

Heart of America Chapter

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President's Message

January 2020

For the second year in a row, the weather hasn't cooperated for our January meeting. As a safety organization, we decided it was safest to cancel and reschedule. Even though the weather on the make-up date wasn't perfect, attendees enjoyed Dr. Mark's presentation and got a lot out of it.

Couple of important announcements:

- If you're interested in running for an officer position, please contact Chris Cygan or me. Elections are right around the corner.
- Denis Baker, an attendee favorite from our last PDC, is conducting a workshop on DISC communication styles at our March 9th meeting. To get the most out of the workshop, please register early and complete the DISC assessment that gets emailed to you.
- Our Chapter is donating \$250 to the Australian fire relief efforts.
- And finally, if you haven't already, please complete your Member Survey to be entered to win a \$50 Amazon gift card, to be awarded at our February meeting.

As always, if there's something we can do to help increase the value of your ASSP membership, please let an Executive Committee representative know.

Tom Metzner
ASSP HOA Chapter President

Officers List

President

Tom Metzner, CSP, ARM-P, CFPS

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Pam Sinatra

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Liaison for Student Sections

Shelly Killingsworth, CHMM, CSP

Members at Large

Ravi Narayan, CSP, ARM David Hallerud, ALCM



Heart of America Chapter

New Members

- Ricky Lee
- Seth Calkins
- Paden Grant
- Grant Weller
- Yang Zhan
- Andrey Grigoryev



If you know someone who would like to join ASSP Heart of America Chapter please direct them <u>HERE!</u>



Effective Presentation Skills Workshop







Connect with ASSP:







Job Openings

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

Next Meetings

February 7th: Electrical Safety and NFPA 70E Chapter meeting

WaterOne in Lenexa (11:30 – 1:00)

March 9th: DISC Communication and Personal Profiles Workshop

KCI Administration building (11:30 – 3:45)

April 10th: Wearable Technology

Innovation Campus (lunch:11:30; general session from 12:00 to 1:00;

workshop from 1:15 to 3:30)

Winter Weather Safety Tips

National Dates to Remember for January

All Month: National Radon Action Month National Volunteer Blood Donor Month

Cold Weather Health Hazards

The cold months bring safety discussions at work that include winter weather driving, slips and falls on snow and ice, and potential frostbite hazards. But, there are a number of other cold weather-related concerns that affect human health, both at work and at home.

Dermatitis: Dry air and indoor heating can cause dry, irritated skin and compromise the skin's natural protective barrier. Dry skin conditions, commonly referred to as dermatitis or eczema, can leave skin dry, inflamed, and itchy. Fluid-filled bumps on the skin can be broken when scratched resulting in painful infections, if not properly treated.

Damaged skin increases exposure to environmental conditions, chemicals, and irritants in the workplace. Whether these conditions result from the work environment or are exacerbated by it, there are steps that can be taken to treat this condition before it results in a more serious illness.

- Humidify the air. Drier air means drier skin.
- Moisturize skin with a thick cream or ointment at least twice a day. Over-the-counter formulations vary, so check with a pharmacist or physician if you have questions.
- Cotton fabrics are less irritating to the skin. Where possible, encourage workers to wear
 cotton as the layer of clothing closest to the body. If wearing synthetic gloves, an underlayer
 of cotton gloves may be advised.
- Avoid alcohol-based gels and cleansers. Choose creams and ointments, as they have higher amounts of water and oils to replenish the skin's moisture.

Colds and Flu: Winter cold and flu season can take its toll throughout the workforce whether it is from a reduced number of workers healthy enough to come to work, or from workers that come to work not feeling their best. Since many viruses thrive in colder weather and their hosts, us humans, like to stay inside when it is cold, it is very easy to spread the virus.

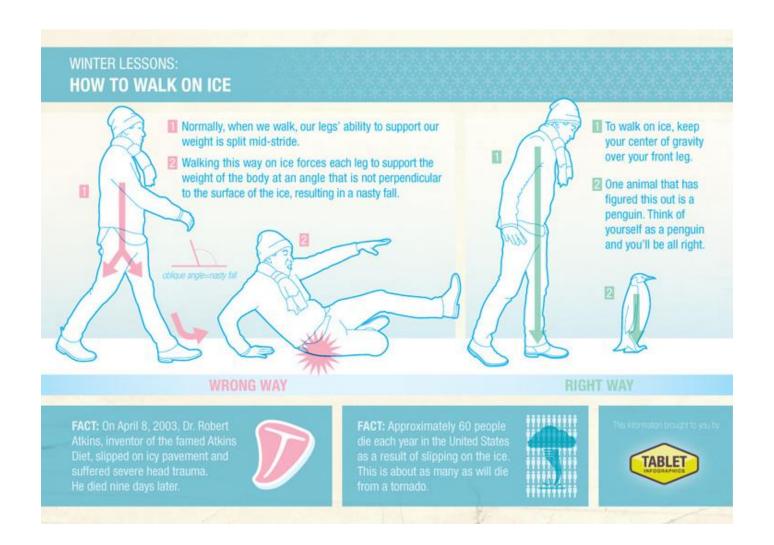
There are some steps that we can take to reduce the spread of cold and flu viruses in the workplace:

- Promote the flu vaccine to workers, either by communicating the need for the vaccine or by offering flu vaccines at work.
- Train employees that hands washing can assist in reducing the spread of viruses.
- Sharing of personal items should be discouraged.
- Increased frequency of deep cleaning should be conducted during cold and flu season to reduce spread of pathogens through contact surfaces.

Heart Attacks: A degree or two drop in temperature can impact our bodies significantly by narrowing the blood vessels and increasing the demands of the heart to regulate the blood and oxygen flow throughout the body.

In order to reduce the potential for winter-related heart attacks, we can educate our employees to follow good practices while working outside.

- Bundle up when working outside. Protective gear, such as gloves, hats, scarfs, and warm clothing can help regulate body temperature. Dress in layers that can be peeled off as the body heats up.
- Stay dry. Chills can set in if the skin gets wet.
- Stay active to create heat, but work at a consistent pace, building slowly up to a normal work rhythm.
- Have warming equipment and first aid supplies available in the event of hypothermia or overexposure to weather extremes.
- Work in pairs.
- Take regular breaks.
- Stay hydrated.
- Encourage regular physician visits to monitor cardiovascular health.



Executive Committee

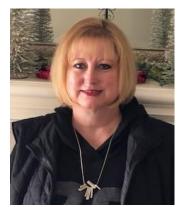
Executive Committee contact information. We always welcome questions, comments and suggestions.



President – <u>president@kc.assp.org</u> Tom Metzner



Treasurer – <u>treasurer@kc.assp.org</u> Shelly Killingsworth



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



Member Engagement Kristin Danner



Secretary – <u>secretary@kc.assp.org</u> Robbie Collins