



# AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Heart of America Chapter

**Edition 81, Volume 6  
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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 9<sup>th</sup> 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

### 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, CSP, ARM

### Liaison for Student Sections

Shelly Killingsworth, CHMM, CSP

### Members at Large

Ravi Narayan, CSP, ARM

David Hallerud, ALCM



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

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## 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 [HERE!](#)



Pittsburg  
State  
University

## Effective Presentation Skills Workshop



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



 Metropolitan  
Community College

Connect with ASSP:



## Job Openings

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

## Next Meetings

- February 7<sup>th</sup>:** Electrical Safety and NFPA 70E Chapter meeting  
WaterOne in Lenexa (11:30 – 1:00)
- March 9<sup>th</sup>:** DISC Communication and Personal Profiles Workshop  
KCI Administration building (11:30 – 3:45)
- April 10<sup>th</sup>:** 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.

### WINTER LESSONS: HOW TO WALK ON ICE

**1** Normally, when we walk, our legs' ability to support our weight is split mid-stride.

**2** Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

*oblique angle=nasty fall*

**1** To walk on ice, keep your center of gravity over your front leg.

**2** One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right.

**WRONG WAY**

**RIGHT WAY**

**FACT:** On April 8, 2003, Dr. Robert Atkins, inventor of the famed Atkins Diet, slipped on icy pavement and suffered severe head trauma. He died nine days later.

**FACT:** Approximately 60 people die each year in the United States as a result of slipping on the ice. This is about as many as will die from a tornado.

This information brought to you by

**TABLET**  
INFOGRAPHICS



## Executive Committee

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



President – [president@kc.assp.org](mailto:president@kc.assp.org)  
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