



Safety Emphasis

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

September 2007

Chapter Officers Work Hard to Plan the Coming Year

The 2007-2008 officers met on July 31st at the Embassy Suites, Washington Square. The all day meeting featured a review of budgetary and financial reporting concerns that have been highlighted by recent cases of embezzlement in the news.

Eric Fullan shared his past experiences with the Columbia-Willamette Chapter and offered excellent advice regarding leadership and commitment. "My membership in ASSE has contributed more to my professional development than anything else," he said.

The officers also discussed guest speakers for the year, professional development conferences, and the STARS program paperwork that must be submitted to national every year.

All of the chapter committees were discussed and a few of the officers volunteered to serve as chairs, but noted that there are ample opportunities for other chapter members to get involved.

The officers ended by lining out a tentative plan for future chapter activities and determined that this year's focus will be on recruiting and retaining membership by providing high quality networking and development opportunities.



Former President Eric Fullan speaks to the new officers about leadership.

Here is the list of current committee chairs: Chapter Committees -An overview

Finance Committee	Jill Jones
Membership Committee	Leslie Kantor
Election & Nominations Committee	Bill Wood
Bi-Laws Committee	Karen Blythe
NAOSH Committee	Dave Parsons
Scholarship Committee	Melissa Diede
Awards Committee	Al Arguedas
Community Service	Barbara Aguon
Governmental Affairs	Bruce Poinsette
Job Placement	Brian Clarke
Students Section	Karen Blythe
Public Relations/Marketing	Leigh Freeman

2007-2008 WILL BE A VERY GOOD YEAR!



Newly elected officers President Jamal AbuSneineh and Vice President Lee Briney-Ekman are working hard at the 2007-2008 planning session.

VOLUNTEERS ARE THE KEY TO OUR SUCCESS

MARK YOUR CALENDAR FOR UPCOMING CHAPTER MEETINGS

Save this calendar of meetings to plan ahead for meetings, the dates are firm, but the topics are still tentative. This year, we will offer breakfast, lunch, and dinner meetings to encourage a higher turn out. The meetings will still be held at the Holiday Inn, 1441 NE 2nd Street, Portland (near the Convention Center); dinner meetings will be \$20 and breakfast and lunch will be \$15 and all will offer a buffet selection.

American Society of Safety Engineers Columbia Willamette Chapter

Meeting Schedule

September 13, 2007	Noon	Michael Wood, OR-OSHA
October 11, 2007	5pm	Personal Credit 101
November 8, 2007	7:30am	Drug Testing 101
December 13, 2007	5pm	Home Electrical Safety
January 10, 2008	5pm	Fire and Personal Safety
February 14, 2008	Noon	Occupational Medicine (Occ Health Nurses)
March 13, 2008	Noon	Risk Communication
April 10, 2007	7:30am	Hazard Recognition
May 8, 2007	Noon	Domestic Violence-Workplace
June 12, 2008	5pm	Officer Installation

Testifying Before a Congressional Committee

BY MARY DEVANY

Mary Devany was asked to testify before a congressional committee to help make a difference for hundreds of thousands of American Katrina and Rita hurricane survivors across the Gulf Coast by acting as an expert regarding the health effects of formaldehyde.

It was quite an experience, I must say. I had less than a week's notice and had to stop everything to prepare my written testimony and then my oral testimony. A pediatrician and 3 residents of FEMA trailers also testified, as did the Director of FEMA. It was my job to be able to explain all the health effects of formaldehyde, how it gets into the materials during the manufacturing process, how to detect and sample for formaldehyde, what all the various exposure limits mean, and how to abate the problem.

At the hearing, we were sworn in, had 5 minutes to talk, then each Congressman had 5 minutes of questions to ask us. I practiced my oral testimony so many times during the night before the hearing (I couldn't sleep at all) that when my turn to testify came up, rather than being nervous, I think I just went on auto-pilot!

In the subsequent 24 hours, I got calls for help from a U.S. Senator and two Congressmen, interviews from the news media as varied as the New York Times to the Native American Times, was on CBS, NBC, ABC and all the cable news channels, and was quoted in an article on the front page of the Washington Post (see below) and many, many other papers here in the US as well as Europe. I guess I've now had my 5 (not even 15) minutes of fame!

So many thousands of people are suffering, especially small children and the elderly -- I think that Congress can't help but take action. And there is overwhelming bi-partisan support that something must be done right away.

Some of you asked where you could see the testimony. I haven't checked, but I understand that it was on C-Span 3 and Wes ordered a copy of the DVD. Besides that, a woman from the Pentagon (!) who contacted me about this told me that the testimony is available on the Congressional hearings website at <http://oversight.house.gov/story.asp?ID=1413>



IMPROVING FLEET SAFETY

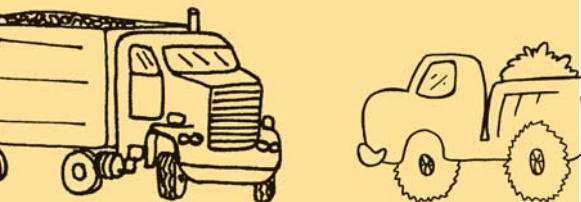
SEPTEMBER 12-13, 2007
ATLANTA, GEORGIA

Safety professionals with transportation related responsibilities know and understand the importance of managing fleet safety. Every year since 1992 transportation accidents have been the leading cause of on-the-job deaths in the U.S. Because of many variables organizations need to improve safety management and practices in order to manage risks and reduce incidents and accidents.

Topics include:

- Current Issues and Best Practices: Hazardous Material Transportation Panel Discussion
- Measuring Fleet Safety Effectiveness: Panel Discussion on Benchmarking. What Are the Leaders in Fleet Safety Doing? What Separates the Best from the Rest
- ANSI/ASSE Z15.1
- Smart Vehicles and Other New Technologies
- Driver Issues: Mitigating Risk and Improving Safety and Health

For more information on the symposium including session descriptions, downloadable brochure and registration, please go to <http://www.asse.org/education/improvingfleetsafety> or contact customer service at 847.699-.2929 or customerservice@asse.org.



GOVERNMENTAL AFFAIRS

BY: BRUCE R. POINSETTE

I hope everyone had a great summer and are now energized to get involved with many old and new issues.

This year has seen a major piece of safety legislation in Washington State. The unfortunate collapse of a tower crane propelled the legislature to pass rules that will govern the methods for crane erection, inspections and operator certification. The background documentation, the accident investigation report, was not completed prior to the legislative action. There is a concern about the non-standard base on which the crane was erected and there were some guidelines requiring more detailed engineering of such bases but I didn't find any requirement that outlined the inspection procedure for these bases prior to the erection of a tower crane. The rules will cover various types of cranes. I encourage everyone doing business in the state of Washington to review the proposed rules and participate in future hearings. Things are going well in Oregon.

Oregon O.S.H.A. will be holding hearings on the revised vehicle and fire extinguisher codes. Both of these proposals will simplify the actual wording of the rules. The fire extinguisher codes will place more emphasis on the manufacturer's specifications. Proposed rules are available on the Oregon O.S.H.A. web site.

Oregon shines again. Does anyone know the date of Oregon's small business outreach program? The A.S.S.E. Governmental Affairs Update, dated August 14, 2007, speaks to the need to work with small businesses. The article titled Best Practices in Reaching Out to Small Businesses discusses the need for outreach to small businesses as a means of raising awareness of workplace safety and health issues.

Several ideas are presented.

1. Offer to speak at local Chamber of Commerce, Rotary, Lions and other gatherings of small business.
2. Offer safety and health articles to local newspapers and make contact with local reporters.
3. Sponsor local events like youth sports teams, having a booth at community events.
4. Offer pro bono consultative services to nonprofit community organizations.
5. Reach out to educators at all levels to offer assistance in addressing youth worker issues or safety and health issues in the schools.

All of this should be familiar to some of us and don't forget the outstanding Small Business outreach by Oregon O.S.H.A. The Managing Safety for Profit presentation was an eye opener at every Rotary Club where I presented it. The time is right for all of us to look at ways that we can increase our outreach efforts.

THE WELL WORKPLACE WORD

By Dr. Bud Harris

WHAT TO JUST DO WITH THAT PAIN IN THE BACK

At some point, back pain affects an estimated 8 out of 10 people. It is one of our society's most common medical problems. Having worked with my hands and back my whole life, I am one of those eight. At age 19, after dropping out of college and leaving behind college and football dreams, I worked full time as a logger 12 hours a day in the Sisters Mountains near Bend, Oregon rolling $\frac{3}{4}$ inch steel cables that strung aerial logs together under a twin turbine Sky Crane helicopter before entering the US Air Force for the next 10 years. And the following 10 years as a technician/electrician I was stooping, bending, climbing, sitting, forcing, crawling which added to my back's aggravation. It wasn't until I decided to strengthen my core muscles, and then actually did it, that my chronic back pain went away – and - is now gone forever. I may not have six pack abs, but my core supports my spine well, is strong, and I can count on them to be there when I need to: bend, kiss my family, exercise, sit, twist, play, and sleep. Below is what the DHS NIAMS says, and I echo their advice. Why not JUST DO IT?

“WHAT IS BACK PAIN? Back pain is an all-too-familiar problem that can range from a dull, constant ache to a sudden, sharp pain that leaves you incapacitated. It can come on suddenly – from an accident, a fall, or lifting something too heavy – or it can develop slowly, perhaps as the result of age-related changes to the spine. Regardless of how it happens or how it feels, you know it when you have it. **Acute Back Pain:** Acute back pain usually gets better on its own and without treatment, although you may want to try acetaminophen, aspirin, or ibuprofen to help ease the pain. Perhaps the best advice is to go about your usual activities as much as you can with the assurance that the problem will clear up. Getting up and moving around can help ease stiffness, relieve pain, and have you back doing your regular activities sooner. Exercises are not usually advisable for acute back pain, nor are surgery. **Chronic Back Pain:** Treatment for chronic back pain falls into two basic categories: the kind that requires an operation and the kind that does not. In the vast majority of cases, back pain does not require surgery. Doctors will almost always try non-surgical treatments before recommending surgery.

EXERCISE: Although exercise is usually not advisable for acute back pain, proper exercise can help ease chronic pain and perhaps reduce its risk of returning. The following four types of exercise are important to general physical fitness and may be helpful for certain specific causes of back pain:

FLEXION: The purposes of flexion exercises, which are exercises in which you bend forward, are to 1) widen the spaces between the vertebrae, thereby reducing pressure on the nerves; 2) stretch muscles of



the back and hips; and 3) strengthen abdominal and buttock muscles. Many doctors think that strengthening the muscles of the abdomen will reduce the load on the spine. One word of caution: If your back pain is caused by a herniated disc, check with your doctor before performing flexion exercises because they may increase pressure within the discs, making the problem worse.

EXTENSION: With extension exercises, you bend backward. They may minimize radiating pain, which is pain you can feel in other parts of the body besides where it originates. Examples of extension exercises are leg lifting while lying prone and raising the trunk while lying prone. The theory behind these exercises is that they open up the spinal canal in places and develop muscles that support the spine.



STRETCHING: The goal of stretching exercises, as their name suggests, is to stretch and improve the extension of muscles and other soft tissues of the back. This can reduce back stiffness and improve range of motion.

AEROBIC: Aerobic exercise is the type that gets your heart pumping faster and keeps your heart rate elevated for a while. For fitness, it is important to get at least 30 minutes of aerobic (also called cardiovascular) exercise three times a week. Aerobic exercises work the large muscles of the body and include brisk walking,



jogging, and swimming. For back problems, you should avoid exercise that requires twisting or vigorous forward flexion, such as aerobic dancing and rowing, because these actions may raise pressure in the discs and actually do more harm than good. In addition, avoid high-impact activities if you have disc disease. If back pain or your fitness level makes it impossible to exercise 30 minutes at a time, try three 10-minute sessions to start with and work up to your goal. But first, speak with your health professional or physical therapist about the safest aerobic exercise for you.” (National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) Web 2007.

THE FACT OF THE MATTER IS: The Spine is a precarious piece of our make-up and in my humble opinion; in general, we tend to give it the same lip service as wanting 6-pack abs or a smaller waist. The funny part is that in most chronic cases, the absence of core strength, hamstring flexibility, and excess weight is causing our back issues. So getting a 6-pack and dropping a few pounds is in fact what will start one down the path of a pain free back -BUT- only if and when **YOU JUST DO IT!** ~ Dr. Bud

Mt St Helens Section Information

7/19/07, 7 AM, at the Monticello: Attendance was up 150% at this meeting! Reminder that meetings will be held the 3rd Thursday of every month at 7 AM at the Monticello.

There was discussion on holding upcoming ASSE Teleconferences. 9/19/07 is Robert Pater on Slips and Falls, 10/17/07 is Mark Hansen on Power Presentation to CEO's, 10/31/07 is Joel Haight on Aging Workforce and 12/12/07 is on Influenza Threats virus Preparedness.

There was a proposal to have a trenching certification class as part of this year's agenda. Dick Fabbro offered to host it at Camas. It was decided to schedule this early next year.

This month's speaker was John Furman, the head of the Industrial Hygiene Program for the State. He is IH Program Manager for DOSH. His talk today was on Heat Related Illness, referred to as HRI. California and Washington have both issued emergency heat stress standards for outdoors work, which have been issued following deaths due to HRI in the workplace.

Heat stress can be mitigated by acclimation, which takes about 7 to 10 days, after which the persons sweat has increased efficiency, lower core temperature, lower heart rate and increased stroke volume meaning more blood pumped per heart beat. There were other factors reviewed, but nothing beyond what is usually gone through each time we conduct heat stress training.

It was noted that in the past ten years the highest group turning in HRI Claims was the age group 18-24. All the other age groups remain lower until age 55 when the number of claims goes back up.

Mr. Furman stated that excessive use of electrolytes is to be discouraged. Water should be taken in at a rate of one cup per 15 minutes. This is better than drinking one quart per hour, even though it is the same volume, the body handles it better. There are known interferences and interactions when taking some types of medications and also drinking electrolytes.

Recommendations are to schedule the hard heavy

work in the cooler part of the day; Alternate heavy work with light work; Increase breaks, Proper hydration-lots of water and less Gatorade, etc.

8/16/07, 7 AM, Monticello: This month's speaker was Bob Wujek from MSA. Bob's topic was on the newly published ANSI Standard Z359 on fall protection. The original standard was published in 1992, revised in 1999 and expanded in 2006. It is an effort to make the industrial fall protection codes line up with the A10.32 that applies to Construction. Z359 does not apply to construction industry.

There are actually five codes within the broad heading of Z359, which is effective on October 1st 2007. Although it is not adopted by OSHA yet it could have an impact on legal proceedings in the event of a serious fall injury and subsequent legal action.

The big change will require locking snap hooks to have a gate strength of 3,600#. The maximum force allowed on the body is 1,200#. The harness life for un-inspected harnesses is five years and for un-inspected lanyards it is 3 years. Since OSHA requires the user to inspect the harness before each use, this could be a moot point.

The Fall Protection Hierarchy remains the same. Elimination, Substitution, Passive, Fall Restraint, Fall Arrest and last choice is Administrative Controls such as safety signs.

Next month's speaker is Leana Wang from DOSH who will talk about the DOSH Consultation Program. This will be on Thursday September 20th at 7:00 AM at the Monticello Hotel in Longview.

THE 2007 - 2008 SLATE OF OFFICERS IS:

Chairman: Norm Brenteson
Chair-Elect: Jim Lawrence, CSP
Vice Chair: Chris Carlson
Secretary: Fred Caron, CSP
Treasurer: Bruce Rosebrock
Delegate: Tony Howard, CSP
1st Past Chair: Dick Fabbro, CSP
2nd Past Chair: Marty Rouse
Gov/Board: Herb Maxey, CSP

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.

- | | |
|--------|---|
| 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) |

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.

REDMOND HOSTS WORKPLACE SAFETY AND HEALTH CONFERENCE

Central Oregon employers and workers are invited to attend a conference in September designed to improve their workplace safety culture and reduce injuries.

The Department of Consumer and Business Services, Occupational Safety and Health Division (Oregon OSHA) invites employers and workers ready to energize their workplace safety and health programs to attend the Central Oregon Occupational Safety and Health Conference, Sept. 18-21 at the Eagle Crest Resort near Redmond.

Twenty-six workshops are scheduled during the conference's four days. The conference will provide training on workplace issues that affect all employers and how to integrate safety and health management into your company's business plan.

Workshops include:

- Safety Committee Basic Training
- Keeping Your Vehicle Safety Program Between The Lines
- Understanding and Managing the Dynamics of Diversity

An innovation for the 2007 conference will be four workshops presented in Spanish on Tuesday, Sept. 18:

- Hazard Communication & Material Handling
- Safety Committee Basics
- Forklift Training
- Occupational Health Basics

The registration fee for the conference is \$150 to attend all Wednesday, Thursday and Friday sessions. You can attend any single day for \$80 and attend either a morning or afternoon workshop on Tuesday, Sept. 18 for \$35. Exhibition space will highlight products and services from more than 20 safety and health vendors and organizations.

More information about the conference is available on the Oregon OSHA Web site at www.orosha.org/conferences. You may call the Oregon OSHA conferences section at (503) 378 3272 to get additional information. The conference is a partnership between Oregon OSHA and the Central Oregon Safety and Health Association.

Supervisor Training *Workplace Behavior Problems: The Challenge of Substance Abusers*

Businesses tend to hire employees hoping everything will go well and seek advice only after something goes wrong. While it is impossible to eliminate risks of substance abusing employees, this session will help businesses reduce or contain those risks and avoid litigation.

Learn the simple, straightforward steps you can take to manage a difficult on-the-job situation and prevent crisis.

You'll learn:

- The business owner's responsibilities and legal liabilities
- The risks of ignoring employee substance abuse
- How to observe and document unusual behavior
- Active supervision and constructive intervention techniques
- How to take action to reduce risk

This training includes video examples and exercises to learn effective intervention strategies and a manual with tools for easy reference after you're back on the job

*"If you don't have a sufficient deterrent, drugs users will own your company.
If more employers enforce a strong drug policy, it will change the community."*
Sid Smith, President, Forest Grove Lumber Co., McMinnville

Date: Tues., Sept. 25th
Time: 8:00 am—12:00 pm
Location: NW Natural
220 NW 2nd Ave
Portland, OR 97209
4th Floor

Cost: \$75 per person
(includes: continental breakfast,
beverages & materials)

To Register:

www.workdrugfree.org or
bushman@oregonrn.org

Or Call:

Mimi Bushman at Workdrugfree,
503.293.0011 x 336

Jerry Gjesvold, B.S.



Jerry has been a consultant and trainer for companies on the west coast since 1983. He is currently Manager of Employer Services with Serenity Lane Health Services, where he has been employed since 1979. Jerry specializes in matters of policy and procedures related to the management of alcohol and other drug problems in business and industry. He is a popular public speaker who weaves his own personal experience of addiction and recovery into his presentations. He has a bachelor's degree from the University of Oregon and has done graduate work there in health education. He served for 16 years on the Oregon Governor's Advisory Committee on DUII Legislation.



PRESIDENT'S CORNER

BY JAMAL M. ABUSNEINEH

As the time came for me to write this month's corner, I was contemplating the advancements that have taken place over the decades in occupational safety and health in the workplace. The many programs that environmental health & safety professionals work tireless hours to setup, implement and measure. I was feeling proud and jubilant to be involved in such a human, caring profession. We offer our best and do everything possible to make everyone's work experience as safe and as rewarding as possible.

One of the definitions of the safety professional is that, "an individual, qualified by education, training and experience, who in working with and through others, and following a Code of Professional Conduct, helps to identify hazards and develop appropriate controls for these hazards, that when effectively implemented, prevent occupational injury, illness and property damage." By nature of this definition, we are given another reason to be motivated and even proud and to do our daily work.

Today, millions of people go to and return home from work safely, in part, due to the commitment of the occupational safety, health and environmental (SH&E) professionals who work day in and day out identifying hazards and implementing safety advances in all industries and at all workplaces, thereby reducing workplace fatalities, injuries and illnesses.

The reduction of the total number of injuries and fatalities over the years is a clear proof of those efforts. In 2006, 5,703 were the fatalities in the United States by all industries compared with 6,217 in 1992. It used to be part of normal practice to expect people to be injured or even killed during construction projects; the Golden Gate Bridge construction comes to mind.

Another point to ponder for the role of the safety professional is the health and wellness aspect of workers. Not many people know that in the United States over 5,000 people die each day of heart disease related issues – however, people that suffer heart disease is in the hundreds of thousands. Coronary heart disease has caused about 452,300 deaths in 2004 and is the single leading cause of death in America today. It has also claimed 871,500 lives in 2004 (36.3 percent of all deaths or 1 of every 2.8 deaths). Adding to this by the year 2015, it is estimated that 3 out of 4 will be overweight, according to a published article by Reuter Thursday July 19, 2007.

It seems Thomas Jefferson was right when he said "The doctor of the future will give no medicine but will interest their patients in the care of the human frame, in diet, and in the cause and prevention of disease." A greater emphasis on wellness is needed and where many companies may not have a wellness specialist, it becomes one of the many roles that the occupational safety & health professional will play.

Finally, your chapter, the Columbia-Willamette is proud to continue the tradition of excellence that previous leadership has established. This year, your elected officers have worked tirelessly during the summer preparing a wonderful program for this upcoming year and building on to the following years. Our meeting location is still The Holiday Inn; the meeting times vary from month to another. We will have at least two major PDCs on hot topics in our industry; details to follow.

In September, we will have Michael Wood, Oregon OSHA Administrator, as our guest speaker, who will give an update of events related to OSHA activities, and will provide a chance to ask questions. We will also sign the GOSH partnership agreement between the Chapter and OSHA for 2009.

Lastly, if you are approached by a chapter officer about volunteering on one of our committees or for helping with chapter activities, please take advantage of the opportunity! It's a chance to get to know others in the chapter while gaining in knowledge and experience. Thank you!



President Jamal M. AbuSneineh