AMERICAN SOCIETY OF SAFETY PROFESSIONALS
Utah Chapter

May 2026 Newsletter

Message from the Executive Committee

ASSP Utah Chapter Members,

We are nearing the end of the ASSP Chapter year. As Chapter President, I have been honored to serve for a term of two years and am amazed at the professionalism, wealth of experience, and expertise evident in Utah's ASSP community and in our fellow safety professionals. During the span of these two years, we have had some great events that provided our members opportunities to network, obtain continuing education, expand their safety knowledge, and among other things, simply enjoy being together.

It is exciting to see the efforts being made through the Pathways Program (see https://rmcoeh.com/students/undergraduate-pathways) to bring young professionals into the safety discipline. Additionally, I believe our newly implemented mentorship program has and will continue to ensure that safety knowledge is being passed down to the next generation of safety professionals.

I'm excited to see what the future holds. With Joseph Knickerbocker taking over as Chapter President, and Justin Thygerson coming in as President Elect starting July 1st, I expect that we will see continuous improvement as the executive committee plans ongoing activities and programs to benefit our members. In this transition period during the busy summer season, we will be taking a break from our monthly chapter meetings in June and July. However, I look forward to seeing you at future chapter meetings and events starting in August.

Thank you for all you do!

Trevor Hinckley, ASSP Utah Chapter President

OUR VALUES

Our CLEAR values guide our behavior, decisions and actions.

- **Community:** We provide a welcoming and collaborative environment that creates belonging and inclusivity for all.
- **Leadership**: We exemplify integrity and empower others.
- **Excellence:** We strive always to deliver our best.
- **Accountability:** We are ethical, reliable and trustworthy in all we do.
- **Respect:** We act with humility, listen to others and foster strong working relationships.

Learn more: How CLEAR Values Guide Our Behavior, Decisions and Actions

MEMBERSHIP UPDATES

Current Member Count

- 386

Welcome New Members!

- Ramon Alexander Samaniego, CSHM
- Caleb Nathan Crawford
- Lauren Black, CSP, ASP
- Emma Messenger

UPCOMING EVENTS

May Chapter Event

Lock-out Tag-out: The Origin of Checklists & Lock-out Procedures
May 21st 11:30 - 1:30
Thrive Foods
691 South Auto Mall Drive, American Fork, Ut 84003
Registration: Lock-out Tag-out: The Origin of Checklists & Lock-out Procedures – ASSP Utah Chapter

CALL FOR PRESENTERS

CALL FOR PRESENTERS

WE WANT TO HEAR FROM YOU!

Are you pioneering a new approach to workplace safety or uncovering insights that could redefine industrial hygiene standards?

We are officially inviting industry experts, researchers, and safety practitioners to submit session proposals for our upcoming Conference on Safety and Industrial Hygiene, taking place this October 8-9. This is your platform to share technical expertise, case studies, and innovative strategies with a dedicated community of professionals.

SPEAKER FORM

INTERESTED?
FILL OUT OUR SPEAKER FORM HERE

SESSION FORMATS

Standard Sessions: 45 Minutes
Deep-Dive Lessons: 90 Minutes

OCTOBER 8 & 9, 2026

University of Utah
Ray Olpin Student Union Building



FOR MORE INFORMATION, EMAIL
SHAYLENEBARUFFI1@WEBER.EDU

Technical Article or Review

Heat Stress Awareness and Prevention

As temperatures rise, the risk of heat-related illness increases for employees working outdoors or in hot environments. Heat stress can lead to dehydration, heat exhaustion, or heat stroke, all of which can become serious medical emergencies if not addressed promptly. Common symptoms include dizziness, excessive sweating, fatigue, headache, muscle cramps, nausea, and confusion.

Recognizing hazardous heat conditions is critical to preventing injuries and illnesses. High temperatures combined with direct sunlight, high humidity, limited airflow, heavy physical activity, or the use of heavy personal protective equipment (PPE) can significantly increase heat stress risks. Employees should be especially cautious during peak afternoon temperatures and when heat index values are elevated, as the body's ability to cool itself becomes less effective.

To reduce the risk of heat-related illness, employees should stay hydrated by drinking water frequently throughout the day, even before feeling thirsty. Supervisors should encourage regular rest breaks in shaded or cooled areas and monitor workers for signs of heat stress, particularly new employees or those not yet acclimated to hot conditions. Lightweight, breathable clothing and gradual acclimatization to the environment are also important preventive measures.

Employers and employees share responsibility for identifying hazardous conditions and responding appropriately. Early recognition of heat stress symptoms and prompt action can prevent serious medical emergencies and help maintain a safe, productive work environment during the summer months.

Sarah Galvez, ASP

Would you like to host a chapter meeting?

We are looking for companies willing to host a facility tour as part of our chapter meetings. Is your organization interested in taking part?

Contact jchristiano@divalsafety.com to discuss further.

Local Authors

Chris Johnson of Salt Lake City was published in the PSJ magazine.

Article: ADDRESSING COMPLACENCY BIAS in Film & Television Production

Eric Lewis of Cedar Hills, UT was a guest on ASSP's National Podcast to discuss the collaborative group he helped run at last year's conference.

Podcast: https://www.assp.org/resources/the-case-for-safety-podcast/episode-177-providing-effective-training-to-every-generation-of-the-workforce

ASP/CSP Monthly Question

A worker is performing moderate outdoor labor in direct sunlight with an air temperature of 88°F and a relative humidity of 65%. According to OSHA and NIOSH guidance, which of the following is the most appropriate initial control measure?

A) Provide cooling towels and encourage workers to take breaks when they feel hot

B) Implement a work/rest regimen, provide cool water and shade, and acclimatize new or returning workers over 7–14 days

C) Issue personal cooling vests and consider the heat hazard resolved

D) Monitor workers for symptoms and intervene only if signs of heat exhaustion appear

Solution

Correct Answer:

Answer: B

Rationale: At 88°F with high humidity, the heat index rises well above the air temperature — into the range OSHA classifies as "high" risk. The hierarchy of controls for heat illness calls for engineering and administrative controls before relying on PPE.

A structured work/rest schedule, access to cool water (one cup every 20 minutes), and shaded rest areas are foundational administrative controls. Critically, acclimatization is one of the most effective and most-tested interventions on the CSP exam — NIOSH recommends a gradual exposure schedule over 7 to 14 days, with new and returning workers (including those returning from vacation or illness) being among the highest-risk groups.

Option A is reactive and relies on worker self-reporting, which is unreliable once cognitive function begins to decline from heat stress. Option C treats PPE as a primary control. Option D describes a purely reactive approach with no prevention built in.

SCHOLARSHIPS

Our local chapter has scholarships available to members for advancing in the field of safety. This can be for a degree, the CSP exam, travel to an ASSP event, and more.

Please use our contact us form to request a scholarship: Contact Us – ASSP Utah Chapter.

National ASSP Foundation Scholarship

This year's winners of the ASSP Foundation Scholarship, funded by the ASSP Utah Chapter for $1000 are Thalia Garcia Gedeon, a master's degree student pursuing Occupational and Environmental Safety and Health at the University of Utah and Willow Snow, a bachelor's degree student pursuing Environmental and Occupational Health at Brigham Young University.

The application period for the ASSP Foundation scholarship program has closed for this year. Stay tuned for next year's information. There is only one application needed for students to be considered for upwards of 100 different scholarships each year. We encourage you to promote the program to your chapter members and local EHS students.

The online application can be found here.

CAREER OPPORTUNITIES

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

Please use our contact us form to submit an opening: Contact Us – ASSP Utah Chapter.

Visit the ASSP Utah Chapter Jobs Website Page

JOIN THE BOARD

Would you like to make a difference in your Utah ASSP Chapter?
We could use your help! Your board is made up entirely of volunteers who believe in the ASSP mission: to be a member-driven association that provides representation, promotion, and support for those engaged in the safety, health, and environmental professions as they work to protect people, property, and the environment.

Plus, we have a lot of fun doing it!

Please use our contact us form to inquire about joining the board: Contact Us – ASSP Utah Chapter.

NEWSLETTER CONTRIBUTIONS

The ASSP Chapter Newsletter is published monthly. If you have comments or contributions that you would like included in the newsletter, please send to jchristiano@divalsafety.com. Contributions will need to be submitted by the 15th of each month to be included in the following month's newsletter.

Jim Christiano, SEE



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