Chapter Officers

President: James Calvert CSP, CHMM  
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  dashworth@bwxt.com
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Treasurer: David McCrumb  
  david.mccrumb@grupobimbo.com

Committee Chairs & Contributors
Audit: Daniel Ashworth
Delegate: Bob Calhoun CSP
Governmental Affairs: Phillip Fincher CSP, CIH
Nominations & Elections: Frank Goodwin
PDC Liaison: Kathy Warwick
Past President: Kathy Warwick

Upcoming Meetings & Events
April 11th Fire Safety Topic; Site TBD
Chapter Officer Elections
May 9th Machine Guarding Risk Assessment; Site TBD
June 13th Topic and meeting site TBD
July – August: Summer Break

No Meeting this Month

January Meeting Recap

Ten members and guests attended the January meeting of the Star Valley Chapter. The meeting was hosted by Wholesome Harvest Baking and your Treasurer David McCrumb, EHS Manager with Chairman of the Safety Committee Shasta Myers. The meeting began with a very delicious dinner of Wholesome Harvest Bakery products that included sub sandwiches (bread) from Penn Station and several Wholesome Harvest Bakery products including bagels, sour dough and cranberry walnut bread.

Dinner was followed by an impressive presentation of Wholesome Harvest Bakery safety programs that included some innovative metrics and displays such as the “Pat” poster indicating recent injury by body part display. Wholesome Harvest Bakery’s parent company Grupo Bimbo’s four point Safety and Health Policy was discussed consisting of the following principles and their components: 1) All injuries are preventable; 2) We have an obligation to work safely and care for our health; 3) We are responsible for each other’s safety; and 4) To be a great company, we have to have a great safety performance.

The meeting was concluded with a very interesting plant tour that highlighted Wholesome Harvest Baking’s processes and automation. Our thanks to David for providing a most excellent and delicious tour that was thoroughly enjoyed by all. Those that did not attend missed a good one!

Safety Matters Challenge Update

We’re just over two-thirds of the way through the Safety Matters Challenge and the competition is heating up! As of March 4, Region VI is in 6th place. Our stats are as follows:

<table>
<thead>
<tr>
<th># of donors</th>
<th>Last Year</th>
<th>YTD as of 3/4/16</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>381</td>
<td>280</td>
</tr>
<tr>
<td>$ of donations</td>
<td>$14228</td>
<td>$9515</td>
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There are three months left in the challenge period so consider participating. ASSE’s 25th anniversary celebration begins to come to a close at the Atlanta PDC.

If you’d like more details on our Region’s status, visit  
http://foundation.asse.org/challenge  See pages 2 and 3 for additional information.

Happy St Patty's Day!
Chapter News

At the January meeting, a short business meeting was conducted with the following topics discussed:

- The meeting was called to order by Vice President Daniel Ashworth. Attendee introductions were accomplished and a short business meeting followed.

- Chapter challenges. The Chapter size and satisfying the membership. A recommendation was made and discussed regarding establishing sections of the Chapter and conducting individual meetings.

- It was noted that the Chapter officers have fielded three recent complaints and dissatisfaction regarding the conduct of the Chapter. One member is considering transferring to another chapter. The officers on the other end of this issue have made repeated efforts for assistance and contributions for the betterment of the Chapter with little response. An example is difficulty in getting individuals to run for office.

- Sponsors for the newsletter were mentioned a means to generate revenue for the chapter.

- The attendees were requested to consider writing articles or otherwise contribute to the newsletter.

- Frank Goodwin, the Chairman of the Nominations & Elections Committee requested members to populate the committee and run for office. Past president Kathy Warwick offered to assist Frank.

- The Chapter is in search of best practices to share, meeting topic and speaker recommendations.

Frank Goodwin reports that four members have volunteered to sit on the Nominations and Election Committee.

ASSE Region 6 Leaders Foundation Challenge Status/Update

We are currently in 5th place – here are the reasons the other regions have moved ahead recently;

1. Region III – $5,000 individual donation + company matched it. Without matching contributions, they’d be in 4th place.
2. Region VIII – They held an auction at the NEA PDC and donated $12,500 total
3. Region V – A chapter that hadn’t donated before gave $5,000

Region 6 is actually not that far off pace to get into the top three in this national challenge. Having new members and chapters donate will help us push it through!

Region 6 Goals: Across the region if we were able to get around 100 new donors to donate just $5, we could jump up to 3rd place, and if each chapter were to donate $250 we could move up to 2nd. Both lofty goals, but obtainable by May 31!

Why are we participating in this Challenge:

#1 invest in the future of our profession.

#2 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

2 ways to be part of ASSE Region VI making a difference in our profession's future:


2. Region 6 “gofundme” page [https://www.gofundme.com/bcmx6yxw](https://www.gofundme.com/bcmx6yxw)


Thank you for all you do for the Society the Region and your chapter members!

Michael Wolf
ASSE Region 6 Vice President
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/)
Center for Disease Control: Zika Virus

Zika virus is spread to people through mosquito bites. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon.

Outbreaks of Zika have occurred in areas of Africa, Southeast Asia, the Pacific Islands, and the Americas. Because the Aedes species mosquitoes that spread Zika virus are found throughout the world, it is likely that outbreaks will spread to new countries. In December 2015, Commonwealth of Puerto Rico reported its first confirmed Zika virus case. Local vector-borne transmission of Zika has not been reported elsewhere in the United States, but cases of Zika have been reported in returning travelers.

Zika virus and pregnancy

Zika virus can be spread from a pregnant woman to her unborn baby. There have been reports of birth defects and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Until more is known, CDC recommends special precautions for the following groups:

- **Pregnant women** should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their doctor or other healthcare professional first and strictly follow [steps to avoid mosquito bites](#) during the trip. Until we know more, if your male sexual partner has traveled to or lives in an area with active Zika virus transmission, you should abstain from sex or use condoms the right way every time you have vaginal, anal, and oral sex for the duration of the pregnancy.

- **Women trying to become pregnant** should consult with their healthcare professional before traveling to these areas and strictly follow

Scientists at CDC and the Pan American Health Organization are working with public health experts in Brazil and other affected countries to investigate the possible link between Zika virus infection and microcephaly.

Links & Media Statements

- [Zika Virus](#)
- [Zika Travel Information](#)
- [Q&As: Zika and Pregnancy](#)
- [Zika Virus Geographic Distribution](#)
- [CDC Health Alert Network advisory for Zika virus](#)
- [Interim Guidelines for Prevention of Sexual Transmission of Zika Virus — United States, 2016](#)
- [Mosquito Bite Prevention for Travelers](#)
- [Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses](#)
- [Going to the American Tropics?](#)

Media Statements

- 12/31/2015: [First case of Zika virus reported in Puerto Rico](#)
- 1/15/2016: CDC issues interim travel guidance related to Zika virus for 14 Countries and Territories in Central and South America and the Caribbean
- 1/22/2016: CDC adds countries to interim travel guidance related to Zika virus
- 1/26/2016: CDC adds 2 destinations to interim travel guidance related to Zika virus
- 2/1/2016: CDC adds 4 destinations to interim travel guidance related to Zika virus
- 2/5/2016: CDC issues Interim Guidelines for Preventing Sexual Transmission of Zika Virus and Updated Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure
Award for Innovation in Occupational Safety Management

The Award for Innovation in Occupational Safety Management recognizes those who bring innovation and creativity to managing safety in the workplace. This award will be presented annually. Please see the award application for full submission details prior to the April 8, 2016 deadline.

The award will consist of a plaque and cash prize of $3,000. The award is sponsored by the Cintas Corporation.

ELIGIBILITY: Those eligible for the award include members and non-members of the Society. See the application for further details regarding eligibility for the award:

GENERAL

- Each applicant is responsible for submitting a complete and accurate submission package and must attest to the accuracy of its contents.
- Applications judged to have considerable merit but that are not the winning application may receive “Honorable Mention” recognition at the discretion of ASSE.

CRITERIA FOR THE AWARD: The following criteria will be considered in the evaluation of the applications for the award, with specific weighting factors noted in the application:

- The Range of application of the innovation in managing safety, including:
  - multiple programs
  - multiple work sites
  - breadth of applicability
  - degree of implementation
- Management benefits. These may include:
  - efficiency improvements (e.g., time, cost)
  - solution to a safety management problem
  - improved decision making
- Safety Benefit(s). These may include:
  - safety program improvement
  - process improvement that affects the safety of an operation
  - direct reduction in accidents, injuries or fatalities
  - elimination or reduction in hazards
  - elimination or reduction in exposures
  - indirect safety benefits (e.g., improving safety knowledge/skills or awareness of the workforce)

ANNOUNCEMENT AND PRESENTATION: Applicants will be notified by May 15, 2016. The 2016 award will be presented at the June 2016 Professional Development Conference in Atlanta, Georgia.

AWARD: $3,000 cash prize; Engraved plaque presented at SAFETY 2016; Honorable mention recipients receive $500

For more information, access this link: [http://www.asse.org/assets/1/7/Innovation_Award_App-2016.pdf](http://www.asse.org/assets/1/7/Innovation_Award_App-2016.pdf)

IT'S TIME TO CONSIDER RUNNING FOR CHAPTER OFFICE.

Throw your hat in the ring, make a difference!
Contact Frank Goodwin, Chair of the Nominations & Elections Committee

Join us at the Star Valley Facebook page: [https://www.facebook.com/starvalleyasse](https://www.facebook.com/starvalleyasse)
Are you getting enough sleep? 1 in 3 adults don’t

Where do you rank? More than a third of American adults are not getting enough sleep on a regular basis, according to a new study in the Centers for Disease Control and Prevention’s (CDC) Morbidity and Mortality Weekly Report. This is the first study to document estimates of self-reported healthy sleep duration (7 or more hours per day) for all 50 states and the District of Columbia.

The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults aged 18–60 years sleep at least 7 hours each night to promote optimal health and well-being. Sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress.

“As a nation we are not getting enough sleep,” said Wayne Giles, M.D., director of CDC’s Division of Population Health. “Lifestyle changes such as going to bed at the same time each night; rising at the same time each morning; and turning off or removing televisions, computers, mobile devices from the bedroom, can help people get the healthy sleep they need.”

Prevalence of healthy sleep duration varies by geography, race/ethnicity, employment, marital status

CDC researchers reviewed data from the 2014 Behavioral Risk Factor Surveillance System (BRFSS), a state-based, random-digit–dialed telephone survey conducted collaboratively by state health departments and CDC.

Key Findings:

- Healthy sleep duration was lower among Native Hawaiians/Pacific Islanders (54 percent), non-Hispanic blacks (54 percent), multiracial non-Hispanics (54 percent) and American Indians/Alaska Natives (60 percent) compared with non-Hispanic whites (67 percent), Hispanics (66 percent), and Asians (63 percent).

- The prevalence of healthy sleep duration varied among states and ranged from 56 percent in Hawaii to 72 percent in South Dakota.

- A lower proportion of adults reported getting at least seven hours of sleep per day in states clustered in the southeastern region of the United States and the Appalachian Mountains. Previous studies have shown that these regions also have the highest prevalence of obesity and other chronic conditions.

- People who reported they were unable to work or were unemployed had lower healthy sleep duration (51 percent and 60 percent, respectively) than did employed respondents (65 percent). The prevalence of healthy sleep duration was highest among people with a college degree or higher (72 percent).

- The percentage reporting a healthy sleep duration was higher among people who were married (67 percent) compared with those who were never married (62 percent) or divorced, widowed, or separated (56 percent).

Healthy Sleep Tips:

- Healthcare providers should routinely assess patients’ sleep patterns and discuss sleep-related problems such as snoring and excessive daytime sleepiness.

- Healthcare providers should also educate patients about the importance of sleep to their health.

- Individuals should make getting enough sleep a priority and practice good sleep habits.

- Employers can consider adjusting work schedules to allow their workers time to get enough sleep.

- Employers can also educate their shift workers about how to improve their sleep.

For more information on CDC’s Sleep and Sleep Disorders Program, please visit www.cdc.gov/sleep.