AMERICAN SOCIETY OF SAFETY PROFESSIONALS
Utah Chapter

November 2026 Newsletter

Message from the Executive Committee

ASSP Utah Chapter Members,

Are you taking advantage of all the benefits that come from being a member of the ASSP Utah Chapter? As you consider this question, I invite you to review all that membership has to offer. A detailed overview can be explored on this webpage: https://www.assp.org/membership/benefits-qualifications. I've also highlighted some of our benefits in the text below.

- Community and Networking Opportunities
  - The Utah Chapter provides multiple networking opportunities throughout the year.
  - In addition to engaging with the local chapter, you can participate in Practice Specialties and Common Interest Groups.
  - Our Chapter has implemented a great mentorship program. See the news item about the mentorship program here: https://utah.assp.org/news/. Look for future email notifications about the program and get involved.
- Safety Education and Training
  - Many of the Utah Chapter meetings involve continuing education opportunities.

    - The Chapter is also involved in planning the annual Utah Conference on Safety and Industrial Hygiene.
    - ASSP provides many opportunities for ongoing education through participation in the ASSP Safety Conferences and other educational opportunities: https://www.assp.org/education
- Safety Publications
    - As a member, you have access to the Professional Safety Journal (PSJ). Some of our own members have been published in this publication. Do you have some hard-won expertise to share? Consider submitting an article to the PSJ (https://www.assp.org/publications/become-an-author).
    - In addition to the PSJ, members have access to a library of books, standards, online learning, and other publications through the online ASSP Store: https://my.assp.org/s/
- Member Recognition
    - Every year, we recognize someone from our chapter by presenting the Safety Professional of the Year (SPY) Award. The Utah Chapter award recipient is then nominated for the regional SPY award. Those who receive the region award are then nominated for the national SPY award. Members in the Utah Chapter have a lot of talent and experience, and there are many who are deserving of this award.

Another fulfilling way of being involved is to serve or participate on the Utah ASSP Board. If you are interested in helping shape the future of the Utah Chapter, please reach out to us by filling out the form on the following webpage: https://utah.assp.org/contact-us/.

We look forward to seeing you at future chapter events.

Trevor Hinckley, CSP, CIH

Past President, Utah Chapter ASSP

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

- 373

Welcome New Members!

- Porter Craig Roskelley
- Baylie Messerly Marquart
- B'Elanna Scott
- Mitchel Lee Hansen, SMP

UPCOMING EVENTS

November Chapter Event

Tour of BYU Laundry and Lunch

November 19th, 11:00 AM
BYU Laundry Facility
1624 N. 900 E. Provo, UT 84602
Registration: Tour of BYU Laundry Facility and Lunch – ASSP Utah Chapter

Our Last Meeting

Breakfast before the Utah Conference on Safety and IH

It was great to see everyone at our breakfast before the conference in October. Joseph Knickerbocker gave us a rundown of upcoming events and presented Trevor Hinckley with the Past President Award. Trevor, thank you for your service.

Weston Brandon of Utah gave a very personal and timely presentation on Reigniting the Heart of Safety. Thanks Weston!


REIGNITING
SAFETY






For God and Country
UNION



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.

Technical Article

Don’t Just Train the Rules, Train for the Real-World Moment

In my Intro to Occupational Safety and Health course at Weber State, I teach students how training is an essential skill for safety professionals, but simply teaching employees the rules isn’t enough. We must train them on how to apply those rules when it matters most—when a shift gets chaotic, production pressure mounts, or a supervisor is waiting on them.

This is where traditional safety training falls short. We train in controlled environments, not for high-pressure realities. Most workers already know the safe procedures; our job as safety professionals is to prepare them for the exact moments when shortcuts become tempting.

For example:

- **Forklift Training:** Don’t just explain inspection requirements—address the exact scenarios where someone might be tempted to skip them.
- **Lockout/Tagout:** Don’t just review the steps—walk through the moments when workers are most likely to rush re-energization or rely on someone else’s word.
- **Fall Protection:** Don’t just cover the policy—talk about field conditions that make tying off inconvenient, confusing, or time-consuming.

How do we change our approach?

- Instead of asking, *"Do my employees know the standard?"* ask, *"What real-world situation will push them to take a shortcut, and what makes doing it safely difficult?"*

- Move beyond generic safety rules and train for the specific moments that trigger unsafe decisions.

While training on standard safety rules is sometimes easier, training for real-world moments creates safety habits that actually stick.

Justin Thygerson

President Elect

Local Authors

Joseph Knickerbocker of Okland was published in the PSJ magazine.

Article: CONTROLLING CONFINED SPACE HAZARDS WITH POLICY & PERMITS

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

Question
A safety manager at a large accounting firm is assessing sedentary workstation setups after several employees reported discomfort and fatigue. One employee describes sitting for nearly the entire 8-hour shift, only standing briefly at lunch. The

safety manager aims to implement a practical guideline that promotes healthier posture changes, improved circulation, and enhanced musculoskeletal health, all without the need for expensive new equipment. Which ergonomics practice should the safety manager recommend, based on the 20-8-2 rule?

A. Employees should sit for 20 minutes, stand for 8 minutes, and move or walk for at least 2 minutes every half hour.
B. Employees should walk for 20 minutes, then sit for 8 minutes, and stand for 2 minutes each hour.
C. Employees should stand for the entire shift to reduce sitting-related risks.
D. Employees should alternate sitting and standing every 2 hours to reduce fatigue.

Solution

The 20-8-2 guideline balances sitting, standing, and movement to reduce musculoskeletal strain and sedentary risk.

The correct solution is A.

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

We're pleased to share that this year's recipients of the **ASSP Foundation Scholarship, funded by ASSP Utah Chapter for $1000** is **Brinley Openshaw**, a bachelor's degree student studying Public Health: Industrial Hygiene Emphasis at Brigham Young University, as well as **Claudia Romero**, a doctorate degree student studying Occupational Injury Prevention at the University of Utah.

The 2027 ASSP Foundation Academic Scholarship application opens on October 15, 2026 and closes on February 15, 2027. Through one application, students are considered for more than 100 scholarships made possible by donors like you.

The online application can be found here.

CAREER OPPORTUNITIES

We are always looking to connect with employers and share job opportunities.
The job 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 you would like included in the newsletter, please send them 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

If you do not wish to receive these emails, please click here
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