



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Star Valley Chapter

NEWSLETTER

MARCH 2019

MARCH IS NATIONAL LADDER MONTH FEBRUARY 24-MARCH 30(SEE PAGE 3 FOR DETAILS)


Chapter Officers

President:	Daniel Ashworth CSP, CFEI, CFPS dlashworth@bwxt.com
Vice-President:	E. Stuart Bowman, MBA CSP Stuart.Bowman@arconic.com
Secretary:	Bob Calhoun CSP rpcalhoun@bwxt.com
Treasurer:	Brandon S. Webb bwebb@favors.com
Delegate:	Bob Calhoun CSP rpcalhoun@bwxt.com

Committee Chairs & Contributors

Audit	Daniel Ashworth CSP, CFEI, CFPS
Communication	Bob Calhoun CSP
Governmental Affairs	Bob Drane, robert.drane@siemens.com
Nominations & Elections	James Calvert PhD CSP, CHMM jacalvert@bwxt.com
PDC Liaisons	Brandon S. Webb E. Stuart Bowman, MBA CSP
Programs	Carlton Davis, MSOS, CSP cdavis@transmontaigne.com
Past President	James Calvert PhD CSP, CHMM
Newsletter Editor	Bob Calhoun CSP

Upcoming Meetings & Events

- 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

- February Recap & Chapter News
- Ladder Safety Month Materials
- OSHA 300A Deadline reminder

Phrase of the month:

Don't assume. Assess!

From CDC's Health Literacy webpage

MONTHLY MEETING MARCH 11th

Topic: March 11th Work Comp Loss Control – How do I get the best work comp results? Drake Evans, MS, CSP, ARM, The Davidson Group Roanoke

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

Cost: We will be ordering of a limited menu. See page 7.

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

Please RSVP: rpcalhoun@bwxt.com



Featured Technical Publication



Introduction to Fall Protection

J. Nigel Ellis

The first new edition to be published in over ten years this book brings the reader up to date with the:

- Best practices
- Latest standards and requirements and
- Innovative equipment for addressing falls in the workplace.

There are many new illustrations and photos provide that provide clear examples of the proper and improper ways to deal with fall hazards based on the experience of the author and other experts.

New sections include:

- Rope access methods
- Updated consensus standards
- New equipment on the market, and
- Recently identified hazards related to older or existing equipment.
- Rescue of fallen workers, including discussions of a rescue plan and procedures.

All chapters have been updated with contributions from dozens of safety and engineering experts. New review questions and answers are also provided.

In the editor's estimation, this is the finest book written on the subject of fall protection.



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February Meeting Recap and Chapter News

The February Chapter meeting was held at Vinny's Italian Grill in Lynchburg, VA with 11 members and guests in attendance. President **Daniel Ashworth** presided over the meeting that included the following highlights:

- The Chapter's newest member **Brian Tilton** was introduced followed by brief introductions by the attendees and guests that included:
 - Daniel Ashworth ○ Carlton Davis ○ David McCrumb ○ Brian Tilton
 - Bob Calhoun ○ Bob Drane ○ Tom Milette ○ Brandon Webb
 - Bettie Clay ○ Joe Hurley ○ Ron Porter
- Reference to copies of officer duties and committee chair information was provided to assist those interested in serving as an officer or committee chair.
- The committees listed below were identified as needed chairpersons and committee members.
 - ASSP Foundation Liaison (Chair needed) ○ Governmental Affairs
 - Audit ○ Membership (Chair needed)
 - Awards & Honors (Chair needed) ○ Nominations & Elections
 - Communications ○ Professional Development (Chair needed)
 - Foundation of ASSP (Chair needed) ○ Programs (Chair needed)
- The following members were recognized for volunteering for the following committees:
 - **Daniel Ashworth**, Chair of the Audit Committee and member of the Programs Committee
 - **Jeff Brafford**, member of the Nominations & Elections Committee
 - **Bob Calhoun**, Chair of the Communications Committee and member of the Programs Committee
 - **Jimmy Calvert**, Chair of the Nominations & Elections Committee
 - **Carlton Davis**, Chair of the Programs Committee
 - **Bob Drane**, Chair of the Government Affairs Committee and member of the Nominations & Elections Committee
- A Nominations & Elections Committee update was presented. The Committee has begun the search for Chapter officers. Those interested in running for office were instructed to contact Jimmy Calvert at jacalvert@bwxt.com. According to the Bylaws, the election must be conducted in the month of May. A list of candidates and their qualifications must be provided to the membership 30 days prior to the election. Chapter officer candidate bios will be published in the April newsletter. Electronic voting will be conducted by the Society in May.
- **New Business:**
 - Safety 2019. The National Professional Development Conference (PDC) in New Orleans date is June 9-12. The Chapter will be receiving a Chapter Achievement Award at the event.
 - ROC Meeting. The next Regional Operating Committee will be held at the end of March.
 - Projection Screen. A projection screen was ordered for \$45.49 (Instahabit 77" 16:9 Portable Projector Screen w/ Foldable Frame Stand Movie Home Outdoor Indoor Theater). The screen will support presentations at Chapter meetings.
- **Presentation:** **Carlton Davis** presented a very interesting and informative discussion entitled "Hazard Assessments & PPE: Are We Guilty of Negligence?" The presentation made us think and assure ourselves we are also addressing engineering and other administrative controls rather than just assigning personal protective equipment. Carlton's presentation will be posted on the Star Valley webpage for everyone's access. Continued on the next page.



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The presentation was concluded with a poem entitled "Fence or Ambulance?" by Joseph Malins. The poem emphasizes the importance of prevention. Sadly it appears that not much has changed since 1895. The poem is found on page 5 of this newsletter in its entirety.

- The meeting was concluded with an update of future meetings that include:
 - March 11th Work Comp Loss Control – How do I get the best work comp results? Drake Evans, MS, CSP, ARM, The Davidson Group Roanoke
 - April 15th A Business Case For Safety", Bob Durkee of OECS Comply in Lynchburg
 - May 13th TBD Roanoke
 - June 3rd, Night out @ the Ballpark (Lynchburg)

Bob Calhoun, Chapter Secretary

National Ladder Safety Month

Every year over 100 people die in ladder-related accidents and many more suffer disabling injuries. The **American Ladder Institute (ALI)**, a not-for-profit association dedicated to promoting safe ladder, established National Ladder Safety Month as a way to promote ladder safety. As a part of National Ladder Safety month, everyone is encouraged to join and participate in ALI activities.

The third annual National that runs from February 24 through March 30. This initiative focuses on sharing educational resources with homeowners and working professionals to prevent ladder-related injuries and accidents.

The National Ladder Safety Month's message is published in [the official marketing guide](#), #LadderSafetyMonth can be used on social media to share participation in the awareness month. National Ladder Safety Month 2019 focuses on five key themes:

- February 24 - March 2: What is Ladder Safety?
- March 3 - 9: Ladder Safety Training and Year Round Partners March 10 - 16: Ladder Safety at Work
- March 10 - 16: Ladder Safety at Work
- March 17 - 23: Ladder Safety at Home
- March 24 - 30: Ladder Inspection and Disposal



Are you using ladders safely?

ALI offers this free ladder safety training. It is a tool for the proper selection, care and safe use of all ladders, including stepladders, single and extension ladders, articulated ladders, and mobile ladders. The training outlines safe ladder practices in all applications, such as construction, painting, building and custodial services, warehousing, power, manufacturing, chemical and petrochemical, oil and gas, and at home.

The training is free. [Start Your Training Register, It's free! Sign In](#)

1. [Register for FREE!](#)

The ladder safety training is 100% free. If you are a Training Manager you can register employees within your organization as well.

2. [Select A Ladder Type](#)

Choose from the American Ladder Institute's library of safety training modules. Take a pretest to see what you know.

3. **Watch and Learn**

Watch media-rich training videos that demonstrate safe ladder practices. (See next page.)



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4. Take the Safety Test

Successfully complete the final safety test to earn your certificate of completion. Share your scores with your friends or Training Manager.

Additional Safety Resources

In addition to this website, the American Ladder Institute also has these additional resources available:

- Are you unsure about your ladders and how safe they are? Use the handy checklist!
https://cdn.ymaws.com/www.americanladderinstitute.org/resource/resmgr/Docs/ladder_inspection_checklist.pdf...
- [View written ladder safety information.](#)
- [Click here to Order copies of the online training on DVD.](#)
- [Click here to view or order ladder standards](#)

About the American Ladder Institute

The mission of the American Ladder Institute is to promote the safe use of listed products as well as advance the common business interests of members through a commitment to:

- Development and dissemination of appropriate standards.
- Education of the public as to the proper selection, care and safe use of ladders
- Representation of the interests of its members

The American Ladder Institute (ALI) is a not-for-profit association dedicated to promoting safe ladder use. ALI represents the common business interests of its members who are affiliated with the ladder and ladder component manufacturing industry as well as allied associations and organizations.

ALI is the American National Standards Institute (ANSI) approved developer of ladder safety Standards. Standards are technical specifications, developed and tested by subject experts, which prescribe rules governing the safety construction, design, testing, care and use of various types of ladders.

Founded in 1947, ALI has evolved to fit the needs of the membership as the industry has changed. Construction materials and processes have developed according to changes in usage, duty ratings and industry need. See the website at <https://www.americanladderinstitute.org/>

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Support the future, support
the Foundation

Join us at the Star Valley Facebook page: <https://www.facebook.com/starvalleyasse>





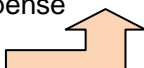
A Fence or an Ambulance by Joseph Malins

'Twas a dangerous cliff, as they freely confessed,
Though to walk near its edge was so pleasant;
But over its terrible edge there had slipped
A duke and full many a peasant.
So the people said something would have to be done,
But their projects did not at all tally;
Some said, "Put a fence around the edge of the cliff,"
Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,
For it spread through the neighboring city;
A fence may be useful or not, it is true,
But each heart became brimful of pity
For those who slipped over the dangerous cliff;
And the dwellers in highway and alley
Gave pounds or gave pence, not to put up a fence,
But an ambulance down in the valley.

"For the cliff is all right, if you're careful," they said,
"And if folks even slip and are dropping,
It isn't the slipping that hurts them so much,
As the shock down below when they're stopping."
So day after day, as these mishaps occurred,
Quick forth would these rescuers sally
To pick up the victims who fell off of the cliff,
With the ambulance down in the valley.

Then an old sage remarked: "It's a marvel to me
That people give far more attention
To repairing results than to stopping the cause,
When they'd much better aim at prevention.
Let us stop at its source all this mischief," cried he,
"Come, neighbors and friends, let us rally;
If the cliff we will fence we might almost dispense
With the ambulance down in the valley."



Oh, he's a fanatic," the others rejoined,
"Dispense with the ambulance? Never!
He'd dispense with all charities, too, if he could;
No! No! We'll support them forever.
Aren't we picking up folks just as fast as they fall?
And shall this man dictate to us? Shall he?
Why should people of sense stop to put up a fence,
While the ambulance works in the valley?"

But a sensible few, who are practical too,
Will not bear with such nonsense much longer;
They believe that prevention is better than cure,
And their party will soon be the stronger.
Encourage them then, with your purse, voice, and pen,
And while other philanthropists dally,
They will scorn all pretense and put up a stout fence
On the cliff that hangs over the valley.

Better guide well the young than reclaim them when old,
For the voice of true wisdom is calling,
"To rescue the fallen is good, but 'tis best
To prevent other people from falling."
Better close up the source of temptation and crime
Than deliver from dungeon or galley;
Better put a strong fence round the top of the cliff
Than an ambulance down in the valley.

Source: <http://sigepsouth.com/fence.htm>



QuickTakes DYK?



Did You Know?

March 2, 2019, is the deadline for employers to [electronically submit data](#) from OSHA Form 300A.



"Did You Know?" messages are issued on occasion to *QuickTakes* subscribers.

QuickTakes is emailed free twice monthly to more than 240,000 subscribers. You can receive it faster and easier by subscribing to the [RSS](#) feed that delivers almost instant information. Visit OSHA's [RSS Feeds](#) webpage to subscribe.



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.



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DRIVE SMART VIRGINIA Free Webinar

Tuesday March 12th, 2-3pm



Defuse Safety Complacency Like a Pro - Powerful Strategies to Ignite Safe Behavior "

A free webinar featuring J.A. Rodriguez Jr

Complacency can grow deep roots within an organization and will continue to flourish to the point of failure without intervention. Complacency offers a comfort zone where a false sense of security is harbored. The rewards for taking that shortcut outweigh the effort needed to perform the task safely. Soon the risk is justified away through incremental rationalization. Suddenly, there it is, the one serious event that has everyone in shock wondering how it happened but not surprised when it does occur. Risky behavior is statistical roulette. Eventually, the odds of a serious injury or fatality approach a high degree of certainty, both at work and in our communities.

Join us for this fast-paced, thought-provoking and high energy webinar.

- We will broach the topic of how employees and members of the community make the unsafe choices they do and why.
- Learn new strategies that reignite safety engagement in an otherwise flat safety program.
- Discover field-tested approaches that target high-risk areas and converts them into safety program support centers of excellence including contractors and supplier vetting.
- Explore how consequential leadership plays a role in driving results and how you can convert the old "norm" into a powerfully refreshed and sustainable one.

J.A. Rodriguez Jr, CSP, SGE is a Fortune 100 global senior business leader of EHSS and the Voluntary Protection Program Participants' Association's Chairman of the Board. He is responsible for the effective design and implementation of EHSS management systems at 550+ sites in 100 countries. He is a leader in the industry recognized by national associations and publications for his continued contributions to the safety profession. J.A. is a dynamic professional writer and international presenter on topical content including leadership and safety management system performance excellence. Follow him on LinkedIn and Twitter: @JARodriguezJr

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