



Spring 2017
Editor: Susie Vader

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Snake River Chapter Newsletter

<http://snakeriver.asse.org>

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Mentorship was topic of February meeting

Our ASSE Region II Area B Director, Dustin Richartz, MPH, CSP, shared his experiences with mentorship at our February lunch meeting. Dustin described why mentorship matters. A 2011 NIOSH study showed a huge shortfall in the number of occupational safety and health professionals while the Bureau of Labor Statistics (BLS) data indicates a 4 to 9% growth in the profession! In addition, a 2015 industry salary survey showed 33% of respondents had at least 25 years of experience, 33% were 55 years or older, and only 13% were 35 or younger. Clearly there are not enough younger SH&E professionals to fill the shortfall. Mentorship provides an excellent opportunity for younger professionals to learn the ropes from the more experienced.



"Mentorship" continued on page 4.

Upcoming Meetings

Executive Committee Meeting	
4-10-17, 11:30-12:30 Albertsons Training Room 4 250 E Parkcenter Blvd, Boise	Please confirm with snakeriverasse@gmail.com
Chapter Meetings	Technical Session
3-21-17: 6:30 to 8:00 pm No host bar at 6:00. Sockeye Grill, 3019 N Cole Rd, Boise RSVP: snakeriverasse@gmail.com	The Urban Legends of Distracted Driving, and How To Avoid Becoming One by John Tomlinson, ITD Highway Safety Manager, and Eric Lowe, Focus on the Drive
4-18-17: 7:15am to 8:30am Albertsons Office, BSSC Trng Rm 3 250 E Parkcenter Blvd, Boise RSVP: snakeriverasse@gmail.com	Functional Movement – Proper Body Mechanics by Jim Duke, MS, CIH, CSP, CUSP, Safety Director, Idaho Power
5-16-18; 11:30 to 1:00 Idaho Pizza Co. 6724 N Glenwood St, Boise RSVP: snakeriverasse@gmail.com	OSHA's New Recordkeeping Rule by David Kearns, MPA, CIH, Area Director, OSHA
6-27-17: 6:30 to 8:00 pm No host bar at 6:00. Sockeye Grill, 3019 N Cole Rd, Boise RSVP: snakeriverasse@gmail.com	TBD

Chapter News

January meeting featured disaster preparedness

Jerry Jensen, Manager of Crisis Management Asset Protection for Albertson's, shared his experiences in how to prepare for disasters at our January meeting.

Jerry began by noting that resilience must be company-wide and involve accountability for all staff. In today's world, employees are not confined to one physical location, so businesses need to utilize as many communication tools as possible to disseminate information including phones, email, texting, and social media.



It is important to take ownership of your plan. Think of it as a blueprint. You must know what to do next, and you must be flexible. Consider the stages of a disaster:

- Before: Assess, mitigate, and plan to reduce risks. Prepare the plan (including prioritizing activities), disaster response team, support groups, training, and testing.
- During: Plan your response including evacuation and life safety.
- After: Plan recovery to restore operations.

Jerry outlined the following steps to build a plan:

- Define objectives including scope, strategy, and how it will be activated. Also plan for maintenance and testing.
- Assign locations, then assign teams, and then assign tasks.
- Assign key employees, essential employees, critical contractors, and critical vendors.
- Assign documents and vital records including step-by-step lists, spreadsheets, mobile applications
- Build call lists
- Publish and distribute the plan and update at least every six months.

It is important to consider how personnel will access the data, communicate, and execute the plan in a disaster. You may want to think beyond the 3-ring binder and store data online or with a mobile application.

Communication is key and can include satellite phones, 2-way radios, mass texting, email, and social media. Cell

phone service gets jammed after emergency, but text messages can get through.

Jerry closed with actual footage Albertson's took when they were responding to Louisiana floods. It was very sobering and certainly brought home the message that you we all need to make sure we have preparedness plans in place.

To see the presentation, please go to Technical Session Videos at <http://snakeriver.asse.org>.

March meeting will feature Urban Legends of Distracted Driving

We are kicking off the upcoming Distracted Driving Awareness Month (April), with John Tomlinson, ITD Highway Safety Manager, and Eric Lowe, Focus on the Drive, who will present **The Urban Legends of Distracted Driving and How to Avoid Becoming One**. Come at 6:00 pm to network with your colleagues. We'll have a brief meeting at 6:30, followed by our technical session.

Location: Sockeye Grill, 3019 N Cole Road, Boise, Idaho
Date: March 21 – Network at 6:00 pm; Meet at 6:30 pm

Please bring a friend and join us! Please RSVP at snakeriverasse@gmail.com by March 19th.

Vote for officers and learn proper body mechanics at our April meeting

Don't miss your chance to vote for our 2017-2019 officers at our April 18 breakfast meeting. For our technical session, Jim Duke, MS, CIH, CSP, CUSP, Safety Director for Idaho Power, will present **Functional Movement – Proper Body Mechanics**.

When: 4-18-17: 7:15am to 8:30am

Where: Albertsons Office, BSSC Trng Rm 3; 250 E Parkcenter Blvd, Boise.

Welcome new members!

Snake River Chapter would like to welcome new members Chelsee Thornquest from Hailey; Haven Snow from AceCo Precision Manufacturing in Boise; Jeret Whitescarver with Engineered Structures, Inc. in Meridian; Jeff Kocina with Sysco in Boise; Andrew Ahlburg with Track Utilities in Meridian; Rhonda Messick with Hearthside Food Solutions in Boise, and Wayne Pignolet with Balmert Consulting in Sandpoint.

For membership information, please contact our Membership Chair, Sondra Lavoie, at 208-890-3374 or sondra.lavoie@ymcatvidaho.

Safety Fest 2017 was a great success!



Over 900 participants representing over 200 companies, agencies, and organizations attended the 12th annual 2017 Safety Fest of the Great Northwest in Boise, Idaho, in spite of record snowfall and ice. The event provided 59 free training classes (almost half taught by ASSE members), a vendor trade show, Lunch with OSHA, and an opening ceremony. With support from 60 founding partners and vendors across the northwest, the event has emerged as a premier source for free continuing education on safety-focused topics across multiple industries.

The event originated in 2005 under the direction of Rick Callor, Safety Training Director for AECOM EIC, and Bill Bankhead, Boise OSHA Compliance Assistance Specialist, to provide free safety training to small and medium-sized employers and local trade-school programs. This year classes included OSHA 10-hour classes in Construction and General Industry; OSHA 3015, 7100, 7200, and 7300 classes; Responsible Person Training in Erosion Control; Silica in Construction; ADA Compliance; Forklift Operations Training; Electrical Hazard Awareness; HAZWOPER Refresher; Confined Space Entry; Fall Protection; and five First Aid classes.

During the opening session OSHA Idaho Director David Kearns provided an update on OSHA rules and an overview of the year's safety tragedies, with an impassioned plea for stronger safety values, leading perfectly into Jennifer Reymont's (Idaho State Insurance Fund) presentation on the reasons for, and the necessity of, building a safety culture. Scott Sanderson, the Director of Crisis Management of Albertsons Companies, shared their best practices in emergency planning and preparedness during natural disasters.



The keynote speaker, Joe Estey, Lucas Engineering, provided an energetic demonstration of performance improvement.

An overflow crowd participated in Lunch with OSHA. David Kearns, the Idaho Area Director, fielded questions from the audience and provided insight into upcoming OSHA rulemakings.



Thirty-nine companies, agencies, and professional organizations participated in the popular two-day trade show featuring the latest in safety and health equipment, training, programs, and resources and ending with the vendor prize drawing!



Public response to Safety Fest 2017 was overwhelmingly positive and grateful. One national vendor said Safety Fest is the best training he has seen in the country! And, it is free! The continued success of Safety Fest is due to the tireless efforts and contributions of many dedicated volunteers, instructors, vendors, hosts, and founding partners.



“Mentorship” *continued from page 1*

What is mentoring? In general, it is a learning and development partnership between someone with vast experience and someone who wants to learn, regardless of age. Some mentorships are structured with rules, goals, objectives, and schedules, while non-structured relationships may just entail observing others and learning from what helps others succeed or fail. ASSE’s Women in Safety Engineering (WISE) has a database to match mentors with mentees that has been very effective.



Dustin suggested we search out challenging opportunities to change, grow, and inspire others by helping them understand they can achieve a lot. Dustin pointed out that a good leader takes people where they want to go; a great leader takes people where they don’t want to go, but NEED to go!

Dustin encouraged everyone to volunteer to be a mentor, learn from one another, and grow the profession together. Remember that mentorship is a two-way street. Mentees will learn from their mentors, but the mentors will learn as well.

2017 Meeting Schedule

Breakfast Meetings (7:15-8:30am)	Lunch Meetings (11:30am-1pm)	Evening Meetings (6:30-8pm)
January 17, 2017	February 21, 2017	March 21, 2017
April 18, 2017	May 16, 2017	June 27, 2017 (Note date change)
July - No Meeting	August 15, 2017	September 19, 2017
October 17, 2017	November 21, 2017	December 2017 No Chapter Meeting Happy Holidays!

ASSE News

Check out RegBrief on the walking and working surface rule

OSHA’s final rule on walking and working surface (29 CFR 1910, Subparts D and I) requires employers to protect workers from fall hazards along unprotected sides or edges that are at least 4 foot above a lower level. The rule also contains specific requirements for both fixed and portable ladders, scaffolds, rope descent systems, manbolts and manhole steps, dockboards and other equipment that presents a fall hazard.



Adele L. Abrams, J.D., ASSE’s federal representative prepared a very informative RegBrief available at https://www.asse.org/assets/1/7/ASSE_RB_WWS_0117.pdf that examines the requirements in greater detail, shares key compliance dates and lists other OSHA standards affected by the changes.

In addition, a fact sheet, FAQs and more information about the rule is available at <https://www.osha.gov/walking-working-surfaces/>.

Mark your calendars for ASSE Region II Networking Event in Denver!

If you are attending the ASSE Safety 2017 Professional Development Conference in Denver this year, mark your calendars for the Region II networking event on Monday night (June 19) at the Tarantula Billiards Bar and Grill located just a block from the conference! This is a perfect opportunity to enjoy great food and network with your safety colleagues! For more information, please go to the ASSE Region II webpage at <http://region2.asse.org/>.

SH&E News

New NIOSH Sound Level Meter App

NIOSH Science Blog: Posted on January 17, 2017 by CAPT Chucru (Chuck) A. Kardous, MS, PE, and Metod Celestina, B.Sc. EE. <https://blogs.cdc.gov/niosh-science-blog/2017/01/17/slm-app/>

Imagine if workers around the world could collect and share workplace (or task-based) noise exposure data using their smartphones. Scientists and occupational safety and health professionals could rely on such shared data to build job exposure databases and promote better hearing health and prevention efforts. In addition, the ability to acquire and display real-time noise exposure data could raise workers' awareness about their work environment and help them make informed decisions about potential hazards to their hearing.

The idea was so intriguing that in 2014, the NIOSH hearing loss team evaluated 192 sound measurement applications (apps) for the iOS and Android platforms to examine their suitability and accuracy in relation to professional sound measurement instruments (Kardous and Shaw, 2014). Of the 192 apps the team examined, only 4 iOS apps met the outlined criteria for functionality, features, and calibration capability. Read more about that study in the blog [So How Accurate Are These Smartphone Sound Measurement Apps?](#)

Realizing that most of the apps on the market are oriented at the casual user and lack the accuracy and functionality necessary to conduct occupational noise measurements, NIOSH hearing loss researchers collaborated with an app developer, EA LAB, to create an iOS based sound level meter app that measures and characterizes occupational noise exposure similar to professional instruments. The NIOSH Sound Level Meter (NIOSH SLM) app for iOS devices is now available on [iTunes](#) freely to the occupational safety and health community as well as the general public.

The app was subjected to the same testing requirements that were established in the NIOSH laboratory study.^[1] It met the testing criteria (± 2 dB mean difference from the reference type 1 sound level meter). In our most recent study on the accuracy of apps when used with external calibrated microphones, the 4 apps from our original study achieved closer agreement (within ± 1 dB) of the reference type 1 sound level meter (Kardous and Shaw 2016). The NIOSH SLM app, when used with an external calibrated microphone, measured sound levels within ± 1 dB of the reference SLM over the testing range of 65 -95 dB SPL in our

laboratory. While the app is not meant to replace a professional sound level meter or a noise dosimeter or be used for compliance purposes, we recommend that those interested in making proper noise measurements use an external microphone that can be calibrated with an acoustical calibrator for improved accuracy (Roberts et al. 2016).

The NIOSH SLM app has many important features, it provides a readout of the sound level using the built-in microphone (or external microphone if used) and reports the instantaneous sound level in A, C, or Z-weighted decibels. View the [video](#) for a demonstration of the app's features. The weighting is user-selectable and can be accessed in the "Settings" screen. The app also reports the main metrics that are of importance for proper occupational noise measurements – mainly the run time (total time), the A-weighted Equivalent Sound Level (LAeq), the Maximum Level measured during the current run time, the C-weighted Peak Sound Pressure Level (LCpeak), the Time-Weighted Average (TWA) and Dose. The app also contains some basic information on noise and hearing loss prevention. In addition, the app allows the user to save and share measurement data using the smartphone other communication and media features. If location services are enabled, the app can utilize the GPS feature to provide an exact geospatial location of the location of the noise measurement.



A full list of the features and functionality can be accessed on the [NIOSH SLM app page](#).

Your input on the new app is appreciated as we try to improve it and make it widely accessible. Help us spread the word about this new tool for protecting workers' hearing.

For references, footnote, and more information, please go to: <https://blogs.cdc.gov/niosh-science-blog/2017/01/17/slm-app/>

Almost 5000 workers died on the job in 2015

The Bureau of Labor Statistics reported that 4,836 workers were killed on the job in the United States in 2015, a slight increase from the 4,821 who died in 2014. At the same time, the rate of fatal workplace injuries dropped slightly, from 3.43 to 3.38 per 100,000 full-time equivalent workers. Transportation incidents were the leading cause of worker deaths, accounting for more than one-fourth of all fatal work injuries in 2015.



Safe + Sound Week

OSHA, the National Safety Council, the American Industrial Hygiene Association, the American Society of Safety Engineers, and the National Institute for Occupational Safety and Health have announced June 12-18 as [Safe + Sound Week](#). The event is a nationwide effort to raise awareness of the value of workplace safety and health programs through the Safe + Sound Campaign. These programs can help employers and workers identify and manage workplace hazards before they cause injury or illness, improving the bottom line. Throughout this week, organizations of all sizes and any industry are encouraged to host events and activities that showcase the core elements of an effective safety and health program--management leadership, worker participation, and finding and fixing workplace hazards.

Visit the Safe + Sound Week webpage (<https://www.osha.gov/safeandsoundweek>) to sign-up for email updates on the event. Additional resources to assist participants in planning and promoting Safe + Sound Week activities are under development.

OSHA updates beryllium PEL

OSHA issued a final rule in the Federal Register (82 FR 2470; 1-9-17) that they believe will save 94 lives from beryllium-related diseases and prevent 46 new cases of chronic beryllium disease each year. The new rule, which applies to general industry, construction, and shipyards, establishes a new PEL of $0.2\mu\text{g}/\text{m}^3$ as an 8-hour TWA and $2.0\mu\text{g}/\text{m}^3$ as a short-term exposure limit. The rule covers exposure assessment, methods for controlling exposure, respiratory protection, personal protective clothing and equipment, housekeeping, medical surveillance, hazard communication, and recordkeeping. The effective date has been delayed until May 20, 2017 (check the website for updates).

For a copy of the rule, an overview, FAQs, and more, go to: <https://www.osha.gov/berylliumrule/index.html>
A fact sheet can be found here: <https://www.osha.gov/Publications/OSHA3821.pdf>

Classes & Conferences

Register now for Safety 2017

Registration for Safety 2017 is now open. For more than 50 years, ASSE's Professional Development Conference has been and will continue to be the direct reflection of what is taking place in the occupational, safety and health industry. It's a great opportunity for you and your chapter's members to connect with other safety professionals while gaining expertise in risk management, ergonomics, industrial hygiene, product safety, environmental management, Workers' Compensation, standards and organizational management, and more!

Visit the Safety 2017 website (<http://safety.asse.org>) to learn more about the conference this year's conference, which will take place from 19-22 in Denver, CO. There are also a variety of resources there, from first time attendee tips to tools to help you share the value of the conference with your employer.



ASSE Webinars

<https://learn.asse.org/live-webcasts>

Safety Management System Palooza! - An ASSE Virtual Symposium on Selecting, Implementing, and Assessing Safety Management Systems! Includes a Live Event on 03/30/2017 at 12:00 PM (EDT)

Hazard Analysis and Risk Assessment meet at the Crossroads for a successful outcome
04/26/2017 at 12:00 PM (EDT)

Establishing an Effective Electrical Safety Program: An Overview of Requirements & Approaches
05/10/2017 at 12:00 PM (EDT)

Free ASSE webinars for students

ASSE student members have free access to ASSE webinars. Enter your ASSE student member number when you register to automatically receive the free registration.
<http://www.asse.org/education/virtualclassroom.php>

Job Opportunities

Loss Control Consultant at Idaho State Insurance Fund in Idaho Falls.

Provides professional loss prevention assistance to State Insurance Fund policyholders. Works directly with management of Idaho businesses to analyze their organizational structure, management practices, loss prevention policies, accident statistics, and work activities. You'll be responsible for:

- Analyzing organizational structure, management practices, work activities, current loss prevention policies, claim reports, and accident trends.
- Providing written recommendations, technical assistance, and employer training on methods to identify and correct unsafe working conditions and practices.
- Conducting training programs, workshops, and seminars for policyholder managers and supervisors.
- Conducting loss prevention surveys to assess business practices and organizational commitment to safety.
- Understanding workers compensation laws, rules, regulations, policy provisions, work classifications, premium formulas, and reporting requirements and their impact on safety outcomes and business costs.
- Understanding claims liability and third-party or products liability.

Your background should include:

- Bachelor's degree in Environmental Health Sciences, Occupational Health and Safety, Safety Program Management, Ergonomics, Industrial Hygiene, or

Industrial Safety or equivalent combination of education and experience.

- Knowledge of loss prevention program elements, industrial safety practices, and the identification of unsafe work practices or conditions.
- Knowledge of management/organizational theory, organizational behavior, and common business practices.
- Excellent oral and written communication skills.
- Demonstrated experience utilizing training techniques and effectively presenting material to audiences of between 10-50 people.
- Knowledge of basic math and the ability to apply basic mathematical formulas to calculate insurance premiums, experience modifications, and loss ratios.
- Experience evaluating safety-related management policies and procedures and developing written recommendations.
- Experience working with customers in a field setting, in a direct customer contact environment.
- Proficiency using computer software to enter, query, and edit data.
- In-depth technical knowledge of loss prevention practices.
- Ability to plan, organize, and carry out work assignments without close supervision.
- Must possess a valid Idaho driver's license.
- Ability to travel approximately 70% of the time (travel is to various policyholder sites in an assigned area within the state of Idaho).

WORK ENVIRONMENT: Work is performed in a climate-controlled office environment and various customer sites with minimal safety/health hazard potential. Sedentary, sitting, walking, occasional lifting (overhead, waist level) from floor, and bending may be necessary. Frequent near vision use for reading and computer use.

SPECIAL REQUIREMENTS: Position requires extensive in-state travel.

HOW TO APPLY:

To apply for this position, please obtain an application packet from the Idaho State Insurance Fund – 1215 West State Street, Boise, ID 83702 or via our website's Employment Page @ www.idahosif.org > Employment. Completed application materials may be submitted via one of the following methods.

Mail to: Idaho State Insurance Fund, Attn: Human Resources; Drawer A Box 83720; Boise, ID 83720-0044

Deliver to: Idaho State Insurance Fund, Attn: Human Resources; 1215 West State Street; Boise, ID 83720-0044

Email: Jobs@IdahoSIF.org or Fax: 208-332-8170

Safety & Security Specialist, Boise

The J.R. Simplot Company is a diverse, privately held organization, with roots firmly planted in agriculture and agriculture-related businesses. These endeavors have been around for centuries and will continue to be a vital part of the global economy. We currently have a Safety and Security Specialist position available at our Corporate Headquarters – Boise, ID. Boise's mild climate, affordable housing, and vibrant downtown add up to a great place to live.

SUMMARY

The Safety and Security Specialist works under close supervision to assure assignments meet established guidelines under regulatory and company criteria. This role performs assigned tasks from detailed instructions using collaborative and independent effort. This position serves as a specialist in the development, implementation, and administration of internal facility safety and security functions. Additionally, the Safety and Security Specialist performs periodic safety and security inspections, audits and provides guidance to safety and security managers to ensure compliance with safety and security policies and regulatory requirements.

RESPONSIBILITIES

- Participates with others in monitoring and controlling the organization's safety standards in accordance with OSHA and State regulations. Conducts audits of safety programs at the plant and identifies and controls significant loss-producing exposures; creates and distributes safety and security alerts
- Conducts research to ensure the company keeps current on changes to security regulations at state and federal level and provides guidance on implementation options (e.g. DHS, TSA, TSA Rail Security, Coast Guard); keep abreast of latest security technology by attending security conferences hosted by ASIS, ISC, DHS, etc.; works with sites to ensure Chemical Facility Anti-Terrorism Standard) CFATS, Topscreen submissions are conducted relative to regulatory requirement; work with sites to conduct Site Vulnerability Assessments, (SVA) and ensure follow up to identified actions; administration of files for CFATS, SVA's, etc.
- Assists locations in developing and conducting phases of employee Safety and Security training (e.g. CARE, Root-Cause, General Security Awareness, Active Shooter, Workplace Violence Prevention, etc.)
- Conducts basic trend analysis, audits, accident investigations, and site inspections of operational procedures, facility design, equipment, and materials.

- Performs periodic and random safety and security inspections / drills and prepares reports as necessary. Maintains reports and provides communication to leadership of deficiencies and corrective action options. May include site project support (e.g. equipment design, security cameras, access control, fencing, etc.)
- Participates in facility EHS&S Assessments for both safety and security compliance including IT Simplot security self-assessment
- Has responsibility for monthly reports, managing various safety systems to ensure security and integrity.
- Travel security development/implementation, research and vulnerability communication to travelers

REQUIREMENTS

- Bachelor's Degree from 4 year college or university
- Must have excellent oral and written communication skills.
- Demonstration of project management skills such as planning out work, developing budgets, tracking expenditures, assuring following up assignments and keeping appropriate documentation of activities.
- Must be able to work professionally with regulators, special interest groups and members of the public.
- Must be able to accurately define problems, collect data, interpret analytical results, draw valid conclusions, and make recommendations to upper management.
- Travel will be required. Expect 25-33% of time to be associated with travel.
- Combination of education, training and/or experience will be considered for this position

HOW TO APPLY

External Candidates:

- Visit www.simplot.com/careers
- Select Job Search
- Select Current Opportunities
- Select All Open Positions
- Apply to Job ID# 3979

Please prepare a cover letter outlining your interest and qualifications and submit with your resume via our online application process described above. For best results, please upload your resume as a Microsoft Word or Adobe PDF document. This process includes additional job-relevant questions, so plan on at least 20 minutes when you apply. When a position is in the interview stage or has been filled, it will no longer appear on our Simplot Careers website. If you experience any technical difficulties when applying through our online system, please contact our Employment Center for assistance at careers@simplot.com.

Disclaimer: The Snake River Chapter does not endorse, support, or guarantee accuracy of any of the job postings.