



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Heart of America Chapter

**Edition 84, Volume 2
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President's Message: September 2022

Greetings Heart of America Members:

After a strong showing at our Boulevard Technical Tour, we're excited about this month's presentation, focusing on the effects of chronic stress on our health and strategies to counteract it. As safety professionals, we focus a lot of our attention on employee safety, but total worker health and mental resilience is just as important.

In addition to UCM's homecoming, the safety department is celebrating its 50th anniversary. Congratulations to the Occupational Risk and Safety Sciences Department. Dr. Popov has invited alumni, family and safety department friends to the Party in the Park. Registration and details can be found at this link: <https://www.ucmfoundation.org/homecoming>

This year the HOA board is working hard to increase its social media presence, so if you aren't already following our LinkedIn page, please consider following -- ASSP Heart of America Chapter. We'll post upcoming meeting announcements, safety initiatives and other general safety communications.

Please take a couple of minutes to look through this newsletter, and make sure to mark your calendars for upcoming HOA meeting dates.

Your Chapter President,

Tom Metzner

Officers List

President

Tom Metzner, CSP, ARM-P, CFPS

Vice President

Derek Farmer, MBA, CSP

Secretary

Mindy Prichard, CSP

Treasurer

Ravi Narayan, CSP, ARM

Diversity, Equity, and Inclusion

Daniel Snyder, CSP, CHST, OHST

Website/Social Media

Dave Hallerud, ALCM
Aaron Paris, CSP, ASP
Derek Farmer, MBA, CSP

Member Engagement

Open

Newsletter Coordinator

McKenzie Turner

Liaison for Student Sections

Daniel Snyder, CSP, CHST, OHST
Phil Shoemaker, CSP, CRIS, CHST

Members at Large

David Hallerud, ALCM

Workplace Mental Health and Suicide Prevention Month

Suicide is a leading cause of death among working age adults in the United States. It deeply impacts workers, families, and communities. There were approximately 1.2 million suicide attempts in America in 2020. Tragically, more than 45,000 of these attempts were fatal.¹ The construction industry has one of the highest rates of suicides among all occupations - four times higher than in the general population. September is Suicide Prevention Month and is an opportunity to raise awareness and provide support in protecting the mental health of America's workers.

According to the National Institute of Mental Health, nearly 1 in 5 adults are living with a mental health condition, such as anxiety, depression, or post-traumatic stress². In June 2020, the Center for Disease Control found that 40% of U.S. adults were struggling with mental health or substance abuse and 11% seriously considered suicide³. Work-related stress can have an impact on mental health and, without proper support, could lead to substance abuse and even suicide. Workers in the construction industry are generally at a higher risk for suicide due to work-related stress factors including seasonal/temporary employment, demanding work schedules, and serious injuries, which are sometimes treated with opioids. Not addressing the underlying stressors or injuries can exacerbate mental health symptoms and may increase the risk of substance abuse or even suicide.

By demonstrating their commitment to a safe and healthy workplace, employers can play an important role in reducing stigma and promoting mental health. In return, they may experience benefits such as improved workplace safety, higher morale, increased productivity, reduced turnover, and decreased operating costs.

During Suicide Prevention Month:

Participate in Construction Suicide Prevention Week, see <https://constructionsuicideprevention.com/> for tools, resources, and information about how to plan your own activities and register your participation.

Learn how to develop mental health and safety programs to help workers get the resources they need, which are available at <https://osha.gov/preventingsuicides>.

For example:

- Strive to create a workplace environment that fosters open communication and a sense of belonging.
- Implement a workplace safety and health program that proactively identifies and addresses hazards that could lead to injuries or illnesses.
- Provide resources and programs that promote employee health and well-being and support work-life balance.
- Inform employees of resources and treatment services available for mental health and substance use disorders through employee assistance or health insurance programs, or in the community.

When you work closely with someone, you may sense when something is wrong. If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to get help. If someone is in crisis, stay with them and get help. If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or call 988 for the [Suicide and Crisis Lifeline](#).

Together, we can stop the stigma and address mental health of American workers!

¹ Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS) Fatal Injury Reports. (2020, February 20). Retrieved February 9, 2021.

² The 2020 National Survey on Drug Use and Health (NSDUH) by the Substance Abuse and Mental Health Services Administration (SAMHSA)

³ Czeisler ME, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external.icon>.

ASSP Community Interest Group – Heart of America ChapterWISE

 <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"> • The need for proper fitting personal protective equipment for women in the workplace • Workplace violence against women, which is the number one cause of fatal injuries to women in the workplace. • To bring awareness to women in leadership roles in safety and to mentor others to help them achieve their goals <p>ChapterWISE If you are interested in helping to establish our local ChapterWISE, please reach out to me at lharris@chubb.com</p> <p>More information will be coming out regarding a planning meeting soon. Please help me and Karen Kono establish a chapter level group that can continue to educate, support and to take action within the Heart of America. Thank you, Laurel Harris</p>	<p>Contact Laurel Harris for more information: lharris@chubb.com</p>
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Upcoming HOA Chapter Meeting Calendar – Save the Date!

<p>Friday, September 23, 2022 Hybrid Meeting</p>	<p>Lockton Insurance 11:30am to 1:00pm</p>	<p><u>Stressed Out: Headed for Burnout</u> Presented by Dr. Evan Mladenoff</p>
<p>Friday, October 28, 2022</p>	<p>Black& Veach 12:00pm to 1:00pm</p>	<p><u>OSHA Update</u> Presented by Mitch Wood & Kathryn Wright of Halbrook Wood, P.C.</p>
<p>Wednesday, November 16, 2022</p>	<p>Water One Lenexa, KS 12:00pm to 1:00pm</p>	<p><u>Forklifts: New Technology, Reducing Damage, REP, Top 10 Violations</u> Presented by Guy Snowdy</p>
<p>December - TBD</p>	<p>Harvesters KC, MO 1:00pm</p>	<p><u>Chapter Volunteer Event</u></p>

Local Community Events

October 3, 2022	<p><u>Safety Fore Kids 26th Annual Golf Classic</u> Creekmoor Golf Course hosted by the Safety & Health Council of Western Missouri https://shcmoks.com/safetyforekids/register.aspx</p>
October 11-14, 2022	<p><u>72nd Annual Safety & Health Conference</u> Hosted by the Kansas Department of Labor Hilton Garden Inn- Manhattan, KS https://www.dol.ks.gov/ishconference</p>
October 13th	<p><u>19th Annual Greater St. Louis Safety and Health Conference</u> Hosted by the Safety Council of Greater St. Louis Saint Louis University Busch Student Center- St. Louis, MO Greater St. Louis Safety and Health Conference (stlsafety.org)</p>
December 7-8	<p><u>The 2022 Summit</u> Hosted by the Missouri Common Ground Alliance Ozark Empire Fair Grounds- Springfield, MO Home - Missouri Common Ground Alliance (mocommonground.org)</p>
December 8-9	<p><u>The International Locate Rodeo</u> Hosted by the Missouri Common Ground Alliance Springfield, MO Locate Rodeo International Utility Locate Rodeo</p>

Upcoming Safety & Health Events to Remember

September			
September	National Preparedness Month	Federal Emergency Management Agency	September is National Preparedness Month.pdf
September	Autumn Safety	National Safety Council	Autumn Safety Home - National Safety Council (nsc.org)
September-17th	World Clean Up Day	National CleanUp Day	World CleanUp Day — National CleanUp Day
September	School Bus Safety	National Highway Traffic Safety Administration	School Bus Safety Bus Stops, Drivers NHTSA
September	National Suicide Prevention Month	Department of Homeland Security	September is National Suicide Prevention Awareness Month Homeland Security (dhs.gov)



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Heart of America Chapter



AMERICAN SOCIETY OF
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Pittsburg State University
Student Section



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

University of Central Missouri
Student Section



New Members

Please welcome: Cole Atkission, Eliab Cifuentes, Kenton Taylor

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

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/>

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
Ravi Narayan



Vice-President – vp@kc.assp.org
Derek Farmer

OPEN
Member Engagement



Secretary – secretary@kc.assp.org
Mindy Prichard



Diversity, Equity and Inclusion Chair
Dan Snyder