November 14th Meeting
November begins the Tie One On for Safety Campaign*

Topic: General business meeting to discuss:
- Election and nominations
- Meeting topics and locations
- Committees and other business

Time: 6:30 pm – 8:30 pm
Location: LaVilla Italian Restaurant
8109 Timberlake Road
Lynchburg, VA 24551
Ph: 434-582-4700

LaVilla is located on Timberlake Road in Lynchburg, next to the Putt Putt Fun Center.

Cost: We’ll be ordering off the menu
Website: http://lavillava.com/
PLease RSVP with Bob Calhoun (434-382-9212)

*This year is the 30th anniversary of the designated driver and Tie One On For Safety®, founded by Mothers Against Drunk Driving (MADD).

Some of the most dangerous days of the year on our nation’s roadways are between Thanksgiving and New Year’s Day. That is why every holiday season MADD asks you to display a MADD red ribbon in a visible location to remind others to always designate a non-drinking driver.

The phrase “tie one on,” is slang for drinking alcohol. But at MADD the phrase is used the to remind everyone that drinking and driving don’t mix.

This holiday season, show your commitment to eliminating drunk driving by:
- Putting safety before the party and always designate a non-drinking driver BEFORE the celebration begins to ensure everyone arrives home safely.
- Display a MADD red ribbon in a visible location on your vehicles. Red ribbons, magnets and window decals are available through local MADD affiliates.
- Hosting parties responsibly by offering mocktails and other non-alcoholic beverages, and by providing alternate transportation or accommodations for guests who have been drinking. Get more safe party tips at madd.org/safe-party.

See MADD’s website: http://www.madd.org/drunk-driving/how-you-can-help/tie-one-on-for-safety.html

*The designated driver is a non-drinking driver.
Chapter Executive Committee News

To the Membership,

I was able to attend the ASSE Leadership Conference held in Oak Brook, Il on 13-15 October at Hamburger University on the McDonalds Corp campus. This was one of the best venues for any mid-size conference that I have attended. There was also a good selection of topics in the Development Sessions. It was unfortunate that I was our only representative as that meant we missed out on some information.

The first session I attended was about Succession Planning. While there were multiple good ideas about how a chapter should plan for its future, the most important section was about recruiting volunteers. Rarely does someone volunteer to do something from a newsletter announcement and very few from a meeting announcement. Most volunteers are successfully recruited based on a direct request. We need to keep this in mind as we have had difficulty in recruiting officers except when the chapter has been threatened with dissolving.

There were some great sessions on how to make our meetings more effective. Most of them focused on how to make members welcome and provide several forms of engagement beyond the basis topic of the presentation. Hopefully we can start using some of these strategies ourselves over the next few months.

The one topic that was missing was how chapters with a wide geographic footprint organize and hold meetings. It appeared most of the chapters represented were either very localized with a large population or had a large area but most of the ASSE membership was localized in one city. I suggested a presentation for next year about some of the struggles we have as a large region with several mid-sized population areas.

This conference was certainly worth attending. I hope the information I learned will help us. I would like to take this opportunity to thank my employer, Wholesome Harvest Baking, for their financial support in sending me to this meeting.

Thank you for your membership and commitment to the safety profession,

David McCrumb

David McCrumb
Treasurer – ASSE Star Valley Chapter

October Meeting Recap

The October meeting of the Star Valley Chapter of ASSE was called to order by President Daniel Ashworth. Fourteen members and guests were in attendance at Corn Beef and Company. A brief business meeting was conducted that included future meeting plans. See the “Upcoming Meetings & Events” section of this newsletter for details.

Chapter Business:

- The Chapter is in need of members to populate the many committees the Chapter needs to be successful. The call went out for volunteers. Dan Moore volunteered for the Programs or Government Affairs.
- Stuart Bowman will be working on virtual presentations for monthly meetings
- The Chapter is looking for vendors for the December meeting “vendor’s night”
- A recommendation was made to conduct meetings at alternate locations such at minor league baseball games (Lynchburg and/or Salem, wineries, etc.

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October Meeting Continued
The speaker for the evening was Courtney Malveaux, Attorney at Law with Jackson Lewis PC. Courtney provided and excellent presentation regarding OSHA updates. His discussion covered the following topics:

- OSHA willful violation fine increase from $70-$120K
- Temporary workers and the OSHA Log
- Whistleblower details
- Tips to avoid compliance issues
- The recordkeeping rule, electronic submissions and public availability
- OSHA conflicts with state and workers compensation laws
- OSHA local emphasis programs: first report of illnesses and injuries; fall hazards; trenching and excavations; scaffolding; logging and sawmills; and overhead high voltage lines
- Recordkeeping advice: organization and neatness provides good impressions
- OSHA inspection advice: perform mock inspections; train supervision regarding inspection conduct
- Develop safety and health programs: meet OSHA expectations; develop them based on VPP; assure training records mirror regs; practice continual improvement

The meeting was concluded with a portable eyewash raffle won by Paige Adams.

Bob Calhoun, Chapter Secretary

Meeting attendees included:
Paige Adams  Bob Calhoun  David McCrumb
Lynn Akers  Carlton Davis  Dan Moore
Daniel Ashworth  Brandi King  Bob Naujelis
Stuart Bowman  Courtney Malveaux (Speaker)  Ron Schmidt
Wes Bowman  Elliot Laratonda

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/

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

Social Media:

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

A healthy diet is important for everyone, even pets. The CDC recommends that when picking out the right food for your pet, there are important things to consider. What you feed your pet can affect your health and the health of your family.

Raw pet foods have been reported to be healthier. But raw food diets can make you and your pet sick, and for that reason CDC does not recommend feeding raw diets to pets because germs like Salmonella and Listeria bacteria have been found in raw pet foods, even packaged ones sold in stores. These germs can make your pets sick. Your family also can get sick by handling the raw food or by taking care of your pet.

If dry and canned pet food is handled incorrectly, these foods also can be contaminated with germs such as Salmonella bacteria. Outbreaks have been linked to dry dog food. To stay healthy, it is important to always wash hands right away after feeding your pet. Store pet food out of reach of toddlers and infants.

Before making any changes to your pet’s diet, talk with your veterinarian.

Tips to stay healthy while feeding your pet

- Wash your hands right after handling pet food or treats; this is the most important step to prevent illness.

- When possible, store pet food and treats away from where human food is stored or prepared and away from reach of young children. ★
  - If possible, store dry pet food in its original bag inside a clean, dedicated plastic container with a lid, keeping the top of the bag folded or closed.

- Do not use your pet's feeding bowl to scoop food. Use a clean, dedicated scoop, spoon, or cup.

- Always follow any storage instructions on pet food bags or containers. ★
  - Keep dry pet food and treats stored in a cool dry place.
  - Promptly discard, refrigerate, or store any leftover food.

There are more harmful germs in raw pet food than any other type of pet food, according to U.S. Food and Drug Administration studies. The CDC does not recommend feeding raw diets to pets, but if you do:

- Wash your hands and surfaces thoroughly after handling raw pet food. ★
  - Wash your hands with soap and water right after handling any raw pet food.
  - Clean and disinfect all surfaces that the raw food touched, like countertops, microwaves, refrigerators and objects like knives, forks, and bowls.

- Safely store and handle raw pet food. ★Keep raw pet food away from other food in your refrigerator or freezer.
  - Freeze raw pet food until you are ready to use it.
  - Do not thaw frozen raw pet foods on a countertop or in a sink.
  - Throw away any food your pet does not eat.

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Pet food Safety Continued

Playing with your pet after he or she eats.

- Do not let your pet lick around your mouth and face after eating.
- If you do play with your pet after they have just eaten, wash your hands, and any other parts of your body they licked, with soap and water.
- Do not let your pet lick any of your open wounds or areas with broken skin.

How do I know if my pet is sick or might have germs that can make me sick? Not every pet will get sick after eating raw pet food. Keep in mind that even if your pet eats raw food and seems healthy, they could still carry germs like Salmonella bacteria. As a healthy carrier, your pet could then pass on germs from the raw food to the environment when he or she poops.

A pet that develops a Salmonella or Listeria infection may show these signs:

- Nausea and vomiting
- Diarrhea, which may be bloody
- Fever
- Loss of appetite
- Decreased activity level

It is important to call your veterinarian if your pet develops any of these signs.

Children and pets

- Young children are especially at risk for illness because their immune systems are still developing and because they are more likely than others to put their fingers or other items into their mouths.
- Children younger than 5 years old should not touch or eat pet food, treats, or supplements and should be kept away from pet feeding areas to prevent illness and injury.
- Adults should supervise young children when washing hands.

For more Information see [http://www.cdc.gov/healthypets](http://www.cdc.gov/healthypets)

Recent NIOSH Publications and Articles

Click on the link below to access the publication or article.

- Evaluation of a "walk-through" ladder top design during ladder-roof transitioning tasks.
- The Work, Family & Health Network intervention: core elements and customization for diverse occupational health contexts.
- Occupational health disparities among racial and ethnic minorities: formulating research needs and directions.
- Work-family intervention research.
- Supervisory interpretation of safety climate vs. employee safety climate perception: association with safety behavior and outcomes for lone workers.
- Perceived responsiveness, stress, and coping in the workplace.
- The impact of perceived intensity and frequency of police work occupational stressors on the cortisol awakening response (CAR): Findings from the BCOPS study.
- Effect of multiple alcohol-based hand rub applications on the tensile properties of thirteen brands of
medical exam nitrile and latex gloves.

- Evaluation of standardized sample collection, packaging, and decontamination procedures to assess cross-contamination potential during Bacillus anthracis incident response operations.
- Speech intelligibility assessment of protective facemasks and air-purifying respirators.
- A behavioral economic analysis of texting while driving: delay discounting processes.
- Foundational workplace safety and health competencies for the emerging workforce.
- Development of an interception glove sampler for skin exposures to aromatic isocyanates.
- The next generation of risk assessment multiyear study - highlights of findings, applications to risk assessment and future directions.
- Advancing the framework for considering the effects of climate change on worker safety and health.
- The Influence of diisocyanate antigen preparation methodology on monoclonal and serum antibody recognition.
- Improving the accuracy of smart devices to measure noise exposure.
- Evaluation of gowns and coveralls used by medical personnel working with ebola patients against simulated bodily fluids using an elbow lean test.
- NIOSH field studies team assessment: worker exposure to aerosolized metal oxide nanoparticles in a semiconductor fabrication facility.