



# SAFETY EMPHASIS

“SAFETY THROUGH EDUCATION”

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

April 2004

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

Vol. 24 No. 8

## **2003-2004 Elected Officers**

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Bruce Conrad  
503/235-6067

### Santiam Section

Alan Samarin  
503/315-3566

### Mt. St. Helens

Chris Carlson  
360/397-2446

## **ASSE Meeting Results in Saved Life, by Fred Caron, CSP**

In 2000 the Mt. St. Helens Section brought a speaker into the monthly meeting who demonstrated the Automated External Defibrillator. The Longview Fibre Company Emergency Response people were in attendance and later purchased 2 Lifepak 500 models.

Last week one of the units was put to use when a millwright came into the mill's Medical Center and collapsed with a total heart failure. Heroically the nurse and later the security manager started CPR. When Fibre's highly trained Emergency Response Team arrived, they assisted in CPR, using a Bag Valve Mask and oxygen and in getting the AED on the patient and restarting his heart. After the person revived, he went into cardiac arrest again and the machine started it again.

When the local Ambulance persons arrived they were able to unhook the Fibre AED and hook up their more advanced life support equipment, without having to remove the electrode pads. The hospital confirms that this person would probably have died were it not for the immediate use of the AED and the skilled CPR by those involved.

This is a spectacular piece of first aid equipment and it was first observed in this area at an American Society of Safety Engineers meeting. If you don't have an AED available in your workplace, you need to check into getting one.

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**April 9** - Columbia Willamette Brown Bag Lunch  
Legacy Metro Lab  
1225 NE 2nd Avenue, Portland, OR  
**8:00am - 10:00am (See attached Flyer)**

**April 12** - Columbia Willamette Membership Meeting  
Sweetbriar Inn, Tualatin 11:30 AM - 1:00 PM

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## **April 12 Meeting**

### **Laser Safety in Electronics Manufacturing**

This discussion is about methods the Safety Professional can use to assess & understand risks from lasers in the industrial / R&D environment. Some theory will be covered (a necessary evil) but the primary focus is on the practical approach, and the challenges one might encounter.

Speaker: Mark McCulloch

Mark McCulloch CIH, has been at HP for 12 years. His responsibilities include site Laser Safety Officer and site Radiation Safety Officer. He particularly enjoys laser safety because there is a steady stream of new & "exciting" applications for lasers.

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

## **Electricity – A Powerful Force, By Bruce R. Poinsette**

Last October, Oregon OSHA adopted the rules mandating the use of ground fault circuit interrupters (GFCI) on all 110-120 volt power sources operating at 15 through 30 amperes. These devices detect an imbalance between the power going out to a device and its return to earth. The GFCI has a test and a reset button.

- § High voltage power lines do not have a “reset button;” neither does human life. The dangers of working around transmission and distribution lines have not changed; contact will cause serious injury or death. Many overhead lines are not insulated and carry in excess of 7,000 volts. The following considerations will minimize the possibility of you and/or your equipment becoming a conductor connecting an energized circuit to earth:
- § Pre-job planning is extremely important as a method to identify hazards. Visit the site to verify anything that may affect the job’s safety.
- § Call for utility locates.
- § Review potential problems with the project owner and utility.
- § Consider de-energizing or relocating power lines.
- § Do not use line sleeves as a means of protection.
- § The minimum ten feet clearance is just that—a minimum. This measurement increases as the number of volts increases. Refer to the governing occupational safety codes for the applicable clearance formula.
- § Maintain a distance of 25 feet from transmission towers. Contact the tower’s owner for specific instructions prior to the commencement of any work.
- § Instruct employees not to erect scaffolding, place ladders, or use any equipment within the required safe distance from an energized power line.
- § Anticipate the presence of moisture, as serious shock or electrocution can occur when electricity contacts water.

Always treat electricity with respect. If you have any questions or concerns, or need assistance with pre-job planning, contact your safety and loss control consultant.

*Originally published in the Construction News Update, the monthly newsletter of the Oregon-Columbia Chapter of the Associated General Contractors, March 2004. Used with permission.*

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### **The Chapter’s Distinguished Service Award by: Bruce Conrad**

At the February membership meeting, a new Distinguished Service Award (DSA) plaque was unveiled. It was produced as a continuation to our original plaque of 40 awardees and included 41 new names. At the March membership meeting, three new recipients were announced; Karen Blythe, Brian Clarke, and Robert Pater. The requirements for addition to the plaques as 1) Distinguished service to the ASSE organization at the chapter, regional, or national level and/or 2) having been an active member of ASSE, in good standing, for 20 years, or more.

The forty-one other honorees, bringing us up-to-date since the original plaque are:

*Alfredo Arguedas \*Steven Austin\*Charles Ayers\*Joseph Barton\*John Biskey\*Norman Brenteson\*Michael Brown\*Stephen Brown\*William Camarillo\*Jack Carter\*Dennis Collins\*Gayle Collins\*Bruce Conrad\*Troy Corbin\*Larry Couch\*C. Dillon\*Richard Dunlap\*John Flynn\*Chris Grover\*George Higgins\*Jeffrey Jones\*James Kaiser\*Bruce Linkous\*Harvey Mason\*Timothy McDonald\*Mark McPike\*Hal Pashon\*Floyd Pickering\*Robert Pittman\*Bruce Poinsette\*Judy Reschke\*Ronald Russell\*Valerie Saiki\*Mike Schwartzkoph\*Gerald Shurts\*Brain Sparks\*David Sparks\*Charles Tilden\*Michael Walker\*Kenneth Wicks\*Paul Willoughby\**

***Plan to Attend The Mt. St. Helen’s PDC, Fleet Safety: Critical Exposure to Successful Business, May 4. For more information contact Chris Carlson, [chriscarlson@clark.wa.gov](mailto:chriscarlson@clark.wa.gov)***

## **How to Celebrate Safety Success By Fred Caron, CSP**

A recent survey of safety professionals by *Industrial Safety & Hygiene News* showed worker morale to be the top concern for 1997. "Lean and mean" downsizing has indeed shaken spirits in many organizations, leading to apathy, helplessness, and less willingness to look out for the safety and health of others.

What can we do to respond? Giving and receiving quality recognition, are prime ways to boost morale. When done correctly, celebrating safety accomplishments can be an antidote for sagging morale, motivate teamwork, build a sense of belonging, and boost our desire to actively care for others. The key is the phrase "when done correctly." Here are guidelines that you can follow:

### **Don't celebrate cheating**

It's quite common for companies to give employees a dinner after a particular number of weeks or months pass with no recordable injury. This kind of achievement is certainly worth celebrating, but let's be sure the record was reached fairly. If people cheat to win-not reporting injuries, for example-the celebration won't mean much. Celebrate the success of process activities. The behaviors needed from employees to warrant a celebration can be specified. For example, a group might decide to celebrate after completing a designated number of safety audits, investigating a given number of "near-miss" reports, finishing a particular training series, or completing a certain number of one-on-one safety coaching sessions. In these cases, an achievable goal is set and progress monitored. When the goal is reached, a celebration is clearly earned.

### **Focus on the journey**

Most safety celebrations I've seen give far too little attention to the journey-the processes that contributed to reaching the milestone. Typically, the focus is on the end result, like achieving zero injuries for a certain period of time. When you pinpoint processes instrumental to reaching a safety milestone, you give valuable direction and motivation. Participants learn what they need to do to continue a successful journey. Plus, employees who are responsible for the behaviors identified as contributing to the safety outcome receive a special boost. They feel effective, in control, and optimistic. This reinforces their internal "scripts" for later self-motivation. But perhaps the most important reason for acknowledging journey activities is that it gives credit where credit is due. The people and actions that made the difference are endorsed.

### **Relive the experience**

Management's primary role in a safety celebration should be to facilitate discussions of activities that led to success. The best safety celebration I ever observed was planned by employees and featured a series of brief presentations by teams of hourly workers. Numerous safety ideas were shared. Some workers showed off new personal protective equipment, some displayed graphs of data obtained from environmental or behavioral audits, some discussed their procedures for encouraging near-miss reports and implementing corrective action, and one group presented its ergonomic analysis and redesign of a workstation. Even the after-dinner entertainment was employee-driven. A skit related to safety issues. A talent show had entrants from all levels of the organization, including top managers. There was no need to hire a band-a number of talented musicians were found in the workforce of 600. (Luckily they didn't find a drummer, allowing me to sit in and relive my rock-n-roll gigging from the '60s.)

### **Don't ignore failures**

The work teams in this celebration discussed both successes and failures, displaying positive results and recalling disappointments, dead ends, and frustrations. Pointing out the highs and lows made their presentations realistic, and underscored the amount of dedication needed to complete their projects and contribute to the celebrated reduction in injuries. You justify a celebration by showing how difficult it was to reach the goal. Pointing out hardships along the way reflects the fact that luck was not involved. Many people went beyond the call of duty to contribute and collaborate.

### **Make it memorable**

One week after the safety celebration I've described here, each participant received a framed photograph of everyone who attended the event. That picture hangs in my office today, and every time I look at it I'm reminded of the time several years ago when management did more listening than talking in a most memorable and educational safety celebration. Tangible rewards have this effect. They reinforce the memory of an occasion and promote its value. Ideally, the memento should have a safety theme or slogan and be something that can be displayed or used in the workplace-coffee mugs, caps, or shirts, for example. When delivering these keepsakes it should be noted that they were selected "to remind us how we achieved our real reward-fewer injuries on the job."

### **Go one-on-one**

In every group, some individuals take charge and champion the effort, while others sit back and "go with the flow." In fact, some people exert less effort when working with a group than when working alone. Behavioral scientists call this phenomenon "social loafing." When you recognize the champions of a group effort one-on-one you let them know that you realize the importance of their leadership. This adds to the motivation received from the earlier group celebration and increases the likelihood of their continued leadership. Here's a closing thought for you: When I mentioned to my graduate students I was writing an article on how to celebrate, one of them quickly responded, "That's easy, a \$100 bottle of cognac, a \$6 cigar, and a special friend." I had to tell him, of course, that my focus was on a different kind of celebrating. But it occurred to me that everyone has their own way of enjoying success. And when it comes to group celebration we often inadvertently impose our prejudices on others.

When you ask people how they want to celebrate as a group, challenge them to go beyond tangible rewards. The celebration shouldn't be seen as a payoff. You want a meaningful and memorable event that can serve as a stepping stone for greater achievements.

*Celebrate 2004 Safety Break for Oregon May 12, 2004. For more information go to [www.oroSHA.gov](http://www.oroSHA.gov)*

## Key Dates to Remember April

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

## May

4	Tue	Mt. St. Helens PDC
4	Tue	Santiam membership meeting - 7:10am Chalet Restaurant
5	Wed	Mt. St Helen's E Board 12:00 Oak Tree Restuarant
10	Mon	Membership Meeting Columbia Willamette Chapter - Sweetbriar 11:30
20	Thur	Mt St Helens membership Mtg - 7:30 Charlies
20	Thur	Santiam E Board Meeting - 4:00 Marion Polk Building Industry Bldg
25	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 Member*

*Lee Briney-Ekman*

## **A Word from Our President...**

There is a lot going on in the surrounding world we live. In reading in the newspaper and the internet I find that our employees are either being injured or killed everyday. I read an article in the Sunday paper in regards to our Hispanic population either being injured or killed. This number is rising.

As safety professionals we have our job cut out for us. We develop safety policies and procedures to protect our employer and employees. But do we make certain all our employees understand what is being taught? Do we practice what we preach?

This reminds me of a good friend of mine. He was the safest person around. He had worked on the tallest buildings throughout the world. Then one day he had a memory lapse while working on his house, slipped on the roof and fell to the ground hitting his head. We need to think and practice safety all the time.

There have been many deaths in the US in the construction industry recently. A lot of it comes because there is no pre-planning. Plan your jobs, including home projects and don't cut back on safety.

I hope to see you at one of our functions.

Sincerely



President



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

ΠΡΕΣΟΡΤΕΑ  
ΣΤΑΝΔΑΡΔ  
Υ.Σ. ΠΟΣΤΑΓΕ  
ΠΑΙΔ  
Πορτλανδ, Ορεγον  
Περιμτ Νο. 4979





# WELCOME TO THE APRIL BROWN-BAG MEETING



Our Next Brown-Bag Meeting will be held:

8:00 a.m. – 10:00 a.m.

April 9th, 2004

at

**Legacy MetroLab**

1225 NE 2nd Avenue, Portland, OR

Contact: Ms. Lee Briney-Ekman 503-413-5016

Ever wonder what happens to a drug-testing specimen once it gets to the laboratory? Legacy MetroLab processes approximately 20,000 specimens a month in order to help employers identify potential "problem" employees.

Find out what steps are taken to insure the integrity of substance of abuse testing. Tour the laboratory and watch our robot at work. Hear the top 10 reasons given by employees for testing positive.

## WHAT S FOR BREAKFAST? WHO S ATTENDING?

Please complete the following order Form and return it to the fax number below.  
(Coffee and muffins will be provided, however, you are welcome to bring your own breakfast)

NAME

COMPANY

PHONE #

1. \_\_\_\_\_

2. \_\_\_\_\_

EMAIL OR PHONE TO:

Mary DeVany  
mdevany@earthlink.net  
Phone: 360/576-1975  
Fax: 360/546-0777

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!**