



AMERICAN SOCIETY OF SAFETY ENGINEERS NORTH FLORIDA CHAPTER

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Missing One or Two Hours of Sleep May Double the Risk of an Automobile Accident

A new report suggests that missing an hour or two of sleep at night nearly doubles your chances of a car crash the next day. And getting behind the wheel after only four to five hours of sleep quadruples that risk. That's comparable to driving with a blood alcohol concentration considered legally drunk, the AAA Foundation for Traffic Safety researchers warned.

"This is the first study to actually quantify the relationship between lack of sleep and the risk of being involved in a motor vehicle crash," said report author Brian Tefft, who added that the risk of sleep-impaired driving has long been "underestimated and underappreciated."

The U.S. National Highway Traffic Safety Administration (NHTSA) recognizes the problem and will be soon issuing a national strategy to combat drowsy driving, said Bryan Thomas, the federal agency's communications director.

"Not everyone drinks and drives or texts while driving, but everyone gets tired," Thomas said. "And far too often, drivers are putting themselves and others at risk by getting behind the wheel without the sleep they need."

National sleep organizations recommend that healthy adults get seven to nine hours of sleep each night. According to the report, teens, young adults

and people recovering from a sleep deficit may need even more slumber.

Further, the foundation cautioned, lack of sleep slows reaction times, decreases response accuracy and leads to long lapses in attention.

Mr. Tefft went on to comment that it makes sense that sleepy drivers' performance would be impaired. "But before this study, we did not have real-world evidence of the size of the increase in crash risk in relation to the degree of acute sleep deprivation," he explained.

For the report, which was released in December of 2016, the AAA Foundation for Traffic Safety examined data from a NHTSA survey. The survey consisted of a representative sample of nearly 4,600 police-reported crashes from July 2005 to December 2007. These crashes involved at least one vehicle towed from the scene of the accident and



the dispatch of emergency medical personnel.

Specially trained investigators at the scene assessed factors that contributed to the crash as well as drivers' sleep routines, changes in sleep schedule and amount of sleep in the 24 hours before the crash.

The foundation estimated crash risk for a given amount of sleep versus the recommended seven hours or more of sleep. They compared the sleep of drivers whose actions or errors contributed to crashes to drivers involved in crashes not due to their own mistakes.

The study found that sleep-deprived drivers' crash risk increased steadily with fewer hours of sleep, compared with drivers who got seven or more hours of sleep.

Drivers operating on four or fewer hours of sleep are a 11.5 times more likely to be involved in a crash than well-rested drivers, the researchers found. The study's authors equated that sleep deficit to driving with a blood alcohol level of 0.12 to 0.15. In most states, a blood alcohol level of 0.08 and higher

is considered legally intoxicated.

Drivers who contributed to crashes were more likely to report having slept less than usual in the 24 hours before the crash. They were also more likely to have altered their sleep schedule in the past seven days.

Of note, the youngest and oldest drivers were the most culpable in these drowsy driving-related accidents. By contrast, drivers who did not contribute to crashes were mostly middle-aged, the report said.

Jake Nelson, director of traffic safety and research for AAA, urges people to build adequate sleep into their schedules to protect themselves and their loved ones.

"Sleep often ranks low on most of our lists," Mr. Nelson said. "But we do prioritize providing for and ensuring the safety of our families -- two important tasks we cannot do if injured or killed because we fall asleep behind the wheel."

WebMD

Online Edition

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https://www.webmdhealth.com!/newsletters?id=ANqs5OnHUGHKfnVuB-_LMZDKlenD0vH82Vwm56c5mS1T0&s=23125&mrdid=33043170-06d9-e611-931b-a0369f37142e

Coffee vs. Tea: Is One of Them Better for Your Health Than the Other?

At night, some people like to partake of a soothing cup of tea to help them relax. And in the morning, many people enjoy a hot cup of coffee to give them a jolt to help them prepare for the day ahead. If you fall into either, or both, of these categories, please read on. The latest research about the health benefits of each might help you feel a little better about them.

After years of studies that seemed to swing between dire warnings and optimistic promises about what caffeinated beverages do and don't do, much of the recent science regarding coffee and tea is largely positive.

The WHO's International Agency for Research on Cancer recently took coffee off its list of suspected carcinogens; some research even suggests that it could help keep colon cancer from coming back after treatment.



Further, certain studies suggest drinking coffee might stave off Alzheimer's and Parkinson's diseases.

Although researchers are still trying to pinpoint the exact reason how it occurs, various studies point to the fact that drinking green tea lowers the odds of skin, breast, and prostate cancers. Tea, particularly the green variety, is rich in compounds like antioxidants, which can limit cell damage and boost the immune system. Additionally, green tea has been shown to have an abundance of polyphenols, which are believed to lower blood pressure and cholesterol. Moreover, it may also help to stave off Alzheimer's disease, through a polyphenol known as EGCG, by preventing the formation of plaques that are linked to brain-damaging illness.

So, you may ask, is one better for you than the other? Experts declare that's not easy to say. That's because it's difficult to separate out their different ingredients, their role in your diet, and their effects on different body systems.

"I think people are looking at both coffee and tea and how

they affect everything, including cancer and GI disease and cardiovascular diseases," says Elliott Miller, MD, a critical care medicine specialist at the National Institutes of Health.

Dr. Miller and his colleagues recently looked at signs of heart disease in more than 6,800 people from different backgrounds across the United States. About 75% reported to be coffee drinkers while about 40% reported drinking tea. Drinking more than one cup of tea regularly was linked to less buildup of calcium in the arteries that supply blood to the heart; this buildup can lead to heart disease.

Coffee didn't have an effect either way on heart disease, but that was significant in itself, Dr. Miller says. "Very often patients will ask their doctors, 'Hey, doc, I've got coronary artery disease, or I've got risk factors like high blood pressure or cholesterol. Is it safe for me to drink coffee? Because everyone thinks drinking coffee makes your heart excited and is potentially bad,'" Dr. Miller says. "So finding that it's neutral, I think, is pretty important."

Researchers, however, say that it's hard to pinpoint exactly how both drinks affect health. But they do agree that both coffee and tea are "complex beverages" that contain a variety of ingredients. Lisa Cimperman, a clinical dietitian at University Hospitals Case Medical Center, explains that they include, beyond caffeine, polyphenols, and antioxidants. Both are compounds that researchers are studying for their potential cancer-fighting properties.

"It's more of a dynamic interaction than one single compound," Ms. Cimperman says. Some people have tried to isolate one element in tea or coffee that they think is the secret to one effect or another, "and then they realize that it doesn't have the same effect."

Ms. Cimperman goes on to say that drinking tea has been linked to lower risks of cancer and heart disease, improved weight loss, and a stronger immune system. Meanwhile, Ms. Cimperman says, studies on coffee point to a potential way to head off not just Parkinson's but type 2 diabetes, liver disease, and heart problems.



Another recent study, led by Charles Fuchs, MD, director of the Gastrointestinal Cancer Center at Boston's Dana-Farber Cancer Institute, found that regular coffee drinking may help to prevent colon cancer from coming back after treatment.

Dr. Fuch says that in his study of nearly 1,000 patients, there was a "significant and linear" association between drinking coffee and lower risk of colon cancer returning in those who drank four or more cups a day. "The more coffee they drank, the lower risk of recurrence." But, he says, the researchers aren't clear on which element of the drink contributed to that result, and there didn't seem to be any effect from drinking tea,.

Dr. Fuchs goes on to say that "I think you can have two or more cups a day without any concern, and certainly that may benefit you." But what about those individuals who don't drink coffee? "If it was somebody who hates the stuff and asks, 'Should I drink it?' I'd say no. I'd counsel them about diet and exercise and avoiding obesity as measures I think would have a similar benefit."

Relatedly, other researchers are asking questions about what role genetics and lifestyle play into the effects of drinking coffee or tea. For instance, some individuals who drink coffee also enjoy smoking a cigarette with it. So the effects of such combinations must be explored.

Further, says Martha Gulati, MD, head of cardiology at the University of Arizona College of Medicine in Phoenix, some people's bodies process coffee differently than others. And, she says, a preference for tea over coffee might reflect other healthier behaviors.

Does someone who drinks tea perform more yoga or meditate more, wonders Dr. Gulati. "I'm not necessarily saying they're associated, but do they exercise more? Are they drinking things like green tea to maintain their weight better than other types of drinks?"

And, says Robert Eckel, MD, an endocrinologist at the University of Denver, an overall heart-healthy diet is "probably the most important aspect" of preventing heart disease.

"We're talking about fruits and vegetables, whole grains,

lean poultry, fish, legumes, nuts, and avoiding saturated fat. That nutritional message, Dr. Eckel says, is unchanging."

Of note, there are other variables to consider here. The WHO's ruling on coffee nonetheless cautioned that any kind of extremely hot drinks could raise the risk of esophageal cancer. And, Ms. Cimperman points out, adding a large amount of cream and/or sugar into your drink can dilute any benefits.

"No one beverage or food will make or break your diet," Ms. Cimperman says. "The quality of your diet is always the sum of all the parts."

WebMD

Online Edition

December 23, 2016

https://www.webmdhealth.com!/newsletters?id=AEcofy_oCo0W2GSZsQZ_gAgn19zK6_ivRgIczQOQG-sa0&s=23125&mrid=33043170-06d9-e611-931b-a0369f37142e



OSHA NEWS

OSHA Fines Company \$2.5M After Robot Crushes 20-year-old to Death

On June 18, 2016, 20-year-old Regina Allen Elsea was crushed to death by a robotic machine at the Joon LLC/Ajin USA plant in Cusseta, AL. The plant manufactures auto parts for Hyundai and Kia.

According to OSHA, this worker's horrific death was a case of production over safety. Now, beyond the awfulness and heartbreak of an employee's death, the company faces over \$2.5 million in fines.

Prior to the incident, an assembly line had stopped and Ms. Elsea and three of her co-workers entered a robotic station to clear a sensor fault. After they entered, the machine abruptly restarted, crushing Ms. Elsea inside. Sadly, her death occurred two weeks before her wedding day.

OSHA has issued 23 willful, serious and other-than-serious violations to Ajin, including 19 egregious instance-by-instance violation. Two staffing agencies were also fined. They provide

250 temporary employees to Ajin. The fines for all three companies total \$2,565,621, with most of that filed against Ajin.

OSHA is calling out Ajin, Hyundai and Kia, for putting production over safety.

"It is unfortunate that Hyundai and Kia, who set strict specifications on the parts they purchase from their suppliers, appear to be less concerned with the safety of the workers who manufacture those parts," chief David Michaels Michaels said.

"Kia and Hyundai's on-demand production targets are so high that workers at their suppliers are often required to work six and sometimes seven days a week to meet the targets,"

Mr. Michaels added. "It appears that – to reduce its own costs in meeting these targets – this supplier cut corners on safety, at the expense of workers' lives and limbs."

OSHA cited Ajin for:

- failing to use energy-control procedures to prevent machinery from starting up during maintenance

- exposing workers to caught-in, struck-by and crushing hazards by allowing them to enter a robotic cell without shutting down and securing hazardous stored energy
- failing to provide safety locks to isolate hazardous energy, and
- exposing employees to crushing and amputation hazards due to improper machine guarding.

OSHA has placed Ajin in its [Severe Violators Enforcement Program](#). Under the program, OSHA may inspect any of the employer's facilities if it believes there are similar hazards.

The companies have 15 business days from receipt of the citations to contest the findings before the Occupational Safety and Health Review Commission.

Safety New Alert

December 19, 2016

Online Edition

<http://www.safetynewsalert.com/osha-fines-company-2-5m-after-robot-crushes-20-year-old-to-death/>



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
- TBA – 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

March 15, 2017

OSHA Update

Location: NEFSC

1725 Art Museum Drive

Building B, Classroom D

Jacksonville, FL 32207

11:30 Lunch & Networking

12 Noon Meeting

April 28, 2017

Worker's Memorial Day

Location: NEFSC

1725 Art Museum Drive

Building B, Classroom D

Jacksonville, FL 32207

10:00 a.m. to noon

Please RSVP to Steve Wilson

for all meetings at

steven_wilson1@me.com.

Cost: Members: \$15

Non-Members: \$20

February's Meeting

Thank you to Grainger for hosting a very successful and enjoyable February meeting.

A Message from your Humbly Serving Chapter President

It's been a heck of an experience having the opportunity to lead an organization as great as ours.

As my term is coming to an end soon, I need to say thank you to those who have made this Chapter what it is. In saying this, I also need to ask those that can to help out with our chapters leadership positions. If you are interested in a position, please let Anne Rogers, Paul Thomas or myself know. Past officers are always available to help you so you should not feel that you are on your own little island.

Further, we have several noteworthy events taking place in the next two months. First we have the OSHA Update that will be given by our Area Director Brian Sturteckey. This will take place on March 15th during our general membership meeting at the Safety Council; this is always an informative and great event. Next, we are partnering once again with OSHA, the NEFSC, FCMA and Abatix for the Workers Memorial Day ceremony. This event is scheduled for April 28th from 10:00am until noon and will be held at the Safety Council. If you did not attend last year's event, it was a wonderful way to pay homage to those who lost their lives during the course of their work.

Dan Hemsall