



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Utah Chapter

May 2020 Newsletter

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- Treasurer's Report

MESSAGE FROM THE BOARD

Headline: “Coronavirus killed by lime wedges.”

“Utah bars to open immediately and begin vaccinations!!!”

After all of the self-isolation, wellness checks, face coverings and social distancing we've done the past 2 months, that's the headline we all want to read -but we're not there yet.

The real headlines as of May 1st are that Governor Herbert has moved Utah into the orange or *moderate* phase on the risk scale. This is great news and should be celebrated, BUT it doesn't mean everything is fine and we all go back to our way of life before COVID19. We still need to be smart, listen to our state officials, and follow the guidance they are providing. Utah state government has created a website, <https://coronavirus.utah.gov/> that shows what is expected and what we can do to prevent the spread of coronavirus. Please go to that website to better understand the general guidelines for the orange risk level.

I want to take a moment and give a shout out to all of the essential workers who continue serving their communities during this time. These people are giving their energy, talents and resources during this pandemic to make sure we all come out of this as soon as possible. Workers in healthcare, first responders, food and agricultural services, transportation, construction, gas stations, child care and other essential workers –including safety professionals - Thank you very much!! Your willingness to serve is an inspiration to us all.

As people go back to work over the next weeks and months, I encourage everyone to continue practicing the skills we have recently honed. Maintain our 6-foot distance between other workers. Wear face coverings to protect those around you. Limit travel and social gatherings. Use tools like Zoom and Skype to hold online meetings, or hold meetings outdoors if possible. If you're sick or potentially exposed to the virus, stay home.

My call to action is a challenge to all safety professionals in our chapter. Be the champions for following the guidance of our governor. Share the information from the www.coronavirusutah.gov site. Put up posters for the current risk phase (Orange) so people at work have a visual reminder of the expectations. Encourage your coworkers to follow all of the guidance, not just the ones that are convenient.

If we all do our part, we will beat this virus and return to a “normal” way of life. Stay safe and healthy.

David Holland, ASSP Utah Chapter President

ELECTION RESULTS

Congratulations to our newly elected officers:

- President: David Holland
- President Elect: Sarah Galvez
- Secretary: Trevor Hinckley
- Treasurer: Danny Dilts
- Membership: Joseph Knickerbocker

NEWS & ARTICLES

ARTICLE REVIEW

Safety Leadership -Seven Practices

Every now and then it's good to take a step back and think about what makes a good safety leader. Safety + Health Magazine recently published a short article on safety leadership. There are many aspects to being a great leader including accountability, communication, credibility and vision. It's important as a leader that your employees see the safety vision of their company and their job.

You also must be seen as a credible leader. Do your actions reflect your words? Are you accountable for your mistakes? Do you share or give praise to others when there is safety success? Great leaders share the spotlight. They lift others and want them to become great leaders themselves.

Another key aspect to being a great safety leader is the concern that we have for the employees. Caring about the safety of the employees as if they were members of your family. You cannot be a truly good safety leader if you do not genuinely care about the welling being of those who depend on you.

Read the whole article at

<https://www.safetyandhealthmagazine.com/articles/19549-safety-leadership-seven-practices-of-great-safety-leaders>

Contributed by Sarah Galvez, ASSP Utah President-Elect

Ergonomics for the Home Office Environment

The ASSP Ergonomics Practice Specialty group and the National Capital Chapter had a webinar recently on ergonomics for the home office that may be helpful for those of us working from home temporarily.

Some important tips include:

- Chair: Use a chair, not a couch. Sit back in chair, with neutral spine. A pillow or rolled towel can be used for additional lumbar support.

- Elbows at sides. A chair & table height consideration
- Feet flat on floor or on footrest.
- 2-3 fingers distance between chair and back of knee.
- Screen height: Keep top 1/3 of screen at eye level. Reams of paper can be used to adjust laptop height.
- Keyboard: Use mouse and external keyboard so wrists and forearms are at right height and floating.

Additional information, including helpful diagrams are at attached link:

<https://ncc.assp.org/encounters-news/session-recap-home-office-ergonomics/>

Contributed by Rachel Michael, rachel.michael@exponentehf.com

TREASURER'S REPORT

January – March 2020

Beginning Balance	\$18,552.19
Cash Receipts	
Chapter Dues	\$2,085.00
Savings Account Interest	\$.06
Scholarship fund donations (fundraiser)	\$3,229.77
Cash Disbursements	
Chapter Meetings	\$553.44
Ending Balance	\$23,313.58

Trevor Hinckley - Treasurer

NEWSLETTER CONTRIBUTIONS

If you have something to include in the Utah Chapter newsletter, send it to edhenkels401@gmail.com with "Newsletter" in subject line. Thank you to all

our contributors to this month's newsletter.
Ed Henkels, Editor



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