



IT'S NATIONAL RADON ACTION MONTH (SEE PAGE 3 FOR DETAILS)

Chapter Officers	
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Audit	Daniel Ashworth CSP, CFEI, CFPS
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Nominations & Elections	James Calvert PhD CSP, CHMM jacalvert@bwxt.com
PDC Liaisons	Brandon S. Webb E. Stuart Bowman, MBA CSP
Past President	James Calvert PhD CSP, CHMM

Upcoming Meetings & Events

- January 24-31, Seminar Feast in Las Vegas
- February 11th TBD Lynchburg
- March 11th TBD Roanoke
- April 15th A Business Case For Safety", Bob Durkee of OECS Comply in Lynchburg
- May 13th TBD Roanoke
- June 3rd Nightout at the ballpark Lynchburg Hillcats
- June 9-12 Safety 2019, in New Orleans, LA



SAFETY

2019

In this Newsletter

- Chapter News
- Safety Professional of the Year Nominations
- Ladder Safety
- National Radon Action Month
- CDC Tips for preparing for Winter Weather
- Corned Beef & Company Menu Choices

MONTHLY MEETING JANUARY 14th

Topic: NASAs Rocket Production Plants - Michoud and Stennis, A First Hand Perspective by Vince StAngelo PE

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

Cost: See selected menu on page 6

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

Please RSVP: rpcalhoun@bwxt.com



Featured Technical Publication



Safety Professional's Reference and Study Guide, 2nd Ed.
W. David Yates

This book provides a single-source reference that contains information required to handle the day-to-day tasks of a practicing industrial hygienist. New chapters include:

- Behavior-based safety programs
- Safety auditing procedures & techniques
- Environmental management
- Measuring health & safety performance
- OSHA's laboratory safety standard
- Process safety management standard

The book is a collection of information drawn from textbooks, journals, and the author's more than 25 years of experience. Other chapters address regulations, industrial hygiene sampling, risk assessment, ergonomics, management theories, electrical safety, statistics and many more.

Welcome new Member Steve Gordon, CSP

Steve Gordon is a Certified Safety Professional with 22 years of experience in Safety and Industrial Hygiene. He graduated from North Park University with a BA in Economics. Steve has been a Safety Compliance Officer for Virginia Tech since 2005 where he focuses on construction and environmental issues. Prior to that he had extensive Lead Based Paint experience as a risk assessor, contractor, instructor and was the program manager for successful HUD Lead Paint Grants for the Commonwealth of Virginia and for Kankakee IL.

WELCOME!



Star Valley Chapter Newsletter

JANUARY 2019



Chapter News

The December Chapter meeting had to be cancelled due to the December 9th snow storm. Rather than risk safety and exposure to the road conditions the Executive Committee chose to cancel the meeting.

The Chapter needs to resurrect the Nominations & Election Committee as well as populate many other committees. Duties and committee chairperson information as published by ASSP will be provided to any member seeking the information as well as at the January meeting. The information provides a purpose statement, key responsibilities, support provided, benefits, time commitments, qualifications and specific duties. The list of committees requiring assistance include:

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

Thanks to **Bob Drane** for stepping up as the Governmental Affairs Chairperson and as a member of the Nominations & Elections Committee.

Bob Calhoun Chapter Secretary

Safety Professionals of the Year: Nominations Due Feb. 1, 2019

The Safety Professional of the Year (SPY) awards presented by our chapters and regions recognize the dedication and outstanding contributions of ASSP members. If you plan to nominate a member for your region's SPY award, you should be working on the packet now because nominations are due Feb. 1, 2019. Find more information in this [Community Leader Resources](#) link.

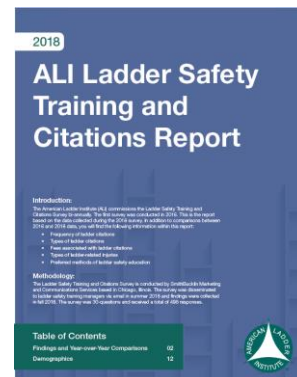
Ladder Safety Tip: Check Your Local Weather; It Could Affect Ladder Safety

Before using ladders outdoors this time of year, it's important to check the local forecast. Make sure to pick a calm-weather day. While even the lightest of rain falls can cause your ladder to get slippery, a windy gust could potentially lead loss of balance.

The American Ladder Institute (ALI), released its Ladder Safety Training and Citations Report. The report publishes the results of a survey targeting ladder safety training managers. Disseminated in the summer of 2018, the survey compared the data collected this year to that of a previous survey from 2016. The Ladder Safety Training and Citations Report contains information on:

- Frequency of ladder citations
- Types of ladder citations
- Fees associated with ladder citations
- Types of ladder-related injuries
- Preferred methods of ladder safety education

[Download Report](#)





Star Valley Chapter Newsletter

JANUARY 2019



National Radon Action Month

Each January, the US Environmental Protection Agency (EPA) sponsors National Radon Action Month to identify the radon hazards and what can be done to avoid exposure.

Radon cannot be seen, smelled or tasted radon, but it could be present at a dangerous level in your home.

Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.





Five Things You Can Do During National Radon Action Month

1. **Test your home** - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive. Learn more about [testing your home](#), including how to obtain an easy-to-use test kit.
2. **Attend a National Radon Action Month event in your area** - Look for radon events in your community.
3. **Spread the word**
4. **Encourage others to learn about National Radon Action and home testing.**
 - o Tell your family and friends about the [health risk of radon](#). Encourage them to test their homes.
 - o [Plan an activity](#) in your community to help raise awareness.
 - o Write an op-ed or letter to the editor using samples from the event planning resources.
 - o Attract media attention by working with a local official to get a radon proclamation.
 - o View or order EPA's [free radon publications](#).
5. **Buy a radon-resistant home** - If you are considering buying a new home, look for builders who use [radon-resistant new construction](#). Read more about radon-resistant new construction, "[Building Radon Out: A Step-by-Step Guide to Build Radon-Resistant Homes](#)".
 - o Build Green: It's Easy to Build New Homes Radon-Resistant ... "The good news is you can build your customers a safer, healthier, radon-resistant home. The techniques to prevent radon from entering a home are practical and straightforward for any builder. It's an inexpensive way to offer families a benefit that could reduce their risk of lung cancer. And it's a smart way to build trust between you and your customer." *Fuad Reveiz, Member of the National Association of Home Builders*




For more information see the links below

- [Learn about Risk from Radon](#)
- [Take Action in January](#)
- [Special Radon Messages](#)
- [The National Radon Poster Contest](#)
- <https://www.epa.gov/radon/national-radon-action-month-information>

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Click here to update your address, email and more.

Social Media:



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CDC's Tips for to Being Prepared for Winter Weather

Winter storms and cold temperatures can be dangerous. Staying safe and healthy requires planning to address winter's potential effect on homes, cars and outdoor activities.

Home Preparation

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Install a smoke detector. Test batteries monthly and replace them twice a year.
 - Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide (CO) emergencies.
 - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
 - Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Car Preparation

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
 - Keep gas tank full to avoid ice in the tank and fuel lines.
 - Use a wintertime formula in your windshield washer.
 - Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
 - cell phone, portable charger, and extra batteries;
 - blankets;
 - food and water;
 - compass and maps;
 - first-aid kit;
 - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
 - flashlight, battery-powered radio, and extra batteries;
 - plastic bags (for sanitation).

Emergency Preparation

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Protect your family from carbon monoxide.
 - Keep grills, camp stoves, and generators out of the house, basement and garage.
 - Locate generators at least 20 feet from the house.
 - Leave your home immediately if the CO detector sounds, and call 911.



- Keep an up-to-date emergency kit, including:
 - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
 - extra batteries;
 - first-aid kit and extra medicine;
 - baby items; and
 - cat litter or sand for icy walkways.

Outdoor Precautions

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
 - Work slowly when doing outside chores.
 - Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Carry a cell phone.

Travel Preparations

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Follow these safety rules if you become stranded in your car.
 - Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
 - Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
 - Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
 - Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
 - Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

Visit CDC's [Winter Weather](#) webpage for more winter weather safety tips.





Star Valley Chapter Newsletter

JANUARY 2019



Corned Beef & Company Meeting Menu Choices and Prices

House Salad \$5.99

Fresh mixed greens, shredded carrots, sliced cucumbers, diced tomatoes, sliced red onion, topped with our homemade croutons. *Add grilled chicken or shrimp for \$3 extra. Add salmon or crab cake for \$5 extra.*

Classic Caesar Salad \$6.99

Chopped romaine lettuce tossed in creamy Caesar dressing, topped with grated parmesan cheese & homemade croutons. *Add grilled chicken or shrimp for \$3 extra. Add salmon or crab cake for \$5 extra.*

Star City Cobb Salad \$11.99

We made this salad famous in the Valley! Diced chicken, shredded swiss cheese, diced tomatoes, crumbled bacon, blue cheese crumbles, & egg slices all atop a bed of fresh mixed greens.

Strawberry and Goat Cheese Salad \$9.99

Fresh spinach, crumbled goat cheese, strawberries, & candied pecans, served with our house made strawberry vinaigrette.

Add grilled chicken or shrimp for \$3 extra. Add salmon or crab cake for \$5 extra.

The Jazzbo \$9.99

Turkey, bacon, cole slaw & horseradish with melted cheddar on a kaiser roll.

The Basic Burger \$8.99

Lettuce & tomato

Choice of cheese add \$1.

Chicken Alfredo \$12.99

Strips of chicken, broccoli, & pasta in a garlic cream Alfredo sauce.

Chicken & Shrimp \$16.99

Pan fried chicken breast topped with sautéed shrimp & garnished with fried spinach in a hazelnut cream sauce.

Served with cheddar mashed potatoes

Chicken Tender Dinner \$9.99

6 hand breaded chicken tenders served with spiral fries, coleslaw, & homemade honey mustard.

Try our chicken tender basket with 3 hand breaded tenders & spiral fries for \$7.99.

Shrimp & Fried Grits \$15.99

Stone ground grits deep fried served with sautéed shrimp, sausage, & garlic in a Cajun cream sauce served with a side of steamed broccoli.

Bourbon Glazed Salmon \$15.99

Served with wild rice pilaf & steamed veggies.

8 oz Sirloin \$14.99

Served with cheddar mashed potatoes & a side salad.

Half Rack Ribs \$14.99

Tossed in our homemade BBQ sauce, served with spiral fries & coleslaw.