



**CHAPTER OFFICERS**

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Maralee Sartain

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## Quarterly Community Message

Greetings to all ASSP Pensacola Chapter Members! Here's a few highlights from our first meeting of the 2024-2025 ASSP year.

### Meeting Info

Our September 12<sup>th</sup> meeting was held at the TVTC training center in Pensacola. We had a good turnout for our lunch time meeting with six in attendance on site and three attending virtually.

Francisco Gracia from the Mobile OSHA Office did a great job presenting on How to Survive an OSHA Inspection. He answered several questions and provided a few updates on how the regions are changing a few things from an operational aspect, but the typical procedures for reporting and assistance will remain basically the same. You can find his presentation on our website soon.



#### WORKER DIES WHEN MOWER FLIPS INTO POND

A 74-year-old Bushkill Township employee died in a lawn mower mishap. Mr. Louis Nagy was operating a riding mower when it happened at Albert Ponds Reserve along Albert Road, Coroner Zachary Lysek said. It is believed Nagy was cutting grass along the bank of the pond when the mower tipped over while he was seated on it, pinning him beneath the mower in the pond, Lysek said.

#### *Consider the "Identifiable Victim Effect" in your Safety Presentations.*

The identifiable victim effect refers to individuals' tendency to offer greater help to specific, identifiable victims than to anonymous statistical victims. This is why organizations that fight childhood hunger, for example, often focus on a single child to solicit more donations. In a safety context, sharing the personal narrative of someone who experienced a major injury may be more impactful – AND – elicit greater compliance.

### **Member Recognition**

At our September meeting our Volunteer Leaders were presented with certificates for their work over the past year and for their new roles for this 24-25 ASSP Year.

We also presented our **23-24 Chapter Safety Professional of the Year (SPY) award** to Bruce Higdon, CSP. Bruce is one of our chapter's original charter members. He graciously provided presentations at two of our meetings last year. Bruce's article "Scissor Lifts: A Study of Fatalities" was published in the December 2023 Professional Safety Journal December 2023. It can easily be found on our Pensacola Group LinkedIn page [ASSP Pensacola Chapter | Groups | LinkedIn](#)



We are now accepting nominations for the 24-25 year. We need you input, so please make nominations to the Executive Committee. You can do this by utilizing the **Contact Us link** located on our Pensacola.assp.org website <https://pensacola.assp.org/#> under the **About tab** on the top menu bar.

### **Member Activities**

Your Executive Committee has met a few times this year. Items discussed include upcoming meeting topics based on last summer's survey results and additional ways for members to engage with each other outside of the technical meetings.

The ideas ranged from networking events like bowling, sharing a drink at a local pub, or ways we can give back to our local community at local charity events. A few ideas to consider are:

- 10/15- Carver Park 10k Food Giveaway
- 11/8- Washburn Feed the Homeless

## Test Questions:

1. Scaffold components manufactured by different manufacturers shall not be \_\_\_\_\_: (ref: 1926.451(b)(10))

- A. installed by the user
- B. used together
- C. intermixed
- D. interchanged without the express written consent of both manufacturers

2. When hook-on and attachable ladders are used on a supported scaffold more than 35 feet high, they shall have rest platforms at \_\_\_\_\_ foot maximum vertical intervals. (ref: 1926.451(e)(2)(iii))

- A. 10
- B. 12
- C. 24
- D. 35

If you are interested in helping with either event, please contact the Executive Committee by utilizing the **Contact Us link** located on our website at <https://pensacola.assp.org> under the About tab on the top menu bar <https://pensacola.assp.org/#> Or by sending a message to one of the officers via a direct message on LinkedIn.

**Please let us know** about ways you'd like to connect with other members and your networking ideas!

### **Free Education Resources and Webinars**

The **Mobile Chapter** is hosting an October Safety Summit & Social.Safety on October 16th. You can find more info on their website and register using this link <https://mobile.assp.org/events/construction-safety-summit/>

ASSP Resources and Free Educational Opportunities can be found in the ASSP Weekly and on the society website at [assp.org](http://assp.org) [PD - Free Resources Email 10-2-24 \(contentsharing.net\)](#)

[Controlling Static Electricity Hazards by Recognizing Early Warning Signs -- Occupational Health & Safety \(ohonline.com\)](#)

### **November Chapter Meeting:**

**Topic:** **SMS: What, Who and How?**

**Speaker:** Tanya M. Canole, GradDipOHM, COHSProf (AIHS)

**Location:** Virtual meeting with local Conference Room option

**Date:** November 14, 2024

**Time:** Noon until 1 PM

**Chapter business/networking 11:30 - Noon & 1 – 1:30 PM**

### **Maralee's Message:**

#### **Self-Care for the Safety Pro: Gratitude**

With all the spinning plates we have as humans in our various roles at work, home, and within our communities it is important to remember to make time for our own mental wellness. Neuroscience confirms the benefits of making time to pause and be thankful. I recall a speaker at SAFETY2018 who shared this simple idea about gratitude.

It is suggested that you take about 5 minutes each day to quietly think about people, places, or things that have brought you peace or joy. The important thing is to truly be mindful in these moments to simply focus all your thoughts on those of gratitude.

## Accidents Don't Just Happen!

They are a chain of events that can be prevented. Break any link in that chain – the accident never happens!

I also enjoy taking the time to send handwritten postcards or notes to family and friends. You might consider a simple text or sharing a picture with others. This physical connection with your hand and brain is very powerful.

I wanted to take a moment here to personally acknowledge the gratitude I have for my ASSP Safety family. Your support over the years has helped me through some challenging times in my career. I especially want to thank those of you who made time in July for me to practice my "Safety Training" presentation here in Pensacola before I gave it in Denver at SAFETY 2024. Your engagement and comments helped me to make some revisions that enabled me to have a great session in Denver. I am truly grateful for the many lifelong friends I have made through volunteering with ASSP.

What are you grateful for?

I encourage you to take a few moments to feed your mind, body and soul with the simple act of making time to pause for a few minutes of gratitude. I am guessing you will feel a sense of calm.

*Maralee*



**Correct solution is:**

1. (C. intermixed)
2. (D. 35)

Thanks to Al Bressler for creating the newsletter template for this year's newsletter and side bar contents.