



AMERICAN SOCIETY OF SAFETY ENGINEERS NORTH FLORIDA CHAPTER

NOVEMBER 2016 NEWSLETTER

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Motivation, Amiability and the Safety Professional

Motivating employees to work safely is part of everyone's job. Right? But that responsibility falls more so onto the safety professional much of the time; it's what we do. So, who motivates the motivator; who motivates us? In the October 16, 2016 issue of *Safety and Health* magazine, veteran safety pro/professional speaker

Richard Hawk offers his entertaining brand of wisdom to inspire safety pros to perform at their best.

In his article, Mr. Hawk asks what the net value of a safety and health professional is. He asks if your employer is getting more from you than had been anticipated? And he goes on to ask if you think that you could prove that the value of your services exceeds the amount of your present wages. Obviously, these are interesting questions with arguable answers.

Mr. Hawk points out that although there may not be a definitive answer to these questions, there are two things that will always increase your merit as a safety professional. Those things are how well you develop relationships and how much you contribute. Mr. Hawk then gives a great illustration of how these two things can indeed help in your everyday work life. Consider that someone's vast knowledge of biomechanics may have helped them pass an

exam in college, but it won't impress a maintenance manager who needs their help because his or her mechanics keep complaining about the ventilation in the prefab shop. All he or she really wants is for you to work with them to solve the problem. So if you cannot get along with the maintenance manager (relationship) and if you for whatever reason are disinclined to help him or her (contribution), it's game over in more ways than one.

So no matter how ambitious or capable you are, Mr. Hawk points out, you can't be effective without knowing how to establish and maintain productive relationships with others and help them when you can. You must know how to relate to people so that they want to work with you. Personally, I completely agree with him on this; I live with this every day. And at times, even if I do have a good working relationship with someone, it is still difficult to get things done. It often gets quite complicated.



That's why, as Mr. Hawk points out, it's important that you invest time in improving skills that create results and that other people can see and appreciate. Interestingly, these abilities are very often considered to be ordinary skills that every professional automatically acquires somewhere along the line. But throughout my career, unfortunately, I've seen this to not be the case in many situations.

Mr. Hawk goes on to suggest that if you spend three hours each week keeping up with new regulations and industry trends but never spend any time improving the way you relay what you've learned to those that you are supposed to be helping, you're not improving your image, not helping anyone, nor accomplishing much.

In conclusion, Mr. Hawk points out, you could be better served by using one of those three hours to improve your presentation or writing abilities; these are the types of skills that will make you more productive and valuable. And they will get you noticed.

Mr. Hawk leaves us with a list of other "common" skills worth mastering:

- Displaying a positive attitude
- Getting along with other people
- Conveying your ideas and suggestions clearly
- Writing persuasive emails
- Encouraging employees and giving honest praise
- Displaying a sense of humor
- Listening attentively
- Improving the tone of your voice

Safety and Health magazine online edition

October 23, 2016

http://www.safetyandhealthmagazine.com/articles/14818?utm_source=nov2nd&utm_medium=email&utm_campaign=inThisIssue

Exercise and Cognitive Function

According to *Health Day News*, a new study has found that boosting muscle strength may boost brain function in people with mild memory and thinking problems. The research included 100 people who were aged 55 to 86 years. All had mild memory and thinking problems.

According to *Health Day News*, the study volunteers who participated in weight training showed significant improvements in mental

function. During the study, they lifted twice a week for six months to at least 80 percent of their maximum strength. Reportedly, the study showed that the benefits lasted for at least a year after their supervised weight-lifting sessions ended. The results were published Oct. 24 in the *Journal of the American Geriatrics Society*.

"What we found in this follow-up study is that the improvement in cognition [mental] function was related to their muscle strength gains," said study lead author Yorgi Mavros, of the faculty of health sciences at the University of Sydney, Australia.

"The stronger people became, the greater the benefit for their brain," Mavros added in a university news release. The findings could help guide the type and intensity of exercise recommended for aging adults, the researchers said. "The more we can get people doing resistance training like weight-lifting, the more likely we are to have a healthier aging population," Mavros said.

"The key, however, is to make sure you are doing it frequently, at least twice a



week, and at a high intensity so that you are maximizing your strength gains. This will give you the maximum benefit for your brain," Mavros explained.

HealthDay Reporter

online edition

October 24, 2016

https://www.webmdhealth.com/newsletters?id=ANQTqC8yyDIEnFbxhFXhLcuHCBcItGr0CDom0e_GnW0&s=23125&mrDid=7abfe1c9-f9a1-e611-8d6d-a0369f37142e

What's in Your ~~Wallet~~ Water? Drinking Water Quality: What You Need to Know - Part One

According to the Web MD article that you are now reading, most of us don't think about the water we drink. I'll want to challenge that statement, but for now I'll go with it. Web MD suggests that we automatically turn on a tap, fill a glass, and drink. But how much water do we really need to drink every day? Is the water we're drinking safe or would bottled water be safer? What can we do if our tap water suddenly became contaminated?

How Much Water Do You Need?

Our body weight is more than 50% water. Without water, we couldn't maintain a normal

body temperature, lubricate our joints, or get rid of waste through urination, sweat, and bowel movements.

We all know that not getting enough water can lead to dehydration, which can cause muscle weakness and cramping, a lack of coordination, and an increased risk of heat exhaustion and heat stroke. In fact, water is so important that any one of us couldn't last more than five days without it.

So how much water do we need? We need enough to replace what we lose daily through urination, sweating, and exhaling. And our need for water increases in these situations:

- In warm or hot weather
- With vigorous physical activity, such as exercise or working in the yard
- During bouts of illness, especially if you have a fever, are vomiting, or having diarrhea or coughing

We often hear that we need to drink eight 8-ounce glasses, or 64 ounces, of water each day. The Institute of Medicine's Food and Nutrition Board

states that we require more - women need 91 ounces of water daily and men need 125 ounces.

It is a good idea to track how much water you drink for a few days just to get a feel for the amount needed. You can get enough water each day by drinking plain water and consuming fluids like soup; then add lots of fruits and vegetables, which contain water. Keep in mind that if you're going to do something strenuous, like playing sports or running, you'll need extra water before, during, and after.

Water Quality: Is Tap Water Safe?

You need to stay hydrated; that's abundantly clear. But is the tap water in your home safe? It is considered generally safe if it comes from a public water system in the United States, such as one run and maintained by a municipality. The key word, as we've come to realize as of late, is *generally*. To that end, the Environmental Protection Agency (EPA) has the authority to monitor all public water systems and sets enforceable health standards regarding the contaminants in drinking water.



When drinking water leaves a treatment plant on its way to your home, it must meet strict safety standards. But that doesn't mean that your water is free of all contaminants. It, in theory, means that the levels of any contaminants do not pose any serious health risk.

Unfortunately, accidents/incident occur. If the water supply becomes contaminated by something that can cause immediate illness, the supplier must promptly inform you of this situation. Suppliers also need to offer alternative suggestions for safe drinking water. Additionally, they have 24 hours to inform customers of any violation of standards that could have a major impact on health following a short-term exposure.

Water Quality: What Contaminants Are in Water?

Water can be contaminated in several ways. It can contain microorganisms like bacteria and parasites that get in the water from human or animal fecal matter. It can contain chemicals from industrial waste, spills, or from spraying crops. Nitrates used in fertilizers can enter the water with runoff from land. Various

minerals such as lead (think Flint, Michigan) or mercury can enter the water supply, sometimes from natural deposits underground, sometimes from improper disposal or leakage.

The EPA has set minimum testing schedules for specific pollutants to make sure that levels remain safe. Be that as it may, some people may be more vulnerable than others to potential harm caused by water contaminants, including:

- Transplant patients
- People with HIV/AIDS
- People undergoing chemotherapy
- Children and infants
- Pregnant women and their fetuses

By July 1 of each year, public water suppliers are required to mail their customers a drinking water quality report, sometimes called a consumer confidence report or CCR. This report tells you where your water comes from and what's in it. If you don't get one, or have misplaced it, you can ask for a copy from your local water supplier. And many reports can be found online. If you have any questions after

reading your report, you can call your water supplier to get more information.

You can also call the EPA's Safe Drinking Water Hotline at (800) 426-4791 to get information and ask questions about the quality and safety of drinking water.

(End of Part One)

WebMD

October 24, 2016

https://www.webmdhealth.com/newsletters?id=AHxMNopbgS7rh5lcsi1J0qE1lp872uMoBaP_WJCEbFy0&s=23125&mrdir=7abfe1c9-f9a1-e611-8d6d-a0369f37142e

OSHA NEWS

18 Year Old Worker Almost Killed First Day on the Job – OSHA Issues \$125k in Fines

An 18-year-old roofer who was not using fall protection was almost killed during his first day on the job. OSHA became aware of this, visited the construction site in Bay Harbor Island, FL, and issued \$152,145 in fines.

On March 23, 2016, the employee of Fast Carpentry Inc. was installing roofing when a wind gust caught plywood he was carrying, thus causing him to fall 14 feet to the ground.



The worker was partially impaled through his upper thigh and buttocks when he landed on a metal fence post.

Fast Carpentry [received two violations](#):

- a [willful](#) citation (\$124,709, the maximum allowed) for failure to provide fall protection when workers were performing residential construction at heights greater than six feet, and
- a repeat citation (\$27,436) for not providing training so that employees can recognize, minimize and prevent exposure to fall hazards (the company was previously cited for a similar violation in Sunrise, FL, in 2013).

“As a result of the company’s reckless actions, a young worker nearly lost his life on his first day on the job,” said Condell Eastmond, OSHA’s area director in Fort Lauderdale, FL.

Fast Carpentry has been placed in OSHA’s [Severe Violator Enforcement Program](#) which focuses on employers that endanger workers by committing willful, repeat or failure-to-abate violations. Under the program, OSHA

may inspect any of the employer’s facilities if it has reasonable grounds to believe there are similar violations.

Companies have 15 days from receipt of OSHA citations to comply, request a conference with the agency’s area director or contest the findings before the Occupational Safety and Health Review Commission.

Safety News Alert

online edition

October 10, 2016

<http://www.safetynewsalert.com/18-year-old-worker-almost-killed-first-day-on-job-oshajssues-152k-in-fines/>

ASSE Leadership Conference

In mid-October, I had the privilege of attending the 2016 ASSE Leadership Conference in Oak Brook, IL. It was an impressive, well-run event. The conference was held at McDonald’s Campus – yes, *that* McDonalds. We spent two and one-half days at Hamburger University learning about ASSE topics that included succession planning, membership recruitment, financial management, utilizing social media, and getting the most out of membership meetings. There were also

excellent lightning sessions (30 minutes) held on topics such as Google’s research on successful teams as well as how you can exceed your personal expectations and depart from average.

As exceptional as the education was, what benefitted me most was making personal connections. I met fellow ASSE members who reside anywhere from Savannah to San Francisco. And it is comforting to learn that we share the same successes as well as face some of the same challenges. So if you are ever presented with the opportunity to attend, please do.



Dr. Sydney Finkelstein speaking about his new book, **Superbosses**.



Job Market Links

[ASSE](#)

[BCSP](#)

[EHS Careers](#)

ASSE Chapter Links

Find us on the web at:

[ASSE NFL](#)

Find us on Facebook at:

[ASSE NFL](#)

Local Chapter Officers and Chairs

- Dan Hemsall – President
- Lance Simons – President Elect
- Anne Rogers – Past President
- Steve Wilson – Secretary
- Yaniv Zagagi – Treasurer
- Paul Thomas – Delegate
- Dawn Dixon – Membership Chair
- Bob Dooley – Newsletter Chair
- Danny Hodges – SPY Chair
- Tom Drygas – Program Chair
- Vernon Adams – Social Media Chair

Local Chapter Meeting Schedule

Please RSVP to Steve Wilson for all meetings at steven_wilson1@me.com.

Cost: Members: \$15
Non-Members: \$20

December 7, 2016

Winter Social

5:00 p.m. until 8:00 p.m.

Location: Anheuser-Busch Facility

111 Busch Dr.

Jacksonville, FL 32218

January 2017

Tier II Hazmat Requirements

Location: NEFSC

1725 Art Museum Drive

Building B, Classroom D

Jacksonville, FL 32207

11:30 Lunch & Networking

12 Noon Meeting

February 2017

Grainger Facility Tour

Details to be announced

Other 2017 Meetings:

- **March 2017** - OSHA Update
- **April 2017** - Workers Compensation 101
- **May 2017** - Worker's Memorial Day
- **June 2017** - Fall Protection (General Industry & Construction)

Miscellaneous Items of Interest

Upcoming PDC

Region IV of the American Society of Safety Engineers will be hosting a Professional Development Conference in Baton Rouge, Louisiana on February 23 and 24, 2017. Please follow this [Link](#) to the PDC page.

Membership Drive

Drive dates: The regional membership challenge will run from November 1st, 2016 until June 1st, 2017.

Eligible members: Any full-paying new, renewing, or reinstating member will count towards the region's total.

Winning region: The region with the biggest membership growth (actual number not percentage growth) between 11/1/16 and 6/1/17 will be announced as the winner.

Prize: The winning region will receive round-trip coach airfare and two night's hotel accommodations for three volunteer leaders to attend the 2017 ASSE Leadership Conference. The region will select the recipients of the prize. (Maximum value of hotel and airfare = \$1,200 per person)