



# SAFETY EMPHASIS

*"SAFETY THROUGH EDUCATION"*

A MONTHLY NEWSLETTER OF THE COLUMBIA-WILLAMETTE CHAPTER OF  
THE AMERICAN SOCIETY OF SAFETY ENGINEERS

February 2004

[www.assecwc.org](http://www.assecwc.org)

Vol. 24 No. 7

## **2003-2004 Elected Officers**

### President

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503/789-4736

### President Elect

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503/283-1884

### Vice-President

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360/576-1975

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503/219-2937  
Bruce Conrad  
503/235-6067

### Santiam Section

Alan Samarin  
503/315-3566

### Mt. St. Helens

Chris Carlson  
360/397-2446

***Volunteers are the Key to our  
Success***

## **ASSE Invites you to our Joint Meeting with the Occupational Health Nurses**

**Monday, February 9, 2004  
Sweetbriar Inn 11:30 AM -01:00 PM**

**We will also be honoring ASSE Past Presidents.**

***Please Note: The Brown Bag Lunch February 6th has  
been moved to a Breakfast Meeting. Be sure to check flyer!***

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**February 6<sup>th</sup>** Columbia Willamette Brown Bag Lunch  
Elmers Resturant on Sandy Blvd.  
7:00am - 8:00am

**February 9<sup>th</sup>** Columbia Willamette Membership Meeting  
Sweetbriar Inn 11:30 AM -01:00 PM

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## **February 9, 2004 Membership Meeting Topic**

### **Effective Return to Work Programs: Dealing with temporary restrictions and ADA accommodations**

**Speaker:** Heather Hall is the Medical Case Manager at Intel Corp. in Hillsboro. She has been with Intel Occupational Health Services for over 15 years. She came to Intel with 20 years of intensive care nursing experience, BS in Behavioral Health and MS in Nursing with major in OH (OH Nurse Practitioner).

We will look at our legal obligation as an Oregon employer to accommodate employees and what we may want to do in addition to either keep employees at work or bring them back ASAP from Medical or Industrial Leave. This will address employees with Workers' Compensation claims and those who may or may not be out under Short-term Disability benefits. Transitional Work Programs with clear eligibility and limits help to drive a strong program. Accommodation of employees (and contract workers) with permanent restrictions and those with an ADA disability impacting their job performance will be discussed.

**American Society of Safety Engineers**  
**Columbia Willamette Chapter**  
**Past Presidents**

<b>Merrill D. Ely*</b>	<b>1941-1942</b>	<b>Roy Stanton*</b>	<b>1942-1943</b>
<b>Miles Murray*</b>	<b>1943-1944</b>	<b>Eillism J. Weller*</b>	<b>1944-1945</b>
<b>Franklyn Johnson*</b>	<b>1945-1946</b>	<b>Robert H. Williams*</b>	<b>1946-1947</b>
<b>Laron H. Holden*</b>	<b>1947-1948</b>	<b>George E. Lewis*</b>	<b>1948-1949</b>
<b>A.A. Morrison*</b>	<b>1949-1950</b>	<b>J.R. Grady*</b>	<b>1950-1951</b>
<b>J.N. Chitwood*</b>	<b>1951-1952</b>	<b>R.N. Dinwiddie</b>	<b>1952-1953</b>
<b>Robert P. Miller*</b>	<b>1953-1954</b>	<b>R.W. Lowery</b>	<b>1954-1955</b>
<b>Edward Roles*</b>	<b>1955-1956</b>	<b>L.A. Peterson</b>	<b>1956-1957</b>
<b>Chris T. Nyland*</b>	<b>1957-1958</b>	<b>Otto Harwig*</b>	<b>1958-1959</b>
<b>Otto Harwig*</b>	<b>1959-1960</b>	<b>George Babich*</b>	<b>1960-1961</b>
<b>Dave MacCollum</b>	<b>1961-1962</b>	<b>J.R. Wollcott*</b>	<b>1962-1963</b>
<b>Ken Gipson</b>	<b>1963-1964</b>	<b>Merle Bassett*</b>	<b>1964-1965</b>
<b>Gerald Schuler</b>	<b>1965-1966</b>	<b>J.R. Kenyon</b>	<b>1966-1967</b>
<b>Howard Bineham</b>	<b>1967-1968</b>	<b>Henry French*</b>	<b>1968-1969</b>
<b>Dan Adair*</b>	<b>1969-1970</b>	<b>Wardie King*</b>	<b>1970-1971</b>
<b>Jim Dodson</b>	<b>1971-1972</b>	<b>William 'Bill' Hughes</b>	<b>1972-1973</b>
<b>Austin Grant*</b>	<b>1973-1974</b>	<b>Vern Sheldon</b>	<b>1974-1975</b>
<b>R.G. 'Dick' Tuttle</b>	<b>1975-1976</b>	<b>L.D. 'Tex' Weller*</b>	<b>1976-1977</b>
<b>Harold Smith*</b>	<b>1977-1978</b>	<b>John A. Flynn</b>	<b>1978-1979</b>
<b>William E. Park*</b>	<b>1979-1980</b>	<b>Don I. Werner</b>	<b>1980-1981</b>
<b>Jack Durkin*</b>	<b>1981-1982</b>	<b>George Wolnez*</b>	<b>1982-1983</b>
<b>John Fling</b>	<b>1983-1984</b>	<b>Bonnie Boyd</b>	<b>1984-1985</b>
<b>Ken Austin</b>	<b>1985-1986</b>	<b>Fred Caron</b>	<b>1986-1987</b>
<b>David Sparks</b>	<b>1987-1988</b>	<b>Al Arguedas</b>	<b>1988-1989</b>
<b>Jean Drevdahl</b>	<b>1989-1990</b>	<b>Wayne Thomas</b>	<b>1990-1991</b>
<b>Burton Harris*</b>	<b>1991-1992</b>	<b>Lonnie Turner</b>	<b>1992-1993</b>
<b>Clint Van Arsdall</b>	<b>1993-1994</b>	<b>George Vorhauer</b>	<b>1994-1995</b>
<b>Bruce Poinsette</b>	<b>1995-1996</b>	<b>Bruce Poinsette</b>	<b>1996-1997</b>
<b>Karen Blythe</b>	<b>1997-1998</b>	<b>Eric Fullan</b>	<b>1998-1999</b>
<b>John Remmers</b>	<b>1999-2000</b>	<b>Phil Lemons</b>	<b>2000-2001</b>
<b>Barbara Augon</b>	<b>2001-2002</b>	<b>Dan Sabatino</b>	<b>2003-2003</b>

\* Denotes Deceased

## **Construction Safety Summit by Michelle Potter**

Our next three hour training session is scheduled for February 24. Mike Murphy will cover the energized electrical rules in 1910.331 – 335 and how to comply with the standard through NFPA 70E. Mike will include the lockout/tagout rules, and what the customers and GC's liabilities are regarding EEW. CEU's for this training topic will be available.

A special thank you to Al Arguedas who has volunteered to co-chair our group. His extensive safety knowledge will help ensure that our monthly topics are valuable to all members.

## **GOSH Update by Kimberly Gamble**

The GOSH Executive Committee met December 17 and was able to get caught up. The Executive committee selected the theme for GOSH 2005. Drum roll . . . it is "*Safety and Health Expedition: Advancing Knowledge and Practices for Industry*". This theme is a combination of two entries that were submitted by Kathe Mullen and Gene Patrick. Both will receive a complimentary registration to the conference. The budget for GOSH 2005 was reviewed and formally adopted. Preparing the budget is a lot of work and we owe a HUGE thanks to Char Dolan and Sharell Lien (formerly our beloved Sharell McMurray) for their hard work. The committee discussed complimentary items. It seems that there has not been a clear, written guideline for complimentary items such as lunch for exhibitors or conference registration for speakers. Sharell and Marilyn Dye will draft a written guideline for future GOSH executive committee members. The next GOSH Executive Committee meeting is January 21, 2004.

## **Mt. St. Helens Report News by Fred Caron, CSP**

The sudden unexpected closing of Charlie's, our regular meeting location, was solved by James Bobst, who has made arrangements for us to meet at the Monticello Hotel, the Section's original meeting location.

Our meeting speaker for January 15 was Mr. Randy Miller, Camas Fire Marshall. His subject was residential sprinkler protection systems. In 1973, NFPA 13D was drafted to deal with home sprinkler systems. Sprinkler systems have been protecting lives and property since 1878, with the concept going back 150 years. Nationally there are 70 fire-related deaths each year in sprinkled facilities, compared with 7,000 in non-sprinkled facilities.

Some current statistics for Washington State were presented, and it was noted that of all the fires responded to, 40% do not have a working smoke detector. There also was discussion on Wild Land/Urban Interface fire fighting and prevention techniques, including pre-planning, a backup plan, radio with good batteries, remove vegetation near house, stack firewood away, etc. James Bobst presented an ASSE Certificate of Appreciation to Randy Miller.

**Note: The Section will continue to meet at the Monticello Hotel through May 2004.**

## **Santiam Section News by Alan Samarin**

The Santiam Section January meeting was cancelled due to the weather. Our February speaker will be the January speaker, Tomas Schwabe.

## **OSHA Launches Online Compliance Tools**

OSHA has announced the availability of two new online compliance assistance tools - Quick Start and MyOSHA. Quick Start is a step-by-step guide to help users identify major OSHA requirements and guidance materials, and MyOSHA is a tool to create a personalized web page of links to OSHA online resources.

Quick Start includes a module for workplaces that are subject to OSHA's general industry standards, including manufacturing, wholesale, and retail establishments. The general industry module reviews OSHA's recordkeeping and reporting requirements, provides links to compliance assistance resources and key standards, and includes information for developing a comprehensive safety and health program. It also includes a library that lists a collection of forms, fact sheets, publications, OSHA web pages and electronic tools, and sample programs.

Both Quick Start and MyOSHA currently are featured in the "In Focus" box on the OSHA home page <http://www.osha.gov/>.

## Key Dates to Remember February

3	Tue	Santiam membership meeting - 7:10am Chalet Restaurant
4	Wed	Mt. St. Helen E-Board - 12:00pm Oak Tree Restaurant
9	Mon	CWC Chapter Meeting Sweetbriar Inn 11:30am -1:00pm
19	Thur	Santiam E-Board Meeting - 4:00pm Marion Polk Building Industry Bldg
19	Thur	Mt St Helens Memberhsip Mtg - 7:30 Monticello's, Longview
24	Thur	CWC Executive Committee Mtg 7:30 am Elmers

## March

2	Tue	Santiam membership meeting - 7:10am Chalet Restaurant
3	Wed	Mt. St Helen's E Board 12:00 Oak Tree Restuarant
8	Mon	Membership Meeting Columbia Willamette Chapter - Sweetbriar 11:30
18	Thur	Mt St Helens membership Mtg - 7:30 Monticello's
18	Thur	Santiam E Board Meeting - 4:00 Marion Polk Building Industry Bldg
23	Tue	CWC Executive Committee Mtg 7:30 am Elmers

Be sure to check out the webpage [www.assecwc.org](http://www.assecwc.org) for Chapter and Section bylaws, minutes, announcements, and job listings, etc.

### Welcome New Members

**Alison Dezsofi**  
**Ryan Parker**  
**James Gama**  
**Brandi Hodgson**

### A Word From the President.....

Now that the snow and ice is gone it's time to start working on the house. Is it finally time to paint that spare room or build those bookshelves? Be careful, work in the home can be as dangerous if not more than working in a construction site or industrial plant. For example, in 2001, 33,200 people died as a result of unintentional injuries that took place in the home, compared to 5,300 deaths that resulted from workplace injuries.

In 2000, more than 519,000 people visited hospital emergency rooms because of injuries related to home repair. Of those: 95,875 involved hand or power saws, 40,707 involved hammers, 158,982 involved nails, screws, tacks and bolts, 125,805 involved other house repair and construction materials, 45,253 involved pruning, trimming and edging equipment, 26,711 involved chainsaws and 26,635 involved other garden tools. Everything we are taught at work or teach our employees is something we need to instill into them to take home.

Let's talk about falls. More than 9,000 people died last year as a result of falls in the home. Keeping your work area clean at home and wiping up spills will help to prevent falls. How about ladder usage? Using stepladders and extension ladders the proper way they were designed is important and will prevent accidents.

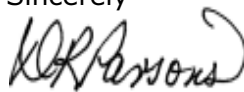
Wearing the proper personal protective equipment is important. I know of people who practice safety at work but when they get home it's like they can't remember what they have been teaching or doing. Know what you are doing in regards to tool usage. Use all tools in the way in which they were designed.

Last but not least be realistic. Take is slow, especially if you have been relatively inactive, or have not exercised regularly. Intense physical activity raises your heart rate and blood pressure. Don't forget safe lifting techniques. You don't see a body builder going to the gym and start lifting weights. Be sure to stretch and warm up before starting work. How about a Flex-n-Stretch Program? Believe it or not, stretching before work is started helps reduce injuries.

I hope these little safety suggestions will make your home repairs a lot easier.

As always, I'm looking forward to seeing each one of your at one of our lunch meetings.

Sincerely



President



### Safety Emphasis

Columbia-Willamette Chapter ASSE  
P.O. Box 6556  
Portland, Oregon 97228

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# WELCOME TO THE MARCH BROWN-BAG LUNCH SERIES



Brown-Bag Lunch Meeting is a BREAKFAST MEETING this month

**08:00 a.m. – 10:00 a.m.**

**February 6th, 2004**

at

**Elmer's at Interstate 205 and Sandy Blvd.**

**10001 N.E. Sandy Blvd. PORTLAND, OREGON**

**Michael Behm** a PhD candidate and Graduate Teaching Assistant in Oregon State University will present the following seminar:

Historically the construction industry has experienced poorer safety performance than most other work industries. Although the constructor traditionally takes the lead role in addressing safety on a project, other parties involved in a project can also play a role in improving safety. It is often felt that many safety and health hazards are "designed into" the project. That is, the features of the permanent facility influence the safety and health of those who build it. Therefore, architects and engineers are in a position to help improve safety through their designs. Designing for construction safety is an intervention for improving construction site safety and health. By addressing safety during the design phase, hazards will be eliminated or reduced during construction, thereby improving the safety performance of the constructor. However, this effort is not traditionally part of the designers' roles on a project team. The concept is relatively new to the construction industry and formal implementation of the concept is not part of standard design practice.

This presentation will focus on introducing the design for construction safety concept, the barriers to its implementation, recent research and case studies, and how safety professionals can play a role in facilitating the design for construction safety concept in their work.

## WHO S ATTENDING?

Please complete the following order Form and return it to the fax number below.

**(YOU CAN ORDER BREAKFAST ON YOUR OWN WHEN YOU ATTEND THIS SEMINAR.)**

NAME

COMPANY

PHONE #

**MAIL OR PHONE TO:**

Kimberly Gamble

[king@andersen-const.com](mailto:king@andersen-const.com)

Phone: 503/283.1884

Please make checks payable to ASSE. Clip/Mail, FAX, or Phone your order in **BY 9:00 a.m.** the Wednesday **BEFORE** the event

**Thanks for supporting ASSE Brown-Bag Series Meetings!**