



# AMERICAN SOCIETY OF SAFETY ENGINEERS NORTH FLORIDA CHAPTER

JANUARY 2017 NEWSLETTER

## In This Issue

**Pg. 1** Why is it so Difficult to Sleep?

**Pg. 3** Possible Links Between Welding and Parkinson's Disease

**Pg. 4** OSHA News

**Pg. 5** ASSE Chapter Links

**Pg. 5** Local Chapter Officers and Chairs

**Pg. 5** Local Chapter Meeting Schedule

## Why is it so Difficult to Sleep?

Often feeling somewhat exhausted? You're not alone.

Roughly half of Americans don't get enough sleep, or what they get isn't good sleep. Whether you struggle to fall asleep or can't seem to stay that way, there are reasons why the sleep you need is so elusive.

And not only will lack of sleep lead you to feel sluggish, it can cause you to make mistakes, have an accident, and/or become injured. Combine poor sleep with shift work, temperature extremes,

noisy work environments, and stress, you have a recipe for disaster.

So as the new year is upon us, resolve to make proper sleep a priority in your life. And read on to discover several possibilities that could be contributing to poor sleep in your life:

### 1. You check your smart phone before bed.

Social media and email can bring stress. That can make you struggle to sleep, says Joseph Chandler, PhD, an assistant professor of psychology at Birmingham-Southern College.

And there is another issue with phone time before bedtime. Your brain thinks the artificial light from the screen is daylight. So, your body doesn't make as much melatonin as it would without the light from your smart phone. And since melatonin is a chemical that helps you to sleep, not having enough of it may cause insomnia.

**The solution:** Shut off all digital devices, including your cellphone, computer, and television, at least an hour before you end your day.

Aparajitha Verma, MD, a sleep neurologist at Houston Methodist Hospital in Texas, says you shouldn't keep your phone near your bed, either, "especially if you're tempted to check it before you turn out the lights, or worse, in the middle of the night."

### 2. You go to bed at different times all week long.

Going to bed at 9:30 p.m. on Wednesday and then midnight on Saturday can throw off your body's internal clock. That can make it more difficult for you to fall and stay asleep. It can also make you groggy when you wake up, Dr. Verma says.

**The solution:** You may not be able to go to bed at precisely the same time every day, "but try not to vary by more than 30 to 45 minutes, even on the weekend," Dr. Verma says.



### **3. You power through your late afternoon slump with a cup of coffee.**

Arguably, caffeine has some health perks. But there can be downsides. “It disrupts your brain’s ability to keep track of how long it has been awake, making you more alert than you should be,” says Mr. Chandler.

If you’re a coffee lover, or you regularly consume other drinks with caffeine, you might think that you’ve built up a tolerance to it and that you can still have a cup of coffee before bed.

However, Mr. Chandler says that would have a bad effect on even the most experienced caffeine users. Sleep could be elusive.

**The solution:** Stop the flow of caffeine at least 5 hours before you go to bed. Do so sooner if you know you’re especially sensitive to it. “Most caffeine leaves your system within 7 hours. But if you get really jittery after a single cup of coffee, stick to one before lunch,” Mr. Verma says.

### **4. You wind down with a few adult beverages.**

A drink in the evening is fine for most adults. But it’s a good idea to ask your doctor about it first. That being said, several drinks containing alcohol, or a true before-bed nightcap, can help you fall asleep. But, this can also keep you from getting the deep, restful sleep we’re all after.

What’s more, alcohol is a diuretic that leads to middle-of-the-night trips to the bathroom.

**The solution:** In general, the medical community often suggests sticking to one drink per day if you’re a woman, or two drinks max if you’re a man. That’s not only for sleep, but for general health too. Try to make sure your last sip of beer, wine, or liquor happens at least 2 hours before you plan to hit the sheets.

### **5. Your bed is anything but dreamy.**

If you toss and turn, it could be your mattress, says Robert Rosenberg, DO, medical director of the Sleep Disorders Center in Prescott Valley, AZ.

“The position you sleep in can also make you uncomfortable, which can make it hard to sleep,” he says.

Your dog or cat may also be the cause of your blurry-eyed mornings. Pets that share your bed with you can wake you through the night, even if you don’t remember it happening the next day.

A partner who kicks or takes up more than half the bed could also be the offender. They may be stirring you and keeping you from getting the quality sleep you need.

**The solution:** Make a bed for your pet on the floor, and make sure they stay out of yours. And if your partner takes up a lot of the bed, consider a bigger mattress. You’ll sleep better if you have room to move.

### **6. Your bedroom is too warm or bright.**

A cool room mirrors the natural drop in body temperature you have when you’re sleeping. If your room is too toasty, it becomes harder for your body to cool down the way it needs to. That can make you restless.

The same goes for light. Even small amounts can give you less melatonin, which will make you feel alert at bedtime.



The darker your room is, the easier it is for your brain to enter “sleep mode.”

**The solution:** “Most research shows around 68 degrees is ideal for sleep, but it’s different for everyone,” Dr. Verma says. “You may have to play with the thermostat and test having different layers of blankets to figure out what’s right for you.”

If your window coverings let light in, think about light-blocking shades or curtains. Or, you could hang a sheet or blanket over the window.

### **7. You’re stressed.**

If you have a lot on your mind when you get into bed, it will be challenging for you to fall or stay asleep.

**The solution:** Get a relaxing pre-bed ritual, and stick to it, even on days when you’re not tense.

“Taking a shower, stretching, or reading a physical book, not a book on a tablet, before bed are all good ways to help your brain wind down,” Dr. Verma says.

Meditating can help ease the minds of people who have trouble sleeping. Or you could jot down a few things you’re

thankful for. Not only will this simple exercise keep worries at bay, research shows that grateful people are more likely to sleep easier.

### **8. Your partner saws logs.**

You may have gotten used to your partner’s snoring, but that doesn’t mean it has no overall effect on your sleep.

“Most people don’t snore continually, and the volume may vary. So when your partner’s snoring changes, it can wake you up momentarily,” Dr. Rosenberg says. That can keep you from the deep, restorative sleep that gives you that refreshed feeling.

**The solution:** Encourage your partner to see a sleep specialist. Loud snoring can be a symptom of sleep apnea. This condition causes people to stop breathing for short periods while they are asleep.

In the meantime, think about earplugs. Or sleep in a separate room.

### **WebMD**

Online Edition

December 2016

<https://www.webmdhealth.com/newsletters?id=AFmXPryDdzBjzKcAWyDQdjs80jMvuMVxESjJA2QPxqmP0&s=23125&mrldid=5c50d25d-1ab8-e611-8d6d-a0369f37142e>

## **Study of Welders Links Manganese Fume Exposure to Parkinson’s-Like Symptoms**

A recent ten-year cohort study from the Washington University School of Medicine in St. Louis has suggested that prolonged exposure to fumes from manganese may put welders at risk for developing symptoms that are similar to Parkinson’s disease.

Neurologists specializing in movement disorders performed 1,492 initial examinations on 886 workers and 606 follow-up examinations on 398 workers out of the group. Part of this group of individuals was employed at a heavy machinery fabrication shop and part at either of two shipyards. Through the study, it was determined that 135 of these workers developed “parkinsonism,” which is a general term for a group of disorders similar to those associated with Parkinson’s disease.

Cumulative, dose-dependent manganese exposure among these workers resulted in slowness of



movement in the arms and hands, stiffness in the arms and legs, problems with speech, and a reduction in facial expression. The neurologists associated with this study noted that workers who performed flux core arc welding in confined spaces were particularly vulnerable.

“These welders are developing [Parkinson’s disease-like] symptoms even though their exposure to manganese is below the current regulatory limits,” study author Brad A. Racette said in a press release. “This study suggests that we need more stringent workplace monitoring of manganese exposure, greater use of protective equipment and monitoring and systematic assessment of workers to prevent this disabling disease.”

The full study was [published](#) online Dec. 28 in the journal *Neurology*.

### **Safety + Health Magazine**

Online Edition

January 3, 2017

<http://www.safetyandhealthmagazine.com/articles/15142-study-of-welders-links-manganese-fume-exposure-to-parkinsons-like-symptoms>

## OSHA NEWS

### **Proposed Rules in the Latest Regulatory Agenda**

**Infectious diseases** OSHA is presently considering the need for a regulation that addresses the risk to workers exposed to infectious diseases. These diseases include tuberculosis, measles, varicella, pandemic flu, and other threats in healthcare and other high-risk environments. A potential standard would require employers to establish a comprehensive infection control program and control measures to protect employees from exposure to disease-causing pathogens.

**Amendments to the cranes and derricks in construction standard** OSHA is proposing corrections and amendments to the standard for cranes and derricks published in August 2010.

**Update to hazard communication** OSHA is proposing to update the hazard communication standard to the latest version (sixth edition) of the globally harmonized system of classification and labeling of chemicals (GHS).

**Respiratory protection fit-testing protocols** OSHA is proposing to allow for the incorporation of new fit-testing protocols under its respiratory protection rule.

**Crane operator qualification in construction** This rulemaking will identify criteria for employers to follow to ensure their crane operators are completely qualified to operate cranes safely on construction sites.

**Tree care** OSHA currently does not have a standard for tree care and thus relies on a variety of applicable standards to address hazards in the industry. OSHA is assessing the need for a specific standard for tree care.

**Puerto Rico state plan** Puerto Rico has initiated the process to receive final approval of its occupational safety and health plan.

### **Proposed Pre-rules in the Latest Regulatory Agenda**

- A review of the bloodborne pathogens standard to consider the continued need for it and examine overlaps, duplicates, or conflicts with other regulations



- Combustible dust in general industry
- Preventing backover injuries and fatalities
- Shipyard fall protection
- Communication tower safety
- Emergency response and preparedness
- Mechanical power presses update
- Powered industrial trucks
- Lockout/tagout update
- Revocation of obsolete PELs
- 1-bromopropane standard
- Noise in construction
- Preventing workplace violence in healthcare
- Occupational exposure to styrene
- Blood lead level for medical removal
- Updating requirements for the selection, fit testing, and use of hearing protection devices

The regulatory agenda can be found at <http://ow.ly/g3U8307Givm>.

### ***EHS Daily Advisor***

January 9th, 2017

<http://ehsdailyadvisor.blr.com/2017/01/beryllium-latest-osh-regulatory-agenda/>

## **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
- Steve Brown – SPY Chair
- Tom Drygas – Program Chair
- Vernon Adams – Social Media Chair

## **Local Chapter Meeting Schedule**

### **January 2017**

Role of LEPC in Emergency Planning; Tier II Reporting  
Speaker: Eric Anderson  
Location: NEFSC  
1725 Art Museum Drive  
Building B, Classroom D  
Jacksonville, FL 32207  
January 25, 2017  
11:30 Lunch & Networking  
12 Noon Meeting

### **February 2017**

Grainger Facility Tour  
Details to be announced

### **March 2017 - OSHA Update**

Details to be announced

### **April 2017**

Worker's Memorial Day  
Location: NEFSC  
1725 Art Museum Drive  
Building B, Classroom D  
Jacksonville, FL 32207  
April 28, 2017  
10:00 a.m. to noon

Please RSVP to Steve Wilson for all meetings at

[steven\\_wilson1@me.com](mailto:steven_wilson1@me.com).

Cost: Members: \$15

Non-Members: \$20