and fellowship. The attendees were remaindered of the January meeting that will be held at Wholesome Harvest Bakery in Roanoke featuring a tour and the bakery and review the site safety programs.

Meeting Attendees included:

Daniel Ashworth      Jimmy Calvert      Michael Joaquin      Amy Peebles
Emily Ashworth       Rodney C          Brandi King          Ron Schmidt
Gladys Billups       Mark Ferrell      Donna Lawson        Bridgett Watts
Bob Calhoun          Frank Goodwin     David McCrumb        Linda Wood
Karen Calhoun        Scott Guillickson  Faren Niamh

IT’S TIME TO CONSIDER RUNNING FOR CHAPTER OFFICE; AN ELECTION COMMITTEE IS BEING FORMED. Throw your hat in the ring, make a difference!
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/](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/](http://foundation.asse.org/)
Cold Stress from NIOSH

Workers who are exposed to extreme cold or work in cold environments may be at risk of cold stress. Extreme cold weather is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter, outdoor workers, and those who work in an area that is poorly insulated or without heat. What constitutes cold stress and its effects can vary across different areas of the country. In regions relatively unaccustomed to winter weather, near freezing temperatures are considered factors for "cold stress." Whenever temperatures drop decidedly below normal and as wind speed increases, heat can more rapidly leave your body. These weather-related conditions may lead to serious health problems.

Types of Cold-related Illnesses and Injuries

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

Symptoms

Symptoms of hypothermia can vary depending on how long you have been exposed to the cold temperatures.

Early Symptoms:
- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation

Late Symptoms:
- No shivering
- Blue skin
- Slowed pulse and breathing
- Dilated pupils
- Loss of consciousness

First Aid:
- Alert the supervisor and request medical assistance.
- Move the victim into a warm room or shelter.
- Remove their wet clothing.
- Warm the center of their body first-chest, neck, head, and groin-using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.
- If victim has no pulse, begin cardiopulmonary resuscitation (CPR).

Cold Water Immersion

Cold water immersion creates a specific condition known as immersion hypothermia. It develops much more quickly than standard hypothermia because water conducts heat away from the body 25 times faster than air. Typically people in temperate climates don't consider themselves at risk from hypothermia in the water, but hypothermia can occur in any water temperature below 70°F. Survival times can be lengthened by wearing proper clothing (wool and synthetics and not cotton), using a personal flotation device (PFD, life vest, immersion suit, dry suit), and having a means of both signaling rescuers (strobe lights, personal locator
beacon, whistles, flares, waterproof radio) and having a means of being retrieved from the water. Below you will find links with information about cold water survival and cold water rescue.

- NIOSH Commercial Fishing Safety Topic Page
- Alaska Marine Safety Education Association
- Minnesota Sea Grant
- U.S. Search and Rescue Task Force
- NIOSH Firefighter FACE Program Reports on Drowning

### Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in workers with reduced blood circulation and workers who are not dressed properly.

#### Symptoms
- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching
- Bluish or pale, waxy skin

#### First Aid
- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Do not rub or massage the frostbitten area; doing so may cause more damage.
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

### Trench Foot

Trench foot, also known as immersion foot, is an injury of the feet resulting from prolonged exposure to wet and cold conditions. Trench foot can occur at temperatures as high as 60 degrees F if the feet are constantly wet. Injury occurs because wet feet lose heat 25-times faster than dry feet. Therefore, to prevent heat loss, the body constricts blood vessels to shut down circulation in the feet. Skin tissue begins to die because of lack of oxygen and nutrients and due to the buildup of toxic products.

#### Symptoms
- Reddening of the skin
- Numbness
- Leg cramps
- Swelling
- Tingling pain
- Blisters or ulcers
- Bleeding under the skin
- Gangrene (the foot may turn dark purple, blue, or gray)
- Avoid walking on feet, as this may cause tissue damage.

#### First Aid
- Remove shoes/boots and wet socks.
- Dry their feet.
Chilblains
Chilblains are caused by the repeated exposure of skin to temperatures just above freezing to as high as 60 degrees F. The cold exposure causes damage to the capillary beds (groups of small blood vessels) in the skin. This damage is permanent and the redness and itching will return with additional exposure. The redness and itching typically occurs on cheeks, ears, fingers, and toes.

Symptoms
- Redness
- Itching
- Possible blistering
- Inflammation
- Possible ulceration in severe cases

First Aid
- Avoid scratching
- Slowly warm the skin
- Keep blisters and ulcers clean and covered
- Use corticosteroid creams to relieve itching and swelling

Recommendations for Employers
Employers should take the following steps to protect workers from cold stress:
- Schedule maintenance and repair jobs in cold areas for warmer months.
- Schedule cold jobs for the warmer part of the day.
- Reduce the physical demands of workers.
- Use relief workers or assign extra workers for long, demanding jobs.
- Provide warm liquids to workers.
- Provide warm areas for use during break periods.
- Monitor workers who are at risk of cold stress.
- Provide cold stress training that includes information about:
  - Worker risk
  - Prevention
  - Symptoms
  - The importance of monitoring yourself and coworkers for symptoms
  - Treatment
  - Personal protective equipment

Recommendations for Workers
Workers should avoid exposure to extremely cold temperatures when possible. When cold environments or temperatures cannot be avoided, workers should follow these recommendations to protect themselves from cold stress:
- Wear appropriate clothing.
  - Wear several layers of loose clothing. Layering provides better insulation.
  - Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.
  - When choosing clothing, be aware that some clothing may restrict movement resulting in a hazardous situation.
- Make sure to protect the ears, face, hands and feet in extremely cold weather.
- Boots should be waterproof and insulated.
- Wear a hat; it will keep your whole body warmer. (Hats reduce the amount of body heat that escapes from your head.)

- Move into warm locations during work breaks; limit the amount of time outside on extremely cold days.
- Carry cold weather gear, such as extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include a thermometer and chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.
- Monitor your physical condition and that of your coworkers.

**CDC Resources**

**CDC: Extreme Cold - A Prevention Guide to Promote Your Personal Health and Safety**
Information on how to prepare indoors and outdoors for extreme cold.

**CDC: Winter Weather**
Health Hazard Evaluations


Other Government Resources


**OSHA: Tips to Protect Workers in Cold Environments**

**OSHA: Sawmill eTool: Cold Stresses**
Cold stress hazards, solutions, and controls.

**NIOSH Fast Facts**

**Protecting Yourself from Cold Stress:** Print or order this free card for easy access to important safety information.
## 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.

### 12/23
- Federal Register Notice: [Safety and Occupational Health Study Section (SOHSS)](#)
- Federal Register Notice: [Disease, Disability, and Injury Prevention and Control Special Emphasis Panel (SEP): Initial Review](#)
- Federal Register Notice: [Disease, Disability, and Injury Prevention and Control Special Emphasis Panel (SEP): Initial Review](#)

### 12/22
- Federal Register Notice: [Advisory Board on Radiation and Worker Health (ABRWH or the Advisory Board)](#)

### 12/21
- NIOSH Science Blog: [The Opioid Overdose Epidemic and the Workplace](#)
- NIOSH Research Rounds: [December 2015](#)

### 12/18
- NIOSH Science Blog: [Holiday Gifts from NIOSH](#)

### 12/17
- NIOSH Science Blog: [Preventing Wood Chipper Fatalities](#)
- Federal Register Notice: [Proposed Data Collection Submitted for Public Comment and Recommendations - Proposed Project: Mining Industry Surveillance System](#)

### 12/14
- Federal Register Notice: [Proposed Data Collection Submitted for Public Comment and Recommendations](#)

### 12/11
- NIOSH Press Release: [NIOSH Study Reveals Safety Issues in Long-haul Trucking Industry](#)

### 12/9
- NIOSH Press Release: [Predictors of Adherence to Safe Handling Practices for Antineoplastic Drugs: A Survey of Hospital Nurses](#)

### 12/7
- NIOSH eNews: [Volume 13 Number 8 (December 2015)](#)

### 12/4
- Publication: [Preventing Hazardous Noise and Hearing Loss during Project Design and Operation](#) [PDF - 646 KB](#)

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Join us at the Star Valley Facebook page: [https://www.facebook.com/starvalleyasse](https://www.facebook.com/starvalleyasse)
State of Virginia Advocacy Day

Last year, ASSE Chapters of Virginia teamed up with DRIVE SMART Virginia, the American Industrial Hygienists’ Association, the Voluntary Protection Program Participants’ Association and others to support important workplace safety legislation. We had a lot of participants, and we made a real impact.

This January and February, the General Assembly is considering a variety of safety bills relating to safe driving. DRIVE SMART Virginia invites you to participate in its Advocacy Day on Tuesday, January 26, 2016.

Will you join us for a day of advocating common-sense safe driving legislation?

We will meet at the DRIVE SMART table by the front entrance of the General Assembly Building on the Capitol at 7:30. Everyone will pair up and visit legislators and their staff to discuss safe driving bills in the General Assembly. We will give you copies of bills they will be voting on, talking points, and stickers to let them know we stand for safety. There might even be an opportunity to stop by at a committee hearing that morning.

At 11:30, we will walk over to the Capitol to see the General Assembly session in action, and receive recognition from the floor. Make sure to wear comfortable shoes, because it will be an active day. I have attached an announcement below. If you can join us for our reception and dinner the evening before, please join us.

Information from Courtney M. Malveaux, Esq.

Contact Bob Calhoun if you are interested in participating in this event.

Advocacy Day Details

Where?
The General Assembly Building is located at 201 N. 9th Street in Richmond, VA.

When?
The advocacy day will start at 7:30am at the General Assembly Building on January 26, 2016.
The casual dinner will be held on the evening of January 25, 2016.

Book Your Hotel
Please use the provided link to book your hotel room at the newly updated Hilton in downtown Richmond. We have obtained a room block at the reduced rate of $121/night until JANUARY 8, 2016. This hotel is within walking distance to General Assembly.

HILTON RICHMOND DOWNTOWN
501 East Broad Street | Richmond, VA 23219
(804) 344-4300
GENERAL RULES FOR VISITORS
for the Wholesome Harvest Bakery Tour

All tour attendees are required to read and sign this page.

Wholesome Harvest Baking LLC, a Division of Grupo Bimbo, welcomes you to our bakery. This is the largest Par-Bake Bakery in North America. Please enjoy your visit.

Safety is very important to our manufacturing process. Everyone that enters our facility is responsible for the safety of everyone on-site. Because our product is ingested by the general public, everyone that is in the vicinity of our product is also responsible for their safety. We focus on providing a safe workplace for our employees and visitors while at the same time ensuring that every piece of our product is safe every time. SAFETY MUST BE OUR NUMBER ONE PRIORITY.

Always stay alert. Watch your footing and wear your safety equipment at all times.

Administrative Rules:

1. Everyone must sign in.
2. Visitors are prohibited from taking pictures or videos.
3. If you are sick or suffering from a contagious or communicable disease, you are not permitted to enter the production areas.
4. Open cuts are not allowed on the production floor. A ‘blue’ metal detectable band aide will be provided by WHB to cover all cuts and scrapes.
5. This is a Smoke Free facility. Smoking is only permitted in the Smoking Area in the front lot.

General Safety Rules for entering Production Areas:

1. Long pants are required.
2. Fully enclosed safety shoes with a steel/composite toe are required. (WHB can provide a limited number of over-shoes)
3. Hearing protection is required. (Provided by WHB)
4. Clean smocks, hair nets and beard nets shall be worn at all times in all production areas. (Provided by WHB)
5. No jewelry is allowed in the production areas (including wedding bands and other religious jewelry, necklaces, watches, earrings or other exposed body piercings). Medic Alert necklaces are permitted if tucking into shirt. Eye glasses with inset ‘stones’ are not permitted.
6. Pens, pencils and other loose items must not be carried in pockets above the waist.
7. Hands must be thoroughly washed prior to entering the production area.
8. Do not touch any equipment or product.
9. Follow any other instructions given by your WHB tour guide.

The Leadership Team at WHB hope that you enjoy your visit and your sampling of our product

By signing this document, I confirm that I understand and agree to follow all of the guidelines listed.

NAME: _______________________________ DATE: __________________

COMPANY: ____________________________________________________________________________