



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Utah Chapter

January 2019 Newsletter

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MESSAGE FROM THE BOARD

Happy New Year!!!

And Welcome to 2019 – The SAFEST YEAR ON RECORD for you and your organization. It will be the year where you can send everyone home at the end of the work day safe and sound. It will be the year where all your employees, friends and family are injury free off the job, and fun abounds everywhere.

I hope you are not thinking – hold on Doug, have you had too much Diet Dr. Pepper over the holidays???. (Not sure if you can actually have too much Diet Dr. Pepper). Have I lost the few remaining marbles that have been rattling around in my head?

Can 2019 be the **SAFEST YEAR ON RECORD** for you??

Actually, I truly believe it can be, if you believe! (No this is not the Polar Express story).

I am a hard and fast believer in setting the vision, promoting the vision and pathway, engaging people in the vision and pathway, and not giving up on the vision.

I have worked with many people and companies, regardless of past results or short-falls, who have truly made a difference by using this method. Let's review:

- What do you want – to just be better than last year? Or to have the SAFEST YEAR ON RECORD?
 - What is your vision. Communicate it to all, so that they can see it.
- Next, start promoting that each Month of 2019 will be the SAFEST ON RECORD, and let them know the plan of why this can be and will be.
 - Work with management and Committees to determine a solid plan. If it is their plan, then they will own and promote it.

- Engage people in the plan, process and pathway. This is the SAFEST WE HAVE EVER BEEN.
 - Their safety comes down to management providing the environment, equipment and training, and then everyone taking care of themselves and their partners.
 - Keep them involved and engaged by having them assist with the pathway, and having celebrations along the way.
 - Constant communication and consistency will soon get all engaged, and being part of the success.
- Continue forward, and keep the torch of your vision burning.
 - If there are incidents that do come up, own up to them, communicate them and the proper corrective actions, and then get back on the pathway.
 - Don't let short-falls or changes stop you. I have preached for many years that "if your bus has a flat tire, fix it and get back on the road. The flat tire does not need to be the end of the trip."

As a last bit of thought on setting a vision, promoting it and making it happen, my experience has shown that you need to keep the vision going, even when hitting the goals and milestones. I have experienced that before you reach the goal to your vision, set the next vision goal. Once a goal or vision is reached there is a mental let-down by everyone, and without direction or where the bus is heading next – people lose focus and more tire or engine problems quickly arise.

As the ASSP Leadership, we want 2019 to be the **SAFEST EVER ON RECORD!!! Make it So!!!**

Doug Handy, CSP

Liberty Mutual Group

TECHNICAL ARTICLE

Winter Safety: Leaders Recognize, Reduce and Eliminate Slip and Fall Incidents

Craig Nuttall, a nurse practitioner, and a teacher at the Brigham Young University (BYU) College of Nursing offers the following advice on slip and fall incidents:

- Slipping and falling after a winter storm can injure someone as much as being in a car accident.
- The Centers for Disease Control and Prevention indicated that slipping and falling is the leading cause of traumatic brain injury nationwide and slippery or icy surfaces only compound that problem.
- Craig has indicated - "We see a huge influx of patients coming in every single time there is a snowstorm - from falls, breaking bones, broken hips, head injuries, and that kind of thing." Nuttall is one of the researchers that was involved in a recent study which showed that the injuries from a slip and fall can be just as severe as those sustained in a car accident. He also said that people typically slip and fall outside on steps, sidewalks and driveways that are properly cleared. He stated that public places can be risky too, particularly in parking lots where black ice can form.
- Nuttall also stated that winter falls can be particularly serious for those beyond their retirement years. Some in that age group don't make it back home after being hospitalized from a fall and may end up in an assisted living temporarily or permanently.

- If you do fall, even if you don't think you are hurt, it's advisable to still be checked out, especially if you're a senior citizen. That is because you could have a fracture or head injury, such as a concussion, that doesn't show symptoms right away.
- Nuttall suggests that if you are able to help your elderly neighbors shovel their walks and driveways, then do so. He said that the best defense against falling on the ice is your shoes. Don't walk around in dress shoes. Forget about fashion and wear shoes that have some traction.

What do leaders do to help employees reduce and eliminate slips and falls?

- Leaders Help Employees Recognize and Take Action to Reduce/Eliminate Slip and Fall Hazards
- Team Members can demonstrate awareness of Slips, Trips, and Falls and describe how to protect themselves.
- Walkways are clear of mud, water, snow and ice hazards caused by the winter season.

Leaders Help Employees Ask Focusing Questions to Assess and Correct Slip and Fall Hazards

- Have you considered the water, mud, snow and ice hazards today?
- What do you do differently in the winter season to prevent slips, trips and falls?
- Give at least one example of a Slip, Trip, or Fall Hazard in your work area, and tell me how to protect yourself.

- What have you done today to eliminate a slip, trip, or fall hazard?

Be a Leader - Help Your Co-Workers Recognize and Eliminate Slip and Fall Hazards

Eric Johnson, MS, CSP, CPEA, CPSA, CSHM

Occupational Safety & Health Solutions, LLC

UPCOMING EVENTS

January Chapter Meeting

January 17th, 11:30 - 1:00

RSVP <https://utah.assp.org/events/chapter-meeting-january/>

February Dinner and Silent Auction

February 21st, 5:30 - 8:00

RSVP <https://utah.assp.org/events/2018-dinner-and-silent-auction-scholarship-fundraiser-2/>

CAREER OPPORTUNITIES

We are always looking to network and find out if there are job openings. The jobs must be in an Environment, Health and Safety function. For example: Fleet Safety Manager, Director of Environmental, Health and Safety, Risk Manager, etc.

We will post the jobs to our website at utah.assp.org. This is done currently at no charge, but the chapter is always accepting donations to help establish our scholarship fund. Your contribution is appreciated.

[Visit the Utah ASSP Jobs Website Page](#)

Working together for a safer, stronger future



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