

How ASSP Improved My Safety Programs

Lessons Learned: Takeaways from My Time Volunteering

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Presented to the

**AMERICAN SOCIETY OF
SAFETY PROFESSIONALS**

San Diego Chapter

Some History

- Electrician was first “real” career
- No intention of going into Safety
- Never heard of ASSP
- So how did I get *here*?



Ye Olden Times

Recurring Conversation

"What does ASSP do?"



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"Okay, but -

What do you get out of ASSP?"

Disclaimers

- I have resources
- I have support
- This isn't "easy"
- First time presenting this
- Much of this may seem (or is) common sense
- Very much a work in progress...forever!



Rough Year

Rebuttals

- I have resources Didn't start that way
- I have support Ditto the above
- This isn't "easy" Worth it, and it gets easier
- First time presenting this
- Much of this may seem (or is) common sense Feedback welcome
- Very much a work in progress...forever!
Practice is usually the missing piece

~~Very much a work in progress...forever!~~

Order From Chaos

Everything intermingles.



"Oh yeah, oohing and ahing, that's how it always starts, but later there's the running and screaming."

For today, tackling in this order:

- Assets
- People
- Self

There will be overlap!

Create Resources

- Build a library
- Get organized
- ASSP members get discounts!
 - ANSI Standards
 - Publications
- Attend events

Assets



Create Systems

- ASSP provides structure
 - Meetings
 - COMT
 - Events
- Make backups (resiliency)
- Find accountability
- Pilot programs

Assets



Be Consistent

Assets

- Be reasonable in expectations
 - Can't control reactions, only actions
 - Steadiness > Suddenness
- Stick to schedule
 - Variations happen
 - Get back on track
- Practice!



Test Out in ASSP

- Try on different hats
- Learn new skills
- Speak at meetings
- Take what works back to work!

Assets



Network

Assets

Make connections!

Which leads to future

- Conversations,
- Partnerships,
- Solutions, and
- Progress

to protect People, Property, & the
Environment



Network

People

Make connections!
Which leads to future

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Recognize People

- Contributors
- Partners
- Stakeholders
- "Bosses"

People



Sam Cahan, namesake for our President's Award

Build Teams

- Use those systems
- Play to individual's strengths
- Help people grow

The only thing worse than training employees and losing them is to not train them and keep them.

-Zig Ziglar

People

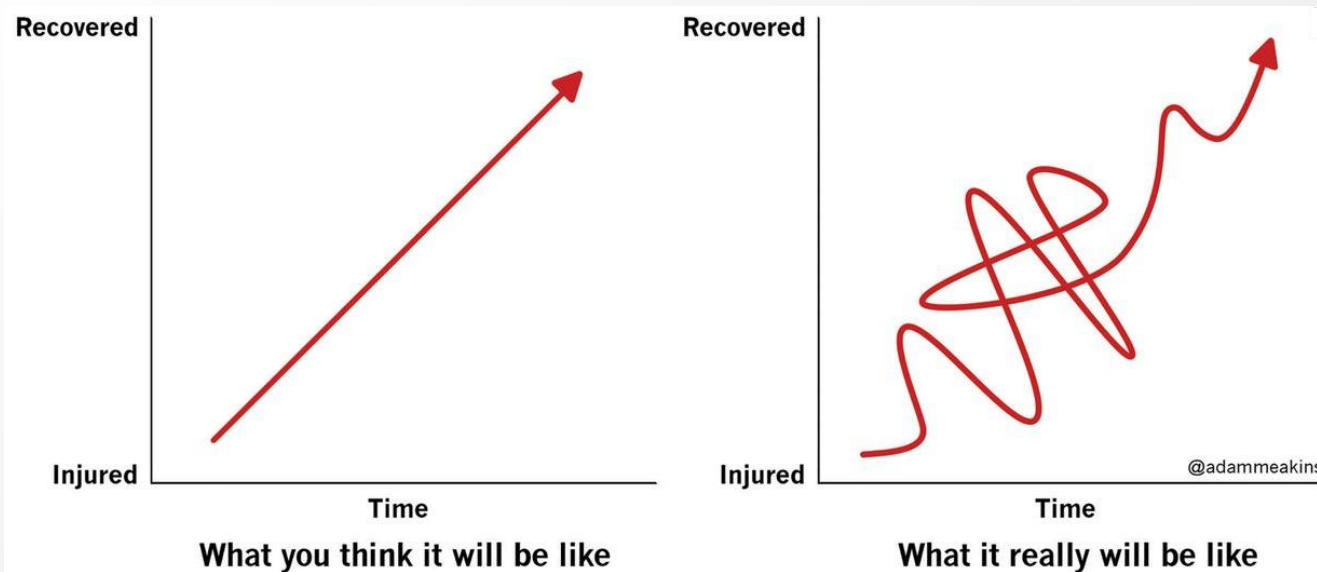


Start 'Em Early!

Patience

- Let people grow
- Life is hard
- Solid growth is like recovery

People



"Next Year"

Use a Personal Touch

People

- Handwritten notes
- Personal communications
- Show up for people
- Be sincere



It can mean a lot

Use a Personal Touch

Self

Be yourself!

Learn who that is.

Express it.

Make it your brand.



Dad Jokes

@Dadsaysjokes

In a safety meeting at work they asked me what steps I'd take in a fire.

Apparently "Really big and fast ones" was the wrong answer.

Comfort Zone

Self



Me, in recovery

- Learn what's comfortable
 - Identify what's outside the comfort zone
 - CHOOSE when to be where
- (as much as you can)*

Take Chances*

Self

*Never put people at risk of harm!

Learn how to put yourself out there

And again, not easy



Well, maybe a little fear

Find Balance

Easier said than done

- We tend to live in an "emergency state"
- Identify where things fall
- Be selective
- *This is a long term process*

Self



Not sure this constitutes work/life balance

Confidence

Self

- Imposter syndrome is a real thing
- Get certs!
- Know yourself



**Sort of...*

Grace

- Be kind to yourself
- Have patience
- Keep at it

Self



I Often Feel Conflicted, Having Grown Up Catholic

Conclusion

So what do I get out of ASSP?

- Perspective
- Validation
- Personal growth



And I've used these to be better at my job.



THANK YOU!

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