



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Star Valley Chapter

NEWSLETTER MAY 2019

MAY IS NATIONAL ELECTRICAL SAFETY MONTH! SEE PAGE 3 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
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Programs	Carlton Davis, MSOS, CSP cdavis@transmontaigne.com
Past President	James Calvert PhD CSP, CHMM
Newsletter Editor	Bob Calhoun CSP

Upcoming Meetings & Events

- June 3rd Nightout at the ballpark, Lynchburg Hillcats. See the flyer on this page.
- June 9-12 Safety 2019, in New Orleans, LA

SAFETY 2019

- September 9th Chapter Meeting

In this Newsletter

- April meeting Recap & Chapter News
- Chapter Officer 2019-20 Election
- Spear-phishing Attack on an ASSP Chapter
- National Electrical Safety Month Resources
- International Internal Audit Awareness Month Information
- Keeping Teen Safe & Healthy at Work
- Corned Beef & Company Menu

MONTHLY MEETING MAY 13th

Topic: Business Meeting & Best Practices Sharing

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 6.

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

Please RSVP: rpcalhoun@bwxt.com

June 3, 2019



Join your fellow ASSP members for a night out at the ballpark!



VS



Calvin Falwell Field @ City Stadium
3180 Fort Ave. Lynchburg, VA 24501

Cost: \$25.00 includes:

- A game ticket
- Hot dog and hamburger buffet
- Baked beans
- Chips
- Cookies
- Soft drinks or water

ASSP Member raffle to throw out the first pitch!

Buffet event runs from 6:00 – 7:30 pm

RSVP is required!

Contact Bob Calhoun at rpcalhoun@bwxt.com or 434-382-9212.





April Meeting Recap and Chapter News

The April 15th meeting of the Star Valley Chapter of the American Society of Safety Professional was held at Vinnies Italian Grill in Lynchburg, Va. The meeting featured the following topics.

1. Attendee Introductions

The meeting was begun with each attendee and guest introducing themselves. Attendees included:

- Daniel Ashworth (President)
- Bob Calhoun (Secretary)
- Carlton Davis
- Jason and Shelley Desler
- Bob Durkee and Gina
- Brian Tilton
- Brandon Webb (Treasurer)

2. New and old business:

- Safety 2019 PDC will be attended by two chapter members, Jason Desler and Bob Calhoun. The Chapter will be receiving a Chapter Achievement Award that the conference.
- Daniel discussed the March 28th & 29th ROC meeting in Richmond, VA.
- Chapter Officer Elections: In accordance with Star Valley Bylaws, the Chapter has satisfied or has established the means to establish the Chapter Executive Committee for Chapter year 2019-20. Details include:
 - Officer bios were published in the April newsletter
 - Officer names & bios were provided to ASSP to develop and distribute electronic ballot.
 - The polls will be open for a two-week period. Results will be published in May or June depending on when the election process is complete

- ### 3. Presentation: Bob Durkee
- of OECS Comply and a Star Valley Chapter member presented a very interesting and informative presentation entitled: "A Business Case for Safety". His presentation provided information safety professionals can use to explain the value of safety in a business model to their management. Numerous sources of information were provided to drive the point home including:
- A bio featuring former Alcoa Chairman and CEO Paul H. O'Neill's stance on prioritizing worker safety and novel safety culture ideas related to quality and profit.
 - Statistics and references from Liberty Mutual, CDC, the OSHA Safety Pays Calculator, National Council of Compensation Insurance, the Power of Engagement at Work, Bureau of Labor statistics, and Gallup 12 Questions (Q¹²)
 - The three most costly work place injuries were identified as overexertion, fall on the same levels and falls to lower levels that constitute to 70% of costs.
 - Graphic analyses, which demonstrated the revenue that's typically required to recover from the losses due to accidents, were presented.
 - The potential impacts of accidents were discussed including: cost, employee morale, loss of customers, time, legal expenses, productivity, etc.
 - The importance of employee engagement was discussed and well as dealing with all kinds of employees including millennials.
 - Lively discussions followed each topic.

The meeting was concluded with a reminder of upcoming Chapter events that included the May 13th meeting in Roanoke ; the June 3rd Night out @ the Ballpark in Lynchburg; and Summer break with Chapter year 2019-20 resuming September 9, 2019.

R. Calhoun, Secretary



Star Valley Chapter Newsletter

MAY 2019



Chapter Officer Elections and Ballots

The ballot for the Star Valley Officers for 2019-20 was emailed to all Chapter members by past president and chair of the Nominations and Election Committee James Calvert via Society Headquarters. The election runs until May 14th. If you did not receive your electronic ballot, check your suspect email folder.

Spear-phishing Attack on an ASSP Chapter

ASSP reports that a recent spear-phishing attack on an ASSP chapter was successful and the chapter lost monies. Spear-phishing messages are targeted messages that appear to come from a trusted source, likely someone the target knows personally and generally someone in a position of authority. In these attacks, a member of the Board received an official looking email from another Board member asking for swift action on a late payment to a vendor.

Note: The Star Valley Chapter has not been affected by phishing but a recent attempt was foiled.

National Electrical Safety Month

The Electrical Safety Foundation International (ESFI) is a non-profit organization dedicated exclusively to promoting electrical safety in the home, school, and workplace. To commemorate National Electrical Safety Month, ESFI spearheads an annual campaign to educate key audiences about the steps that can be taken in order to reduce the number of electrically-related fires, fatalities, injuries, and property loss.

In celebration of Electrical Safety Month 2019, ESFI has announced the launch of the of its National Electrical Safety Month resources. This year's theme "Electrical Safety During Natural Disasters," focuses on the importance preparing, weathering, and rebuilding after natural disasters.

See the ESFI website: <https://www.esfi.org/program/national-electrical-safety-month-314>. This excellent website features information on home safety, workplace safety, kids' safety, programs and initiatives and a resource library. This year there is also a 2019 National Electrical Safety Month Safety Advocate Guide. The Guide contains various ways to engage and encourage friends and colleagues. As the Guide identifies education as key to protecting personnel from preventable electrical fires, injuries and fatalities. It also relates that "Knowledge IS power, but often people don't know the subjects in which they are lacking."

May is also International Internal Audit Awareness Month.

To assist, The Institute of Internal Auditors (IIA) offers customizable tools, planning resources, and thought-provoking content to help advocate for and build awareness of the internal audit profession



These materials including an internal audit awareness toolkit, position papers, and thought leadership can be found at www.theiia.org/AwarenessTools.

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



Social Media:



Join us at the Star Valley Facebook page:

<https://www.facebook.com/starvalleyasse>



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the Foundation





NIOSH Science Blog: Keeping Teens Safe and Healthy at Work

Interesting and informative from <https://blogs.cdc.gov/niosh-science-blog/2019/04/22/safe-summer-job/> .

Keeping Teens Safe and Healthy at Work: It Takes Teamwork!

Posted on April 22, 2019 by Rebecca Guerin, PhD, CHES

For U.S. teens, a summer job is a rite of passage. Research demonstrates that these experiences, whether lifeguarding, working in a restaurant or the local ice cream shop, mowing lawns, or working in the family business, have many benefits.[1] These include helping teens gain independence, valuable job and life skills, and experiences that bridge the transition to adulthood. Despite these benefits, work can also have serious risks. Approximately every 5 minutes a teen aged 15-19 is injured at work. They experience roughly twice the rate of injuries as adult workers over age 24.[2]

To help keep young workers safe at their jobs this summer, the National Institute for Occupational Safety and Health (NIOSH) is participating in the social media campaign, [My Safe Summer Job](#), to provide workplace safety and health information and resources to employers of youth, young workers, parents, and educators. Employers have the main responsibility to provide workers, including teen employees, with a safe and healthy workplace. But safety takes teamwork. Parents, teachers, and teens themselves, also play a crucial role in contributing to safe and healthy work experiences for youth.

Teens must follow the safe work practices at their job site, report hazards to their supervisor or another adult and speak-up when they feel unsafe. Teens under the age of 18 also have special protections at work under state and federal child labor laws. Federal child labor regulations restrict the hours teens under age 16 may work and prevent those under age 18 from working in certain dangerous jobs. Many states have more restrictions.[3] It is important for teens, their employers and their parents to be aware of these special protections.

Below are some general, and by no means exhaustive, guidelines for the other important team members who play a vital role in keeping youth safe and healthy at work. See the **Additional Resources** section below for more information.

Employers

When hiring teen workers, employers should follow these guidelines:

- Learn and comply with the [federal](#) and [state](#) child labor laws that apply to young workers.
- Provide safety training using words that teens can understand. Point out safety precautions and possible workplace hazards. Give clear instruction for each task, especially unfamiliar ones. Provide hands-on training on correct use of equipment. Reinforce training constantly.
- Avoid making assumptions about what young workers know, even if something seems obvious. They may be embarrassed or uncomfortable to ask questions.
- Supervise teens closely, correcting any issues immediately.
- Prepare teens for emergencies such as fires and violent or unexpected, dangerous situations.
- Be sure teens know how to use personal protective equipment (if needed).
- Implement a mentoring or buddy system with an adult or experienced workplace peer.
- Encourage open communication where questions are welcome.
- Tell young workers what to do if they get hurt on the job.
- Set a good safety example.

It is important to create a workplace culture that encourages young workers to ask questions about health and safety concerns.



Star Valley Chapter Newsletter

MAY 2019



Parents

Parents should take an active role in discussing their teen's employment, reminding their teen to speak-up if they feel unsafe or uncomfortable at work.

The following are some questions parents can use to talk with their teen about being safe at work:

- Have you received any safety training?
- Is there a supervisor present at all times?
- Do you know who to ask if you have any safety questions?
- Do you work with any dangerous machinery or hazardous chemicals?
- Do you know your rights and responsibilities at work?
- What hours are you expected to work?
- Do you know what to do if you get injured?
- Do you know what to do if an emergency occurs at work?

NIOSH understands the importance of teamwork in promoting young worker safety and health. The Institute has teamed up with the Occupational Safety and Health Administration (OSHA), CareerSafe, and others on the *My Safe Summer Job* social media campaign to keep young workers safe at their summer jobs. Please share with us in the comment section below how your workplace is working to keep young workers safe this summer and all year long.

Follow along on the NIOSH [Facebook](#), [Instagram](#), and [Twitter](#) through mid-May, 2019. Visit the [My Safe Summer Job website](#) for materials, resources, and information.

Rebecca Guerin, PhD, CHES, is a research social scientist in the NIOSH Education and Information Division and coordinator of the NIOSH Safe • Skilled • Ready Workforce program.

Additional resources

- The NIOSH [Young Worker Safety and Health Topic Page](#) highlights NIOSH resources and research related to protecting young workers.
- The [NIOSH Safe • Skilled • Ready Workforce Program](#) page provides information, resources and research related to young worker safety and health.
- The [NIOSH Young Retail Workers page](#) provides workplace safety and health information for youth working in retail jobs.
- The U.S. Department of Labor provides guidance for young workers, parents, employers, and educators:
 - [Young Workers: You Have Rights](#)
 - [Youth Rules! For Employers, Parents, and Educators](#)
- [The Labor Occupational Health Program at UC Berkeley](#), [Massachusetts Department of Public Health](#), and [Washington State Department of Labor and Industries](#) provide a number of helpful resources for working teens, their parents, teachers and employers.

References

- [1] Mortimer, J. T. (2010). The benefits and risks of adolescent employment. *Prevention Researcher*, 17(2), 8.
- [2] NIOSH (2019). [The Work-Related Injury Statistics Query System \(Work-RISQS\)](#), 2016.
- [3] <https://www.dol.gov/whd/regs/compliance/hrq.htm#9>

Posted on April 22, 2019 by Rebecca Guerin, PhD, CHES

Categories [Young Workers](#)



Star Valley Chapter Newsletter

MAY 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.