**Chapter Officers**

**President:** James Calvert CSP, CHMM  
[jacalvert@bwxt.com](mailto:jacalvert@bwxt.com)

**Vice-President:** Daniel Ashworth  
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**Delegate:** Bob Calhoun CSP  
[rpcalhoun@bwxt.com](mailto:rpcalhoun@bwxt.com)

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**Committee Chairs & Contributors**

**Audit:** Daniel Ashworth

**Governmental Affairs:** Phillip Fincher CSP, CIH

**Nominations & Elections:** Frank Goodwin  
[frankdgoodwin@icloud.com](mailto:frankdgoodwin@icloud.com)

**PDC Liaison:** Kathy Warwick

**Past President:** Kathy Warwick

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**Upcoming Meetings & Events**

**July – August:** Summer Break

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**Monday June 13th MEETING**

**Topic:** New Silica Standard  
**PLEASE RSVP with Bob Calhoun (434-382-9212)**

**Time:** 11:00 am - 12:30 pm

**Cost:** Pizza Meeting – No Charge

**Location:** Central Virginia Community College  
3506 Wards Road  
Lynchburg, VA  
Campbell Hall Room 4210

**Directions**

**Southbound on US Route 29:** Take the US 29S/Danville exit and turn right at the end of the exit ramp. Stay in the right lane and turn right onto Harvard Street at the stoplight. See directions below for “After you are on Harvard St”.

**Eastbound on US Route 460:** Take the 29N/Lynchburg exit and get into the left lane at the end of the off ramp. Continue on until you pass Wal-Mart on the left-hand side of the highway, then turn left at the next stoplight. You will then be on Harvard Street. See directions below “After on Harvard St”.

**West bound on US Route 460:** Take the 29N/Lynchburg exit. Get in the left lane and turn left at the third stoplight. You will then be on Harvard Street. See directions below for “After you are on Harvard Street”.

**Northbound on US Route 29:** After you pass the Lynchburg Airport you will pass under an overpass. This overpass is the city limits of Lynchburg. Get into the left lane and continue on until you pass Wal-Mart on the left-hand side of the highway, then turn left at the next stoplight. You will then be on Harvard Street. See directions below for “After you are on Harvard Street”.

**After you are on Harvard Street:** CVCC is near the top of the hill on the right-hand side of Harvard Street and should be visible soon after you make the turn. Take the second entrance on the right, which is the one nearest the Central Virginia Community College sign. Follow this roadway in front of the buildings and you should see signs for visitors’ parking.

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**This Month’s Speaker & Topic**

James Calvert will present a discussion of the new OSHA silica standard. The goal of the standard is to curtail lung cancer, silicosis, chronic obstructive pulmonary disease and kidney disease in America’s workers by limiting their exposure to respirable crystalline silica.

Key Provisions of the standard:

- Reduces the exposure limit for respirable crystalline silica to 50 micrograms per cubic meter of air, averaged over an 8-hour shift.

- Requires employers to: use engineering control to limit worker exposure; provide respirators when engineering controls cannot adequately limit exposure; limit worker access to high exposure areas; develop written exposure control plan, offer medical exams to highly exposed workers and train workers on silica risks.

- Provides medical exams to monitor highly exposed workers and gives them information about their lung health.

- Provides flexibility to help employers — especially small businesses — protect workers from silica exposure.

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June 27-29, 2016  
Atlanta, Georgia

**See you in September!**
May Chapter Meeting Recap

Ten members were in attendance at the April meeting of the Star Valley Chapter. New and old business was discussed including:

- Chapter Officer Elections. The membership stepped up to provide a full slate of officers for 2016-17. The election is being conducted through ASSE Headquarters. The election runs from April 15 – 29. Election results are to be announced on May 2nd.
- An interesting roundtable discussion broke out regarding recent local information in reference to increased OSHA fines. It was also noted that former situations in which fines were not normally issued may now result in fines. Plans are being made approach this topic at the June meeting.
- End of the year plans. Chapter meetings are being planned with the June topic to feature the new OSHA silica standard and other news on the occupational safety and health front.
- Meeting presentation. Jimmy Calvert and Daniel Ashworth provided an interesting and informative discussion of Online and Advanced Degrees in Occupational Safety & Health. The options and intricacies of safety and health degrees were presented as well as possible pitfalls and things to consider. This presentation will be uploaded to the Star Valley webpage for access by the membership.

The meeting was convened upon the conclusion of the presentation.

House of Delegates Report

The annual House of Delegates (HoD) meeting is conducted every Professional Development Conference. This year is no different. The meeting will be conducted Sunday June 26th in Atlanta.

This year's agenda features voting on the following subjects:

- ASSE Bylaws Change regarding ROC Composition. Currently the bylaws state that a Regional Operating Committee is comprised of Chapter Presidents or Area Directors (for Regions who have Areas). To ensure that Areas do not disengage Chapter Presidents, CoRA is recommending that the Regional Operating Committee include Chapter Presidents and Area Directors. Presently, most Regions with Area operate with this proposed ROC Composition. The recommendation is to change the bylaws to ensure this practice remains consistent.
- Proposed bylaws change to remove the Public Relations Committee as a standing Committee. In practice, the PR Committee has not been an efficient vehicle for advancing ASSE’s public relations initiatives. The area of public relations has evolved since the inception of the PR Committee and new complexities associated with social media and brand development now requires a high level of expertise to manage the Society’s image, public relations, and brand. It is no longer realistic to ask that the PR Committee be responsible for “the Society image, public relations and brand management.”
- International Tier 1 Dues Increase. Tier 1 countries (Australia, Canada, Hong Kong, Ireland, Singapore, the United Kingdom, and the UAE) were not subject to dues increase in 2009 as the rest of the Society was. A vote will be conducted to increase dues for International Tier 1 country members from $120 to $150 to be phased in increments of $10.00, over a 3 year period. All ASSE members would be paying the same amount.

Please contact me with any questions you have regarding the HoD meeting or any concerns you have. I’ll be attending the Atlanta meeting.

Bob Calhoun
House of Delegates Chapter Representative
CDC: 5 Surprising Facts About High Blood Pressure

What you don't know about high blood pressure could hurt you. High blood pressure affects one in three Americans, yet many people with the condition don't know they have it. Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is too high.

1. High blood pressure may be linked to dementia.

Recent studies show that high blood pressure is linked to a higher risk for dementia, a loss of cognitive function. Timing seems to matter: Some evidence suggests having uncontrolled high blood pressure during midlife (age 45 to 65) creates a higher risk for dementia later in life. The takeaway? It's never too early to start thinking about your blood pressure and taking steps to manage it.

“Mind Your Risks”, a campaign from the National Institute of Neurological Disorders and Stroke, is educating people about the importance of controlling high blood pressure in midlife.

2. Young people can have high blood pressure, too.

High blood pressure doesn't just happen to older adults. About one in four men and nearly one in five women age 35 to 44 has high blood pressure.

High blood pressure is a leading cause of stroke, a condition that is on the rise among younger people. Experts think the increased risk for stroke among young adults is a direct result of the rising rates of obesity, high blood pressure, and diabetes—conditions that are preventable and treatable.

Younger people should get their blood pressure checked at least once each year. You can get your blood pressure checked at a doctor's office, a pharmacy, or at many grocery stores.

3. High blood pressure usually doesn't have any symptoms.

High blood pressure is sometimes called the "silent killer." Most people with high blood pressure don't have any symptoms, such as sweating or headaches. Because many people feel fine, they don't think they need to get their blood pressure checked. Even if you feel normal, your health may be at risk. Talk to your doctor about your risk for high blood pressure.

4. Many people who have high blood pressure don't know it.

About 11 million U.S. adults with high blood pressure aren't even aware they have it and are not receiving treatment to control their blood pressure. Most people with uncontrolled blood pressure have health insurance and visit a health care provider at least twice a year, but the condition remains undiagnosed, hidden from the doctor and patient. CDC is working with providers to find patients with high blood pressure who are "hiding in plain sight." Ask your provider what your blood pressure numbers mean and whether they are too high. Stick to your treatment plan and follow your provider's advice if you are diagnosed with high blood pressure.

What You Can Do By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke. A healthy lifestyle includes

- Eating a healthy diet
- Maintaining a healthy weight
- Getting enough physical activity
- Not smoking
- Limiting alcohol use

Learn more about steps you can take to prevent high blood pressure.

5. Women and minorities face unique risks when it comes to high blood pressure.

Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure. High blood pressure can harm a mother's kidneys and other organs, and it can cause low birth weight and early delivery. Certain types of birth control can also raise a woman's risk for high blood pressure. Women with high blood pressure who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant.
African American men and women have higher rates of high blood pressure than any other race or ethnic group. These individuals are also more likely to be hospitalized for high blood pressure. Experts think this is related to higher rates of obesity, diabetes, and stroke among this group. Lifestyle changes, such as reducing sodium in your diet, getting more physical activity, and reducing stress, can help lower blood pressure (see sidebar).

Sources for more information:
- CDC – http://www.cdc.gov/bloodpressure
- American Heart Association – http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-or-Hypertension_UCM_002020_SubHomePage.jsp
- National Heart, Lung, and Blood Institute – http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-or-Hypertension_UCM_002020_SubHomePage.jsp

**CDC: Skin Cancer Awareness**

Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.

**Sun Safety Tips**
Check the U.S. Environmental Protection Agency’s UV Index (https://www.epa.gov/enviro/uv-index-search) before you spend time outdoors and plan your sun protection accordingly, using these tips—

- Seek shade, especially during midday hours.
- Cover up with clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with broad spectrum (UVA and UVB) protection and sun protective factor (SPF) >15.
- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

**Fast Facts About Skin Cancer**
- When you’re having fun outdoors, it’s easy to forget how important it is to protect yourself from the sun (http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm). Unprotected skin can be damaged by the sun’s UV rays in as little as 15 minutes. Yet it can take as long as 12 hours for skin to show the full effect of sun exposure.
- Even if it’s cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Tanned skin is damaged skin (http://www.cdc.gov/cancer/skin/burningtruth/tanned_skin_not_healthy_skin.htm). Any change in the color of your skin after time outside—whether sunburn or suntan—indicates damage from UV rays.
- Anyone can get skin cancer, but some things put you at higher risk (http://www.cdc.gov/cancer/skin/basic_info/risk_factors.htm).
- Indoor tanning (http://www.cdc.gov/cancer/skin/basic_info/indoor_tanning.htm) exposes users to both UVA and UVB rays, which damage the skin and can lead to cancer.
- A change in your skin is the most common symptom of skin cancer (http://www.cdc.gov/cancer/skin/basic_info/symptoms.htm). This could be a new growth, a sore that doesn’t heal, or a change in a mole.
More information:

- Test your knowledge about skin cancer with this simple quiz! [http://www.cdc.gov/dotw/skincancer/](http://www.cdc.gov/dotw/skincancer/)
- Checkout the cancer prevention fact sheets list. [http://www.cdc.gov/cancer/skin/basic_info/fact_sheets.htm](http://www.cdc.gov/cancer/skin/basic_info/fact_sheets.htm)

### Summer Heat Safety Campaign Begins

OSHA has kicked off its summer campaign to inform employers and employees about the dangers of working in the heat. The campaign will continue its annual outreach to highlight how heat-related worker fatalities are entirely preventable. In 2014 alone, **2,630 workers** suffered from heat illness and **18 died** from heat stroke and related causes on the job.

On May 26, Kelly Schnapp, who directs OSHA’s Office of Science and Technology Assessment, joined four other experts on a White House webinar highlighting the risks of extreme heat to four vulnerable populations: the elderly, athletes, emergency responders, and outdoor workers. Schnapp noted that a majority of recent heat-related deaths investigated by OSHA involved workers on the job for three days or less – highlighting the need for employers to ensure that new workers become acclimated to the heat when starting or returning to work.

OSHA also provided heat safety tips for workers in a blog, Twitter posts, and an updated heat campaign webpage that now includes illustrations of heat exhaustion and heat stroke, an animated video, training resources, and links to an updated heat safety phone app. #WaterRestShade is the official hashtag of the campaign, encouraging employers to provide their workers with drinking water, ample breaks, and a shaded area while working outdoors. OSHA also continues to partner with the National Oceanic and Atmospheric Administration to raise awareness on the dangers of working in the heat through its Weather-Ready Nation campaign.

**Source: OSHA Quick Takes June 1, 2016 · Volume 15, Issue 14**

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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/)

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