



# AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Star Valley Chapter


# NEWSLETTER

## NOVEMBER 2018

**DROWSY DRIVING PREVENTION WEEK IS NOVEMBER 4-11 SEE PAGE 3**

Chapter Officers	
President:	Daniel Ashworth CSP, CFEI, CFPS <a href="mailto:dlashworth@bwxt.com">dlashworth@bwxt.com</a>
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Committee Chairs & Contributors	
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Governmental Affairs	Open
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PDC Liaisons	Brandon S. Webb E. Stuart Bowman, MBA CSP
Past President	James Calvert PhD CSP, CHMM

Upcoming Meetings & Events	
<ul style="list-style-type: none"><li>December 10<sup>th</sup> TBD</li><li>January 14<sup>th</sup> TBD</li><li>February 11<sup>th</sup> TBD</li><li>March 11<sup>th</sup> TBD</li><li>April 15<sup>th</sup> TBD</li></ul>	<ul style="list-style-type: none"><li>May 13<sup>th</sup> TBD</li><li>June 10<sup>th</sup> Nightout at the ballpark</li></ul> 

### *In this Newsletter*

- September Meeting attendees' photo
- Chapter members service to ASSP
- House of Delegates News
- Drowsy Driving Prevention, statistics and tips to combat drowsy driving
- OSHA's Trenching resources
- Potential Chapter Logos



### **MONTHLY MEETING November 12<sup>th</sup>**

<b>Topic:</b>	<b>Best Practices</b> Presented by your fellow Chapter Members
<b>Time:</b>	<b>5:30 pm Happy Half Hour</b> <b>6:00 pm Dinner</b> <b>6:30 Program</b>
<b>Cost:</b>	<b>We will be ordering off a limited menu</b>
<b>Location:</b>	<b>Corned Beef &amp; Company</b> <b>107 S Jefferson St, Roanoke, VA</b> <b>(540) 342-3354</b>



### **Featured Technical Publication**



#### **Ergonomics and Human Factors Engineering**

edited by Joel Haight, Ph.D., PE

This reference contains key topics designed to prepare students and professionals alike to recognize, assess, and remediate ergonomic-related problems in the workplace. Chapters selected from book, address physiological effects of work activities on people, and the interaction between people and their work environment. What distinguishes this book is that it provides proven, real-world guidance to develop new and improve existing ergonomics & work physiology programs.

### **Welcome new Member Fran Nowicki**

Fran Nowicki is a CSP with over 25 years in Safety and Health and Industrial Hygiene. Working in various safety roles early in his career; Fran spent the last 15 years as a contractor and employee with Schering-Plough pharmaceuticals and later with Merck when they purchased Schering in 2009. He has acted as a consultant performing many Industrial Hygiene studies and has supported Hazardous Waste sites in the past. Within the pharmaceutical area Fran has supported quality control groups, maintenance groups, R&D laboratory operations, been the site Biosafety Officer, conducted numerous incident investigations, facility inspections, ergonomic reviews and employee training. Fran was able to retire from Merck earlier this year when they offered a package and has relocated to the Smith Mountain Lake area. Fran is still looking to be involved in the safety and health area and is currently seeking consulting/contracting opportunities.



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## September Attendees



Daniel Ashworth receives his Chapter Safety Professional of the Year award with meeting attendees, from left to right: David McCrumb, Carlton Davis, Daniel, Brandon Webb, Chelsea Doss and Joe Hurley

## Congratulations!!

Each year at this time ASSP prepares long service certificates for members who have been with the Society for 25, 40 or 50 years. The following Star Valley members are recognized for their service s identified below:

- 25 years N. Lee Faulkner, P.E.
- 25 years E. Scott Geller, Ph.D.
- 25 years James C McClellan, CSP
- 25 years James E Winstead, CSP, ARM
- 40 years Douglas L Morris, CSP, CIH

We appreciate our member's support of ASSP and to the safety community. Thank you for your service!

## House of Delegates (HoD) News

The some administrative changes to the Society Bylaws were up for vote by the House of Delegates regarding the following subjects. The voting results are provided in the parentheses.

1. Changing the title of Executive Director to Chief Executive Officer (Passed 115-5)
2. Updates to the Nominations & Elections section Nominations and Elections Committee shall present two (2) nominees considered to be qualified for each of the offices of Senior Vice President, Vice President-Finance, Directors-at-Large, Council Vice Presidents, Practice Specialty Assistant Administrators and Common Interest Group Assistant Administrators. The membership will be notified of the final slate at least thirty (30) days prior to the election. (Passed 118-3)
3. Remove the Bylaws committee as a standing committee. (Passed 115-6)

Since these changes are all administrative and symbolic, these changes were voted for.

## Support you Chapter Committees – Volunteer!

- |                                |                                    |
|--------------------------------|------------------------------------|
| ○ ASSP Foundation Liaison      | ○ Membership + Chair               |
| ○ Audit                        | ○ Nominations & Elections          |
| ○ Awards & Honors + Chair      | ○ Professional Development + Chair |
| ○ Communications               | ○ Programs + Chair                 |
| ○ Governmental Affairs + Chair |                                    |



## Drowsy Driving Prevention Week November 4-11

The National Sleep Foundation (NSF) has announced that its annual Drowsy Driving Prevention Week is November 4-11. All drivers are encouraged to take a pledge against drowsy driving and urge state legislators to seriously examine drowsy driving in their states.

Drowsy driving is the result of a driver's impaired abilities to focus and stay alert, due to a lack of sleep. The Pledge Against Drowsy Driving is a National Sleep Foundation initiative that raises public awareness about the dangers of drowsy driving, explains its effect on drivers, and advises how it can be avoided. Drivers can take the Pledge at [sleepfoundation.org/drowsy-driving](http://sleepfoundation.org/drowsy-driving).

"Drowsy driving is a public safety issue that needs to be addressed," said David Cloud, CEO of the National Sleep Foundation. "We believe the public can help decrease drowsy driving and improve the safety of our roads by taking the Pledge, contacting local legislators to support drowsy driving prevention efforts, and establishing a routine that fights fatigue and supports a healthy sleep lifestyle."

While the dangers of drinking and driving are widely recognized, drowsy driving is a less known peril with parallel risks. Cognitive impairment after approximately 18 hours awake is similar to that of someone with a blood alcohol content (BAC) of 0.05 percent. Cognitive impairment after 24 hours awake is equivalent to a BAC of 0.10 percent, which is higher than the legal limit in the U.S., according to the [National Institutes of Health](http://NationalInstitutesofHealth).

Data shows that more and more Americans are driving while sleep deprived.

- 36 percent of Americans have fallen asleep at the wheel while driving, according to the [2008 Sleep in America® Poll](#).
- 60 percent of Americans said that they have driven a vehicle while feeling drowsy, according to the [2005 Sleep in America® Poll](#).
- The AAA Foundation for Traffic Safety estimates that [12.5 percent of fatal crashes](#) involve drowsy driving – this is thought to be an underestimation.
- For more information and tools to avoid drowsy driving, including the Pledge, visit [sleepfoundation.org/drowsy-driving](http://sleepfoundation.org/drowsy-driving).
- For more information about drowsy driving statistics, or to arrange a media interview please contact Anna Beaty at [nsfmedia@sleepfoundation.org](mailto:nsfmedia@sleepfoundation.org) or (720) 726-5440. Please note that the NSF does not facilitate interviews with drowsy driving victims or their families.

### More Drowsy Driving Data

A report released by the AAA Foundation for Traffic Safety in 2014 concluded that drowsy drivers were involved in an estimated 21% of fatal crashes, based on a nationally representative sample of motor vehicle crashes during 2009–2013 (1).

Drivers who work the night shift, work multiple jobs, or have irregular work schedules are at increased risk for motor vehicle crashes caused by drowsy driving (2). These groups are also more likely to report sleeping <7 hours per day (3): 70% of night shift workers in the transportation and warehousing industry reported less than 7 hours of sleep per night (3), compared with 30% of all adult U.S. workers.

### References

1. Tefft BC. Prevalence of motor vehicle crashes involving drowsy drivers, United States, 2009–2013. Washington, DC: AAA Foundation for Traffic Safety; 2014. <https://www.aaafoundation.org/sites/default/files/AAAFoundation-DrowsyDriving-Nov2014.pdf>
2. Stutts JC, Wilkins JW, Scott Osberg J, Vaughn BV. Driver risk factors for sleep-related crashes. *Accid Anal Prev* 2003;35:321–31. [CrossRef](#) [PubMed](#)
3. Centers for Disease Control and Prevention (CDC). Short sleep duration among workers—United States, 2010. *MMWR Morb Mortal Wkly Rep* 2012;61:281–5. [PubMed](#)



## Tips to Combat Drowsy Driving

Many of us think we can keep our minds alert, even when we're feeling the tug of sleepiness on our brain and bodies. But the truth is that sleep is a powerful biological drive—one that can overtake even the best driver. Rolling down the windows and turning up the radio volume—these tricks don't work. It's important to know what to look for and how to handle drowsiness to protect the safety of everyone on the road.

**It's not always easy to tell when you're too tired to drive. Here are some signs that it's time to pull over:**

- Difficulty focusing, frequent blinking, or heavy eyelids
- Daydreaming; wandering/disconnected thoughts
- Trouble remembering the last few miles driven; missing exits or traffic signs
- Yawning repeatedly or rubbing your eyes
- Trouble keeping your head up
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip
- Feeling restless and irritable

Well before a person actually falls asleep while driving, lapses in attention and slowed reaction times make drowsy driving very dangerous. Driving is a complex activity that involves many small but important split decisions with every passing second. Even if you're awake, your brain is not functioning optimally to handle these decisions. Studies show that excessive sleepiness decreases our judgment and increases risk taking.

**The best way to make sure your mind and body are in optimal driving shape is to plan ahead and get 7-8 hours of sleep before your drive. Other methods include:**

- The pre-drive nap: taking a short nap before a road trip can help make up for a short night's sleep.
- The mid-drive nap: if you find yourself drowsy while driving, pull over to take a short nap of 20 minutes. Make sure you are in a safe location and remember you'll be groggy for 15 minutes or so after waking up.
- The Buddy system: It's safest to drive with a partner on long trips. Pull over every two hours and switch drivers, while the other takes a nap if possible.
- Don't rush. Better to arrive at your destination safe than on time.
- Do not drink alcohol. Even very small amounts of alcohol will enhance drowsiness.
- Don't drive between midnight and 6 a.m. Because of your body's biological rhythm, this is a time when sleepiness is most intense.
- Drink caffeine: caffeine improves alertness, although be aware that the effects of caffeine will wear off after several hours.

## About the National Sleep Foundation

The National Sleep Foundation is dedicated to improving health and well-being through sleep education and advocacy. It is well-known for its annual Sleep in America® poll. The Foundation is a charitable, educational and scientific not-for-profit organization located in Washington, DC. Its membership includes researchers and clinicians focused on sleep medicine, health professionals, patients, families affected by drowsy driving and more than 900 healthcare facilities. [www.sleepfoundation.org](http://www.sleepfoundation.org)





## Did You Know OSHA Has Trenching Resources?

According to the Bureau of Labor Statistics, excavation and trench-related fatalities in 2016 were nearly double the average of the previous five years. OSHA has made reducing trenching and excavation hazards the Agency's Priority Goal. Trench collapses, or cave-ins, pose the greatest risk to workers' lives. To prevent cave-ins:

- SLOPE or bench trench walls
- SHORE trench walls with supports, or
- SHIELD trench walls with trench boxes



## Five Things to Stay Safe

Ensure there is a safe way to enter and exit the trench. Keep materials away from the edge of the trench. Look for standing water or atmospheric hazards. Never enter a trench unless it has been properly inspected.

Applicable OSHA standards are [29 CFR 1926.650](#), [29 CFR 1926.651](#), and [29 CFR 1926.652](#).



Construction: Resources on OSHA's construction regulations, hazard recognition, and possible solutions.

[More](#)

Hazards and Solutions: Describes how soil analysis should be conducted to determine appropriate sloping, benching, and shoring for preventing cave-ins and how employees should be trained on all trenching hazards before beginning work. [More](#)

Additional Resources: Publications, videos and other resources to help employers keep workers safe. [More](#)



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## Additional Trenching Information

- **Protect Workers in Trenches.** OSHA Poster (Publication 3215), (2018). Available in [Spanish](#).
- **Trench Safety: Slope It. Shore It. Shield It.** OSHA Sticker (Publication 0088), (2018). Available in [Spanish](#).
- **Working Safely in Trenches.** OSHA QuickCard™ (Publication 3243), (2018). Available in [Spanish](#).
- **Trenching and Excavation Public Service Announcement** (Transcript). (June 2018). Available in [Spanish](#) (Transcript).
- **National Emphasis Program on Trenching and Excavation.** OSHA Directive CPL 02-00-161, (October 1, 2018). Describes policies and procedures for continued implementation of an OSHA National Emphasis Program (NEP) to identify and to reduce hazards which are causing or likely to cause serious injuries and fatalities during trenching and excavation operations.
- NUCA's **Trench Safety Stand Down** was June 18-23, 2018.



## PROTECT WORKERS IN TRENCHES

Prevent trench collapses and save lives:

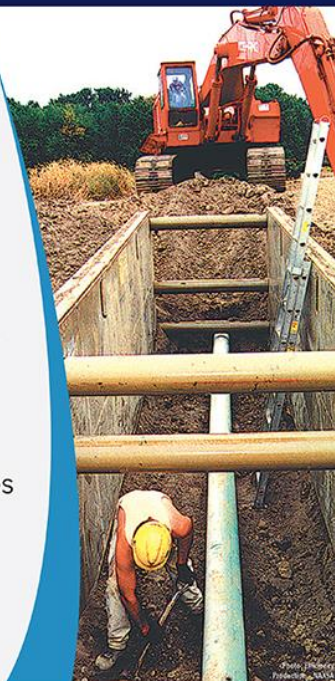
**SLOPE** or bench trench walls,

**SHORE** trench walls with supports, or

**SHIELD** trench walls with trench boxes



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## Potential Chapter Logos



A.



B.



C.



D.

Look for online logo voting soon.