



Safety Emphasis

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

June 2007

NEW OFFICERS TO BE INSTALLED AT McMenamins Edgefield Banquet

PLEASE JOIN

the Columbia-Willamette Chapter of ASSE
for the installation of our New Officers, some Entertainment
and the ASSE Scholarship Auction!

DATE: Thursday, June 14, 2007

COST: Members: Free (paid for by your chapter)

Non-members: \$15.00 per person

TIME: 6:00 pm

DINNER: 7:00 pm

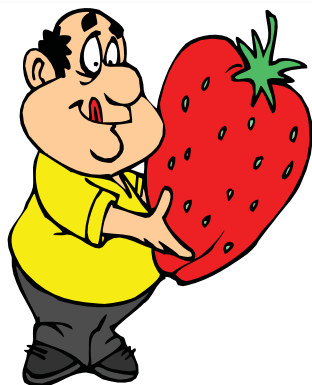
OFFICER
INSTALLATION: 7:30 pm

LOCATION: McMenamins Edgefield Ball Room,
2126 S.W. Halsey St., Troutdale, OR 97060

Please RSVP to the Evite sent out by Shawnalea Shelly,
or email Jamal Abusneineh (jamalab@ci.portland.or.us) if you plan to attend.



Volunteers are the
Key to Our Success!



The Safety Emphasis will return
in September 2007; there will
be no July or August issues.
Have a great summer!



Lunch Meeting About Changes in Safety Standards

SHAWN DAVISON of Wesco Distribution, who has almost 20 years of experience in industrial electronics, covered the changes in safety standards that now allow Safety PLCs to participate in the primary role of providing safety via the same controller that is used to program machines and systems. The components and methods to do this were also covered at the lunch meeting at the Holiday Inn on Thursday, May 10, 2007.



Shawn Davison of Wesco Distribution speaks to safety standards



Shawn Davison, Jamal AbuSneineh, and Paul McShane at May lunch meeting

VOLUNTEERS ARE THE KEY TO OUR SUCCESS

THE COLUMBIA-WILLAMETTE CHAPTER OF ASSE ANNOUNCES 2007-2008 OFFICERS

Here is the Executive Board that will be serving your Chapter in the upcoming year. Congratulations!

President – Jamal M. AbuSneineh



JAMAL ABUSNEINEH, has been an active Columbia Willamette chapter member since 1998 and has served on the executive committee as secretary, membership chairperson and vice-president. Jamal's current position as a Risk Specialist/ Loss Prevention Consultant for the City of Portland. Jamal holds a B.A in English from Bethlehem University-West Bank and an M.S.T, Master in Science in Exercise Science, Sports Studies & Teaching from Portland State University, Portland-Oregon.

President-Elect – Clark Vermillion



CLARK VERMILLION, CHST. Clark has been an active member of the Construction Safety Summit and the Columbia-Willamette Chapter of ASSE since 1999. Clark has worked for Hoffman Construction for 11 years as a safety professional. Clark served a building trades Steamfitter apprenticeship in Portland, Oregon starting in 1979. He also serves as a trustee for the Donald Dunn Safety Seminar at Plumbers-Steamfitters local #290.

Vice President – Lee Briney-Ekman



LEE BRINEY-EKMAN currently works for Legacy MetroLab and has been involved in the insurance industry since 1985. Her focus has been commercial property, liability and workers' compensation insurance. Lee is an active member of the Columbia-Willamette Chapter and has served as Treasurer-Elect and Treasurer, beginning in 2003 (including two GOSH conferences). She has served as a member of the Chapter's Finance Committee and most recently as its Chair. Lee has also served as Awards Committee Co-Chair for the GOSH conference for the last four conferences. She is active in a Drug Free Workplace Group and has made presentations concerning drugs in the workplace. During this legislative session, Lee has been active in educating and working on the legislation regarding the medical marijuana issue.

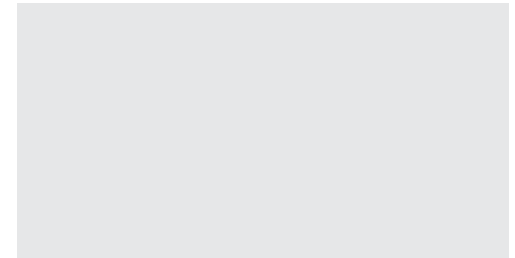
Secretary – Shawnalea Shelly



SHAWNALEA SHELLY, OTR/L, CEA, is director of Therapeutic Associates' Work Kinetics program,

has been an Occupational Therapist for more than 19 years and has been assisting companies to reduce occupational injuries for nearly 10 years. In 2005, she became certified by the Board of Certification in Professional Ergonomics. Shawnalea has served as Secretary of the Columbia-Willamette Chapter in 2006/2007.

Treasurer – Jill K. Jones



Jill Jones has been actively involved with the Columbia-Willamette Chapter for several years serving as Treasurer and House Delegate. She is currently working for Cherry City Electric.

House Delegate – Leslie Kantor



LESLIE KANTOR CSP, ARM, OTR/L is the Safety and Risk Management Officer for Leatherman Tools. She holds an MS in Occupational Safety. Her previous safety experience includes 5 years as Safety Manager for Boeing Portland, as well as 10 years as a firefighter, hazardous materials responder and emergency medical technician for Boeing in the Puget Sound area. Leslie has been an active chapter member since 1998, serving on the GOSH program committee for the past 3 conferences.

**House Delegate –
Gordon Kroemer**



GORDON KROEMER, CSP is the Safety and Health Director for Linfield College and has served one year as Delegate at Large and one year as House Delegate for the Columbia Willamette Chapter. He has been a chapter member since 1999.

**Delegate at Large –
Leigh Freeman**



LEIGH FREEMAN is a Safety Specialist for Safeway Food Stores and has been serving as the Newsletter Editor of the Safety Emphasis for the past year. She has a Master’s of Public Health from Portland State University and she looks forward to pursuing other professional development opportunities within ASSE.

**Delegate at Large –
Ashley Cooper**

Photo not available

ASHLEY COOPER, CHST has been an active chapter member since 1992. Ashley is currently employed with Norwest Safety located in Eugene. He serves on the board of NUCA Oregon and Southwest Washington, in addition to being the Safety Committee Chairman of the same organization.

ASSE Columbia-Willamette Chapter Construction Safety Summit Steering Committee

The ASSE Columbia-Willamette Chapter Construction Safety Summit Steering Committee meets prior to each meeting at 10:30 am at JJ North’s Grand Buffet. The Steering Committee invites any ASSE or Summit Member to participate in the meetings.

STEERING COMMITTEE ACTIVE MEMBERS:

- John Cox, Ansell.....jcox@ansell.com
- Tim Fasching, Turner Constructiont fasching@tcco.com
- Frank Upham, SD Deacon.....Upham@deacon.com
- Al Arguedas, Skanska USA..... al.arguedas@skanskausa.com
- Stan Strickland, Travelers Ins..... sstrickl@travelers.com
- Phil Lemons, Streimer Sheet Metal..... Ph.lemons@streimer.com
- Jeff Johnson, ACME..... jeffj@acmetool.com
- Laird Blanchard, OR-OSHA..... laird.j.blanchard@state.or.us
- Jamal Abusneineh, City of Portlandjamalab@ci.portland.or.us

New Safety Training Center Planned for Mount Hood Community College

After 2 years of hard work, OR-OSHA awarded the EHS program at Mount Hood Community College a training contract effective fiscal year 07-08. The rough draft of this contract will be sent to Dr.Javid Mohntasham, the head of the EHS program at MHCC, during the first week of June and some of its highlights are:

1. OR-OSHA will be using the MHCC Campuses (Gresham, Bruning, and Maywood) for their trainings that will be held within the Portland metropolitan areas.
2. OR-OSHA will require the IPV (Internet Protocol Video) technology for its training that take place at MHCC Campuses.
3. OR-OSHA and the EHS program will be partners in the creation of the Safety Training Center.
4. EHS program will be assigning MHCC course numbers (EHSXxx) for all OR-OSHA training courses.
5. People who are attending the OR-OSHA trainings may use them toward the AAS degree within the EHS program.

6. OR-OSHA will include the MHCC logo for all of its training publications.

7. MHCC post schedule of all OR-OSHA trainings with the regular EHS courses on the web and if the space allows will print them with EHS courses in the schedule of courses.

“I would like to use this opportunity and thanks few people, who have helped me in order to make this success possible. First, I would like to thank David Sparks, Deputy Administrator for OSHA, for hearing all of my demands for the past two years and paving the roads to make this contract possible. Second, my special thanks go to Jason Jantzi, Program Coordinator of Public Education Center for OSHA, for helping me with this venture. Last but not least, I am very grateful to Karen Blythe of the ASSE for her constant support/friendship for the past 13 years and introducing me to David Sparks, without whom I would have not been able to get what I have got today,” said Dr. Mohtasham.

Mt St Helens Section Information

The Mt St Helens ASSE Section will hold their Officer Installation Dinner at 6:30 PM, June 15th at Cathedral Tapatia, 707 SE 164th Ave, Vancouver, WA 98684

Please RSVP to Norm Brenteson [Norman.Brenteson@ci.vancouver.wa.us] by June 4th if you plan to attend.

Dinner will be free to section members and their guest. We will be also announcing the winner of the draw from the people that turned in their survey in April.

The 2007 - 2008 slate of officers is:

Norman Brenteson	-----Chair
Jim Lawrence	-----Co Chair
Chris Carlson	-----Vice Chair
Bruce Rosebrock	-----Treasurer
Fred Caron	-----Secretary
Tony Howard	-----Member At Large

Santiam Section Information

These are the topics and dates for the Santiam Section meetings for the rest of the year.

Meetings are held at the Red Lion Inn in Salem beginning at 7:10 AM on the 2nd Tuesday of every month.

6/12:	Emma Dye, Lifeline's AED
7/10:	Karen Blythe, CICP
8/14:	Greg McDonald, Public Works Safety & Supply, Fall Protection
9/11:	Trena VandeHey, OR-OSHA, Hex/Chrome Standard
10/9:	Mike Beach, ID Theft
11/13:	Ron Haverkost, OR-OSHA, Overhead/High Voltage (10' rule)

This month's presenter was Dottie Boyd from Oregon DEQ, who discussed asbestos.

CROET and the Local Chapter of AIHA Offer Worksite Award

The purpose of the Oregon Industrial Hygiene Worksite Award is to support a project that improves safety and/or health in an Oregon workplace, and increase the visibility of Oregon Industrial Hygienists. These are projects that have made or will make a difference in the workplace.

REQUIREMENTS

The activity or program:

- May be new or an extension of an existing activity or program
- Must focus on an Oregon workplace
- Must include a credible evaluation
- Must be innovative
- Must have the potential for implementation in their workplaces or industries.
- The award must be used to implement the activity or program

EXPECTATIONS OF THE APPLICANT

The applicant must be an active or student member of the Pacific NW Section of the American Industrial Hygiene Association. The recipient industrial hygienist will present the results of the innovation or project that received the award at a professional meeting, such as the Governor's Safety Conference, the Northwest Occupational Health Conference or a local education section monthly meeting.

GUIDELINES FOR THE APPLICATION

- Complete the attached application form

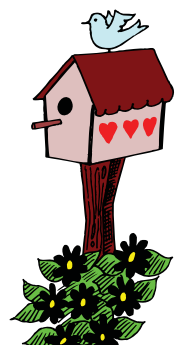
- Attach a budget for the use of the Award
- Attach a letter from company management of the company that they will support implementation.
- Mail the application, budget and letter of support to the PNSAIHA Administrator no later than June 30, 2007.

PRESENTATION OF THE AWARD

The Award will be made at the October Northwest Occupational Health Conference, or the fall meeting of the Portland Section of the PNS-AIHA. **For information regarding these events, contact:** Administrator: Jeannette U. administrator@pnsaiha.org or Portland Local Education Committee : Annie Moorman annmoo@saif.com

SCHOLARSHIP OF THE AWARD:

The Oregon Industrial Hygiene Worksite Award is offered through the sponsorship of CROET (Center for Research on Occupational and Environmental Toxicology) at OHSU in Portland, Oregon. The award maximum is \$1500.



The Well Workplace Word

By Dr. Bud Harris

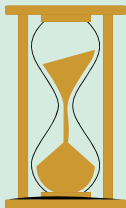
Take 5 and Revive – Relax and Regen Anytime!

Summer is almost here and most likely the yard furniture is coming out, vacation plans are gearing up and the TO-DO list is mounting. When was the last time you really relaxed? And I do not mean pitching tents. Is it worth 5 minutes of your time to feel wonderfully peaceful yet energized in mind and body? Take 5 and revive!

While being stuck in traffic... when put on “hold” during an important phone call... while waiting in your doctor’s waiting room... when someone says something which bothers you... when waiting for a phone call... in the dentist’s chair... when you feel overwhelmed by what you need to accomplish in the near future... when in pain... etc., etc. It just takes 5 to revive using the below exercise and starts with focused breathing techniques then moves through your entire body reducing anxiety and tension immediately. You can do this exercise with your eyes open or closed, anywhere, and at any time. Now let’s get started...and please follow along and perform the steps as you are reading this....

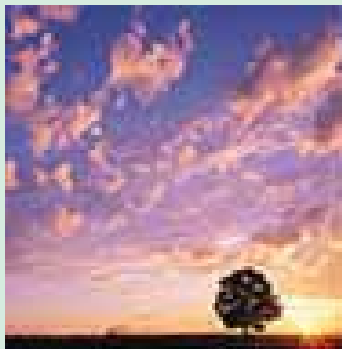


Switch over to diaphragmatic breathing; if you are having trouble, try breathing in through your nose and out through your mouth, or take a deep breath. You will feel your stomach rising about an inch as you breathe in, and falling about an inch as you breathe out. Remember, it is impossible to breathe diaphragmatically if you are holding your stomach in! So... relax your stomach muscles.



As you inhale, count very slowly up to four; as you exhale, count slowly back down to one. Thus, as you inhale, you say to yourself “one, two, three, four,” as you exhale, you say to yourself “four, three, two, one.” Do this several times. After each inhalation, pause for a few seconds, after your exhale, pause again for a few seconds. Do this for a few breathes.

Now start to mentally travel down



through your body and relax the top of your head, forehead, eyebrows, the space between the eyebrows, eyes, eyelids, cheeks and nose. Exhale and inhale completely. Imagine that you are exhaling all the stress in your head on each exhale. Inhale and exhale slowly four times.

Relax your mouth, jaw, chin, neck shoulders, upper arms, lower arms, wrists, hands, fingers and fingertips. Inhale peace and serenity. Exhale fear and stress. Inhale and exhale slowly four times.

Relax your stomach, abdomen, lower back, hips, thighs, knees, calves, ankles, feet and toes. Feel your stress, tension and worries leaving your body as you exhale.

Relax your toes, feet ankles, calves, thighs, knees, hips, lower back, abdomen, stomach and chest. Concentrating on the center of your chest, exhale and inhale completely four times.

Relax your upper back, shoulders, upper arms, lower arms, wrists, hands, fingers and fingertips. Inhale and exhale slowly.

Relax your cheeks, eyelids, eyes, eyebrows, space between the eyebrows, forehead and top of your head. Let your mind be aware of the calm and serene flow of your breath as you inhale and exhale slowly.



Slowly open your eyes. Reach for the sky as you stretch your body upwards giving thanks for life while experiencing the feeling of peace. Now tackle the rest of the day a little bit lighter and relaxed. ~ Dr. Bud



NAOSH

NAOSH Week 2007

By Dave Parsons

NAOSH (North American Occupational Safety and Health) Week as a large success throughout the United States with the help of you, volunteers and professionals who are dedicated to our profession.

On May 7th, OSHA Administer Edwin Foulke, representatives of the American Society of Safety Engineers and the Canadian Society of Safety Engineers kicked off NAOSH Week 2007 with an eye on motor vehicle safety.

Flanked by winners of the ASSE Kids "Safety on the Job" poster contest, Foulke expressed his amazement at how the children were able to illustrate the necessary steps workers should take to protect themselves when driving a motor vehicle, whether it is a tractor or just a regular car. Mr. Foulke also stated: "As these posters illustrate with great clarity and power, workplace safety and health is something we can all understand, and something very important to people of all ages."

There were many companies throughout our Region that held special safety awareness programs during this week. Check the Society webpage and check out what other companies did to promote NAOSH Week.

On our home front there were 1500 NAOSH Posters distributed throughout Oregon and Washington with a couple going overseas. NAOSH Week was promoted through many of the school districts with special programs and assemblies. We also received NAOSH Proclamations from the State of Oregon and different cities. You can see these on our chapter webpage.

Two other significant recognitions were also during this week. On Wednesday, May 9th, it was the second annual Occupational Safety and Health Professional Day and to top it off, it was the first time Safety Break for Oregon occurred during NAOSH Week.

Even though this is a special week to emphasize safety and health please don't let your guard down and continue to promote safety and health throughout the rest of the year. If you want to get more involved with NAOSH Week you can either contact Diane Hurns at dhurns@asse.org or Dave Parsons at parsonsdrr@comcast.net.



Construction Safety Summit Meetings Confirmed

All Construction Safety Summit meetings are held at JJ North's Grand Buffet, 10520 NE Halsey, Portland (1/2 mile east off I-84 Halsey exit), beginning with lunch at 11:30-12:00PM. The speaker and topic will be presented from 12:00-3:00PM.

All ASSE Construction Safety Summit Meetings are open to anyone interested or involved in construction safety...ASSE membership is not required. Contact John Cox at Ansell (503-310-5261), or any of the below listed CSS Steering Team members, for more information. For mailing list changes, contact Al Arguedas (503-207-2531) or email to al.arguedas@skanskausa.com

<u>Date</u>	<u>Topic</u>	<u>Speaker(s)</u>
June 26, 2007	Excavation Safety	Hank Lane, Coffman Excavation
July 24, 2007	Soft Tissue Injuries	Bob Button,
August 28, 2007	Scaffolds and Boom/Scissor Lifts (3-hr W/S)	Dave Parsons, AGC & Others (TBD)

PDC in Longview a Great Success

By Fred Caron, CSP

The Mt. St. Helens Section of the Columbia Willamette Chapter PDC held on May 16 in Longview successfully combined networking and educational opportunities for members.

Of the many sessions offered, one by Dale Sunday of Washington Dept of Labor and Industries on Emerging Workers Comp Issues interested many attendees.

The WA legislature is in the process of approving a one time \$12,000 payment and 6 months TTD to an injured person who opts out of rehab. They are also going to two years of retraining and a max of \$12,000. Currently it is \$6,000 and one year. He said it would apply to self-insurance and state fund alike.

DOSH (formerly WISHA) is going to be tied into the workers comp rates and make scheduled inspections on high modification factor companies.

Their Fraud Unit has been kicked into high gear and they are finding many outlaw businesses that don't pay into workers comp or SSN or other taxes. In fact, he said on the East side of the state they are finding whole communities that have an underground economy.

L&I had found some very successful low mod rate companies that do not let their injured workers go to the doctor by themselves. They have a company person who takes them and then interacts with the doctor regarding return to work, continued salary, light duty, etc. He had some real interesting comp case stories to tell. One was about person who lifted the top cover for a box of pieces of lumber. It weighed a few ounces, but it was stenciled with 200# because that was the finished box weight that was handled by a forklift. The employee told the doctor he strained himself lifting two hundred pounds all day and the doctor would not release him until they paid for the doctor's house call and showed him what he was actually lifting.

Mexico has no workers comp system as we know it. When illegal and legal aliens from Mexico working in Washington State get injured, they immediately run to a lawyer, because that's the culture in Mexico. The employers are supposed to tell new hires up front about what to do in the event of injury on the job. But they don't always do it, and the employer's and L&I's first notification of injury may be made by an attorney.



Jim Szpek, from Washington's DOSH addresses conference attendees



Fred Caron, CSP and Bruce Rosebrook, Mt St Helens Section Treasurer, at PDC



Rob Cameron, Safety Manager for Air Gas, shares information at PDC

Job Postings

New listings continue to be added to the chapter's web site (www.assecwc.org). This is a free service offered to the employers of chapter members. Employers who do not support the ASSE (either through the GOSH or paying for members dues) are asked for 'donations' to post their position announcement. We charge for all "recruiter" to post position announcements. We typically only post openings within the Chapter's geographical area. Please e-mail Brian Clarke at Brian-Clarke@Hoffmancorp.com if you have a position announcement.

New Portland Risk Manager



Kate Wood is the new City of Portland Risk Manager, leaving her position as Oregon's State Risk Manager. Congratulations, Kate!

Presidents Corner

By William (Bill) Wood Jr.

Is there a difference between credibility and respect?

Usually we can decide if we want to respect someone and that respect can be given regardless of how capable and responsible a person is. Some people respect everyone and as a person that respect is shown whether they/we feel the person deserves it or not. Credibility on the other hand can be earned even if someone does not respect them as a person. Example: Sometimes a “know it all” person with a large ego is hard to respect but they can be very credible in their field. So the answer is “yes” there is a difference between credibility and respect.



President Bill Wood

What helps us earn credibility? I have to point my finger at myself when I say that good follow through helps us get credibility, completing the items we say we are going to do, good intentions alone are not going to help us get credibility. Whether you like someone or respect someone it is the people that complete their responsibilities that will have credibility.

Can external support also help us be credible? Yes, being an active member of the ASSE, getting professional designations or degrees, all help us as safety professionals get credibility. The ASSE is a member association dedicated to helping the safety professional become more viable and in being more viable have a greater degree of credibility in the safety field. My concern is we have reduced membership in the ASSE. If this continues will the support for the safety professional be as viable and help us increase our credibility? I think not! I hope all of us can continue to support the safety profession and help keep us all credible.

This being my last President's Corner I would like to thank the members of our chapter and sections for their unselfishness and willingness to go the extra mile even though they were very busy themselves. It helped me much more than you know.

Thank you very much.

ASSE 2006-2007

OFFICERS AND COMMITTEE CHAIRS

<p>President Bill Wood, ARM, CHST billwoodjr@iglide.net 503.970.0588</p>	<p>Treasurer Lee Briney-Ekman lbriney@lhs.org 503.413.5016</p>	<p>Delegates at Large (2) Clark Vermillion clark-vermillion@hoffmancorp.com</p>	<p>Mt. St. Helens Section Chairperson Dick Fabbro richard.fabbro@gapac.com 360.817.2187</p>
<p>President Elect Jamal M. AbuSneineh jamalab@ci.portland.or.us 503.823.5316</p>	<p>Treasurer Elect Jill K.Jones jsafety@verizon.net 503.492.4899</p>	<p>Ashley Cooper cooper5244@earthlink.net</p>	<p>Santiam Section Chairperson Bill White bwhite@kerrcontractors.com 971.216.0056</p>
<p>Vice President Jim Castaneda jim.castaneda@ch2m.com</p>	<p>House Delegates (2) Leslie Kantor leslie.kantor@leatherman.com</p>	<p>Past President (1) Frank Upham upham@deacon.com 503.297.8791</p>	<p>Construction Safety Summit Chair John Cox jcox@ansell.com 503.310.5261</p>
<p>Secretary Shawnalea Shelly sshelly@taiweb.com 503.443.6156</p>	<p>Gordon J. Kroemer, CSP, CHO gkroeme@linfield.edu 503.538.2307</p>	<p>Past President (2) Kimberly Gamble kgamble@andersen-const.com 503.283.6712</p>	<p>Safety Emphasis Leigh Freeman leigh.freeman@safeway.com 503.657.6314</p>
		<p>Membership Chair Jamal M. AbuSneineh jamalab@ci.portland.or.us 503.823.5316</p>	

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