



# Safety Emphasis

A Monthly Newsletter of the Columbia - Willamette Chapter of  
**THE AMERICAN SOCIETY OF SAFETY ENGINEERS**

January 2007

## Happy New Year!



### January Chapter Meeting Features an Overview of CoPS

PHIL LEMONS, MBA, CSP, ARM, the Safety Coordinator for Streimer Sheet Metal Works, will present an overview of the Council on Practices and Standards for attending chapter members and guests at the lunch meeting, Thursday, January 18, at 12:00 pm at the Holiday Inn, 1441 NE 2nd Street, Portland. The presentation will touch on the thirteen Practice Specialties, plus branches and committees, all existing to provide ASSE members a number of vehicles to come together and grow in their areas of interest and expertise. Also included will be mention of the role CoPS plays in standards development, technical conference calls and Q&A bulletins and other activities of value to ASSE members.



This special event, Jan. 21-27, in Las Vegas NV, is your chance to earn up to 5.0 CEUs/CoCs or 7.0 CM points in just 1 week. With 45 seminars ranging in length from 1 to 3 days, SeminarFest offers fundamental technical, management and skills development topics for the SH&E professional. This event is sure to satisfy your continuing education needs.

### Mark Your Calendar for Upcoming Chapter Meetings

Chapter meetings for the Columbia-Willamette Chapter of ASSE will be held on the second Thursday of every month at the Holiday Inn, 1441 NE 2nd Street, Portland (near the Convention Center), with a rotating lunch and dinner schedule. Lunch meetings (\$15) will begin at noon and dinner meetings (\$20) will begin at 5 p.m. In addition, the meetings will now feature a buffet to offer better meal selection for members. The meetings will be held in Windsor C, with the exception of February 2007, which will be held in Windsor B. To RSVP, or for any other questions about this change, please contact James Castaneda, [james.castaneda@ch2m.com](mailto:james.castaneda@ch2m.com).

- 2007  
January ----- lunch  
February ---- dinner  
March ----- lunch  
April ----- dinner  
May ----- lunch  
June ----- dinner



### Job Placement on Website

If you have not checked out the chapter's Web page ([www.assecwc.org](http://www.assecwc.org)) for a while this is a good time to do so. New job postings are added frequently! Job postings are a benefit to chapter members, chapter associates, and employers who support ASSE. The job posting service is offered free of charge to employers that pay for employee's membership or support the GOSH Conference



**VOLUNTEERS ARE THE KEY TO OUR SUCCESS**

## Mt. St. Helens ASSE MEETINGS

The Mt. St. Helen's Section held its annual holiday festivities Dec. 1 at the Mansion in Longview, WA. Many section members attended the event sharing friendships, stories and many laughs. Section member Ray Trope built a beautiful wooden rocking horse and offered it to the section as a silent auction item. The rocking horse netted \$175, which will be donated to a local homeless shelter.

Section Chairman, Dick Fabbro announced that the section voted to honor the dedication and commitment of long time section and Columbia Chapter member, Fred Caron, by paying the expenses for Fred and his wife to attend the ASSE National Conference in Orlando this June.

The next section meeting is scheduled for 7 am, Wednesday, January 17th at Monticello. Looking ahead, the Section will be hosting a full day Professional Development Conference on May 16, 2007 at the new Convention Center in Longview. More details to come!

## MHCC Offers Essentials of Risk Control Course (ARM 55)

The Environmental Health & Safety Program at Mt. Hood Community College presents the Essentials of Risk Control (ARM 55) from January 9 through March 21, 2007 at Mt. Hood Community College, 220 Maywood Campus (NE 102nd and NE Prescott). The course fee is \$250. For registration, call/send an e-mail before January 8, 2007 to Javid Mohtasham, Ph.D., Coordinator, EHS Program, MHCC. Phone: 503/491-7440  
E-mail: [javid.mohtasham@mhcc.edu](mailto:javid.mohtasham@mhcc.edu)

## Santiam Section Information

The December meeting was a Section appreciation meeting – holiday gathering. Everyone who attended enjoyed the breakfast buffet provided by the Section and everyone played the game, "Who am I?"

Each guest chooses a safety category (PPE, Construction, Industrial Hygiene or Tools) and a picture of the item is projected for all to see except the contestant. The contestant then gets to ask yes or no questions of the other guests to figure out what item they are. It was great fun and a lot of laughs!

### Next meeting date

January 9, 2007, (2nd Tuesday of the month)  
Red Lion Inn, Salem  
7:10am

## Drug-Safe Workplace "How To" Workshops for Small Businesses

Workshops designed for small businesses concerned about the impact of drugs in their workplace will be held over the next several months at the times and places listed below. The workshops will be presented by Drug-Safe Workplace, an affiliate of Portland Human Resource Management Association, and co-sponsored by Kaiser On-the-Job, Workdrugfree/Oregon Nurses Foundation and the Portland Business Alliance. The cost for each workshop is \$25 and pre-registration is required, please register at [drugsafeworkplace@hotmail.com](mailto:drugsafeworkplace@hotmail.com)



### The dates, times, and places include:

•11:30am -1:00pm,

#### **Thursday, January 11, 2007**

Kaiser Permanente Tualatin Medical Office  
19185 SW 90th Avenue,  
Tualatin,OR 97062

•11:30am -1:00pm,

#### **Thursday, February 15, 2007**

Kaiser Permanente Mt.Talbert Medical Office  
10100 SE Sunnyside Road,  
Clackamas,OR 97015

•11:30am -1:00pm,

#### **Thursday, March 15,2007**

Kaiser Permanente Interstate Medical Office  
3600 N. Interstate Avenue,  
Portland,OR 97227



## MEASURING PERFORMANCE FOR SAFETY SUCCESS SYMPOSIUM

Join ASSE March 29-30 in Costa Mesa, CA, for Measuring Performance for Safety Success. The symposium will feature 20 concurrent sessions on topics such as balanced scorecard, six sigma, safety indexing, performance tracking, ORC metrics, transformational performance metrics, digital dashboard and using risk management performance indicators.

## Columbia-Willamette Chapter Recognizes Past Presidents at December Meeting

The chapter acknowledged the invaluable contributions made by Past Presidents and long serving members at the December 14th dinner meeting at the Holiday Inn. Past Presidents and Section Chairs were invited to share anecdotes and experiences that exemplified leadership. The stories shared the common themes of service, integrity and fellowship, which afforded long term members the opportunity to reminisce about past victories while giving newer members the chance to see the talent represented by chapter members.

### The chapter recognizes the following members for their commitment to ASSE as seen by their length of service:

- John Biskey .....25 years (not present)
- Norman Brenteson.....25 years (not present)
- Jean Drevdahl-Orcha .....25 years (not present)
- Bruce Poinsette .....25 years (present)
- Gerald Schuler .....50 years (not present)

### Past Presidents and Section Chairs present were:

**Past Presidents**

- Barb Aguon
- Karen Blythe
- Fred Caron
- Eric Fullan
- Phil Lemons
- Bruce Poinsette
- Dan Sabatino
- Lonnie Turner
- Clint Van Arsdall
- Brian Clarke (not in picture)

**Section Chairs**

- Mary DeVany
- Richard Fabbro



Bruce Poinsette receives 25 Years of Service Award from President Bill Wood



Past President Fred Caron imparts leadership wisdom



Past Presidents and Section Chairs (from left to right): Phil Lemons, Dan Sabatino, Eric Fullan, Karen Blythe, Clint Van Aisdall, Barb Aguon, Lonnie Turner, Bruce Poinsette, Mary DeVany, Richard Fabbro, and Fred Caron.

## Sathy Rajendran First OSU Student to be Awarded PhD in Occupational Safety and Health

Sathy Rajendran was recently awarded a PhD in Civil Engineering for his research that focused on the general topics of sustainability and construction worker safety and health.

As part of his work he compared LEED and non-LEED projects based on safety, developed a "Sustainable Construction Safety and Health" rating system, and validated the rating system using actual projects. This was the first study of its kind and is a substantial benefit to the construction industry as it tries to improve safety and health performance amidst a growing drive to create sustainable buildings.



(LEED) rating system. To be truly sustainable, buildings should have superior safety performance in addition to excellent environmental performance. A pilot study on a LEED building project revealed that there were both negative and positive impacts on worker safety and health. However, based on an analysis of 86 LEED and non-LEED construction projects, it was found that there was not a statistically significant difference in safety performance between the two types of projects. Hence, the current sustainable buildings are not truly sustainable when considering construction worker safety and health.

To be labeled as sustainable, the construction industry should include worker safety and health in the project lifecycle. This can be achieved with the SCSH rating system. A Delphi survey technique was used to develop the SCSH rating system that consists of 50 safety and health elements, grouped into 13 categories that should be implemented through the combined efforts of the project team. The rating system was validated based on 25 real-time construction projects and was found to represent the safety performance of the projects.

The rating system can be used as a tool to help sustain the safety and health of construction workers. Recognition for using the rating system will be an added incentive to the project team to improve the safety and health performance of the project. Since the rating system would require the joint efforts of all of the parties involved in a project, a team effort would be another benefit, which will help set in motion the sustainable safety and health drive throughout the construction industry.

### An abstract of his research follows:

The main objective of this research study is to incorporate construction worker safety and health into sustainable design and construction practices. This can be fulfilled by the development of an innovative construction worker safety and health planning tool, called Sustainable Construction Safety and Health (SCSH) rating system that will: provide an opportunity to rate projects based on the importance given to safety and health and the degree of implementation of safety and health elements; and unify and coordinate the safety and health efforts of the four primary parties in a project: owner, designer, general contractor, and subcontractors.

Before the incorporation of worker safety and health into the sustainability concept, it was necessary to analyze whether present sustainable buildings are truly sustainable. Currently, the construction industry's sustainable practices are based on compliance with the Leadership in Energy and Environmental Design

### The Columbia-Willamette Chapter of the American Society of Safety Engineers is sponsoring a technical audio conference call on the Hexavalent Chromium Standard - Requirements of the Standard and the Impact on SH&E Professionals

January 17, 2007 from 9 am until 10:30 am here in Portland. This call will be presented by *David O'Connor* from the Directorate of Standards and Guidance with the U.S. Occupational Safety and Health Administration, (OSHA). David O'Connor is a respected SH&E professional with significant experience with this standard and SH&E public policy.

If you are interested please reserve your spot today by emailing Jim Castaneda [jamescastaneda@comcast.net](mailto:jamescastaneda@comcast.net) or Jamal AbuSneineh [jamalab@ci.portland.or.us](mailto:jamalab@ci.portland.or.us).

Cost per person: \$20.00 - Non members are welcome to participate

Location: Therapeutic Associates, 11481 SW Hall Blvd, Suite 201, in Tigard (near intersection of Hwy 99W and Hwy 217), parking is free. Additional locations will be scheduled based on demand.

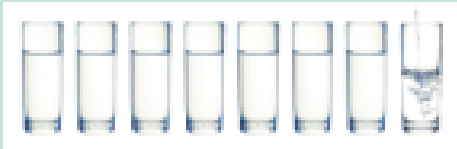
## THE WELL WORKPLACE WORD BY DR. BUD HARRIS

### *Make the New Year's Resolution to Increase Your Energy*

Are you ready to start the day each morning, or do you drag yourself out of bed dreading the activities you have planned? If you are low on energy and are fighting constant fatigue, there is hope! There are several ways you can help increase your energy level.

**Breathe:** How long can you live without air? Two to four minutes maybe! Perform deep breathing, hold, and completely exhale often while walking, sitting or driving. It is FREE! Your cellular health will improve and they (Cells) will love you for it.

**Drink MOSTLY Water:** Your body is 70% H<sub>2</sub>O. Most of your life you have probably been harped on about the importance of drinking eight glasses of water per day. It can be tough to drink that much water, but it really does make you feel better. When our bodies do not get enough water they can feel run down due to dehydration. Water helps the body in so many different ways from skin tone, your back discs, to your weight. It just makes good health sense to drink plenty of water. Water has no calories, there is no excuse!



**Exercise Generates Energy:** The first and most important thing you need to do for your body is to move more. This is true for so many aspects of overall health, not just increased energy. You might think that increased movement will make you more tired, but it will actually get your energy up and your metabolism going. It is very hard to begin an exercise routine if you have never had one. But, if you can force yourself to do some sort of activity every morning, you will find your energy will be increased and last longer throughout the day. JUST DO ANYTHING! Simple aerobics, jumping jacks, brisk walking or even an eight minute workout video can make all the difference in the world. Keep working at it until exercise is as much a part of your day as is brushing your teeth.

**Eat Smart:** Easy to say but harder to do, right? Not really, but again, this is important for overall good health, not just increasing energy levels. How about just preventing a heart attack? Is that good enough reason to put down the fries? Try to add good carbs into your diet like fruits, vegetables and whole grain breads and cereals. Simple carbohydrates (white bread, muffins, candy) simply generate sugar in your system which can give a short burst of energy but then leaves you lower than you started. Just try to add a few more fruits &

veggies to your day, and eventually your tastebuds will welcome them as they do chips and fries now.

**Sleep:** If you are not getting the right amount of sleep (which is between six to eight hours for most adults), then you will have a very hard time increasing your energy levels. However, if you are getting the recommended amount, more sleep is not the solution, it will hinder how much more energy you have. And the quality of your sleep is just as paramount, such as the way you sleep after a busy and active day.

**Find a Hobby:** Pick a hobby and/or purpose that compels you to act! And not just a physical hobby like bike-riding or hiking. Staying on the couch and watching TV is not stimulating. When we are just sitting, our minds wander and we begin to feel more tired and depressed. Keeping our minds active is important in increasing our energy levels. Sometimes we feel tired out of simple boredom. If you have some sort of project going on you will be motivated to be alert in order to take action. Having an important purpose is a great energy booster. Many experts believe that depression has its root in the lack of a compelling purpose or future and sometimes things as simple as missing movement in one's life. Find something that excites you or become a volunteer. Be active!



**Play!** Go to the park, play outside, learn to skate, go fishing; do anything that gets you outside. Fresh air energizes you and helps you sleep better. As so many experts tell us, be a kid again, laugh, jump, giggle, and just let the ego take a vacation from your actions.



**Be Grateful:** We have so much in our lives here in the USA. Look around the planet. You are Kings & Queens amongst the masses. Realize this now! Be thankful for who and what is in your life today! Watch the movie "The Secret." And more importantly, sometimes make the conscious decision to "JUST BE HERE NOW" as Dr. Wayne Dyer so often teaches. **Have a great New Year!**  
– Dr. Bud

## Prepare Children Before they Become Lost: Safety Tips

Search and rescue personnel will attest that there is nothing more hair-raising than that midnight callout to help find a lost child. And when the outcome is not positive, there is nothing more painful or disturbing to the searchers involved. All searches are emergencies, but the search for a lost child takes on an urgency that is unmatched by any other search mission.

Children do get lost. But that lost child does not have to become a terrible statistic. There are a number of things you can do before you leave home that will make it easier for searchers to find your child should she/he become lost:

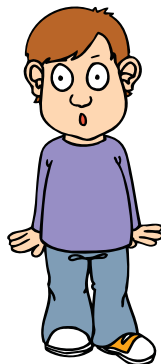
### 1. Tell your children to stay put—hug a tree—if they get separated or lost.

A frightened child can travel an amazing distance if they keep moving after becoming separated. For example, if a child moves three miles from the point last seen, the effective search area that must be covered to be assured of finding him or her is around 28 square miles. It can take a team of searchers all day to effectively cover one square mile. A moving child raises the risks exponentially.



### 2. Outfit your child in bright clothing, particularly bright outerwear.

Reflective clothing is also especially good since it stands out during nighttime searches. A searcher's worst nightmare is to be looking for a child dressed in camouflage clothing. Searchers also understand that young children may hide from search parties, either from having been taught to be wary of strangers or from fear that they will be in trouble when they are found. This makes the color of the clothing even more important.



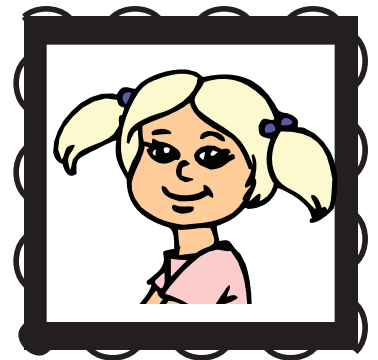
### 3. Immediately notify law enforcement—call 911—if you believe your child has become lost.

Do not delay. Searchers are mostly volunteers and it takes time to activate the "callout list" and get a search team on the road. It can take two or more hours to get a search team mobilized and to the scene. If the child is found in the meantime, the enroute search team(s) will be contacted and turned around.



### 4. Keep a recent photograph of your child in your wallet.

If your child becomes separated/lost the photo will be scanned/copied by law enforcement personnel and immediately disseminated to numerous law enforcement and search organizations. The photo will also be used to produce flyers that will be distributed in the area where the child went missing.



**5. Educate your children.** The National Search and Rescue Association has promoted the "Hug-A-Tree" educational program for children since 1981 ([http://www.nasar.org/nasar/hug\\_a\\_tree\\_program.php](http://www.nasar.org/nasar/hug_a_tree_program.php)). An excellent list of "Hug-A-Tree" teaching points can also be found at <http://www.gpsar.org/hugatree.html>. We encourage you to check out the websites above and to teach your children what they can do to avoid becoming lost and what they can do to make it easier to be found if they become lost.

By Sue Sullivan  
Weyerhaeuser Springfield, Paper Machine  
Technical Support & member of Eugene  
Mountain Rescue

## PREVENTING WORKPLACE INJURIES AND ILLNESSES FOCUS OF NORTH AMERICAN OCCUPATIONAL SAFETY AND HEALTH WEEK 2007

The American Society of Safety Engineers (ASSE), the Canadian Society of Safety Engineering (CSSE), and its thousands of occupational safety, health and environmental professional members, along with the U.S. Occupational Safety and Health Administration (OSHA) will work to raise the public's awareness of the importance of being safe at work during the annual North American Occupational Safety and Health (NAOSH) Week next May.

Events for NAOSH Week, Sunday May 6 – Saturday May 12, 2007, will be held continent-wide along with Occupational Safety and Health Professional Day celebrations on Wednesday, May 9. The Gulf Coast Chapter and NASA/Johnson Space Center will hold a luncheon and awards ceremony May 9 at the Space Center for Occupational Safety and Health Professional Day. The national NAOSH Week kick-off will be held Monday, May 7 at the U.S. Department of Labor in Washington, D.C. with an ASSE awards ceremony to follow on Capitol Hill. Each year more than 5,000 people die from on-the-job injuries and millions more suffer from on-the-job illnesses and injuries.

As transportation-related accidents are the number one cause of on-the-job deaths, NAOSH 07 will focus on all modes of transportation safety. A tool aimed at preventing motor vehicle injuries is the American National Standard Institute's (ANSI)/ASSE Z15 "Safe Practices for Motor Vehicle Operations" Standard. The standard provides safe motor vehicle operation guidelines including the operational environment; driver considerations; vehicle considerations; and, incident reporting and analysis. The ANSI/ASSE Z15 standard committee represents 35 companies and organizations including the National Institute of Occupational Safety and Health (NIOSH), Con Agra Foods, Inc., the American Public Transportation Association, the American Gas Association, the Motor Freight Carriers Association, the National Association of Fleet Administrators, and AAA.

NAOSH partners, including the OSHA Alliance Program Participants, will distribute the free "Preventing Roadway Crashes" brochure and the NAOSH 07 poster featuring the winners (age 5-14) of the fifth annual ASSE Kids' "Safety-on-the-Job" poster contest. These, along with information on how to participate in NAOSH Week, are available for downloading from the NAOSH 07 web site at [www.asse.org/naosh07](http://www.asse.org/naosh07), by contacting ASSE customer service at 847-699-2929 or [customerservice@asse.org](mailto:customerservice@asse.org).

The "Guidelines for Employers to Reduce Motor Vehicle Crashes" developed by OSHA, the Network of Employers for Traffic Safety (NETS) and the National Highway Traffic Safety Administration (NHTSA) can be found on OSHA's web site at [www.osha.gov](http://www.osha.gov).

## Recruit NOW Get Paid NOW! Spill More Beans and Get More Bucks

The more members you recruit, the more incentives you earn. For every 5 members you sponsor you'll earn a \$25 American Express Gift Cheque (up to \$100 maximum per year)



So Spill the Beans about the benefits of ASSE membership!

### Spill the beans and get your coffee mug ready... you could WIN!

Sponsor as many new, full ASSE members as you can before March 31, 2007 and you could win a trip for two to Hawaii valued at \$5,000!

Each time you sponsor a new, full member you'll be entered into a drawing to WIN! Plus, the three members with the most recruits wins, too! \$1,000, \$500, or \$250 in CASH!\*

So get ready to Spill The Beans about the benefits of ASSE membership! Here's how:

- Call ASSE Customer Service at 847-699-2929 for a supply of applications or ask Jamal Abusneineh [[jamalab@ci.portland.or.us](mailto:jamalab@ci.portland.or.us)] for some at a meeting.
- Email your friends and colleagues with the "refer a friend" tool on the upper right hand corner of our home page.

\* All cash prizes are awarded in the form of American Express Gift Cheques. The above amounts are in US dollars only. In the event of a tie a drawing will be held. No double winners as the winner of the trip will not qualify for the \$1,000 prize.

## GOSH CONFERENCE 2007 NOW THREE MONTHS AWAY

Employers in Oregon and southwest Washington interested in creating and maintaining safer workplaces will get that opportunity at the 2007 Oregon Governor's Occupational Safety and Health (GOSH) conference scheduled March 12-15, 2007 at the Oregon Convention Center in Portland.

"Safety and Health Leadership: Moving Forward" is the theme for the 2007 event. More than 30 full-day workshops and 80 single-topic classes are scheduled during the four-day conference to educate managers and workers about workplace safety and health issues. The conference marks the 30th Oregon Governor's conference since the event's inception in 1944. Leadership Consultant Robert Pater will open the conference as the keynote speaker.



### **Several innovative programs are scheduled for the 2007 GOSH conference:**

#### **Advanced construction safety**

A program track designed to meet the needs of construction safety professionals is scheduled for each day of the conference. Among topics covered include managing crane safety programs on work sites, safety for the general public around construction sites, accident investigation, and legal or contractual insurance concerns.

#### **Focus on small-business safety**

The 2007 conference is expanding its focus on small businesses, which account for more than 80 percent of employment in Oregon. A free session of Oregon OSHA's popular Safety for Small Business workshop will be offered during the GOSH Conference, providing small-business employers a chance to benefit — at no charge — from demonstrations of safety equipment and products in the conference's exhibit hall that day.

Registration for the conference is scheduled to begin in January 2007. Registration fees for the conference are \$275 for the full four-day event; you can attend any single day for \$120 (first or final day) or pay \$95 each day for Tuesday and Wednesday sessions.

The conference is presented in odd-numbered years as a partnership between the Department of Consumer and Business Services, Occupational Safety and Health Division (Oregon OSHA) and the American Society of Safety Engineers, Columbia-Willamette Chapter. For more information about the conference, call Oregon OSHA's Conference Section, (503) 378-3272 or (888) 292-5247, or visit the Conferences Web page at [www.orosha.org/conferences](http://www.orosha.org/conferences).

#### **Preventing equipment theft**

Several law enforcement and crime prevention agencies are partnering to present a full-day workshop on Heavy Equipment Theft during the final day of GOSH, March 15. Sponsoring agencies include the Federal Bureau of Investigation/Law Enforcement Executive Development Association, Construction Industry Crime Prevention Program, and the National Equipment Registry. The summit is designed for equipment managers, construction project managers, local law enforcement, and the insurance industry.

#### **Advancing the safety and health profession**

Safety and health professionals working toward certification as a Certified Safety Professional (CSP) or Certified Industrial Hygienist (CIH) can benefit from advanced coursework offered in a special CSP/CIH preparation workshop track. Professionals with active CSP/CIH certifications can also fulfill continuing education requirements by attending workshops.

# WINTER



## Presidents Corner

### By William (Bill) Wood Jr.

#### "I Didn't Know that I Didn't Know"

There are some things that we absolutely know that we do not know. For instance, I know that I am not capable of brain surgery so there is no doubt that this is something I will never do (now there is a definite fact). Where I get into trouble is when I am doing something that I have done so frequently that "I don't know that I don't know." One example of this occurred when I was asked to write a JSA (Job Safety Analysis, which I have done many times before) for an entrance into a large vessel that had to be entered from the top. Entrance included using the client's air winch hooked to a basket which lowered workers down into the vessel. As I was looking at the operation, another safety professional let me know that the winch was not personnel rated. As this winch was in use doing the job we were writing the task on I do not know if I would have thought of it, it was a case where "I didn't know that I didn't know." At that time, the client took the option of spending \$28,000 to purchase a personnel rated winch and we were able to provide a JSA so that all the tasks and hazards listed could be properly controlled.

This shows the importance of being involved with ASSE and having other safety professionals we can talk to about procedures and activities that we or our organizations are doing. It also underscores the value of continuing to take safety training even on topics that we have taken before as there is the opportunity to learn something that "we didn't know that we didn't know." I am personally very excited about the opportunity of attending the GOSH Conference and learning something that "I didn't know that I didn't know." As safety consultants we do not want to lessen our value by feeling we have learned it all.



President Bill Wood

## ASSE 2006-2007

### OFFICERS AND COMMITTEE CHAIRS

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#### Santiam Section Chairperson

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**VOLUNTEERS ARE THE KEY TO OUR SUCCESS**