



# AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Heart of America Chapter

**Edition 82, Volume 9  
May 10, 2021**

## President's Message

May 2021

Greetings HOA Members.

Last week I had the opportunity to participate in Region V's Regional Operating Council (ROC), which is comprised of 15 Chapters within our Region. Each President got to present a short "State of the Chapter" to our peers. While Heart of America isn't the biggest Chapter, and we don't have the most money in our bank account, I took great pride in recounting our 2020-21 success, including:

- Increasing our two student scholarships to \$1500.00 each
- Our charitable giving throughout the year
- Appointing a Diversity, Equity & Inclusion Chair
- A Board, Executive Committee and volunteers comprised of 18 safety professionals
- Members presenting at Safety 2021 in Austin
- And the list goes on....

Speaking of Safety 2021, ASSP has decided to do both an in-person and virtual safety conference this year. We have a couple of Chapter members presenting in case you want to keep them in mind when you're selecting sessions.

Please take a few minutes to look through this newsletter, welcome our newest member, read our Member Spotlight, and note upcoming dates.

If you haven't already, please register for the May 14<sup>th</sup> comedy networking event!

Tom Metzner  
Heart of America President

## 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, Equity and Inclusion

Daniel Snyder

### Website/Social Media

Dave Hallerud, ALCM

### Member Engagement

Melissa Eickleberry

Kristin Danner, CSP

### Newsletter Coordinators

Laurel Harris, CSP, ARM

Laurie Wolfe

### Liaison for Student Sections

Shelly Killingsworth, CHMM, CSP

### Members at Large

Ravi Narayan, CSP, ARM

David Hallerud, ALCM

## Safety Spotlight: Member Interview

### Chris Braamse, CSP, CDS, Safety Director.



#### The May Spotlight is Chris Braamse, Safety Director, DH Pace.

**Where did you go to school?** Central Missouri State University.

**How long have you been in the safety industry?** Almost 20 years.

**How long have you been in your current position?** 2.5 years.

**What is your current position and from a safety standpoint what are your primary responsibilities?** Safety Director.

Primary responsibilities are program development and supervision of safety staff.

**What made you decide to go into safety?** I was pursuing a career as a fire fighter and wanted to get into fire investigation. I stumbled into safety due to similarities in fire investigation and incident investigation. There seemed to be more opportunity in safety than fire.

**What are some of your memorable experiences or accomplishments related to your time in the safety field?** I really enjoy the work and the people I work with. It is nice when your work makes a difference in an employee's life and in the business as well. The most memorable events though have been the serious incidents that I have worked on.

**What are some of your hobbies or favorite activities?** I enjoy spending time with my family. I enjoy boating, camping and fishing. I also like to hunt.

**What does your ASSP Membership do for you?** The primary benefit for me is the relationships and networks that I have gained through ASSP.

*Member Spotlight was coordinated by Laurie Wolfe, KDOL*

## Upcoming Meetings

# ASSP Heart of America Chapter Virtual Networking Event

May 14 | 12:00 pm - 1:00 pm



The Executive Committee is excited to invite our members to enjoy food, fun, and networking!!!

While we all seem to suffer from too many virtual meetings and “Zoom Fatigue” these days, sit back and be entertained by a comedian, while having lunch compliments of the Chapter.

**Members who register by Monday, May 10<sup>th</sup>, will be emailed a voucher for UberEats.** (We cannot guarantee vouchers for people who register after the cut-off date, but you’re still welcome to join us.)



Following the comedian, we’ll have a chance to ask questions of our Regional Vice President Eric Hallerud and our Area 2 Director Joanna Wilson.

## Liability for Air Sampling in the Post-COVID Landscape

Free Education | Friday, May 7 | 2:30 p.m. CDT

Current status and trends of liability for OSH practitioners conducting and relying on air sampling, program writing and programs considering COVID-19 and other contaminants in the workplace. [Register now.](#)

## Upcoming Safety & Health Events to Remember

May			
May	National Electrical Safety Month	Electrical Safety Foundation Int.	<a href="http://www.esfi.org/">http://www.esfi.org/</a>
May	Mental Health Month	Mental Health America	<a href="http://www.mentalhealthamerica.net">http://www.mentalhealthamerica.net</a>
May	Building Safety Month	International Code Council	<a href="http://www.icc-foundation.org">http://www.icc-foundation.org</a>
May	Better Hearing Month	American Academy of Audiology	<a href="http://www.audiology.org">http://www.audiology.org</a>
May	Global Employee Health and Fitness Month	National Association for Health and Fitness	<a href="http://www.healthandfitnessmonth.com">http://www.healthandfitnessmonth.com</a>
May 1st	National Heatstroke Prevention Day	National Safety Council	<a href="https://www.osha.gov">osha.gov</a>
May 3-7	National Safety Stand Down to Prevent Workplace Falls	National Safety Council	<a href="https://www.osha.gov">osha.gov</a>

### Heat Exhaustion vs. Heat Stroke

May 1<sup>st</sup> is designated as National Heatstroke Prevention Day. According to the CDC, each year an average of about 658 people succumb to extreme heat. Almost all heat-related deaths occur during May-September, with the highest reported during July and August. A heat-related illness is a condition resulting from exposure to extreme heat where the body becomes unable to properly cool, resulting in a rapid rise in body temperature. Of the heat-related illnesses, heat exhaustion and heat stroke are the most serious.

**HEAT EXHAUSTION:** Symptoms of heat exhaustion include: Muscle cramping, fatigue, headache, nausea or vomiting, dizziness or fainting. To treat a worker from heat exhaustion, take the worker to a clinic or emergency room for medical evaluation. If medical care is unavailable, call 911. Stay with the worker until help arrives. Remove worker from hot area and give frequent sips of cool water. Remove unnecessary clothing and cool with cold compresses to head, neck and arms.

**HEAT STROKE:** Symptoms of heat stroke include confusion, slurred speech, loss of consciousness, hot, dry skin, seizures, high body temperature and can be fatal if treatment is delayed. To treat a worker from heat stroke, call 911 immediately, move the worker to a shaded, cool area and remove outer clothing. Cool

the worker quickly with cold water or ice bath, if possible. Circulate the air around the worker to speed cooling. Place wet cloths or ice on head, neck, armpits and groin. Stay with the worker until medical help arrives.

## AS A SAFETY PROFESSIONAL, WHAT CAN YOU DO?

1. During heat waves, frequently check on people at risk for heat related illnesses.
2. Limit sun exposure for employees during midday hours and in places of potential severe exposure. A change in work hours may be beneficial to allow limited sun or heat exposure.
3. Provide plenty of accessible fluids for the employees.
4. Create policies for extra breaks to allow employees to cool down in cool or shaded areas.
5. Acclimate new employees to the heat by gradually increasing number of hours worked in the heat.

For more information on heat illnesses go to: <https://www.cdc.gov/disasters/extremeheat/warning.html>

## 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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AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Heart of America Chapter

## New Members

Please welcome **Andrew McGinty**.

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:



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

 Metropolitan  
Community College

## **Selecting and Inspecting Fall Protection Equipment: 5 Keys to Success Link:**

[https://www.assp.org/news-and-articles/2021/03/19/selecting-and-inspecting-fall-protection-equipment-5-keys-to-success?utm\\_source](https://www.assp.org/news-and-articles/2021/03/19/selecting-and-inspecting-fall-protection-equipment-5-keys-to-success?utm_source)

## **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



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



Member Engagement Co-Chair  
Melissa Eickleberry



Diversity, Equity and Inclusion Chair  
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