



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Utah Chapter

November 2020 Newsletter

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MESSAGE FROM THE BOARD

Just think, only 2 more months and 2020 is OVER! With a global pandemic, an earthquake, a little civil unrest, and those fires, it's been quite a year. When people ask me how I'm doing, I often say "*I'm well -as far as I know.*" Right now, I might even have a case of that new malady ESD, Election Stress Disorder. Some recent newscasts I've seen even say to limit how much news you listen to or watch to reduce your chance of getting depression. The truth is, anyone who has a job and a healthy family has much to be thankful for. That's a good point to remember as we close in on Thanksgiving.

On a more professional note, my #1 challenge these days, shared by many of you, is dealing with COVID in the workplace. More specifically, finding ways to inspire my co-workers or clients to take it more seriously. The pandemic perspective is hard for people to grasp because the last 4 generations have not had to deal with it in their lifetimes.

One thing I have learned is that people trust what I have to say more if I'm letting them know what's going on in their own work place regarding the virus. Making it more relevant and specific -while also adhering to HIPA regulations- can convince some people to be more receptive to using control measures consistently and not just when the boss is watching. I try my best

not to get frustrated, realizing that negative feedback from others is often just people venting their frustration at the inconveniences.

"Be Positive but Stay Negative" is the saying I stole from someone. Hang in there everyone, this too shall pass.

Ed Henkels, ASSP Utah Chapter Newsletter Editor

MEMBERSHIP UPDATES

New Members

- Mackenzie Horne
- William Oneal
- Connor Krause
- Andy Gunnell
- Gabriela Teniza
- Sergei Sarkisian

Member Spotlight

Name: Connor Krause

What are you currently studying?

Public Health, with an emphasis in Environmental and Occupational Health and Safety

Education Level: 3rd Year college

Certification(s): Working on First Aid certification

Why are you pursuing a career in safety & health?

I have an uncle who is a Risk Manager for a national laboratory, and he was the one that introduced me to the field. My original plan was to go into Risk Management, but after getting a job at BYU working under their Industrial Hygienist, I am considering following that path!

What do you like most about your Safety/IH Studies?

I love that each day seems so different, there is so much to learn and experience. You get to feel like you're a part of something important, working to protect people yet solving so many different problems that keep every day feeling different and interesting.

What are you most proud of in your life?

My proudest accomplishment is I am in the 1% of people that can lick their elbows.

If you could be anything other than a safety professional what would you be?

If I hadn't chosen to study to be a safety professional, I would like to have become a chef. But my cooking abilities are not up to snuff, so I guess I'll stick with safety.

What do you like to do when you're not working, studying or sleeping?

I love to be outdoors; hiking, camping, and rock climbing are a few of my favorite activities.

UPCOMING EVENTS

November Chapter Meeting

Thursday, November 19 at 11:30 am - 1pm -Virtual

December Chapter Event

Coat Drive for the needy

Hygiene products Donation Drive

October 19th–November 13th

ALL DONATIONS BENEFIT Geraldine E. King Women's Resource Center

Beyond providing safe emergency shelter, this facility provides essential basic needs such as meals, clothing, hygiene items, a place for female clients to wash clothes and shower.

SPREAD THE WORD, Get your family, friends and coworkers involved!

DONATION DROP OFF BY NOV. 13TH

Utah Safety Council's Office 1574 1700 S #2a, Salt Lake City, UT 84104

Items Needed: Sanitary Pads/Tampons; Chapstick; Hair care products
(Combs, hair ties, bobbi pins)

Nail clippers, deodorant, face Care Items Wet Wipes

Travel Size Shampoo & Conditioner, Bar Soap/ Body Wash, Body Lotion

NEW Underwear NEW Socks NEW Bras

Gently Used Women's Clothing –clean and in good condition

Questions about the drive?

Email the WISE Utah Chapter: wise@utah.assp.org

NEWS AND ARTICLES

Safety Professional of the Year



Congratulations to Cesar Calvillo, our Utah Chapter Safety Professional of the Year, 2020. Cesar is the Safety Director for R&O Construction. Cesar was presented with this award at our annual breakfast meeting on October 14th at the Grand America Hotel.

Treasurer's Report

We are seeing a decrease in chapter renewals which leads to fewer dues each month, which is to be expected due to the pandemic and economic impacts this year. Even with those reduced dues, the Chapter finances remain strong. This report represents an increase of over \$800 in the Chapter's cash balance.

Q2 - July 1, 2020 - September 30, 2020

Beginning Balance	\$20,807.36

	Cash Receipts (+)
Chapter Dues	\$1,535.00
Savings Account Interest	\$1.78
	Cash Disbursements (-)
Chapter Meetings	\$339.61
Bank Fees	\$47.25
Conference Fees	\$250.00
Awards	\$82.85
Ending Balance	\$21,624.43

Danny Dilts – Utah ASSP Chapter Treasurer

Technical Article: Ergonomics in Workplace

When you work for hours in a static position, either sitting or standing, do you feel a sharp pain on your back? Do you feel like your neck is stiff and every single sensation is uncomfortable? If the answer is yes, then it's time to check whether your workstation is designed correctly, or your sitting position is correct.

Ergonomics is the science of adjusting work conditions and job demands to the capabilities of workers. In ergonomics, job tasks and work environment are analyzed to develop better ways and tools to utilize human energy more easily, resourcefully and carefully. Each company should have an ergonomics program that cover both physical and environmental factors of the job. Physical factors can include stress on the body parts such as joints, tendons and ligaments whereas environmental factors include hearing, vision, health and comfort. Employees are exposed to risk factors at work when the task involves lifting, pushing, pulling equipment improperly or working in awkward body postures and doing the repetitive task.

An effective ergonomics program designs the job to fit the worker, instead of forcing the worker to acclimatize to the job. An effective program has number of benefits, such as:

1. Fewer lost work days.
2. Increased efficiency and productivity.
3. Reduced medical and insurance costs.
4. Improved wellbeing and reduced work-related disorders.

Lack of an effective ergonomics program and failure to follow ergonomics in workplace can result in musculoskeletal disorders or MSDs, strain and sprain injuries, repetitive motion injuries, and/or cumulative trauma disorders etc.

According to the Bureau of Labor Statistics (BLS) in 2013, MSD cases accounted for 33% of all worker injury and illness cases. Most MSDs occur in upper part of your bodies- the hands, wrists, shoulders and arms. A few examples include carpal tunnel syndrome, rotator cuff syndrome (affects elbows), tendonitis, epicondylitis and trigger finger. When designing a workstation, you need to pay attention to certain things:

1. Task design and workplace design are interrelated.
 - a. Forces should be kept to less than 30% of maximal forces.
 - b. Up to 50% are acceptable for short durations
 - c. Static forces should be less than 15% of maximal forces.
2. Foot controls area are used for seated operator, but these controls are not applicable for standing operator.
3. Maintain proper sitting height.
4. Change your posture and accommodate large operators in design: ensure there is enough space to move around.
5. Bench height is 50 cm-71 cm if sitting, 89 cm if standing.
6. Control and computer screens are placed in visual field. Normal viewing angle should be 15-20 degrees below horizontal.

The ideal standing working heights varies depending on the kind of work you are performing. Here is what NIOSH recommends:

Delicate work – 2 to 4” above elbow.

Light work- 2 to 4” below elbow.

Heavy work- 4 to 6” below elbow.

When you are working mostly in static posture, ensure you are stretching and walking around. When you are lifting, pushing or pulling follow proper lifting techniques.

Sources: OSHA, Bowen EHS

If you would like to learn more about emerging trends in ergonomics, join us on Nov 19 during our chapter meeting where Rachel Michael, Certified Professional Ergonomist (CPE) & Certified Health Care Safety Professional (CHSP) will be talking on **Emerging DSE (Displaying Screen Equipment) Trends and Injury Prevention Strategies**. She has over 20 years of experience implementing successful ergonomics controls and programs in diverse industries.

Submitted by Suyanka Neupaney, EHS Analyst at Swire Coca Cola

Is this correct Question of the Month

What's wrong with this picture?



Breaker switches or blanks must be used to cover open breaker slots. Staggering or tape is not allowed. Photo below shows proper condition.



Submitted by Doug Handy, ASSP Utah Chapter

Fall Conference

Our annual Fall Conference, virtual this year, was a big success. More information on that will be available in the next newsletter.

Newsletter Contributions

ASSP Utah Chapter Newsletter is published monthly. Contributions or comments regarding the newsletter can be sent to edhenkels401@gmail.com. Include "ASSP Newsletter" in the subject line. Deadline for contributions is the 15th of the month for publication in the next month's newsletter.

Thank You to all those who contributed to this month's newsletter.

Stay safe and healthy out there and, during this pandemic, endeavor to
"Think Positive but Stay Negative."

Regards,
Ed Henkels, Newsletter Editor



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