



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Heart of America Chapter

**Edition 81, Volume 5
12/09/2019**

President's Message

December 2019

It's hard to believe, but our next meeting will be in 2020. I'm still not sure what happened to 2019?

Thank you to everybody who came out to the Networking Event and Safety Jeopardy, especially the students who made the drive. It's always great to see representation from our Student Sections.

We surpassed our goal by collecting 102 toys for our Toys-For-Tots campaign (our goal was 50). Plus, we had the opportunity to recognize several members who have achieved ASSP milestones – being members for 25 years, and more!

This has been an exciting term with great member interaction and attendance. On top of that, several members have stepped forward to serve on committees, most recently Laurel Harris and Brent Sanger. We have plenty of opportunities to get involved, so please let us know if you're interested.

Mark your calendar: January 17th will be our Student Section Report and ANSI Z92 update, and our first CEU safety course. Immediately following our Chapter meeting, Dr. Mark Johnson will be conducting a workshop on "Training for Impact." Instead of doing a big professional development conference this year, we're experimenting with offering three separate, 3-hour courses in January, March and April. Registration is open. (Please see the "Next Meetings" section of this newsletter for dates and venues.)

See everybody in 2020! Have a safe and enjoyable holiday season.

Tom Metzner
ASSP HOA Chapter President

Officers List

President

Tom Metzner, CSP, ARM-P, CFPS

Vice President

Pam Sinatra

Secretary

Robbie Collins, CSP

Treasurer

Shelly Killingsworth, CHMM, CSP

Past President

Chris Cygan, CSP

Website/Social Media

Dave Hallerud, ALCM

Member Engagement

Kristin Danner, CSP

Newsletter Coordinator

Laurel Harris, ASP, ARM

Liaison for Student Sections

Shelly Killingsworth, CHMM, CSP

Members at Large

Ravi Narayan, CSP, ARM

David Hallerud, ALCM



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Heart of America Chapter

New Members

- Tyrone Swinton, Boys and Girls Clubs

If you know someone who would like to join ASSP Heart of America Chapter please direct them [HERE!](#)



Pittsburg
State
University

Networking and Safety Jeopardy Photos



UNIVERSITY OF
**CENTRAL
MISSOURI**
LEARNING TO A GREATER DEGREE



Metropolitan
Community College



Connect with ASSP:



Long Term Members

- Richard Jones – 40 Years
- Frederick Grant – 25 Years
- Oscar Paredes – 25 Years
- Robert Gardner – 25 Years
- Kent Kringen – 25 Years
- Porter Prince – 25 Years
- Paula Hinnen – 25 Years
- Ronald Stein – 25 Years
- Sharon Fulks – 25 Years



Job Openings

Please check out our website for recent job postings. <https://kc.assp.org/>

Next Meetings

- January 17th:** Student Section Updates Chapter meeting and Training for Impact workshop at Bass Pro – Independence (11:30 – 12:30 and 1:00 – 4:00 pm)
- February 7th:** Electrical Safety and NFPA 70E Chapter meeting at WaterOne in Lenexa (11:30 – 12:30)
- March 9th:** Medical Marijuana Chapter meeting and DISC Communication and Personal Profiles workshop at KCI Administration building (11:30 – 12:30 and 1:00 – 4:00 pm)

Winter Weather Safety Tips

Are You Prepared for Winter?

Slips and Falls

Don't be caught off guard with slick surfaces. Sidewalks and parking lots are high hazard slip zones during winter weather. Consider these tips:

- Have a plan in place to regularly inspect areas and treat slick walking surfaces as necessary.
- Maintain a supply of salt to melt ice covered surfaces.
- Remember to re-treat areas that melt as temperatures drop and refreeze.
- Sand can be laid down in areas that have slow drainage or are shaded.
- Mats should be placed at building entryways to provide additional traction when transitioning from different walking surfaces.
- Wearing anti-slip footwear or shoe covers will also help provide a firmer grip during treacherous conditions.

Frostbite and Hypothermia

Extreme cold weather brings risk of frostbite and hypothermia. In an attempt to stay warm, our body loses heat faster than it generates it. Even a short exposure to freezing temperatures can use up stored energy in our body, resulting in decreasing internal body temperatures. Frostbite can occur as blood circulation in our body slows down, particularly impacting fingers, toes, nose, and ears. Hypothermia starts to set in when our core body temperature falls below 95°F, decreasing our brain's cognitive awareness and decision-making abilities.

To avoid risk of frostbite and hypothermia:

- Bundle up when going outside.
- Wear multiple layers of warm, dry clothing to combat the cold.
- Be sure to wear a hat and cover as much of the face and neck as possible without restricting visibility of your surroundings.
- Wearing mittens or gloves is a must, but if you want added warmth, mittens provide more heat because the fingers touching collectively provides more warmth to the hands.
- Limit your time outside in freezing weather.
- Change out of wet clothing immediately.
- Drink warm liquids, avoiding alcohol that may mask the symptoms of the cold.
- Get help immediately if someone you know suffers a cold related emergency that results in cold waxy skin, extreme exhaustion, confusion, drowsiness, memory loss, or unconsciousness.

Winter Driving

Winter weather conditions can be treacherous, particularly when driving. Being prepared and planning ahead are important for both work and personal safety.

- Have vehicles inspected and prepared for winter conditions. Vehicle condition is important for safe driving, but also may be the lifeline that is needed if you become stranded.
- Preventive maintenance programs and inspections that focus on preparing for the winter weather should at a minimum focus on battery / electrical system, tires, belts, engine exhaust systems, braking systems, and winterizing fluids systems.
- Pack an emergency kit in your vehicle. A blanket, emergency shovel, sand or cat litter for traction assistance, jumper cables, flashlight with extra batteries, ice scrapper, emergency flares or triangles, cell phone and charger are recommended.
- If you travel outside of suburban areas, consider packing a gallon metal can for melting ice or holding a candle, matches, water, and non-perishable food supplies during the winter.
- Keep your vehicle fueled up.

Driver training for winter driving conditions should be provided for workers that travel on-the-job. Remind drivers to slow down and drive for the conditions. Nothing is as important as returning home to your loved ones.

Carbon Monoxide

Risk of unintentional carbon monoxide poisoning increases in the winter as the use of heating appliances increase, cars idle to warm up and our homes are sealed up to keep the cold out. Heaters, furnaces, propane stoves, emergency generators, wood-burning fire places, and car exhausts are a few of the items that give off carbon monoxide when fuel is not burned efficiently.

- Have your heating system, water heater and gas appliances checked out before the winter season. If you use a wood-burning fire place, dirt and carbon particles can build up on the inside of the chimney, increasing the potential for high levels of carbon monoxide in the home. Be sure to have your fire place and chimney inspected and cleaned regularly.
- If the power goes out, place emergency generators outside, approximately 20 feet from the home, garage, windows, and air-intakes.
- Place carbon monoxide detectors on each floor of the home or business for early detection if a problem occurs. If the carbon monoxide detector sounds an alarm, leave the structure immediately, leaving doors open as you go to ventilate the interior of the structure. Call emergency personnel for assistance. They have the proper protective equipment and meters to identify the problem and to ensure that your home is safe before returning.
- Just like smoke detectors, if your carbon monoxide detector is over 10 years old, it should be replaced.

Executive Committee

Executive Committee contact information. We always welcome questions, comments and suggestions.



President – president@kc.assp.org
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Treasurer – treasurer@kc.assp.org
Shelly Killingsworth



Vice-President – vp@kc.assp.org
Pam Sinatra



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