Cascade Safety and Health News

A Newsletter of the American Society of Safety Engineers, Cascade Chapter

November 2009

Our Mission

ASSE is a global, member-driven association providing representation, promotion and support for those engaged in the profession and/or the practices of safety, health, and environment in their efforts to protect people, property, and the environment.

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July 1, 2009 – June 30, 2011

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Vice President: Elizabeth Bartleson, DOE NETL Lab

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Newsletter Editor/Past President: Mary Lou Wilson, Wildish Contruction Co.

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AED's, The Law, And You

By Twyla Buckem-Gallaway

Seconds matter.

This is the message that can be gleaned from an enlightening presentation by Pam Erno, National Account Manager with Health & Safety Institute (HSI). Pam reviewed the significance of Senate Bill 556 and the necessity of having Automated External Defibrillators (AED's) close at hand.

Did you know that one person dies from Sudden Cardiac Arrest (SCA) every two minutes? SCA is one of the leading causes of death in the United States. The survivability rate decreases 10% for every minute the heart is in a chaotic rhythm. The use of an AED greatly increases the chances of survival during the first few minutes of SCA. Pam demonstrated a Philips Onsite AED unit, which uses low biphasic energy. The unit is turned on, begins to charge, analyzes the heart rhythm, and within 8.5 seconds is ready to shock.

Pam outlined how Senate Bill 556, to be enacted January 1, 2010, works to address the importance of having AED's readily available. The bill requires places of public assembly to make available Automated External Defibrillators. A place of public assembly is defined as a facility that has 50,000 square feet or more of floor space and where the public congregates for any purpose, (e.g. entertainment, business, awaiting transportation), and where at least 25 individuals congregate on a normal business day. (Note that both the floor space requirement and the number of individuals congregating on a normal business day must be met in order for the law to apply to a facility.) The bill explicitly exempts schools and other facilities owned by the school district or facilities primarily used for worship or education. She notes the downside to this bill is that are no plans to police organizations to ensure compliance.

Training is not required as part of the bill because lawmakers believe that AED's are self-instructing and so easy to use, that anyone can do it. She also highlighted the increased liability faced by an organization should they have a poorly managed AED program. AED's must be maintained according to manufacture's guidelines.

"The more AED's that we get out there, the more lives we will save," Pam stressed. "The key is education!"

Senate Bill 556 should help make tremendous headway in the campaign to ensure AED's are readily available to the general public and ready to use.

The life that's saved may be your own.

Cascade Chapter President's Corner

By Duane Grange

I cannot explain what a great honor it was representing the Cascade Chapter at the Fall Region 1 Operating Council (ROC) meeting and also at this year's ASSE Leadership Conference.
I appreciate working with the other chapters at the ROC and learning that we all face the same challenges, whether it's a poor economy, watching our colleagues lose their jobs, encouraging members to get involved, or simply poor attendance at monthly meetings.

At the ROC it was noted that results of Society's membership survey identified the number one issue of importance as good communication between members, the Chapters, ROC, and Society. It was no surprise that this year's Leadership Conference included a session on understanding communication styles. It was presented by Steve Kessel and Bill Bonham, training specialist for MRA a Human Resources membership association, serving over 4,000 members covering close to a half million employees. www.mranet.org

I've attended Leadership Conferences in the past, and I can state without a doubt that this year's was by far the most rewarding for the Cascade Chapter, the company I work for, and for me personally. It was very well attended and our very own Region 1 was recognized as having the most mem-

bers in attendance (39). The two-day program also offered workshops on leadership; challenges & succession planning with breakout sessions covering thirteen assorted topics. After the Key Note presentation, provided by Joel N. Tietjens, President of T-Jens & T-Jens, Inc., www.tjens.com the consensus of the group was that it would be much easier to replace managers than leaders.

On October 14, 1911 ASSE was founded by 12 New York firemen/ inspectors. ASSE is planning to celebrate the100 year anniversary with a kick-off at the 2010 Leadership Conference. Celebrations will continue at the 2011 ASSE PDC in Chicago will wraps up at the 2011 Leadership Conference.

The goal is to celebrate the accomplishments and professionalism of our members, posture the recognition of the Safety & Health Profession, and launch ASSE's vision. Society's Public Relations Department wants your help. They would like to know the Chapter's history, milestones, and events as they relate to the 100th anniversary. If you have stories to share, please contact me and I'll pass them on!

I have met a lot of wonderful people in the last month who have taught me so much. As I reflect on my years in safety — which have spanned some of the most important achievements in my life — I am proud to say that being a part of the safety profession is living a dream that only a few lucky folks have the opportunity to do. I am truly blessed to be able to share it with you.

If you would like copies of any of the training material from Leadership please contact me at (541) 746-6200 or email dgrange@selectemp.com

Meet Our November Speaker!

Oregon OSHA's Larry Fipps began his safety career in the timber industry where he first worked as a choke setter. During that time he rose through the ranks and became an Operations Manager and Contract Supervisor.

Today Larry is a consultant and instructor out of OSHA's Eugene field office. Come participate in his November Cascade Chapter presentation on Oregon OSHA's safety committee rules and how to comply with them.

See you there!

Member Spotlight

Cascade member
Kay Coots

Kay Coots *is the Environmental Health and Safety Director for the University of Oregon. She has worked at the UO for 23 years, serving as the EH&S Director for the past 13 years. You may contact her at kcoots@uoregon.edu.*

My safety career started a bit as a fluke. I was working in public health and commuting two hours a day when I saw a job announcement for a Safety Officer in my home town. I applied and was offered the position – one that I thought I would keep a few years, get some field experience and then move on. Twenty-three years later, I'm still in the profession and would want it no other way.

I learned early that one of the most important pieces of my job was to find the balance of creating commitment within management for the safety function and at the same time create trust among the line workers. This is still true; it's critical to learn the culture of your organization to know how best to create this balance for the best possible safety culture in your organization.

I have had the pleasure of working in an environment where you never know what the day will hold. My employer deals with a lot of different issues, from high voltage to nanoparticles to complex fire safety issues to office ergonomics. This makes my position one where we are always expected to learn in order to provide current information on the best way to protect those in our work environment. It also creates an environment where the safety professionals are challenged to customize their safety message appropriate to the particular employee group. Again, we need to know our audience in order to best sell our message.

In our efforts as safety professionals, the constant tug between compliance demands, internal deadlines and staying up-to-speed on new issues, can sometimes cloud the reason that we come to work. That reason is to make sure those that we work for (the employees in our organizations and in my case, the students on our campus) all go home safe and healthy. This means that regardless of the demands facing us at the moment, when a worker stops you to talk about a work place hazard, we need to give them our full attention and make our best effort to address that issue. For most safety professionals this is also the most rewarding portion of their job. In fact, for me, one of the most rewarding situations I've experienced was when I overheard a line worker telling a new employee that it's o.k. to trust and consult the safety staff because they know their stuff and care about the workers.

I encourage you to enjoy your career, stay knowledgeable on the current safety issues, and help the employees go home safe and healthy!

Welcome New Members!

ASSE Cascade Chapter's Membership Chair **Steve Bridges** reports the following have joined the chapter as of August, 2009:

* Jewel Sward, Sward Training

* Jon Sowers, National Training Professionals LLC

* Timothy McKenzie, PVPowered Company

Welcome to our new members! We look forward to seeing you at an upcoming chapter meeting.

Chapter questions may be directed to Steve at *steve@safetycal.com* or to any Executive Committee member.

ASSE's Region 1 Vice-President

Martin Jeppeson, CSP, ARM

After living in eight countries during his first sixteen years, Martin Jeppeson moved to the United States in 1962 and spent his first four years on Long Island. He joined the U.S. Army in 1966 and retired in 1990 as a Lieutenant Colonel, Special Forces.

Martin's formal safety employment started with Erickson Environmental in Richmond, California as a Safety Manager. Erikson provided hazardous waste management services to refineries and superfund sites, emergency response, and tank cleaning.

In 1996 he became the Safety Director for CALAMCO (California Ammonia Company) located in Stockton, where he now serves as the Director of Regulatory Affairs. His responsibilities include the company's safety, health, environmental, regulatory affairs, transportation and security programs.

CALAMCO is a non-profit agricultural co-op providing bulk anhydrous ammonia terminalling and transportation services.

Martin has been an ASSE member since 1992 and has held several Chapter Board positions over a nine-year period including two terms as the Sacramento Chapter President.

Currently serving as ASSE Region 1 Vice President, his goals include an emphasis on communication within the region, assistance to Chapters for the reporting cycle, and a focus on the education of the younger members who will be leading the Chapters and the Society in the near future.

Martin welcomes your questions and comments. He may be reached at mjeppeson@comcast.net. His cell phone number is (209) 609-2332, and he may also be reached at his office number (209) 982-1000 .

Did You Know. . .

. . . effective October 5, 2009 Oregon OSHA adopted changes to the scheduling rules for fixed site safety inspections? Check out the documents by visiting the OR-OSHA website at www.orosha.org . Select Rules/ Compliance from the left-side menu options, then choose Adopted Rules from the right.

Conference Planning Update

The 2010 Cascade Conference Committee is continuing to work toward hosting a successful conference in March 2010. We are still seeking applications for awards in the following areas: Outstanding Safety Program, Safety Committee Recognition, and Safety Professional of the Year. Please help us highlight the best safety programs and professionals in our community by applying or encouraging others to apply. The deadline is October 31st, and the application packet can be downloaded from http://www.orosha.org/conferences/2010/Cascade2010_nom-app.pdf. The Conference is also seeking sponsorship money to support the conference.

For more information about sponsorship opportunities, contact Elizabeth Bartleson at e.bartleson@comcast.net or http://www.orosha.org/conferences/2010/Cascade2010_sponsor-ltr.pdf.

H1N1 Update—In The Heat of the Battle

By Lisa Rodriguez, RN, COHN, HEM

*Cascade Chapter member **Lisa Rodriguez** is the PeaceHealth Oregon Region Safety Coordinator. She offers this follow-up to this flu season's H1N1 concerns.*

The H1N1 influenza season is in full swing in Lane County. With hospital admissions and clinic visits for ILI (influenza-like illness) at a brisk pace here at PeaceHealth, it is challenging to maintain operations as usual as I am sure it is with many other businesses in our community.

The work of caring for those in our community continues with the added challenges of setting up a call-in line for employees who are ill so that their symptoms can be triaged and determination made regarding length of time they may need to be off work. Staffing is impacted not only by the illness of the employee, but also the illness of others in the home. This influenza season is challenging our culture of "keep working even if you are sick", and likely will provide a permanent shift in how we behave and expect others to behave when ill.

Within the healthcare field, personal protective equipment is being used at levels we have not encountered before and we are faced with the possibility of a short supply. Agencies such as the Centers for Disease Control (CDC) and OSHA are moving quickly to address these challenges. Good communication and teamwork across the medical profession is necessary to be proactive in developing risk assessments as well as planning for possible hurdles.

It is important that employers provide information regarding influenza that educates their employees. In the beginning stages of the pandemic professional organizations such as those for Infectious Disease, Healthcare Epidemiology, Occupational Medicine, Institute of Medicine and the CDC seemed to be writing guidance documents independent of each other.

At this point in time I see that they are referencing the CDC guidance documents that are coming out. The CDC website is very user friendly and a good place to pull recommendations for use in your business.

Vaccines for seasonal influenza are in short supply this year, so some people will likely not receive them, or have to put much effort into finding out where they can get them. Many employers who offered them in the past have not been able to do so this year.

Adding to that stress for employees is the misinformation regarding the H1N1 vaccine. CDC has the facts to pass on to others. If this type of influenza had been found on the regular swabs that are gathered during each flu season, it would have been in our seasonal flu shot. It is amazing how its discovery a few months too late has affected the entire world. The good news is that H1N1 vaccines should be available to all who need them; they're just coming to providers a little slower than predicted.

It's going to be a long influenza season. If epidemiological models hold true for new strains, then it is likely to peak in another 4-5 weeks. However, it is anticipated that we will see another resurgence in cases by February, 2010.

Meanwhile, everyone should continue to exercise prudent behavior: wash your hands with soap and water often, use alcohol-based hand gels if water is not available, and practice cough etiquette by covering your cough with a tissue or through some means of containing it (like coughing into your arm).

Remember that influenza is primarily spread by droplet. If you experience fever and any other upper respiratory symptoms, consider yourself contagious until 24 hours after the fever is gone.

Lisa notes that California's Santa Clara Health Division has a self-care guide that is an excellent source of information, and helps determine when one might need to seek medical attention. It may be accessed at http://www.sccgov.org/SCC/docs/Public%20Health%20Department%20(DEP)/attachments/SCCPHD_HomePrepBooklet.pdf

ASSE Cascade Chapter
P.O. Box 141
Eugene, OR 97440

Check out our new website!
http://cascade.asse.org

The Next ASSE Cascade Chapter General Meeting

November 17, 2009

Location: ***Sizzler Restaurant***
1010 Postal Way
Springfield, OR

Time: ***11:30 AM to 1:00 PM***

Topic: ***Complying With OR-OSHA's Safety Committee Rules***

Speaker:
Larry Fipps
Oregon OSHA

See page 2 for our speaker's bio!

Member News

Cascade Chapter member **Mark Maguire** reports that EWEB has reached graduate status in the Oregon OSHA Safety and Health Achievement Recognition Program (SHARP). The SHARP graduate rating is given to employers who are recognized by OR-OSHA as having a premier safety program, with a commitment to continuous improvement and extensive employee involvement in all elements of workplace safety and health.

This is the fifth year in a row that EWEB has been recognized by OSHA for their outstanding safety and health program, earning the utility the exemplary status of being a graduate of the multi-year SHARP program. EWEB received the first year SHARP award in 2004 after which OR-OSHA evaluated their safety program annually through 2007. In 2008, they entered a milestone year in which they demonstrated that they would maintain the highest safety standards and commitment to continuous improvement without an annual OSHA audit. In 2009, the annual safety program audit is being lead not by OR-OSHA, but is totally being done by EWEB's own staff.

Mark says that EWEB's unified approach to safety and wellness under the common theme of **"Improving Lives"** demonstrates the utility's commitment to exceeding OSHA's minimum standards. "Safety is what you do. Wellness is what you take away. It's about life quality," he says. Mark also notes that despite EWEB's success in earning the SHARP award, the utility's safety program is far from perfect. "That's why we will continue to audit our program and look for deficiencies," he says. "Graduation from SHARP isn't the end; it's the beginning."

Congratulations to EWEB for their outstanding achievement!

Cascade Chapter members are welcome to submit their news! Please send your information to the newsletter editor at marylou@wildish.com.