



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Heart of America Chapter

**Edition 81, Volume 7
02/20/2020**

President's Message

February 2020

It was great seeing everybody at the Electrical Safety meeting on February 7th. A special thank you for WaterOne hosting us and allowing us to use their board room.

Thank you for completing the Member Feedback Survey. In order to make our Chapter meetings meaningful for our members, we appreciate all of the helpful suggestions. A summary of the responses is included in this newsletter, and the Executive Committee will be working on implementing much of the feedback.

Our next meeting is Monday, March 9th at KCI. Denis Baker is presenting a DISC profile communication session, and giving us insight on our personal tendencies, and interacting with people with different styles. There is a 10 minute assessment that needs to be completed by Feb. 28th. There's still time to sign up!

Please take a minute to read through this newsletter, put the upcoming meeting dates on your calendar, observe the upcoming health and safety events, and note tips to creating a balanced connection.

Tom Metzner
ASSP HOA Chapter President

Officers List

President

Tom Metzner, CSP, ARM-P, CFPS

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Robbie Collins, CSP

Treasurer

Shelly Killingsworth, CHMM, CSP

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Chris Cygan, CSP

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Member Engagement

Kristin Danner, CSP

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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

Heart of America Chapter

New Members

- Justin Hauser, Kiewit
- Ryan Rinehart, Multi-Craft Contractors
- Randy Meggs

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



Pittsburg
State
University

Electrical Safety and NFPA 70E



UNIVERSITY OF
CENTRAL
MISSOURI
LEARNING TO A GREATER DEGREE



MCC Metropolitan
Community College

Connect with ASSP:



Job Openings

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

Next Meetings

- 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)
- May TBD** Possible technical tour at Boulevard Brewery

Upcoming Safety & Health Events to Remember

February			
Feb. 1 – April 30	OSHA 300A Summary Log Should Be Posted	OSHA	osha.gov
February	American Heart Month	American Heart Association	heart.org
March	Brain Injury Awareness Week	Brain Injury Association of America	biausa.org
March	National Nutrition Month	Academy of Nutrition and Dietetics	eatright.org
March	Workplace Eye Wellness Month	Prevent Blindness America	preventblindness.org
March 16-22	National Poison Prevention Week	U.S. Department of Health & Human Services	poisonhelp.hrsa.gov
March 30-April 5	National Drug & Alcohol Facts Week	National Institutes of Health	drugabuse.gov

Maintaining a Balanced Connection

For many Americans, technology is an exciting and important part of life, but it can also have a detrimental impact on our health and well-being. In this digital world, being “connected” is a significant part of the work life, as well as, the personal life. According to the Pew Research Center about three-in-ten U.S. adults say that they are “almost constantly” online; that is 28% of American adults. Pew also reports that 81% of Americans go online daily. Eighteen to twenty-nine year olds are reported to be the largest group of “almost constantly” connected adults at 48%. With these number comes the realization that society is headed towards a largely connected “lifestyle”.

Technology and digital connections provide us with resources and information the breadth of which could never be achieved without the supercomputers of today. While we find great advances in these resources, we also find risk. A risk that comes with a more sedentary lifestyle and increased focus on computer screens. Such risk includes potentially decreasing heart health and increased risk of developing digital eye strain.

February is American Heart Month and March is Workplace Eye Wellness Month. Be sure to take time to share information inside and outside of the work environment regarding heart health and eye wellness. Here are some tips to share:

- Be mindful of both big and small actions. Every bit helps. Know what preventive benefits are available in the workplace. Health insurance plans typically cover annual exams and basic health screens such as blood pressure and cholesterol levels. Encourage workers to take advantage of free services available to them. Your employer may provide fitness facilities or walking trails nearby. Group activities or free counseling may also be provided by the employer to encourage a healthy life style.
- A good office ergonomics program encourages workers to start their day with simple stretches and to continue to move about periodically throughout the day. Take a lap or two during breaks and lunch. Send items to a remote printer rather than staying within the workstation. Or simply stand up and do a few low-impact stretches.
- The American Heart Association published the following guidance document in July 2019 to help office workers integrate exercise into their daily regime.



WORKDAY WORKOUTS

By American Heart Association News

Too much sitting is bad for your health. But how do you get around that at the office? Here are 5 ways to sneak in some exercise.



START WITH YOUR COMMUTE
Try cycling or walking to get to work.



STRETCH IT OUT
Starting at your neck and shoulders, take a few moments to focus on each part of the body.



WALK AND TALK
Use a headset to make and receive calls while staying active. Head for the stairs instead of the elevator.



TRANSFORM SCREEN TIME
Use a standing desk or even one that works as a treadmill. Try sitting on a firmly inflated stability ball. That can help work out core muscles.



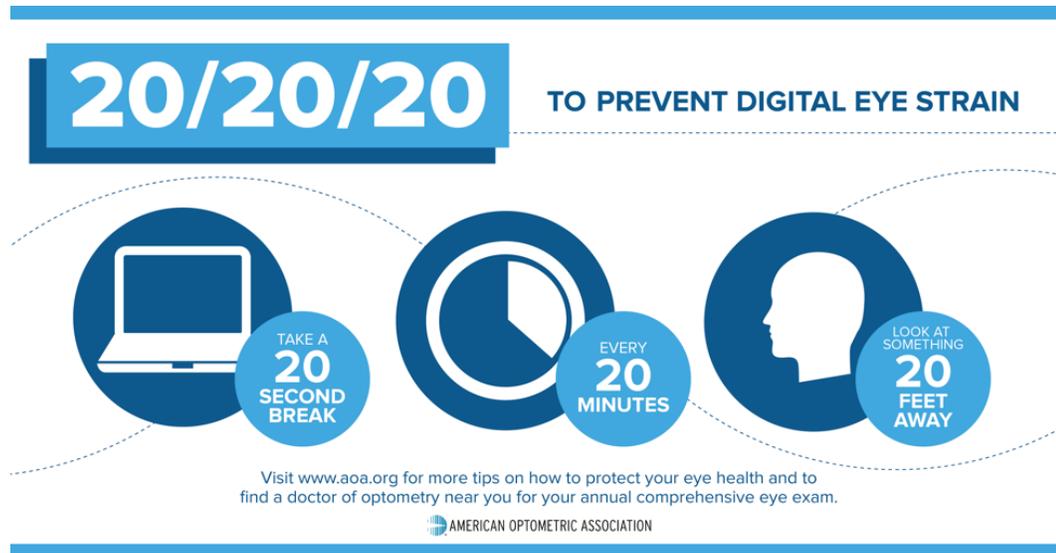
DESKERCISE
Use your desk and chair, and even the office wall, for modified push-ups, tri-cep dips and squats.

Source: American Heart Association
Published: July 12, 2019 | © 2019 American Heart Association, Inc.



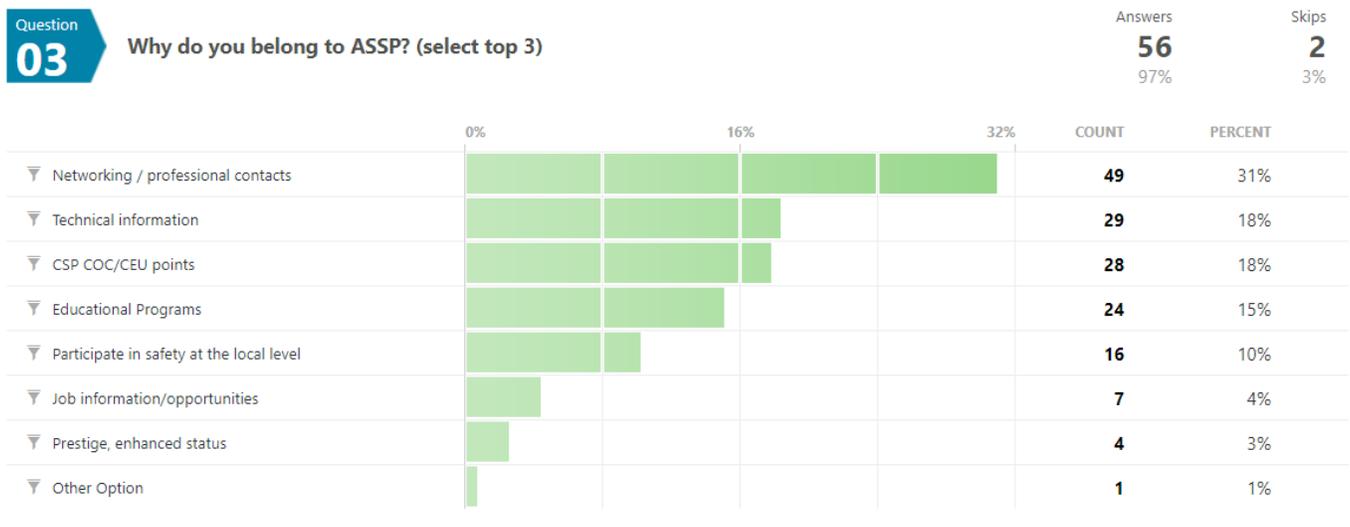
- According to the American Optometric Association, the average worker spends seven hours a day on the computer either in the office or working from home. Taking planned breaks to stretch and refocus on something away from the screen can help to reduce eye strain and improve overall blood circulation. Posting simple stretching exercises at the workstation can be a good reminder.
- The most common symptoms associated with CVS are eyestrain, headaches, blurred vision, dry eyes, and neck and shoulder pain. Introducing the simple changes into the routine can help reduce or prevent these symptoms. If the symptoms persist, ask for an ergonomic workstation evaluation. If systems get worse or don't go away, visit with a physician to discuss your symptoms.
- These symptoms may be from a variety of causes, including a combination of poor lighting, glare on a digital screen, improper viewing distances, poor seating, poor posture, uncorrected vision problems, and prolonged viewing of a digital screen.

- Office ergonomics is a great way to individually assess a workstation when an employee identifies that they are having discomfort at their workstation. Early intervention with a workstation evaluation can significantly help to provide a station that is comfortable for the worker and helps them to practice neutral postures. Additional steps to prevent or reduce symptoms of CVS are to follow the 20-20-20 rule (designed by optometrist, Jeffrey Anshel).



A few helpful hints can go a long way to workplace health and safety. Look for more Eye Wellness information in the March Newsletter.

2020 Member Engagement Survey Results



Question

04

What prevented you from attending more meetings last year? (select up to 3)

Answers

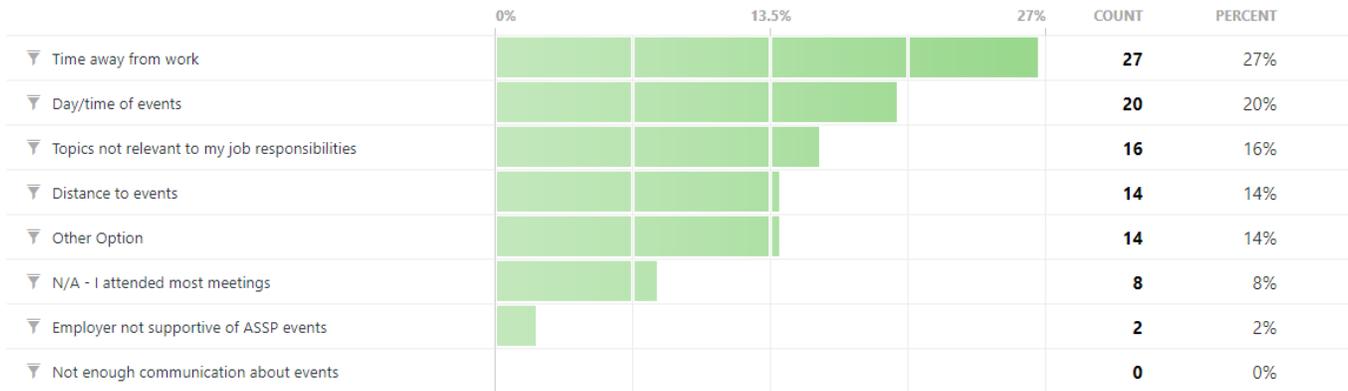
57

98%

Skips

1

2%



Question

05

What topics do you value most during chapter meetings? (select up to 3)

Answers

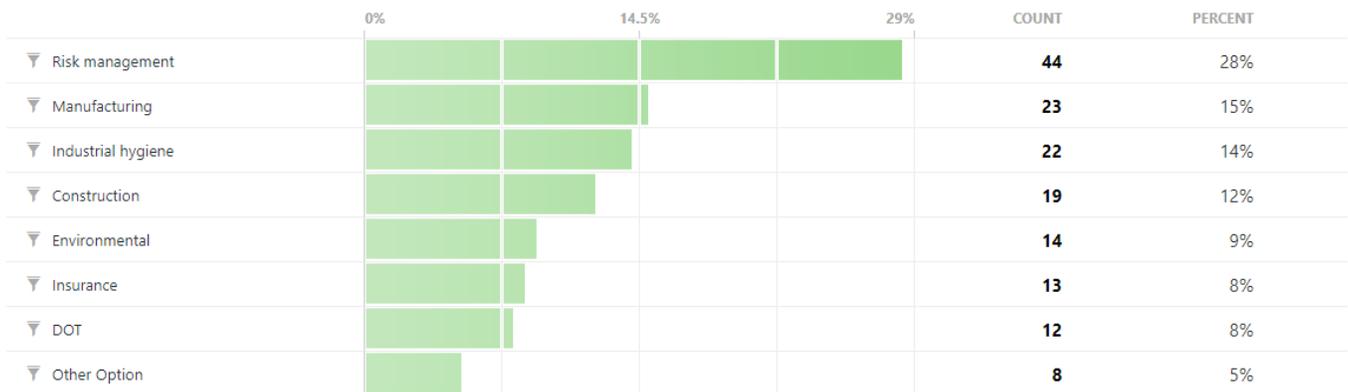
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Skips

3

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Question

06

What is your preferred meeting day? (pick one)

Answers

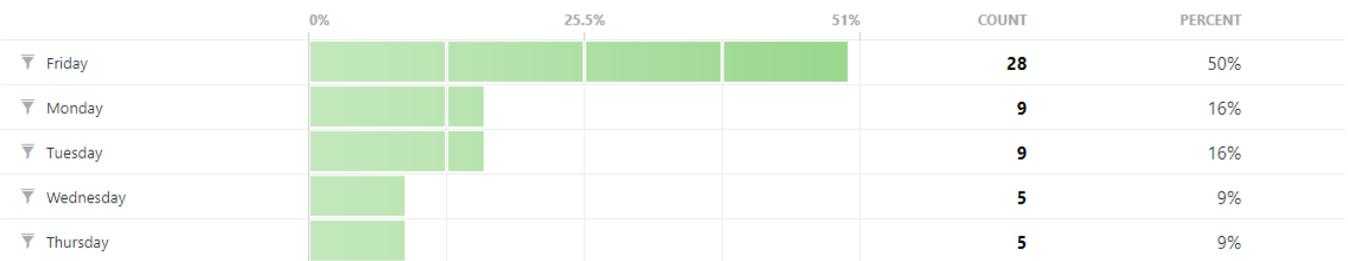
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Skips

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Question

07

What is your preferred meeting time? (pick one)

Answers

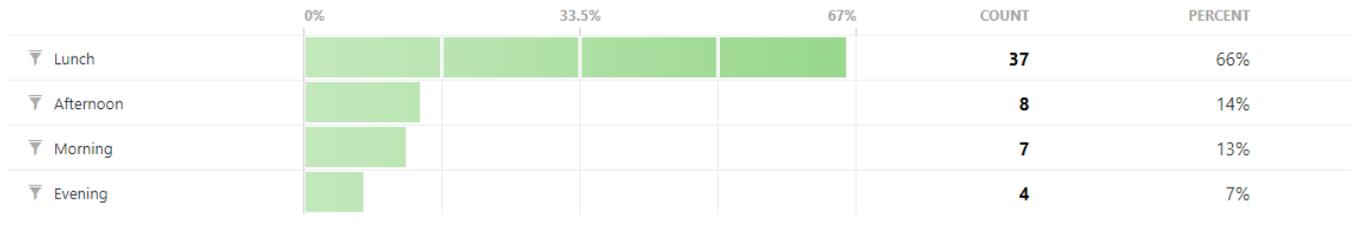
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Skips

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Question

08

Where do you prefer meeting locations? (select top 3)

Answers

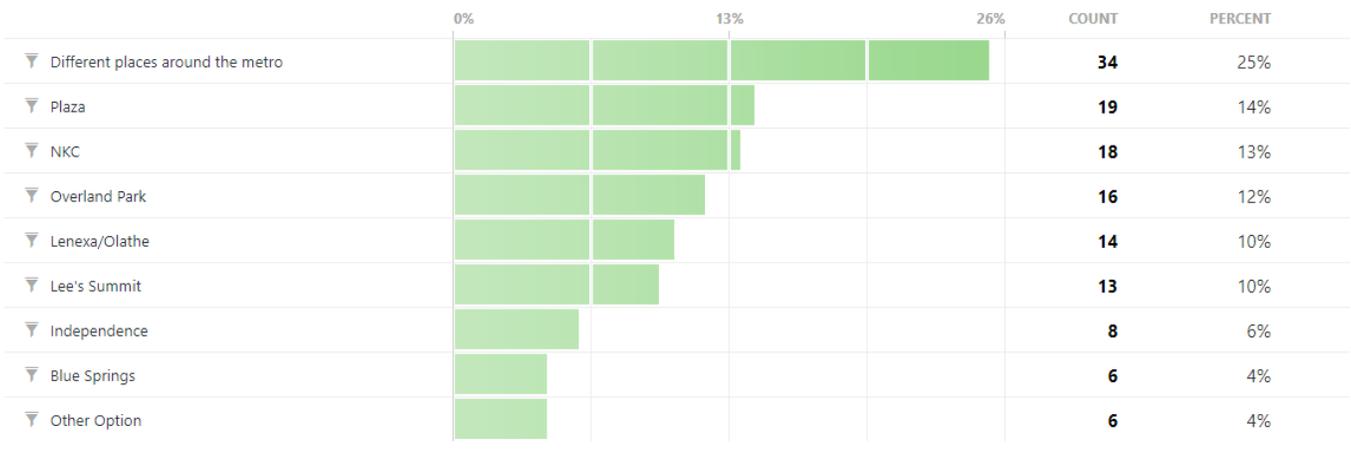
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Skips

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Question

09

In 2020-21, are you more likely to attend a 2-day Professional Development Conference, or a 3-hour technical course? (Both would be eligible for CEU's.) (pick one)

Answers

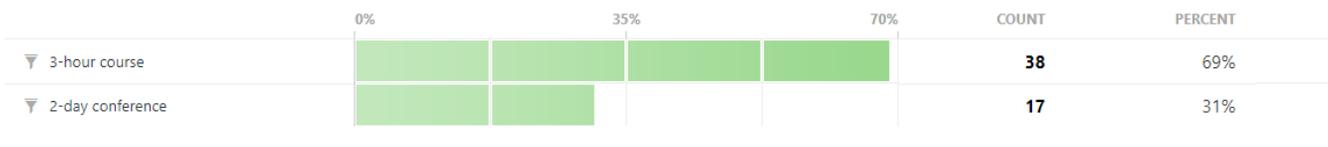
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Skips

3

5%



Suggestions for topics, speakers and venues:

- Drones
- Online Training (LMS), Train the Trainer Presentations (forklifts, aerial lifts, fall protection, electrical), Compliance Tools (Lockout Tagout Software, SDS), First Responder (injury management, handling scene and emergency)
- Charlie Cartwright
- Construction topics.
- Working with Unions.
- Changes in codes from ANSI, OSHA, etc.
- MCC BTC seems to have worked well historically.

- Bruce Lyon. Risk Management topic.
- The latest in injury prevention & injury management
- OSHA update annually
- Osha update (Sieleman), Silica update, Safety training innovations
- 1.method to motivate employee engagement, 2. facilitate discussion about best practices members are using to tackle a specific topic., 3. Annual update from regulatory representatives
- Garmin, Tesla, Accident recreation using drones, Case studies or law suits that have settled that can be talked about- Schlitterbahn, Propane blowing up, JJ Restaurant,
- Data analytics / predictive analytics, New technology
- Meeting where students present. A mix of Pitt State and UCM would be good. I have met the Executive Director. She is an excellent speaker.
- Employee training and ways to encourage safety compliance
- Multi-Employer from the perspective of best practice to ensure all employees are safe and protected while protecting our company to exposure.
- Top industry leaders, non-safety professionals.
- New fall protection equipment, machine guarding/safety switches

How can we enhance your member experience?

- Keep up the good work. Maintain interesting topics. Engage and share new ideas.
- Better times to meet.
- I have been trying to get a mentor and create a network, but I am struggling. Any networking opportunities are helpful.
- You are doing well. I just travel to much.
- Relevant topics - - seems a lot have to do with construction, insurance or social
- Our section provides an amazing experience. I wish I could attend more often, but I have a class at the time the meetings are scheduled.
- Instead of having all meetings at the lunch time, consider have 1 or 2 in the evenings and 1 or 2 in the later afternoon on a Friday?
- Topics other than Risk and business case, as been basis of profession for years and founding. Topics not always thought - hospital safety patient and security, pharma safety, insurance protocol for reviews, standards of monitoring, drug monitoring and treatments for business
- For me, the more people that attend meetings and events, the better. Networking is important to me.
- More fun events like at the casino
- Spend some real money and bring in power speakers. National speakers- I have a list that I have seen that are great speakers
- One email a week with all correspondence for upcoming events, reminders, etc.
- The local chapter does a lot now. Keep that up.
- Create a Springfield-area chapter. But no, I'm not able to do this.
- General topics on safety and overlap with IH topics.
- Continue to have speakers who were successful with different programs and what they have tried
- I think the Board does a great job - I value the greetings, introductions of member attendees, and networking events, and encourage other people in my organization to attend as well.

What can we do to improve on-boarding new ASSP members?

- I would think having other members reach out to new members through e-mail or phone would be good.
- Have the national ASSP website have links and information on the local chapters.
- Most advertisements.
- assigning a small mentoring group to "shadow" new members provide introductions to peers
- Invite as guest for a couple meetings.
- Continue working with nearby universities with safety majors.
- Have local membership materials available at the OTI classes at MCC
- Recognize them at a meeting and make them tell us something about them
- A welcome email to new members
- Have the officers spend more time prior to meetings meeting new members and introducing them to other people.
- I think ASSP and the KC Chapter do well as it is. Keep visiting and talking about what ASSP has meant to you.
- Make connection to universities and various applicable programs.

Executive Committee

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



President – president@kc.assp.org
Tom Metzner



Treasurer – treasurer@kc.assp.org
Shelly Killingsworth



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



Member Engagement
Kristin Danner



Secretary – secretary@kc.assp.org
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