

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



ASSP



PENSACOLA CHAPTER NEWSLETTER

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January 20th Meeting PTSD in the Workplace

Location: West Florida Public Library
Time: 11:30am-1:30pm
Fee: Free (Lunch courtesy of Matthew!)

PTSD is a term that we hear mostly associated with the military. Post Traumatic Stress Disorder usually is connected with a soldier returning from battle but any type of traumatic event can trigger PTSD, even in the workplace. When looking at PTSD, we cannot just “hope” someone is not dealing with it. We should be actively engaging our employees and setting a baseline where we know if that fluctuates something may be going on. Most of those dealing with PTSD are not actively seeking help. We can make a difference by just paying attention.

Join us as we look at symptoms of PTSD and how we can help those dealing with it.

Presented by: Torrey Garrison, Vice-President of EHS and Leadership, Performance Contractors, Inc.

Torrey Garrison is the Vice-President of EHS and Leadership Development for Performance Contractors, Inc. based in Baton Rouge, LA. He is an officer in the United States Air Force Reserves stationed in Mildenhall, England. Torrey started out his career working in maintenance at a steel foundry. Not long after being in a dangerous environment as that he knew that EHS was an avenue he wanted to pursue. He says that his heart is in the EHS field but his passion is Leadership Development. Torrey is extremely passionate about leadership and utilizing his military experience in the civilian world creates a unique dynamic.

To encourage participation, Matthew will kindly cover the lunch! Please try and join us. It is time for a return to normal as best as we can. Let's support the chapter AND ATTEND like we used to!

Please RSVP for the meeting at our website.

<https://pensacola.assp.org/>

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IH Corner

New NIOSH Document Focuses on Field-Based Monitoring for Respirable Crystalline Silica

A document published this month by NIOSH describes how to implement field-based monitoring for respirable crystalline silica using portable Fourier transform infrared spectroscopy (FTIR). The publication is primarily intended for industrial hygienists and allied professionals who have health and safety responsibilities within the mining industry, though NIOSH states that IHS working in other industries may also find it useful. According to the agency, the document is written for users with experience in respirable dust or respirable crystalline silica exposure assessment who do not necessarily have specialized training in analytical techniques. AIHA member Emanuele Cauda, PhD, co-director of the NIOSH Center for Direct Reading and Sensor Technologies, is a coauthor of the new publication.

“When used appropriately, field-based monitoring for [respirable crystalline silica] enables the timely evaluation of workplace exposure to crystalline silica and can be a valuable component of successful RCS control strategies,” the document explains. “The accuracy of results obtained via field-based monitoring are reliant upon field conditions as well as upon the conscientious sampling and analysis by the user.”

The new document includes instructions for setting up the equipment and software required for field-based respirable crystalline silica monitoring; technical details of the monitoring method; quality assurance procedures to ensure consistent data; and examples and case studies related to the use of different types of samplers in conjunction with field-based monitoring.

Appendices include links to additional resources, operational checklists for field-based monitoring, and a comparison of FTIR data obtained using different methods or parameters.

Direct-on-Filter Analysis for Respirable Crystalline Silica Using a Portable FTIR Instrument” is freely available to download as a PDF from the NIOSH [website](#).

President’s Message

HAPPY NEW YEAR!!!!

The New Year's resolution is commonly thought to have begun in ancient Babylon more than 4,000 years ago in an attempt to appease their gods. Babylonians believed if they kept their promises, the gods would grant them favors in the New Year. Similarly, they believed they would not get the favors of the pagan gods if their promises were empty. You’ve probably made yours already but let me suggest another.....repeat after me, “I will attend the in-person ASSP Chapter meetings for the next four months”. All kidding aside....WE NEED YOU. The chapter can’t attract good speakers if we can’t fill more seats at the meetings. The next four meetings are 1/20, 2/17, 3/17, and 4/21. They are the third Thursday. They are currently all lunch meetings. BE THERE!!!! PLEASE!!!!

It is time to start thinking about chapter elections. Our Nominations Committee has asked for volunteers to consider for the ballot. You can nominate yourself for any position, even President!!!! We would prefer you start with Secretary and work your way up, but if you have previous experience in ASSP or another organization, your time and talent is needed. Please send your nominations ASAP to the Nomination Committee at stanleygray10@gmail.com.

The House of Delegates issue is finally coming to a head. The formal vote will take place over a 45-day virtual ballot in February-March. The chapter needs to vote on this issue before the vote closes in March. The official ballot materials will be published to the ASSP HOD page here on January 24th: <https://www.assp.org/about/assp-governance>. We will send a chapter email with the latest and greatest info the first week of February. Our vote will be done electronically sometime Feb 8th-15th. WE NEED YOUR INPUT!!! Please review the information when posted and participate in the vote.

Respectfully submitted,
Matthew Parker, MS, CIH, CSP, ARM
Pensacola Chapter President

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Future Meetings: Third Thursdays

Put these on your calendar NOW!!!!

February 17, 2022

Pre-Accident Investigations,
Rod Courtney

March 17, 2022

If the Fish Aren't Biting, Its Time to
Change the Bait,
Danny Smith

April 21, 2022

Risk Assessment in Joint Employer
Environments,
Scott Debow

Call for Speakers

We are seeking suggestions, ideas, recommendations, proposals, hints, etc. for speakers for the ASSP meetings. Please contact us with your thoughts!

Newsletter Stuff

Please forward this newsletter to any other in the chapter area that might be interested. If you wish to be added to our mailing list, please email mario.crocetti@gmail.com

Membership Stuff

Ready to join? You can apply online:
<https://store.assp.org/PersonifyEbusiness/Membership/Join-ASSP>

Jobs

<http://jobs.assp.org/>

<https://jobs.bcspp.org>

<http://www.ehscareers.com>

<https://pensacola.assp.org>

If you have an opening at your organization you would like to share with the chapter and have posted for members to view, let us know!

Tallahassee Meetings

Tallahassee Members, we will be holding supplemental meetings at your end of the Chapter territory this year. We will try to do a full chapter meeting there, but at a very minimum will do a local meeting for you to facilitate local networking. If you know a location for the meeting or have an idea for a speaker or topic, contact Matthew Parker or Mario Crocetti.

Membership Benefits

ASSP is where OSH professionals find a vibrant community, one that helps them grow professionally through education, networking and advocacy for the profession. Through our member communities, ASSP connects OSH professionals across all industries, genders, generations and ethnicities, and enables them to engage with one another on a global scale. Safety Education and Training, Safety Publications, Career Support, Safety Advocacy, Safety Standards, Student Resources, Member Recognition. If you need some hints on convincing your boss, click here.
<https://www.assp.org/membership/benefits-qualifications/employer-justification>

OSHA Fall Reg Agenda: COVID-19, Whistleblowers

OSHA's 2021 [fall regulatory agenda](#) was released Dec. 10 as part of the overall plan rolled out by the White House Office of Management and Budget, with COVID-19, whistleblowing and walking-working surfaces among those in the final rule stage.

There are 28 items on [OSHA's agenda](#) with seven in the final rule stage – two dealing with COVID-19, four regarding retaliation complaints and one on walking-working surfaces – 15 listed as “proposed” and six in the pre-rule stage.

Of the four final rules on retaliation complaints, only one can be applied to safety.

Final rules

- [COVID-19 Vaccination and Testing Emergency Temporary Standard Rulemaking](#) – This standard's fate is currently being fought in the courts. If it's upheld, it will require all covered employers to develop and implement a mandatory COVID-19 vaccination policy, with an exception for employers that instead adopt a policy requiring employees to elect either to get vaccinated or to undergo regular COVID-19 testing and wear a face covering at work.
- [Subpart U Emergency Temporary Standard COVID-19](#) – Some [additional provisions](#) for the healthcare-only COVID-19 emergency temporary standard are included in this final rule.
- [Procedures for Handling of Retaliation Complaints Under the Whistleblower Protection Statutes](#) – This is an update to the procedures for handling retaliation complaints under several whistleblower protection statutes. The rule would make

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investigation procedures more consistent among the several statutes. It's also meant to make the process more accessible for employers and employees by providing uniform standards with regard to various procedural issues including sharing of information between parties during the investigation and OSHA's ability to serve findings by electronic means.

- [Walking-Working Surfaces](#) – OSHA received feedback indicating several provisions of the 2016 final rule on Walking-Working Surfaces (81 FR 82494) are unclear. This rule corrects a formatting error in Table D-2 and revises the language of the requirements for stair rail systems to make them clearer and reflect OSHA's original intent.

Proposed rules

- [Arizona State Plan for Occupational Safety and Health](#)
- [Massachusetts State and Local Government Only State Plan–Initial State Plan Approval](#)
- [Improve Tracking of Workplace Injuries and Illnesses](#)
- [Occupational Exposure to Crystalline Silica: Revisions to Medical Surveillance Provisions for Medical Removal Protection](#)
- [Powered Industrial Trucks Design Standard Update](#)
- [Personal Protective Equipment in Construction](#)
- [Welding in Construction Confined Spaces](#)
- [Occupational Exposure to Crystalline Silica: Revisions to Table 1 in the Standard for Construction](#)

- [Tree Care Standard](#)
- [Lock-Out/Tag-Out Update](#)
- [Update to the Hazard Communication Standard](#)
- [Communication Tower Safety](#)
- [Shipyard Fall Protection–Scaffolds, Ladders and Other Working Surfaces](#)
- [Amendments to the Cranes and Derricks in Construction Standard](#)
- [Infectious Diseases](#)

In pre-rule stage

- [Heat Illness Prevention in Outdoor and Indoor Work Settings](#)
- [Blood Lead Level for Medical Removal](#)
- [Prevention of Workplace Violence in Health Care and Social Assistance](#)
- [Mechanical Power Presses Update](#)
- [Emergency Response](#)
- [Process Safety Management and Prevention of Major Chemical Accidents](#)

Photo of the Month



Teamwork makes the dream work!

10 Best Practices for your Safety Program in 2022

If 2020 was the year occupational safety was thrust into the spotlight, 2021 was the year that proved it needs to stay there.

COVID-19 hasn't gone away. Neither have all your other safety responsibilities.

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And no one needs to remind you of that. You've made it through two very tough years. Go ahead, pat yourself on the back.

However, new years always offer an opportunity to look ahead and remind ourselves about best practices in safety.

So here's a list, in no particular order, of best safety practices for 2022:

1. Get workers involved

Who knows best about the hazards of work? The [workers](#) themselves.

When formulating safety policies, make sure to get input from a representative group of employees.

2. Let workers know it's OK to speak up

To get that worker input, they're going to have to know it's OK for them to [speak up about hazards](#).

Even if it's already the culture at your company, any new worker who had a different experience at a previous job may not know they can bring safety concerns to you without fear of retaliation.

Make sure frontline supervisors also accept this type of feedback from workers, and that workers don't have to fear retaliation from them, either.

3. Remember the importance of frontline supervisors

You can't be everywhere at once. [Frontline supervisors](#) are your eyes and ears regarding safety.

Just as they have to listen to concerns from employees, supervisors need to know you want them to come to you with safety problems and their ideas on how to solve them.

Frontline supervisors are the management representatives employees have the most contact with at work. You won't be able to reinforce your

company's safety program to employees without their help.

4. Get top management to talk about safety

While getting frontline supervisors to talk about safety is important, it's also key to have top management address it, too.

Nothing will get employees' attention more than when someone from [the C-suite](#) sincerely explains the importance of safety.

5. Remind workers that safety is about them

When the C-suite talks about safety, one aspect that needs to be included is the personal angle.

While safety is important to the company, the most important part is making sure employees return home at the end of the workday in the same condition they came in.

So safety is about making sure employees can enjoy activities outside of work, such as sports, hobbies and being around so you can meet your grandchildren.

6. Remind C-suite that compliance is the minimum

There's a lot written out there about onerous [OSHA regulations](#).

You know this: They're the minimum.

The best companies have safety policies that go above and beyond what OSHA requires.

If upper management relies upon the general media for information, they may have the impression OSHA compliance is more than enough. They need to know that's not the case.

7. Revisit voluntary industry standards

This goes with No. 6.

If the C-suite wants to know how to go above and beyond OSHA standards, point to voluntary standards, such as those from [ANSI/ASSP](#), that cover your industry.

8. Update your safety management system

Speaking of voluntary standards, remember to revisit your [safety management system](#), or even explore a new one.

As one expert put it at a 2021 safety conference: Surely there are things that were considered good five years ago that should be updated now.

9. Keep up to date with professional associations

[AIHA](#), [ASSP](#), [NSC](#), [VPPPA](#). That's just the short list.

There are so many ways these associations can help you with your safety program that we could write a series of separate articles on them.

And when it seems like you're alone at your facility regarding a safety issue (it can happen at the best companies), these associations are the places to find your "safety community," and realize that you're not alone.

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10. Take advantage of OSHA resources

OSHA isn't (always) the enemy.

It has an entire division of [Cooperative Programs](#), such as SHARP, VPP and on-site consultations, devoted to helping employers.

And OSHA will answer questions about its regulations and welcomes comments on its proposed standards.

Bonus best practice

That's it. Well, maybe one more thing.

Sometimes you need to take a step back. Not backward, just back.

It's a bit cliché, but when you're bogged down in OSHA or corporate paperwork, remind yourself that occupational safety is all about people. That's the big picture of safety you should remember when you take that step back.

The COVID-19 pandemic has raised lots of issues in your professional sphere the last two years.

Among them is [employee mental health](#) — something that didn't get talked about a lot previously.

An employee who is struggling emotionally is distracted. And that includes being distracted about safety.

In the worst-case scenarios, employees struggling emotionally can lead to workplace violence.

Remember: The employee who made a bad safety decision may have an ill relative, childcare issues or has made the tough decision to place a parent in a care facility despite the pandemic because they can't care for their mom or dad at home.

This is what Employee Assistance Programs (EAPs) are for.

And finally (really this time), make sure to take care of yourself — in 2022 and for years to come.

A Risk-based Approach to Managing Fatigue

Why aren't fatigue and lack of good sleep addressed more often as factors in workplace safety?

There are several barriers:

- lack of awareness and information
- often not recognized as a safety and health hazard in the workplace, and
- lack of understanding of the strategies needed to manage it.

Workplace culture can also contribute. Are long hours or "working through" fatigue rewarded? A superperson mentality is common in a lot of industries. And even if fatigue does affect a worker, they might not want to tell their co-workers about it. Hands down, this "tough guy" attitude is the biggest failure we face in trying to manage fatigue in the workplace. If you drove by a construction site and noticed a worker resting, sitting against a building with their hardhat over their eyes, what would you think? Many would think the worker is being lazy. What if, instead, we thought, it's a good thing that the worker is using their break to get some needed rest? This mentality has to change to fight fatigue in the workplace.

Share Info with Employees

How do we overcome these barriers? One way is to share information with employees on how sleep — or lack of it — affects people. When we sleep, blood vessels in the brain shrink, allowing spinal fluid in between the vessels to clear out toxins and replenish our brain cells. Reaching the fourth stage of sleep — REM sleep — is essential because, besides being the dream stage, that's when memories are processed and long-term learning occurs. It takes 90 to 120 minutes to go through the four stages of sleep. If someone is getting seven to eight hours of sleep but doesn't feel rested, quality of sleep may be the issue. People who work odd hours should know that due to circadian rhythms, the body's 24-hour cycle, if you're working at 2 a.m., you're at a disadvantage. During off hours, neurotransmitters convey information more slowly. People can work during odd hours, but they're impaired and need to recognize that.

Some specific best practices:

- Schedule work so higher risks don't have to be taken at odd hours
- If you can't eliminate higher risk tasks at odd hours, make sure you take extra precautions to mitigate the risks
- Document anti-fatigue measures so there's no guesswork on what needs to be done
- Train employees about fatigue management — it will increase employee engagement
- Make sure to rule fatigue in or out during incident investigations, and
- Align all of these fatigue and management practices in your existing safety program.

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Maximizing Naps

Naps can be a good way to fight fatigue, but there are ways to maximize their effectiveness. Timing is everything when it comes to naps. A nap should be either under 30 minutes or over 90 minutes. Reason: If it's under 30 minutes, the person will awake during stage one or two sleep and feel refreshed. If it's over 90 minutes, they'll gain the benefits of REM (stage 4) sleep. What you don't want to do is nap between 30 and 90 minutes. That will mean waking up during third stage sleep which produces a groggy feeling. Another nap trick: Have a nappuccino. Grab a caffeinated beverage and drink it quickly. Then set an alarm for a 20-minute nap. Caffeine takes about 20 minutes to kick in. So after you're done napping, the caffeine will do its work.

2022 Region IV ASSP Professional Development Conference (PDC) - April 6-7, 2022

The 2022 Region IV PDC will be held on Wednesday, April 6th and Thursday April 7th, 2022 at the Hilton Capitol Center in Downtown Baton Rouge, Louisiana, located at 201 Lafayette Street. In terms of logistics, all 2020 PDC registrations have been rolled over to the 2022 PDC in Baton Rouge.

2022 Call For Speakers - The PDC is currently accepting speaker applications for the 2022 PDC. To apply online visit <https://www.surveymonkey.com/r/P3BYVQX>.

CEUs - Attendees will receive 1.1* CEU Credits for attending both days of the conference (*pending approval).

This Annual PDC provides one of the most sought after events for attendees to learn the profession's best practices focusing on Safety, Health, Industrial Hygiene & Environmental Issues. The PDC is attended by over 200+ attendees annually and features an Exhibition of over 30+ Sponsors and Exhibitors. The event features four keynote speakers and 28 breakout sessions with four concurrent tracks running throughout the two-day event. You do not need to be an ASSP member to attend.

Register for the event [here](#).

Quote of the Month

"Hindsight is a wonderful thing but foresight is better, especially when it comes to saving life, or some pain."

-William Blake