



# AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Heart of America Chapter

## President's Message

February 2021

Greetings Heart of America Chapter.

Like many of you, I'm disappointed the football season is over. I was hoping to be talking about COVID precautions during the Kansas City Chiefs' Super Bowl parade. Instead, we'll be proud the Chiefs made it to the Super Bowl and just look forward to a return trip next year.

As I sit down to write this message, I'm reminded of all the safety professionals who are dedicated to preventing injuries and creating a safe work environment, and all of the lives we've impacted over our careers. Furthermore, for many of us our "work environment" has expanded during the pandemic. As true safety professionals, we've adjusted and continue to promote safety for a remote workforce.

Closer to home, we have just under 550 members in our Chapter. Especially now, when we're not able to meet in person, and when we interact with coworkers it's distanced, I encourage you to take a minute to reach out and touch base with your friends and colleagues.

Please take some time to read through this newsletter, congratulate our 25-year members, and note our upcoming educational sessions.

Tom Metzner  
HOA Chapter President

Edition 82, Volume 7  
February 9, 2021

## Officers List

### President

Tom Metzner, CSP, ARM-P, CFPS

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### Liaison for Student Sections

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### Members at Large

Ravi Narayan, CSP, ARM

David Hallerud, ALCM

## Safety Spotlight: Member Interview

### Ravi Narayan, CSP, ARM, CPASRM, COEE



**The February Spotlight is Ravi Narayan, Director of Risk Management at John Knox Village**

**Where did you go to school?** I obtained my Bachelor's in India – Industrial Engineering and my MS in Industrial Technology and MS in Industrial Hygiene at Central Missouri State 1991-1994.

**How long have you been in the safety industry?** I have been involved in the safety industry since 1994.

**How long have you been in your current position?** I have been in my current position for almost 16 years.

**What made you decide to go into safety:** Honestly it was a job and a paycheck initially. Once I got my feet wet, I saw the importance of environmental, health and safety issues in all kinds of businesses. Then I became a firm believer in the cause of preventing incidents to people and environmental damage that can be avoided. My MS in IH truly opened the door for me.

**What is your current position and from a safety standpoint what are you primary responsibilities:** My current position is Director of Risk Management. I am responsible for the enterprise risk at John Knox Village which is a Life Plan Community (continuing care retirement community). We have close to 1000 associates who work on campus and perform many different jobs including nurses, aides, EMS Services, cooks, servers, maintenance personnel, landscaping staff, salon operators, etc. I supervise the compliance manager and an administrative assistant. My job involves recommending safety training, handling worker's compensation claims management, handling insurance filings and renewals, conducting safety audits, performing hazard evaluations and incident investigations, overseeing regulatory compliance including DOT compliance, performing industrial hygiene and ergonomic assessments, etc.

**What are some of your memorable experiences or accomplishments related to your time in the safety field?**

- Working on several environmental projects as a consultant.
- Obtaining my CSP.
- Growing in the field and learning about regulations that impact different industries.
- Joining ASSE/ASSP and participating in the HOA chapter.
- Taking a leadership role in HOA chapter.
- Recent promotion to Director of RM at John Knox Village.

**What are some of your hobbies or favorite activities:** I go to the gym regularly, play racquetball and do yoga/Pilates. I travel with my family, eat good food, and visit my family in India when time and money permits.

**What does your ASSP Membership do for you?** ASSP provides a platform to network and expand my horizon. I attend monthly meetings and gain valuable technical information. It allows me to take a leadership role and to give back to the community. It also allows me to keep in touch with what is going on in the safety industry and in risk management.

*Member Spotlight was coordinated by Laurie Wolfe, KDOL*

## 25-Year Service Recognition

Please join me in recognizing the following members for 25-Years of Service:

❖ Patrick  
Steece

❖ Sharon  
Fulks

❖ James  
Van  
Oster

❖ Chuck  
Hammond

❖ Annamarie  
Gibbs



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Heart of America Chapter

## New Members

The Heart of America Chapter has no new members at this time. Many of us are members of associations and groups that involve safety, health, environmental protection, and risk management advancement. As we engage with our member organizations, remember to network and share the opportunities and benefits available within the Heart of America Chapter of ASSP for members, non-members, and our community.

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

Please take a moment to reach out and connect through ASSP Community.

## Job Openings

If you or someone that you know in the safety profession are looking for a job, there are currently three job postings on our Chapter website. Please check out our website for recent job postings. <https://kc.assp.org/>

## Looking for a Job?

If so, then send your resume to [president@kc.assp.org](mailto:president@kc.assp.org)

## Upcoming Events

The Chapter website provides information regarding upcoming events and training held by our Chapter, other ASSP Chapters, ASSP, and from other organizations with safety, health, environmental and risk management topics that may interest you. Please visit the website regularly to view upcoming events that may not be specifically listed in the newsletter.

<https://kc.assp.org/>



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## Next Meetings

### February ASSP Heart of America Virtual Meeting

When: February 26th, 2021 @ 12:00 pm CST

Topic: Risk Assessment: A Strategy to Prioritize Control and Mitigation of Higher Hazard Risks

Speaker: Brendan Moriarty, CIH, CPCU, CSP, MSPH; Executive Field Specialist with Chubb Ltd.

### March ASSP Heart of America Virtual Meeting – Save the Date

When: March 19<sup>th</sup>, 2021 @ 12:00 pm CST

Topic: Machine Guarding

Speaker: Roger Harrison, Director of Training with Rockford Systems

### April ASSP Heart of America Virtual Meeting – Save the Date

When: April 16th, 2021 @ 12:00 pm CST

Topic: Ergonomic Workshop (*application in process for CEU's for attending*)

Speaker: Mark Heidebrecht, MSE, ACSM-EP, CPE/CHFP; Board Certified Ergonomist/Human Factors Professional and Board Certified American College of Sports Medicine with ErgoMethods/ Ergonomics International

February 9 – 19, 2021	
	<h1>SafetyFOCUS</h1> <p>Immersive Education for Safety Professionals</p>
<p><a href="#">Register Now</a></p> <p>Link will take you to the ASSP Website where you can view the course list or download the course catalog, build your schedule, and register for professional OSH courses.</p>	<ul style="list-style-type: none"> <li>• Safety Focus 2021 is Virtual</li> <li>• 95+ Courses Offered</li> <li>• 45+ New Courses for 2021</li> <li>• Earn up to 7 CEUs</li> <li>• Network with industry leaders and safety professionals</li> </ul>


## Upcoming Safety & Health Events to Remember

February			
February	American Heart Month	American Heart Association	<a href="http://heart.org">heart.org</a>
Feb. 7-13	National Burn Awareness Week	American Burn Association	<a href="http://ameriburn.org">ameriburn.org</a>

## Newsletter Articles and Whitepapers

The newsletter committee is always looking for helpful links, articles, and white papers. If you have a document that's appropriate for this format, please present your suggestions to our Newsletter Coordinator Laurel Harris. [lharris@chubb.com](mailto:lharris@chubb.com)

## ASSP Community Interest Group – Heart of America ChapterWISE

 <p>Contact Laurel Harris for more information: <a href="mailto:lharris@chubb.com">lharris@chubb.com</a></p>	<p>ASSP's Women in Safety Excellence (WISE) is a common interest group that advances ASSP members and the safety profession through education, mentorship, networking, collaboration, research, and innovation. With over 2,000 members, WISE provides member and community support and collaborative opportunities within the profession. WISE works to bring awareness to the following industry topics:</p> <ul style="list-style-type: none"><li>• The need for proper fitting personal protective equipment for women in the workplace</li><li>• Workplace violence against women, which is the number one cause of fatal injuries to women in the workplace.</li><li>• To bring awareness to women in leadership roles in safety and to mentor others to help them achieve their goals</li></ul> <p><b>ChapterWISE</b> The WISE member community has a Chapter level group known as ChapterWISE to help coordinate WISE events, including networking functions, technical talks, community and student outreach and local mentoring. The Heart of America Chapter has many WISE members (both women and men), but we do not have our own established ChapterWISE group. As President-Elect/Vice President, I would like to start a ChapterWISE group within our Chapter. Every safety professional has the opportunity to impact safety within their organization, including those issues that impact women directly in the workplace. If you are a member of WISE or would like to join the WISE community interest group, please help me establish a chapter level group that can continue to educate, support and to take action within the Heart of America. If you are interested in helping to establish our local ChapterWISE, please reach out to me at <a href="mailto:lharris@chubb.com">lharris@chubb.com</a></p> <p>Thank you, Laurel Harris</p>
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## Carbon Monoxide: The Silent Killer

Winter is upon us. With temperatures dropping into the single digits and people staying in to avoid snow and icy surfaces outdoors, the risk of illness or death from carbon monoxide exposure should not be ignored. Carbon Monoxide (CO) is a colorless, tasteless, odorless gas that is poisonous and can exist in toxic concentrations rapidly and without warning. CO is an asphyxiant that works by reducing the ability of blood to carry oxygen throughout the body.

We are at risk of CO poisoning when sufficient levels of carbon monoxide mixes with air and reduces oxygen availability. Carbon monoxide levels can increase from faulty equipment, inadequate ventilation, improper use of equipment indoors that is designed to be used outdoors or when connected to a properly designed ventilation system.

Particular jobs have an increased exposure towards CO poisoning. These jobs include, but are not limited to, maintenance workers, welders, mechanics, diesel engine operators, forklift drivers, toll booth and tunnel attendants, fire fighters, police officers, emergency response personnel, dock and warehouse workers, taxi drivers, long shore workers, and truck drivers. Whether you are at work or home, here are some precautions that you can take to avoid or limit injury from carbon monoxide poisoning:

- Install CO detectors with audible alarms. Be sure to have a regular schedule to inspect, change batteries, and replace detectors. Follow manufacturer instructions.
- Prohibit the use of gasoline, diesel, and kerosene fueled equipment and heaters indoors or in poorly ventilated areas.
- When possible, use electric or battery-operated equipment indoors rather than fuel operated equipment.
- Ensure that inspections and preventive maintenance is performed as recommended by the manufacturer on equipment and fuel-based heating equipment.
- Install a ventilation system designed specifically to remove fumes and vapors that can cause harm to the body.
- Train family and workers on the exposures of carbon monoxide and what to do if symptoms such as dull headache, dizziness, weakness, nausea, vomiting or tiredness occur.
- Remove yourself and others to fresh air.
- Report suspected carbon monoxide leaks immediately to 911.

## **COVID-19 Links**

**OSHA Interim Recording Keeping Guidance:** In a May 19, 2020 Enforcement Memo, OSHA provided updated interim guidance to Compliance Safety and Health Officers (CSHOs) for enforcing the OHA Record Keeping requirements of 29 CFR Part 1904 with respect to recording cases of Coronavirus Disease 2019 (COVID-19). The following is a link to the Interim Guidance.

<https://www.osha.gov/memos/2020-05-19/revised-enforcement-guidance-recording-cases-coronavirus-disease-2019-covid-19>

**National Safety Council Guidance regarding Safe Actions for Employee Return (SAFER):** NSC created a platform for COVID-19 guidance referred to as the SAFER Collection. The task force that supports the collection of information is made up of industry experts from a diverse group of organizations including ASSP, AIHA, NIOSH- CDC, ISSA, BCSP, health professionals, nonprofits, businesses and many more. For updated information to health employers safely return to work, please follow the link below:

<https://www.nsc.org/work-safety/safety-topics/safe-actions-for-employee-returns-safer>

**Centers for Disease Control and Prevention (CDC):** The CDC offers a resource page to keep up with current information regarding the Coronavirus Disease 2019. For evolving news

regarding the virus, precautions for adults, forecasts, cleaning and disinfecting, and pandemic planning scenarios, please follow the link below:

<https://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html>

## 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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