



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS
Star Valley Chapter

NEWSLETTER

APRIL 2019

APRIL IS DISTRACTED DRIVING AWARENESS MONTH! SEE PAGE 9 FOR INFORMATION

Chapter Officers	
President:	Daniel Ashworth CSP, CFEI, CFPS dashworth@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

- 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

- March meeting Recap & Chapter News
- Chapter Officer Candidate Bios for 2019-20
- Star Valley Committees
- Region 6 Communication Committee
- BCSP Digital Badges
- OSHA & ASSP News
- Fruit and Vegetable Safety
- Distracted Driving Awareness Month Info

MONTHLY MEETING APRIL 15th

Topic: A Business Case For Safety", Bob Durkee of OECS Comply

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

Cost: We will be ordering of the menu.

Location: Vinny's Italian Grill

4018 Suite J; Ward's Road; Lynchburg,
Phone: 434-455-4338

Please RSVP: rpcalhoun@bwxt.com



See page 9 for distracted driving details.

Welcome New Members who attended the March meeting:

- Taylor Chaney
- Jason Lester
- Nicholas Nelson
- Simon Schlatter

Phrase of the month for consideration:

"The use of silly and meaningless safety slogans matters, it creates a distraction and delusion that safety and risk are being addressed. We may feel good about speaking such words but they dumb down culture and distract people from taking safety seriously".

Dr. Rob Long





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Chapter Officer Candidates for 2019-20

In accordance with the ASSP Star Valley Chapter Bylaws, The Nominations and Elections Committee Chair Jimmy Calvert, introduces the slate of officers and their bios for the Chapter year 2019-20. Candidates include:

For President:

Daniel Ashworth is currently employed at BWX Technologies Nuclear Operations Group, in Lynchburg, VA, as Group Leader & Safety Engineer in the Industrial Health and Safety Department. Daniel is a Certified Safety Professional, Certified Fire Protection Specialist and a Certified Fire & Explosion Investigator with a B.S. in Fire & Safety Engineering Technology, a M.S. in Safety, Security & Emergency Management, and is completing a Ph.D. in Safety Sciences. His career has spanned both the nuclear and healthcare industries, both as an employee and contractor for Nuclear Fuel Services, Inc., Nuclear Safety Associates, and Smith Seckman Reid, Inc. He is an adjunct faculty member with Eastern Kentucky University's Department of Safety, Security & Emergency Management.

For Vice President/President Elect:

E. Stuart Bowman, MBA CSP is a Safety and Environmental Manager for Arconic/RTI International Metals. He has 27 years' experience in occupational safety and health having also worked for Solutia (CPFilms), Piedmont Business Group and Sara Lee Corporation. Stuart serves on the board of directors for Henry County Public Service Authority and Fieldale-Collinsville Volunteer Rescue Squad. Stuart has 27 years in ASSE where he is a professional member.

Stuart earned degrees and certifications from Patrick Henry Community College, Averett University and East Tennessee State University. He is also an adjunct professor at Patrick Henry Community College where he teaches OSHA 10 and 30 hour General Industry Classes.

For Secretary and Delegate to the Society House of Delegates (HoD):

Robert P. "Bob" Calhoun, CSP, CPEA is a Technical Specialist 4 in the Industrial Health and Safety department for BWX Technologies Nuclear Operations Group in Lynchburg, Virginia. He has been as member of ASSP for 36 years where he has served as a president, secretary, HoD delegate and/or newsletter editor for the Cape Canaveral and Star Valley Chapters of ASSP for a combined 23 years. Bob is the current secretary and delegate.

Over the course of his career, Bob was employed as a senior safety engineer by United Technologies Corporation on the Space Shuttle program at the Kennedy Space Center and a Principal Occupational Safety & Health Engineer for Northrop Grumman on the Joint Surveillance Target Attack Radar System program with responsibilities at Melbourne Florida and Warner Robins, Georgia. Bob holds a Bachelor of Science degree in Safety Sciences from Indiana University of Pennsylvania.

For Treasurer:

Brandon S. Webb is a certified instructor for the NSC and an OSHA Outreach Training Program Trainer. His career began as a Machinist for 10+ years before making a career change into the safety profession. Brandon holds a degree from New River Community College. Brandon is currently pursuing a degree from Averett University and certification from BCSP. Brandon's career has included heavy manufacturing in a foundry setting, manufacturing of earth moving equipment, nuclear manufacturing, and warehouse and distribution. Brandon spent many years as a safety professional with Griffin Pipe and is currently employed as the Corporate Safety Manager for Unique Industries, Inc.





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Committee Discussion from the Star Valley March Meeting

The following information was discussed at the March 2019 Star Valley meeting. The discussion revolved around the typical committees, those supported by ASSP chapters, those listed in the Star Valley Bylaws and recommended committees as discussed below. The committees in some cases have been modified to include the function of other traditional committees. Final resolution was determined to be best resolved by distributing a questionnaire and later insterted and published in the Chapter Bylaws.

Standing Committees:

- Audit (Chairperson D. Ashworth)
- Communication (Chairperson B. Calhoun) incorporating the following committees:
 - Newsletter
 - Public Relations
- Executive committee additions:
 - Bylaws
 - Strategic planning
- Foundation
- Government Affairs (Chairperson Bob Drane)
- Membership – incorporating the following committees:
 - Awards & Honors
 - Professional Development
 - Jobs
 - Hospitality
- Nominations & Elections (previous past president)
- Programs (Chairperson B. Webb)

Special Committee/Task Force:

- Student Section Investigative Committee
- Chapter Fund Raising

All committees report to Executive Committee

Stay Connected! Review your Communications Options with ASSE:
Click here to update your address, email and more.



Social Media:



Support the future, support
the Foundation

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





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Region 6 Communication Committee Notes

Bob Calhoun is representing the Chapter in the Region 6 Communication Committee. The latest meeting was held on March 22, 2019 and the meeting notes are presented below.

- Purpose:
 - The purpose of the committee is to improve communication to engage the membership and others with similar interest.
- Committee meetings will be conducted monthly or as required.
- ASSP feedback will be requested
- Some chapters are using "Higher Logic" (our ASSP email service) to simultaneously sent out notification by alternative sources such as Linked-In and Facebook
 - Investigation needed to determine potential for Linked-In Company or Personal format and effectivity.
- Communication effects on Chapters was discussed with the following items noted to improve attendance:
 - Food improvement
 - Speakers aligned with OSHA top-10 violations
 - Free attendance option: attendees do not have to register for meetings if they do not intend to eat. This reduces the pressure to sign up for meetings without issue should an attendees schedule not permit participation.
 - Follow-up phone calls regarding meeting communication.
- The next step for the Communication Committee
 - Collect more metrics
 - Provide feedback regarding what is working
 - Speeding up communication
 - Provide feedback
 - Discussion at the next ROC
- Next meeting will be in May

Some committee metrics: On average, the Region chapters average a 6% attendance at monthly meetings. The Star Valley Chapter is averaging slightly better at 7%. Everyone would like to see improvements. Communication regarding meetings is seen as a way to improve attendance. A "click rate analysis" was requested for each chapter. The following data was provided by the Star Valley Chapter:

Date	Sent	Delivered	% Delivered	Opened	% Opened	Clicked	% Clicked
1/14/19	111	111	100%	24	21.6	0	0
1/7/19	112	111	99.1	35	31.5	4	3.6
12/12/19	110	109	99.1	30	27.5	1	0.9
12/7/19	111	109	99.1	32	29.1	5	4.6
11/29/19	111	108	97.3	36	33.3	5	4.6
11/05/18	112	111	99.1	33	29.9	3	2.7
10/1/19	110	110	100	31	28.2	12	10.9
10/1/18	110	110	100	34	30.9	2	1.8
9/24/18	110	109	99.1	42	38.5	15	13.8
9/09/18	108	107	99.1	31	29	7	6.5
Averages	110.1	108.5	98.5%	32.3	29.7%	54	4.9%

September through 1/14/19:

- Email delivery rate is 98.5%
- An average 29.7% of the Star Valley Chapter have opened the email
- An average 4.9% of the Star Valley Chapter has clicked on the email.



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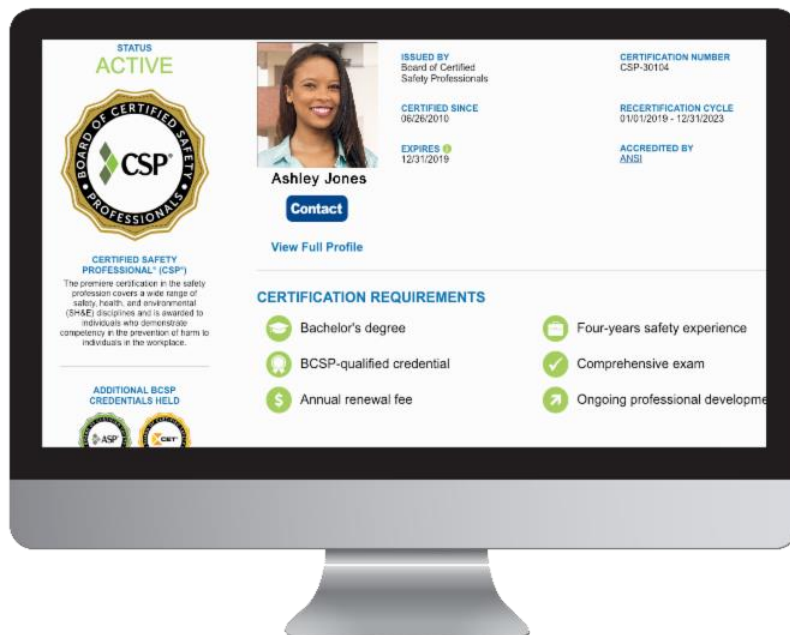
BCSP Digital Badges

As a BCSP credential holder, you now have access to a digital badge for each certification or designation that you hold.

Your digital badge is free to use and can be shared in emails, within social media platforms, web pages, and more.

BCSP has instituted digital badging for certificate holders. This will provide a means to more readily share accomplishments and commitment to continued education in the safety, health, and environmental fields. Your BCSP digital badge will proudly display your dedication to making the world a safer place.

To retrieve your badge and view instructions on how to insert your badge into various platforms, login to your [My Profile](#) account and select "My Badge(s)" to get started. Suggested by **Steve Gordon**



Board of Certified Safety Professionals

317.593.4800 | badgesupport@bcsp.org | www.bcsp.org

OSHA News (Click on the links for more information)

Sixth Annual National Stand-Down to Prevent Falls: May 6-10, 2019

OSHA and its partners will host events throughout the country in honor of the sixth annual [National Safety Stand-Down to Prevent Falls in Construction](#) May 6-10, 2019. Employers and workers will pause to talk about fall hazards, OSHA compliance, and industry best practices to prevent falls. The [2019 poster](#) is now available on [OSHA's publications page](#).

New Video Provides Information on Trenching and Excavation Safety

A new video developed by Dallas-area OSHA Training Institute Education Centers offers guidance on how to prevent injuries from common hazards in trenching and excavation. The one-hour video focuses on cave-in protection, competent persons, and best practices. [Register online](#) to receive a link to this free video.

OSHA Urges Employers to Prevent Worker Exposure to Carbon Monoxide

OSHA is reminding employers to take necessary precautions to protect workers from the potentially fatal effects of carbon monoxide exposure. Every year, workers die from carbon monoxide poisoning, usually while using fuel-burning equipment, tools, compressors and pumps, gas-powered forklifts, and other devices in buildings or semi-enclosed spaces without adequate ventilation. To reduce the risk of exposure, employers should install an effective ventilation system, use carbon monoxide detectors, and take other precautions as described in OSHA's [Carbon Monoxide Fact Sheet](#). Other OSHA resources include [videos \(in English and Spanish\)](#), QuickCards (in [English](#) and [Spanish](#)), and a fact sheet on [portable generator safety](#).





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ASSP News (Click on the associated links for additional information)

Volunteer Week Is April 7-13

ASSP volunteers are our strongest asset and your way to [engage members](#). Volunteer Week is April 7-13, 2019. [Let us know](#) how you plan to recognize your volunteers. To show your appreciation with items featuring your chapter's logo or the ASSP logo, visit our [online store](#). Check the [Chapter Communities Marketing Kit](#) for logos and guidance on their use.

Did You Know OSHA Has a Drone Inspection Policy?

In May 2018, OSHA issued an internal memorandum outlining the procedures for inspectors to follow when using drones as part of a work site inspection. To date, no link to the document is publicly available.

OSHA Drops Requirement to Electronically Submit OSHA Forms 300 and 301

OSHA has issued a final rule that eliminates the requirement for establishments with 250 or more employees to electronically submit information from OSHA Form 300 and Form 301 each year. These establishments must still maintain those records on-site and must continue to submit information from their Form 300A.

The Evolution of Prevention Through Design and Risk Assessment

In a peer-reviewed article titled "PTD Before Risk Assessment: A Historical Perspective," Michael Taubitz provides his insights into the history of PTD and risk assessment in the automotive industry and lessons these practices taught him throughout his career.

OSHA and MSHA to Hike Civil Penalties

U.S. Department of Labor plans to initiate significant hikes in the civil penalties imposed by OSHA and MSHA that will take effect once increases can be published in the Federal Register.

OSHA Proposes Revisions to Beryllium Standard for General Industry

OSHA is seeking to clarify key provisions of the beryllium standard for general industry, changes it says will simplify compliance while delivering the same level of safety and health protections as the current standard.

Distracted Driving- related VA House Bill 181

HB 181, passed the House 50-47, is scheduled for a vote in the Senate on March 28, 2019. If it passes, it would go to Gov. Ralph Northam's desk. The proposed law makes any use of a cellphone that "substantially diverts the driver's attention from the operation of the motor vehicle guilty of distracted driving." Distracted driving would be a primary offense, which means officers wouldn't need any other reason to pull a driver over, and comes with a fine of as much as \$500. The bill mandates a minimum \$250 fine if the offense happens in a construction zone.

The law would make it far easier for police to fine drivers using cellphones, and lawmakers and advocates hope that changes drivers' behavior. Source: Virginia Pilot

https://pilotonline.com/news/government/virginia/article_7352f4b1-cce8-5189-b699-5adb79ca3155.html



Fruit and Vegetable Safety from the CDC

Eating a diet with plenty of fruits and vegetables provides important health benefits, but it's important that you select and prepare them safely.

Fruits and vegetables add nutrients to your diet that help protect you from [heart disease](#), [stroke](#), and some [cancers](#). In addition, choosing vegetables, fruits, nuts, and other produce over high-calorie foods can help you manage your [weight](#).

But sometimes raw fruits and vegetables contain harmful germs, such as [Salmonella](#), [E. coli](#), and [Listeria](#), that can make you and your family sick. In the United States, nearly [half](#) of foodborne illnesses are caused by germs on fresh produce.

The safest produce is cooked; the next safest is washed. Enjoy uncooked fruits and vegetables while taking steps to avoid foodborne illness, also known as food poisoning.

At the store or market:

- **Choose produce** that isn't bruised or damaged.
- **Keep pre-cut fruits and vegetables cold** by choosing produce that is refrigerated or kept on ice.
- **Separate fruits and vegetables** from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Cook sprouts thoroughly to reduce the risk of illness. Sprouts are a particular concern because the warm, humid conditions needed to grow sprouts also are ideal for germs to multiply. Therefore, eating raw or lightly cooked sprouts may lead to food poisoning. It's especially important to avoid raw sprouts if you are in a group more likely to get seriously sick from food poisoning: pregnant women, young children, older adults, and people with weakened immune systems.

[Sprouts: What You Should Know External](#)

At home:

- [Wash your hands](#), kitchen utensils, and food preparation surfaces, including chopping boards and countertops, before and after preparing fruits and vegetables.
- [Clean fruits and vegetables External](#) before eating, cutting, or cooking, unless the package says the contents have been washed.
 - Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel—so dirt and germs on the surface do not get inside when you cut.
 - Cut away any damaged or bruised areas before preparing or eating.
 - Dry fruit or vegetables with a clean paper towel.
- **Keep fruits and vegetables [separate](#)** from raw foods from animals, such as meat, poultry, and seafood.
- **Refrigerate** fruits and vegetables you have cut, peeled, or cooked within 2 hours (or 1 hour if the outside temperature is 90°F or warmer). Chill them at 40°F or colder in a clean container.

Groups With a Higher Chance of Food Poisoning

Anyone can get a foodborne illness, but [people in certain groups are more likely to get sick](#) and to have a more serious illness. These groups are:

- Children younger than age 5
- Adults aged 65 and older
- Pregnant women
- People with weakened immune systems

If you or someone you care for has a greater chance of foodborne illness, it's especially important to take steps to prevent it.



Distracted Driving

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the

EYES ON ROAD • HANDS ON WHEEL
MIND ON DRIVING

stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving. Some facts:

- Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.
- You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.
- In 2016 alone, 3,450 people were killed. 391,000 were injured in motor vehicle crashes involving distracted drivers in 2015.
- In 2017, 3,166 people were killed in motor vehicle crashes involving distracted drivers.
- During daylight hours, approximately 481,000 drivers are using cell phones while driving. That creates enormous potential for deaths and injuries on U.S. roads. Teens were the largest age group reported as distracted at the time of fatal crashes.

The National Highway Safety Administration (NHTSA) leads the fight nationally against distracted driving by educating Americans about its dangers and partnering with the States and local police to enforce laws against distracted driving that help keep us safe.

NHTSA's campaigns and public service announcements make the case to Americans that safe driving means driving without distractions. You've likely seen or heard our public service announcements, but we're also on Facebook and Twitter sharing stories and tips to help save lives.

The foundation of NHTSA's efforts on distracted driving and other risky driving behaviors is a partnership with the States and local police. The States determine laws affecting distracted driving, but NHTSA provides Federal investments in the locally driven strategies that address the States' specific needs. One of the highlights of this relationship comes during April's Distracted Driving Awareness Month, which pairs a national advertising campaign with a law enforcement crackdown called *U Drive. U Text. U Pay.*

- See these links for general resources on the subject of distracted driving:
<https://www.trafficsafetymarketing.gov/get-materials/distracted-driving/evergreen-campaign-material>
- [**U Drive. U Text. U Pay.**](#) (enforcement)
- [**One Text Or Call Could Wreck It All**](#) (social norming)

The National Safety Council also has distractive driving awareness materials at this link:

- <https://www.nsc.org/road-safety/get-involved/distracted-driving-awareness-month>



Calls kill
Hands-free is not risk-free



Ladder Safety Statistics presented by Graphic Products

WORKPLACE LADDER SAFETY

presented by Graphic Products, Inc.

STATISTICS

Approximately 12% (348,000) of the 2.9 million nonfatal injuries in 2016 came from slips, trips and falls.

A fall of **6ft.** or greater off of a ladder frequently results in INJURY OR DEATH.

Number of Falls, Slips and Trips resulting in days away from work in all industries

229,240 in 2016

23,920

of fall injuries in 2016 were the direct result of falling off of a ladder.

Fatal Falls from Ladders in the United States

2003: 114	2006: 132	2009: 127
2004: 135	2007: 135	2010: 132
2005: 129	2008: 119	2011: 113



In 2016 there were 849 fatalities from falls.

170 of those fatalities, were falls from ladders.

24,700 trip, slip or fall injuries occurred in the construction industry alone in 2016.



Improper use of ladders in construction was the

SIXTH

most cited OSHA standard violated in 2017.

