MONTHLY MEETING MAY 8th

**Topic:** Safety/Life Lessons from Psychological Science: *How to achieve a sustainable injury-free workplace* by E. Scott Geller, PhD (see page 2 for details)

**Time:**
- 5:30 pm Happy Half Hour
- 6:00 pm Dinner
- 6:30 Program

**Cost:** $10.00 EVERYONE MUST RSVP!!!! Contact Bob Calhoun at (434-382-9212) or rpcalhoun@bwxt.com

**Menu:** Chef-inspired Sandwiches & Vegetable Tray

**Location:** Corned Beef & Company
107 S Jefferson St, Roanoke, VA 24011
(540) 342-3354

**About Our Speaker**

E. Scott Geller, PhD, is an Alumni Distinguished Professor in the Department of Psychology at Virginia Tech, and Senior Partner for Safety Performance Solutions, Inc. He authored, edited or co-authored 36 books, 82 book chapters, 39 training programs, 259 magazine articles, and more than 300 research articles addressing the development and evaluation of behavior-change interventions to improve quality of life on a large-scale. His most recent 700-page book: *Applied Psychology: Actively Caring for People*, published by Cambridge University Press, reflects the mission of his teaching, research, and scholarship throughout his 48-year career.

He was awarded the statewide Virginia Outstanding Faculty Award by the State Council of Higher Education, and he has received lifetime achievement awards from the International Organizational Behavior Management Network (in 2008) and the American Psychological Foundation (in 2009). The College of Wooster awarded E. Scott Geller the Honorary Degree: Doctor of Humane Letters.

Welcome prospective member Aaron Sosnocki
May’s Presentation

Safety/Life Lessons from Psychological Science:

How to achieve a sustainable injury-free workplace

E. Scott Geller, Ph.D.
Senior Partner, Safety Performance Solutions
Alumni Distinguished Professor, Virginia Tech

Evidence-based guidelines for improving the quality and increasing the frequency of safety-related behavior will be described and illustrated as relevant for benefiting overall human welfare. If practiced extensively, but would also improve quality of life by reducing interpersonal conflict and bullying, and enhancing work productivity, environmental sustainability and life satisfaction. The first four guidelines reflect the applied behavioral science principles of positive reinforcement, observational learning, and behavior-based feedforward and feedback. The subsequent three lessons are essentially derived from humanism. These safety/life lessons are the foundation of a new leading-edge 2017 book: Actively Caring for People’s Safety: How to cultivate a brother's/sister's keeper work culture by Drs. Scott and Krista Geller.

Copies of this text will be available for purchase.

Dr Geller will also be speaking at Safety 17 session 624 | Actively Caring for People's Safety: How to Cultivate a Brother/Sister Keeper's Work Culture on Wednesday, June 21 concurrent session program at 10:30AM.

Please RSVP with Bob Calhoun at 434-382-9212 or rpcalhoun@bwxt.com!

April Meeting Recap

The April meeting of the Star Valley Chapter was held on April 10, 2017 at Carol’s Restaurant in Forest VA. President Daniel Ashworth presided over meeting which was opened with an introduction of the attendees and guests who included:

- Daniel Ashworth
- Bob Drane
- Joni Organ
- Stuart Bowman
- Frank Goodwin
- Aaron Sosnoski
- Bob Calhoun
- Joe Hurley
- Vice St Angelo
- Carlton Davis
- David McCrumb

Daniel discussed Chapter business based on his recent attendance at the recent Regional Operating Committee which included the following:

- The Society requesting a $30 dues increase over three years that be discussed at the House of Delegates (HoD) meeting in June. ASSE revenues are down 26% and costs are up and market research indicates ASSE dues are among the lowest for professional societies. The Society will present ideas for student members. Students will be offered free membership with graduated increases of 50% dues in the second year and 100% in year three. Members are requested to contact
HoD delegate Bob Calhoun, regarding their thoughts.

- The proposed Society name change was discussed. See the April newsletter for details on this subject. This topic will also be discussed at the HoD meeting in Denver. Members are requested to contact HoD delegate Bob Calhoun, regarding their thoughts.

- Upcoming meetings were discussed: Dr. Geller’s May presentation and April’s night out at the ballpark with the Lynchburg Hillcats.

- The next Regional Operating Committee with be held coinciding with the Region 6 PDC in September.

- Bob Drane and Bob Calhoun will be attending Safety 17 in Denver.

- Regional webinars are discussed. The Chapter would pay $100 for each which would be distributed for access by the membership. There will be more news in the near future.

Vince St Angelo PE provided a very interesting and informative presentation regarding waste minimization at BWX Technologies in Lynchburg. He discussed the history of managing wastes starting with RCRA and the “cradle to grave” liability examples of New York’s Love Canal, Kentucky’s Valley of the Drums with the goal to avoid becoming a Super Fund site. Vince identified BWXT’s waste minimization programs that included:

- Recycling
- Pollution Prevention
- Environmental Waste Management Committee
- Strategic Project Initiatives – Black Belt projects
- Virginia Environmental Excellence Program (VEEP)

From these programs were born the following initiatives:

- Elimination of chlorinated solvents for hand cleaning
- Construction and operation of a waste water treatment plant
- Improvements to a lime delivery system that minimized sludge production this pollutants; automated the system which made it more reliable, cleaner, reduced personnel exposure; and was less costly.

Lime usage was reduced 41%, $78,000 was saved annually and paid for itself in two years.

The meeting was concluded with a reminder of upcoming meetings. Bob Calhoun, Chapter Secretary

**Be an Ambassador at ASSE 2017 in Denver**


For more information or questions, please contact Tracy Flaherty at (847) 768-3421, tflaherty@asse.org.
June 12: Lynchburg Hillcats Baseball Outing

Join your fellow Chapter Members for an evening of camaraderie and baseball at the June 12th Lynchburg Hillcats game.

We have rented the 3rd Base Party Section that features your game ticket and a one and a half hour buffet of all you can eat hamburgers, hot dogs, baked beans, chips, cookies, soda and water.

The Hillcats are the Cleveland Indians’ Class A Advanced minor league baseball affiliated with the. Home games are played at Lynchburg City Stadium’s Calvin Falwell Field located at 3180 Fort Avenue Lynchburg, VA 24501.

National Fall Prevention Stand-Down

Falls remain the leading cause of death in the construction industry and lack of proper fall protection is still OSHA's most frequently cited violation.

To raise awareness of fall hazards, the Occupational Safety and Health Administration, the National Institute for Occupational Safety and Health and the Center for Construction Research and Training will hold the fourth annual National Safety Stand-Down May 8-12.

The weeklong event encourages employers to pause during their workday for topic discussions, safety demonstrations, and trainings in hazard recognition and fall prevention.

In Washington, D.C., two prominent construction venues – at the mile-long waterfront development known as the Wharf, and the Capitol Riverfront area near Navy Yard – will participate with large-scale stand-downs in the week leading up to the official stand-down. For more information, see the event webpage.
Workers' Memorial Day — April 28 — honors lives lost on the job

Every year, more than 4,000 workers die on the job and nearly four million workers are injured or made sick at work. Workers’ Memorial Day is held on April 28 to honor those workers and renew the commitment to protect the safety and health of all workers. Regional OSHA offices, worker organizations, and individuals affected by these tragedies will hold events to honor workers across the country. For a full list of events, and to find one near you, visit the Workers' Memorial Day webpage.

Safe + Sound Week

What Is Safe + Sound Week?

A nationwide event to raise awareness and understanding of the value of proactive safety and health programs in workplaces.

Why Participate?

Safe workplaces are sound businesses. Successful safety and health programs can proactively identify and manage workplace hazards before they cause injury or illness, improving sustainability and the bottom line. Participating in Safe + Sound Week can help get your program started or energize an existing one.

Who Is Encouraged to Participate?

Organizations of any size or in any industry looking for an opportunity to show their commitment to safety to workers, customers, the public, or supply chain partners should participate.

How to Participate

Participating in Safe + Sound Week is easy. To get started, select the activities you would like to do at your workplace. Some organizations might want to host a public event. Examples of potential activities and tools to help you plan and promote your events are available. After you've completed your events, you can download a certificate and web badge to recognize your organization and your workers.

New resources available for Safe + Sound Week

To help employers participate and plan events for Safe + Sound week, June 12-18, OSHA has updated its webpage with sample activities, social media resources, and tools. The page also features an interactive map of events occurring across the country. Employers are encouraged to host events and activities that showcase the core elements of an effective safety and health program – management leadership, worker participation, and finding and fixing workplace hazards. Visit the Safe + Sound Week page for more information and to register events.

Source: OSHA Website
Top 10 Causes of Distracted Driving—and What They All Have in Common from SafeStart®

It’s no surprise that distracted driving is a major cause of car-related injuries and deaths. In fact, it’s estimated that roughly 25% of motor vehicle accident fatalities are a result of distracted driving.

A Pennsylvania-based insurance company examined data from the Fatality Analysis Reporting System, which surveys all American motor vehicle fatalities. The results reveal the top ten causes of distracted driving, and make it clear that not all distractions are created equal.

1. **Smoking related** – 1%. Only one in a hundred accidents is related to lighting a cigarette, smoking or putting it out.

2. **Moving objects** – 1%. Moving objects in the car such as insects and pets can lead you to take your eyes off the road—and at least one source suggests that it may be an underreported cause of distraction.

3. **Using devices/controls to operate the vehicle** – 1%. Surprisingly, adjusting things like mirrors or seatbelts plays a relatively minor role in distraction-related car accidents.

4. **Adjusting audio or climate controls** – 2%. Fiddling with the radio or adjusting the A/C for even a moment is a factor in a small number of traffic fatalities.

5. **Eating or drinking** – 2%. Using cupholders can be a definite source of distraction.

6. **Using or reaching for a device brought into the car** – 2%. We all know that using devices like cellphones can take our minds off the task of driving. But it turns out that even reaching for them can lead to a serious accident.

7. **Other occupants** – 5%. Other people in the car can place major demands on your attention when you’re driving, which can result in a collision.

8. **Outside person, object or event** – 7%. It turns out that looking at something or someone outside the car, like gawking at an accident or at people in other cars, is even more of a distraction than the person in the passenger seat.

9. **Cellphone use** – 12%. The second-leading cause of deaths due to distraction-related car accidents won’t be a surprise to anyone, as cellphones can distract us in a number of ways. But if they’re not the biggest cause then what is?

10. **Generally distracted or “lost in thought”** – 62%. By far the biggest cause of distracted driving fatalities is a driver’s mind wandering for long enough to lead to a collision—and someone’s death.

Though these 10 factors have a vastly different rate of occurrence, what’s interesting is they all have one thing in common. The one factor in every distracted driving accident is drivers paying attention to something other than driving. **So what causes so many drivers to feel they can take their eyes and mind off the road?**

There’s a simple but dangerous answer: complacency.

After you’ve been driving for a while you get comfortable and can forget just how dangerous it can be—because you’re complacent to the risks of driving. As a result, you’re more likely to feel like you can send a quick text or daydream without putting yourself in danger.

Compounding the problem are other states of mind like rushing, frustration and fatigue. These can further contribute to taking your eyes and mind off the task of driving and influence your decisions to do things when driving that increase your risk of a collision.

So what can you do about it? Check out this free guide on distracted driving that examines why we’re so distracted when behind the wheel—and what we can do about it.

The guide collects the best research on distracted driving and provides an interesting new model for understanding distracted employees in the workplace. Discover an effective framework for improving focus and reducing distraction.

You can [download the Driving Distraction Away guide here](#). Contact SafeStart® Toll-free at 866-962-9575
Mid-State Safety Training Courses

Mid-State Safety offers 65 courses to fit your workplace and compliance needs. Below is a sampling of classes at affordable group or daily rates for up to 20 participants at your preferred schedule. We also offer a free Mock OSHA Inspection if you host any Mid-State programs at your facility.

Call 434-546-3012 or email fgoodwin@themidstategroup.com today to discuss training needs, topic selection, custom pricing and scheduling.

**OSHA 10-HOUR GENERAL INDUSTRY**
$169/person for the OSHA 10 General Industry class. All participants receive an OSHA 10-hour General Industry card and a certificate from Mid-State Safety with 1.0 CEUs and a comprehensive 10-hour OSHA manual compiled and edited by Frank D. Goodwin.

**OSHA 30-HOUR GENERAL INDUSTRY**
$499.00 per person for the OSHA 30 General Industry class. All participants receive the OSHA 30-hour card, a 30-hour certificate with 3 CEUs from Mid-State Safety, a 10-hour OSHA manual and a flash drive with class materials compiled and edited by Frank D. Goodwin.

**OSHA 10-HOUR CONSTRUCTION**
$169/person for OSHA 10 Construction class. All participants receive an OSHA 10-hour Construction card, a certificate from Mid-State Safety with 1.0 CEUs, and a comprehensive 10-hour OSHA manual compiled and edited by Frank D. Goodwin.

**OSHA 30-HOUR CONSTRUCTION**
$499.00 per person for the OSHA 30 Construction class. All participants receive the OSHA 30-hour card, a 30-hour certificate with 3 CEUs from Mid-State Safety, a comprehensive 10-hour OSHA manual and a flash drive with class materials compiled and edited by Frank D. Goodwin.
OSHA 10/30-HOUR CLASS

JUNE 12, 19, 20, 26
7:30 AM-5 PM

AREVA Training Center
Mt. Athos Road, Lynchburg, VA

$499 per person. Lunch provided at AREVA cafeteria. CEUs awarded by Mid-State Safety.

For enrollment, send email to fgoodwin@themidstategroup.com or call 434-528-1001

Our comprehensive safety training program is designed for foremen, supervisors, managers, safety committee members, safety staff, and any employee with responsibility for safety and/or health.

The course is intended for operations such as factories and most manufacturing sites, healthcare providers, warehousing, and service industries. It provides complete information on OSHA compliance issues, workplace hazards, employer responsibilities and worker rights.

Participants who complete the OSHA 30-hour General Industry training course offered by Mid-State Safety receive the official DOL / OSHA 30-hour course wallet card accepted in all 50 states and a certificate from Mid-State Safety with 3 CEUs. The class also offers a 10-hour card for General Industry.

Classes are presented with lecture, videos, slides, live demonstrations, hands on use of personal protective equipment, and much participant interaction. The instructor, Frank D. Goodwin, is an OSHA compliance expert.

Seminar Hosted By

THE MIDSTATE GROUP

2525 Rivermont Avenue | Lynchburg, VA 24503 | 434-528-1001 | www.themidstategroup.com
2017 ASSE Triad Chapter Professional Development Conference

Session Titles/Speakers

- How Leadership is Radically Changing: 10 Implications for Safety Professionals/
  Gary A. DePaul, Ph.D., CPT
- The Role of Emotional Intelligence in Successful Leaders: Learning the Five Ways to Lift
  your Leadership Effectiveness and Efficiency/ Tony Casas, M.Div.
- Confident Public Speaking: Igniting the Speaker-Power in Your/Pat B. Freeman, M.Ed.
- Improving Performance in the Workplace: Selecting and Implementing Performance
  Interventions/ Ronald Graves, CSP, CPT

June 7, 2017
Greensboro Fire Training Center
1510 N Church St
Greensboro, NC 27405
8:30 am – 4:30 pm

Conference registration
https://triadassepdceventbrite.com

***Lunch is provided with your registration***