Chapter Officers

President: Daniel Ashworth ASP, CFEI, CFPS
dlashworth@bwxt.com
Vice-President: E. Stuart Bowman, MBA CSP
Stuart.Bowman@arconic.com
Secretary: Bob Calhoun CSP
rcalhoun@bwxt.com
Treasurer: David McCrumb
davidmccrumb@sharynmccrumb.com
Delegate: Bob Calhoun CSP
rcalhoun@bwxt.com

Committee Chairs & Contributors

Audit Daniel Ashworth CFEI, CFPS
Communication Bob Calhoun
Governmental Affairs Daniel B. Moore
dbmoore@uspipe.com
Nominations & Elections James Calvert PhD CSP, ChMM
jacalvert@bwxt.com
PDC Liaisons Kathy Warwick & Brandon Webb
Past President James Calvert PhD CSP, ChMM

Upcoming Meetings & Events

• Monthly Meeting: January 8, Lynchburg
• Monthly Meeting: February 12 Roanoke
• Monthly Meeting: March 12 Lynchburg
• Monthly Meeting: April 16 Roanoke-Blacksburg Regional Airport Tour
• Monthly Meeting: May 14 Lynchburg
• Monthly Meeting: June 11 Salem Red Sox Baseball Night Out

MONTHLY MEETING December 11th

Topic: OSHA Update with Paul Saunier
Regional Health Director for the Southwest Region, VA Department of Labor

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

Cost: We will be ordering off the menu

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

This Month’s Speaker

Paul Saunier has been with the VA Department of Labor for 30 years. He started with Department as an Industrial Hygienist in 1987 and is currently the Regional Health Director for the Southwest Region. From 1985-1987 he worked at VA Tech in the Health and Safety Department and prior to that he worked on a Chevron Oil Rig and Freeport Sulfur Rig in the Gulf of Mexico. Paul is originally from Charlottesville, VA.

November Meeting Notes

Seven members attended the November meeting. Attendees included Daniel Ashworth, Bob Calhoun, Carlton Davis, Frank Goodwin, David McCrumb, Joni Organ and Brandon Webb.

Danel Ashworth presented his paper “Fires, More Toxic Than Before”. Daniel defined fire and smoke, reviewed fire injury and death statistics, the toxic gases produced by fire, and the causes of increased in smoke toxicity. His presentation has been posted on our Star Valley website.

Welcome new member

BILL SAVAGE CSP Guideone Insurance

Bob Calhoun, Chapter Secretary
CDC Seasonal Safety Tips

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful, and reflect on what’s important. They are also a time to appreciate the gift of health. Here are some holiday tips to support your efforts for health and safety this season.

Wash your hands often.
Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

- Cover Your Cough
- Handwashing: Clean Hands Save Lives

Stay warm.
Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

- Stay Safe and Healthy in Winter Weather
- Winter Weather

Manage stress.
The holidays don’t need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

- Managing Stress
- Sleep Hygiene Tips

Travel safely.
Whether you’re traveling across town or around the world, help ensure your trip is safe. Don’t drink and drive, and don’t let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt appropriate for his/her height, weight, and age.

- Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety
- Child Passenger Safety
- Impaired Driving
- Travelers’ Health

Be smoke-free.
Avoid smoking and breathing other people’s smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

- Quit Smoking
Get check-ups and vaccinations.
Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history. Get health insurance through [healthcare.gov](https://www.healthcare.gov) if needed.

- [Regular Check-Ups Are Important](https://www.cdc.gov/family/checkup/index.htm)
- Family Health History Resources and Tools
- [Flu and People with Diabetes](https://www.cdc.gov/flu/diabetes)
- [Get Smart: Know When Antibiotics Work](https://www.cdc.gov/features/getsmt)
- [Vaccines and Immunizations](https://www.cdc.gov/vaccines)

Watch the kids.
Children are at high risk for injuries. Keep a watchful eye on your kids when they’re eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids’ reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop rules about acceptable and safe behaviors, including using electronic media.

- [Electronic Aggression: Technology and Youth](https://www.cdc.gov/violenceprevention/youthviolence/electronicaggression/index.html)
- [Home and Recreational Safety](https://www.cdc.gov/homeandrecreationalsafety/index.html)
- [Parents Portal](https://www.cdc.gov/parents)

Prevent injuries.
Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Leave the fireworks to the professionals. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries. Keep vaccinations up to date. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don’t use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

- [Carbon Monoxide (CO) Poisoning Prevention](https://www.cdc.gov/features/COpoisoning)
- [General Injury-Related Information](https://www.cdc.gov/injury/pressroom)
- [Healthy Pets Healthy People](https://www.cdc.gov/Features/HealthyPets)
- [Fire Deaths and Injuries: Prevention Tips](https://www.cdc.gov/homeandrecreationalsafety/fire-prevention/fireprevention.htm)
Handle and prepare food safely.
As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

- **Be Food Safe**
- **It's Turkey Time: Safely Prepare Your Holiday Meal**

Eat healthy, and be active.
With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

- **Food Safety at CDC**
- **Alcohol: Frequently Asked Questions**
- **Healthy Weight**
- **Managing Diabetes During the Holidays**
- **Physical Activity for Everyone**

OSHA Clarifies Who Can Conduct Fall Protection Training
In a response to a letter from International Safety Equipment Association (ISEA) seeking clarification of who can conduct fall protection training, OSHA has indicated that fall protection trainers who are compliant with ANSI/ASSE Z359 (fall protection/arrest) and ANSI/ASSE Z490 (OSH training) will meet the definition of qualified in the agency's Walking and Working Surfaces rule. Both ASSE and ISEA view this as an important development in ensuring the quality of fall protection training provided to those who work at height. "This will enable more competent trainers to meet the nation’s fall protection training needs to keep workers safe," says Marc Harkins, chair of ISEA's Fall Protection Group and product group manager for MSA Safety. Randall Wingfield, chair of the Z359 Accredited Standards Committee and president of Gravitec Systems Inc., adds, "Requiring workers at height to be appropriately educated and trained and now having the ANSI Z359.2 requirements of competent person and trainers referenced by federal regulations will initiate definitive training."
To help members better understand the complexities involved in this issue, ASSE has developed an issue analysis that includes links to the OSHA letter of interpretation involving ANSI/ASSE Z359 as well as another letter regarding ANSI/ASSE Z244 on lockout/tagout; a legal opinion on these developments from the Law Firm of Adele Abrams; and a chart from ISEA on fall protection training issues. Download it here.
ANSI B11.20-2017 Safety Requirements for Integrated Manufacturing Systems Revised

Scope: This standard specifies the safety requirements for the design, construction, set-up, operation and maintenance (including installation, dismantling and transport) of integrated manufacturing systems.

This standard does not cover: safety aspects of individual machines and equipment that may be covered by standards specific to those machines and equipment (B11_base_standard), transfer machines or transfer lines, or continuous flow processes.

American Society of Safety Engineers – ASSP Legal Filings Roll-Out for Chapters FAQ

1. Why does my chapter need to change its name?

This past August, ASSE members made the historic decision to change the organization’s name from the American Society of Safety Engineers to the American Society of Safety Professionals. Per the chapter affiliation agreement, chapters are required to utilize the organizational name and logo in accordance with policy and guidelines. ASSE members voted to amend Society bylaws to reflect the new name. As separately incorporated entities, chapters need to hold a separate chapter member vote to change the name in chapter governing documents, as well.

2. What steps are required to change our chapter’s name to American Society of Safety Professionals in our governing documents and legal filings?

Changing your chapter’s name to [Chapter Name] of the American Society of Safety Professionals involves three phases. See the Timelines section at the end of this document for a detailed schedule of each Phase.

   - **Phase I: Member Vote on Name Change**
     - Amend bylaws to reflect the new name
     - Hold member vote to accept bylaws & approve new name in articles of incorporation

   - **Phase II: Agreements with ASSE**
     - Sign Chapter Charter with new name
     - Sign Chapter Affiliate Agreement with new name
     - Sign Webhosting Contract with new name

   - **Phase III: Filings**
     - Submit new name with federal tax filing
     - Submit change of name form with incorporation filing
     - Update name with financial institutions

3. How will Society help our chapter update our bylaws?

Our new name is an exciting change for ASSE, but there are also a lot of moving parts as we move forward. Society is committed to easing the administrative burden on our volunteer leaders as much as possible.

Staff will assist chapters by providing the following:

   - A prepared copy of each chapter’s bylaws amended to reflect the new name.
   - Draft language of the motion for members to vote on the amended bylaws.
   - Posting notice to members of the proposed amendments on the website of chapters that have a webhosting contract with ASSE.
   - Draft language of an email notification to members of the proposed amendments.
   - Assistance with an on-line ballot.
4. How will we receive the prepared copy of our chapter's bylaws with the proposed amendments?
Chapter Services will send an email to the Executive Committee of each chapter. The email will contain a link to view/download the prepared copy of the chapter's bylaws with the proposed amendments and a reminder of key dates for the next steps in the process.

5. Will Society be changing anything besides the name in our bylaws?
If your chapter has not yet updated your bylaws to reflect a recent change to Areas in your Region, Society staff will make those changes in the amended copy of the bylaws provided to your chapter. Motion language for that change will be provided, as well. Society will not make any other changes to the amended copy of each chapter's bylaws beyond the name change and the addition of Areas.

6. Can our chapter propose other bylaws changes for our members to vote on at the same time?
Yes, chapters can also use this opportunity to propose other bylaws amendments to chapter members as part of the regular bylaws review process. Additional revisions will need to follow the regular bylaws review process, including review by your Area Director, Regional Vice President, and Chapter Services. These reviews must occur within the timeframe outlined in the Timelines section of this document. If your chapter is planning to propose additional amendments to the chapter bylaws, we strongly recommend you begin discussing what those changes will be as early as possible.

7. What steps do we need to follow to hold the vote on our chapter’s amended bylaws?
According to the model chapter bylaws, chapter members must receive a notification of the proposed amendments to chapter bylaws at least 30 days in advance of when the vote will be held. Society staff will provide draft language for this announcement and post it to the websites of chapters that have a webhosting contract with ASSE.
The model chapter bylaws also stipulate that voting should take place in person at a regular or special meeting of the chapter where quorum, as defined in your chapter's current bylaws, is met. If quorum is not met at that meeting an online vote may be held; in that case, Chapter Services will help chapters set up an on-line ballot for the vote.
To pass, amendments to chapter bylaws must be approved by a 2/3 majority of members present when quorum has been met.
Chapters should consult their current bylaws to confirm that they are aligned with this process laid out in the model chapter bylaws. If your chapter's bylaws specifies a different process for amending bylaws, please contact Chapter Services for questions or additional support.

8. What do we do after our members have voted?
After your chapter members vote on the proposed bylaws amendments, send an email to chapterservices@asse.org with the results of the vote and attach a copy of the meeting minutes in which the vote and its results are recorded.

9. What if the motion to change our Chapter Bylaws & Articles of Incorporation does not pass our member vote?
The Council on Region Affairs and Society staff will work individually with chapters should this scenario occur to work towards the required change in organizational name. The chapter affiliation agreement requires chapters to utilize the organizational name and logo in accordance with policy and guidelines. Continuing to operate a chapter as ASSE while the society has transitioned to ASSP would be in conflict with the affiliation agreement intent.
10. What does my chapter have to do to update our name in the signed agreements with ASSE?
In the spring, Chapter Services will send you a packet containing a revised Chapter Charter, Chapter Affiliate Agreement, and, if applicable, Chapter Webhosting Agreement. Your chapter leadership will have a month to review the documents and return copies signed by the chapter president to Chapter Services.

11. Will there be any other changes to the signed agreements besides the name?
There will be no additional changes to the Chapter Charter or the Chapter Affiliate Agreement documents. The Chapter Webhosting Agreement will contain some minor changes reflecting clarification of the terms of use in line with regulatory standards and the ASSP brand guidelines.

12. My chapter earns less than $50,000 a year – will we have to do anything special for our federal taxes this year?
Chapters operating in the United States earning less than $50,000 a year do not need to do anything different this year. Chapter Services will file the taxes for Fiscal Year Ending March 31, 2018 and include the name change documentation with that filing. Chapters operating outside the United States should consult local tax regulations.

13. What does my chapter need to do to change our name with our Articles of Incorporation?
Chapter Services files for incorporation for the most chapters in the United States and these chapters do not need to take any additional steps. Society will file the paperwork and cover the costs of the name change filing fees during the annual renewal process in February and March.

14. What will my chapter need to update our name with our financial institution(s)?
Each financial institution requires different documentation to update organizational names. Typically, documentation may include a copy of the Articles of Incorporation, the Chapter Charter, and/or the Chapter Affiliate Agreement. When your chapter is ready to update your information with your financial information, call your bank to ask what document they will require. Contact Chapter Services for copies of any documentation you do not have on hand.

15. When should my chapter update our name with our financial institution(s)?
Since financial institutions will require a variety of documentation, this should be the last step in your chapter’s legal filings process. We recommend planning to update your chapter’s name along at the same time you change signatories on the account(s) as part of your regular leadership transition in June or July.

Important Dates

ASSP Legal Filings for Chapters Roll-Out Timelines

Chapter Bylaws Revision
- Society sends draft: November 27
- Final revisions due: December 29
- Notice sent to members: January 2

Agreements with ASSE
- Voting period: February 1-March 15
- Documents sent to chapters: April 2
- Chapter signatures due: May 1
- New Chapter Charter issued: May 8

Filings
- Federal tax filings: August 15
- Incorporation filing: February-March
- Financial Institution Updates: June-July
Position Opening

The Landin Companies, an established Third Party Worker’s Compensation Administrator, is in search of an Occupational Safety and Health/Loss Control Consultant to take charge of the Western Virginia territory. The successful candidate will travel to clients primarily in the Western Virginia Region to evaluate safety practices in the field and recommend improvements to client safety programs. This individual will possess strong analytical abilities, exceptional communication skills, report writing skills, and a solid construction safety background.

Requirements:

- Prefer 3 years construction safety experience
- Degree in safety or technical field. If no degree an additional 2 years safety experience is desired.
- Knowledgeable of OSHA Construction and General Industry regulations

This is an excellent opportunity to apply your analytical skills and experience in the safety field, to assist clients in the improvement of their safety programs.

We offer a competitive salary, company vehicle and a competitive benefits package.

If interested, send resume to: oshadmin@landininc.com

LANDIN, INC., PO Box 17590 Richmond, VA 23226

---

Mark Your Calendars

ASSE Foundation

Support the future, support the Foundation

---

Join us at the Star Valley Facebook page:

https://www.facebook.com/starvalleyasse