



# AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Heart of America Chapter

## President's Message

April 2021

Greetings Heart of America Chapter.

Last week I had the opportunity to travel by air and was entertained watching peoples' version of keeping their mouth and nose covered. Politics and personal opinions aside, it made me relate to the difficulties safety professionals face trying to encourage employees to wear respirators properly. (I guess the airlines have a unique threat – being removed from a flight and possibly being arrested.)

Also, on that flight, I had the opportunity to thumb through the latest copy of *Professional Safety*. It was neat to see the Heart of America membership so well represented – Dan Snyder running for ASSP Director-at-Large, Bruce Lyon and Georgi Popov for the release of their new book, and a neat article about a bridge analogy by Dennis Burks. (If I missed anybody, please let me know!)

There was a correction sent out about our recent election. Ravi Narayan was elected as our new Treasurer. Andrew Dix is continuing in his role as Secretary through the second year of his term.

Please congratulate Melissa Eickleberry (elected as President Elect) and Ravi for their elected positions for the incoming year starting July 1.

I'm also excited to announce that Dan Snyder has offered to serve as our Chapter's Diversity, Equality and Inclusion chair. He'll be our DEI liaison with Society and will assist us in identifying and implementing ideas within our Chapter. Please reach out to Dan with any suggestions or concerns.

Finally, congratulations to Tony Stephens for winning the \$50 Amazon gift card for completing the member survey. Thanks to everybody who took the time to respond. We plan to have the results posted on our website.

Tom Metzner

HOA Chapter President

Edition 82, Volume 8

April 7, 2021

## Officers List

### President

Tom Metzner, CSP, ARM-P, CFPS

### Vice President

Laurel Harris, CSP, ARM

### Secretary

Andrew Dix, GSP, CRIS, ASHM

### Treasurer

Shelly Killingsworth, CHMM, CSP

### Past President

Chris Cygan, CSP

### Diversity, Equality and Inclusion

Daniel Snyder

### Website/Social Media

Dave Hallerud, ALCM

### Member Engagement

Melissa Eickleberry

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

# Ravi Narayan 2020 Safety Professional of the Year Heart of America Chapter



The Safety Professional of the Year (SPY) award is bestowed to recognize the dedication and outstanding contributions that a member makes to the chapter each year. The SPY award is awarded annually to honor individuals or groups that strive to demonstrate outstanding work and contributions to the chapter, the safety and health industry, and the community.

This year's recipient is Ravi Narayan. Normally, the award would have been presented in person at a chapter meeting; however; due to social distancing, the award was presented while following CDC COVID-19 protocols. As you may be aware from February's Spotlight Interview, Ravi is the Risk Manager for John Knox Village, a senior living community. In 2020 and continuing today, Ravi committed to not only supporting the chapter, but in leading the charge to protect workers and tenants daily while also responding to responsibilities that have resulted from the pandemic.

Congratulations Ravi! Thank you for your many contributions.

Ravi's response: It is a great honor to receive such an award and humbling to know others recognize my work as advancing our esteemed profession. SPY award is truly to recognize someone going above and beyond their day to day work to further the safety and health profession. Hope my work with the chapter has helped continue our collective effort to keep our ASSP mission thriving in Kansas City. Having received the award is not that I am hanging my shoes up, but more a reminder to continue to serve this community. I thank the HOA chapter for conferring this award on me.

## Heart of America Chapter Donates PPE to Lawson School District

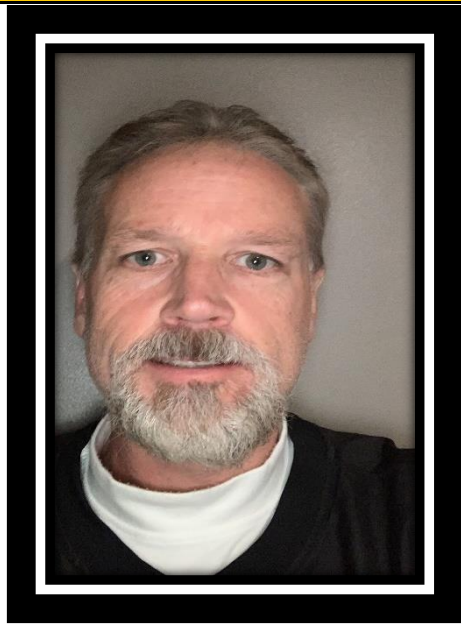
On February 6, 2021, Shelly Killingsworth presented Lawson School District with sanitizing wipes, disposable gowns, face shields and other PPE necessary for the Lawson School District to continue to maintain a safe and healthy work and school environment during this pandemic. With a Chapter donation of \$400, Shelly worked to identify the needs of the community, source the PPE, and present it to the school district for distribution to the District's three schools.

Lawson School District is a rural school district with approximately 1,200 students and 77 teachers in three buildings. Thank you, Shelly for spearheading this charitable donation.



# Safety Spotlight: Member Interview

## Cory Rohs, CSP



The April Spotlight is Cory Rohs, Owner of 3-E Safety Services LLC.

**Where did you go to school?** I graduated from Central Missouri State University in Warrensburg, Missouri (now UCM) in 1998 with a BS and Master's Degree in Occupational Safety and Health Technology /Technician

**How long have you been in the safety industry?** I have been involved in the safety industry since 1996; going on 25 years.

**How long have you been in your current position?** I started working for myself in 2001.

**What is your current position and from a safety standpoint what are your primary responsibilities?** I am the Owner of 3-E Safety Services, LLC. I have 4 other safety professionals on staff. 3-E Safety Services is a safety consulting firm that offers a list of services that customers can choose from. Staff are able to provide a diverse range of safety services including safety training, jobsite inspections, lead safety meetings, conduct new hire safety orientation, and writing safety plans and programs. <https://3esafety.com>

**What made you decide to go into safety?** I first started in Conservation Enforcement in college and found out there were only 14 openings in the Missouri Conservation Department and they had over 1600 applicants that year. One of my college roommates was in the Safety program and we were studying at midterm and were quizzing each other about accident investigation. The accident investigation was the same for safety as it was for the law enforcement classes that I was taking. I went and talked to the chair of the safety department, Dr. Prince, and he informed me they had more positions needed than they had people to fill them. I thought this seemed like a very good thing seeing I would be needing a job after getting out of school.

**What are some of your memorable experiences or accomplishments related to your time in the safety field?** Truly the ones that stick in my head are the accidents and injuries. The one that really changed a company's thinking of what I did for their employees is we were working at a location reroofing the building and we had three workers start throwing up on a job site after they were removing the coal tar pitch roof. Of course, the roofing company removed everyone from the roof and called me. Informed the location of what happened, the owner of the building did some testing of the pitch asphalt and found that the items that they had been venting out on the roof had absorbed into the pitch roof. They brought in a hazmat team to clean it up and released us back to work. I asked to see the post clean up documents and was informed we would not start until we saw valid test data to show no other forging substance was in the pitch roofing that would cause additional harm. They went and tested the roof and found it still contained the hazardous substance. They called the hazmat company back in to remove the rest of the roof. I know this seems very small and not that big of deal, but the employees saw me fight for them to make sure we were not putting them in a hazardous situation and truly realized I was watching out for them. From that point, the relationship was much better, and we were much more of a team working together.

**What are some of your hobbies or favorite activities?** I loved to ride off road motorcycles and 4-wheelers. As I have gotten older, I have had to switch to the Polaris Side by Side. My two brothers and friends do a trip every year on them. We have gone to Colorado riding in the mountains, Glamis California to ride the sand dunes and planning on going to Moab, Utah to ride this year.

**What does your ASSP Membership do for you?** We take on mentoring safety professionals and this is one of the first organization we tell them to join to stay current with best practices. It is a wonderful organization and offers great networking opportunities. But as with all organizations you get out of it what you put in it. If you just pay dues and do nothing else that is all you get out of it. The more you are involved the more you will get out of it. I would encourage everyone to run for a position or contribute to a committee. With all organizations only a few do all the work, so please get involved.

*Member Spotlight was coordinated by Laurie Wolfe, KDOL*

# Upcoming Meetings

## Heart of America ASSP Workshop

- April 16, 2021
- 1:00 pm - 4:30 pm
- Please be sure to register. Registration is available through <https://kc.assp.org> or through the email sent to Chapter Members.

### **Topic** Evidence-Based Analysis of Musculoskeletal Injuries: A Forensic Approach

This 3-hour Workshop will discuss the scope of ergonomics and review traditional definitions of ergonomic risk factors and some of the misconceptions around the development of musculoskeletal disorders. After discussing traditional definitions of ergonomic risk factors, a more current and evidence-based approach to defining ergonomic risk factors and the development of musculoskeletal injuries will be presented. Epidemiological research, American Medical Association (AMA) Guidelines as well as ISO, ANSI and EU Standards will be discussed and referenced. Ergonomic risks and the development of musculoskeletal injury will be discussed in the context of a variety of manufacturing environments as well as traditional office and home office settings. The evidence-based approach will then be applied to forensic analysis and accepting and/or denying potential claims.

### **Objectives**

- The scope of the field of ergonomics and human factors
- Overview of traditional ergonomic risk factors
- Evidence-based ergonomic risk analysis
- Example reports for determining work relatedness of injuries
- Ergonomic risk as it relates to industrial and office environments



**Trainer** Mark Heidebrecht, MSE, ACSM-EP, CPE/CHFP

Mark is the owner of ErgoMethods and is a managing partner of Ergonomics International. He graduated with honors from the University of Kansas for his research and thesis, The Kinetic Analysis of Lifting and Lowering Utilizing Chaffin's Biomechanical Model. He has provided forensic and expert witness services in the areas of biomechanics, human factors, ergonomics and work physiology. He has testified in over 75 State Court and United States Federal Court cases as an expert witness and presented testimony at the Federal OSHA hearing regarding the National Ergonomic Standard. Mr. Heidebrecht is certified by the Board of Certified Professional Ergonomists as a Certified Ergonomist / Human Factors Professional and is certified by the American College of Sports Medicine as a Board-Certified Exercise Physiologist. He has over 25 years of experience working in the fields of ergonomics, biomechanics, human factors and work physiology and has been a trained WorkHab FCE provider since 1997.

**Earn 0.3 CEU's for attending**

## Upcoming Safety & Health Events to Remember

April			
April	National Youth Sports Safety Month	Stop Sports Injuries	<a href="http://stopsportsinjuries.org">stopsportsinjuries.org</a>
April 7	National Walking Day	US Department of Transportation	<a href="http://trafficsafetymarketing.gov">trafficsafetymarketing.gov</a>
April 7	World Health Day	World Health Organization	<a href="http://who.int">who.int</a>
April 5-11	National Public Health Week	American Public Health Association	<a href="http://nphw.org">nphw.org</a>
April 26-28	Lifesavers National Conference on Highway Safety	Community Event	<a href="http://lifesaversconference.org">lifesaversconference.org</a>
April 26-30	National Playground Safety Week	National Program for Playground Safety	<a href="http://playgroundsafety.org">playgroundsafety.org</a>
April 26-30	National Work Zone Awareness Week	American Traffic Safety Services Association	<a href="http://atssa.com">atssa.com</a>
April 28	Workers' Memorial Day	American Federation of Labor & Congress of Industrial Organizations	<a href="http://aflcio.org">aflcio.org</a>

### Allergies in the Workplace

According to the Asthma and Allergy Foundation of America, more than 50 million Americans experience various types of allergies each year. Allergies are the 6<sup>th</sup> leading cause of chronic illness in the U.S. at this time. Allergies are reactions of the immune system to foreign substances, either chemical, biological, or physical. These foreign substances are known as allergens and also antigens. Common allergy triggers include dust and dust mites, pollen, mold spores, animal dander, oils from plants, insect bites and stings, certain foods, certain medications, cleaners, latex, and other chemical formulations. Although there are many common allergens, each person has unique immune responses and triggers to one or more of allergens.

Repeated exposure, extreme temperatures, exercise, emotions, minor injuries, physical contact, immune system health and the environment can all play a role in individual responses to an allergen. Allergies may result in coughing, watery eyes, runny noses, sneezing, scratchy throat and other mild symptoms, many of which go untreated or are treated with over-the-counter medicines. More severe reactions can include rashes, hives, low blood pressure, respiratory congestion, swelling of the tongue or throat, asthma attacks, and potentially, even death. The more acute and severe responses are attributed more toward food, insect bites or stings, and medicines, but may also result from other chemical exposures such as latex. Anaphylaxis is an acute reaction to an allergen in which your body can become hypersensitive. During anaphylaxis, the body releases a flood of chemicals that may cause you to go into shock. Signs of


anaphylaxis include a rapid, weak pulse, a skin rash and possibly nausea and vomiting. If left untreated, your blood pressure can drop and your airway can narrow, resulting in difficulty breathing and even death.

Since many of us have allergies of one kind or another, we often forget to consider the potential for allergies and allergic reactions to extend into the workplace. Skin sensitivities, asthma and acute allergic reactions have been reported to show an increase in frequency and severity of events, including within the working population. Speculation as to the causes of these illnesses continue to remain broad ranging from air pollution, increased ambient particulate levels, chemicals, animal and insect exposure, and dust particles, to name a few. Because of the increased frequency and severity, OSHA is researching how it might regulate sensitizers in the workplace. With the complexity of this issue, it is likely that the workplace will look internally to identify and control common allergen sources long before comprehensive regulation occurs. For more information regarding regulating allergens in the workplace, please refer to the EHS article link: <https://www.ehstoday.com/archive/article/21913882/regulating-allergies-in-the-workplace>

## **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. [llharris@chubb.com](mailto:llharris@chubb.com)

## **ASSP Community Interest Group – Heart of America ChapterWISE**

<div data-bbox="155 968 440 1060"><p><b>WISE</b> Women in Safety Excellence</p></div> <p>Contact Laurel Harris for more information: <a href="mailto:llharris@chubb.com">llharris@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></p> <p>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:llharris@chubb.com">llharris@chubb.com</a></p> <p>Thank you, Laurel Harris</p>
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AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Heart of America Chapter

## New Members

Please welcome Mark Rater, SEH Manager.

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!](#)

## ASSP Community

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 employment, jobs openings are posted 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/>



**Connect with ASSP:**



## **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)  
Tom Metzner



Treasurer – [treasurer@kc.assp.org](mailto:treasurer@kc.assp.org)  
Shelly Killingsworth



Vice-President – [vp@kc.assp.org](mailto:vp@kc.assp.org)  
Laurel Harris



Member Engagement  
Kristin Danner



Secretary – [secretary@kc.assp.org](mailto:secretary@kc.assp.org)  
Andrew Dix



Member Engagement Co-Chair  
Melissa Eickleberry



Diversity, Equality and Inclusion Chair  
Dan Snyder