The President’s Catch—December, 2017

Dear Fellow San Diego Safety Professionals,

Happy Holidays!!!! I love this time of year when so many of us are taking stock of everything we have to be thankful for and thinking of ways to give back to our community and show others we care. As a safety professional I also spend this time of year fretting about grease fires and electrical safety and showing coworkers the standards for personal heaters in the workplace. How do the rest of you balance Holiday cheer with sometimes Grinch-like safety standards?

Last month’s breakfast meeting speaker Danielle Moore did an amazing job answering some of the tough questions about marijuana legalization in California and its impact on companies hiring and disciplinary policies. I found it extremely helpful to learn that even though marijuana is “legal” in California, because it is still Federally illegal employers can choose to maintain their previous no-tolerance drug policies. Her tips on communication, consistency, and documentation were just what the doctor ordered. I hope everyone who was able to attend got as much out of Danielle’s presentation as I did!

December’s get-together is our annual Holiday Luncheon. As in previous years this meeting will have awards and merriment in lieu of a technical speaker. December’s meeting is also our Chapter’s drive for donations of gift cards and household items for the San Diego Youth Services Transitional Program. Your donations will assist young adults aging out of the foster care system in establishing their own home in their first apartment. Please see the event announcement in this issue for donation suggestions.

As we close out 2017 and move into 2018 I hope that many of you will look at ways to get/stay and be involved in our Chapter. Anyone who is interested in volunteering or even running for a position on the 2018-2019 Executive Committee please let myself or any other member of the (See Catch, page 2)
(Catch, continued from Page 1)

current Committee know so we can guide you along the process. I know I’m not the only one who’s experienced personal as well as professional growth from my time on the EC and new faces and ideas are always welcome.

Remember you can go to our chapter website to sign up and RSVP for next month’s meeting. It is not necessary to make an electronic payment at that time; you can pay at the door later.

By signing up in advance, it helps us with headcounts for planning for items such as seating and food. It is greatly appreciated if you can do this!

Wishing you and yours a wonderful holiday season!

Allison Long
ASSE San Diego Chapter President

EXECUTIVE COMMITTEE CHAIR UPDATES

Government Affairs Committee:

by Scott Simerson

‘Cleaning Product Right to Know Act’ becomes law in California

November 6, 2017

Sacramento, CA – Manufacturers of cleaning products sold in California will be required by law to disclose the existence of certain chemicals in their products, making the state the first in the nation to pass such legislation.

Gov. Jerry Brown (D) signed the Cleaning Product Right to Know Act of 2017 into law on Oct. 15. The law is intended to make it easier for California’s workers and consumers to identify what potentially dangerous ingredients are in commonly used cleaning products and fragrance mixtures. It also requires specified employers to provide that information to their employees.

The law requires ingredients to be shared on manufacturer websites by Jan. 1, 2020, and on labels one year later. Companies can protect trade secrets, but only if the chemicals they want hidden have not been linked to harmful effects on humans and the environment.

A recent study of nurses who developed chronic obstructive pulmonary disease over an eight-year period found that those who used disinfectants to clean surfaces at least once a week had a 22 percent higher risk of developing COPD than those who did not.

Chemicals such as glutaraldehyde (used for medical instruments), bleach, hydrogen peroxide, alcohol and quaternary ammonium compounds (or “quats,” mainly used for disinfection of surfaces such as floors and furniture) were associated with an increased risk of COPD of between 24 percent and 32 percent.

Both the nonprofit organization Environmental Working Group and the National Institute of Health’s National Library of Medicine maintain online databases of cleaning product chemicals and their safety ratings.

Cal/OSHA Issuing More Citations per Inspection

Paraphrased from Cal-OSHA Reporter article by Kevin Thompson

VOL: 44 | NO: 42 | PUBLISHED ON: NOVEMBER 10, 2017

Based on first-quarter statistics, Cal/OSHA will surpass its 2016 total for cited violations. Projecting the issuance of more than 5,700 alleged violations for the rest of the year, the Division of Occupational Safety and Health will potentially issue almost 23,000 violations in 2017.

The number of inspections conducted in the first quarter was slightly lower than the same period in 2016, but more citations per inspection were issued, an average increase of ½ citation per visit. The number of serious violation citations issued rose by 20%.

While the Construction industry received more on-site inspections in the first quarter of 2017, the Service industry received the highest number of alleged violations. The Manufacturing and financial/real estate industries had the highest percentage of serious violations cited, at 30% each.

The increases could be due to the hiring and training of new enforcement inspectors, according to Department of Industrial Relations spokesman Frank Polizzi. “Many of these inspectors were hired or promoted into the new enforcement inspector positions authorized in 2015.” Additionally, he says, “it appears the Division is more effectively identifying workplaces where we should conduct programmed inspections.”

Law firms used as defense counsel has observed the increase in requests for representation from the cited companies. “At the end of July, our office tech informed us that we have already opened as many new files as in all of 2016,” says Healdsburg-based Fred Walter, of the Walter & Prince law firm. “And the phone is still ringing.” (See Government Affairs, page 3)
EXECUTIVE COMMITTEE CHAIR UPDATES

(Government Affairs, continued from Page 2)

CA Supreme Court to Decide if Civil Penalties Apply in OSH Cases

Paraphrased from article by Cal-OSHA Reporter Editors

Vol: 44 | No: 42 | Published on: November 30, 2017

Solus Industrial Innovations, LLC et al v. Superior Court of Orange County, No. G047661.

The California Supreme Court is deciding if federal law preempts district attorneys from recovering civil penalties under California law for companies violating workplace safety standards.

The cited case involves an Orange County employer, Solus Industrial Innovations and a 2009 mishap in which a residential water heater installed in an industrial setting exploded, killing two workers. After successfully prosecuting the plant manager and the maintenance supervisor for criminal acts, the Orange County district attorney then claimed Solus violated California’s Unfair Competition Law (UCL) and sought over $1 million dollars from the company.

The DA alleged the company was fraudulent under the Business and Professions Code (BPC) and mislead employees in regard to workplace safety, allowing them to retain employees under false assurances. The DA won a civil judgement in Orange County Superior Court, and Solus appealed, arguing the DA could not seek civil penalties under UCL because it is not part of California’s workplace safety plan as approved by the U.S Secretary of Labor.

The Fourth District Court of Appeal agreed with Solus and overturned the trial court, and the Orange County D.A. then appealed to the California Supreme Court.

The question now being decided by the CA Supreme Court is whether federal law preempts district attorneys from recovering civil penalties under California law for companies violating workplace safety standards.

DOL releases draft of Strategic Plan, seeks comment

November 8, 2017

Washington — The Department of Labor is looking to expand OSHA’s Voluntary Protection Programs and the Mine Safety and Health Administration’s compliance assistance for mine operators, DOL states in a draft of its Strategic Plan for fiscal years 2018 to 2022.

The agency published a notice in the Nov. 7 Federal Register seeking comment on the draft.

The agency hosted two public meetings on how to improve VPP, the most recent on Aug. 28 in New Orleans, with the National Safety Council weighing in via a letter sent Oct. 20. A DOL Inspector General report in September revealed weaknesses in reporting and recording systems involving contract workers, who were involved in 23 fatalities or catastrophes at VPP sites from July 2013 through September 2016.

OSHA intends to complete its VPP improvements in 2018, Doug Kalinowski, director of OSHA’s Directorate of Cooperative and State Programs, said during a Technical Session on Sept. 25 during the 2017 NSC Congress & Expo in Indianapolis.

With about 7.7 million workplaces under OSHA and State Plan jurisdiction, DOL states that OSHA “continues to target high-risk industries for inspection and enforcement activity,” and “OSHA’s inspection regime remains active and with various data sets, enforcement will target bad actors and recalcitrant employers.”

DOL points out in its draft that coal production reached its lowest level in history in 2016, putting mining jobs at risk — including MSHA inspectors. However, the agency is anticipating increases in mining production and employment as a result of a potential forthcoming spike in demand for infrastructure raw materials.

Three overall strategic goals are listed in the DOL plan draft:

- Supporting “the ability of all Americans to find good jobs”
- Ensuring safe jobs and fair workplaces
- Promoting strong workers’ compensation and benefits programs

The draft also details how component agencies will achieve supporting goals and strategic objectives in the next four years, and includes Secretary of Labor R. Alexander Acosta’s vision.

“The strategic plan outlines how we will increase employment opportunities for Americans of all abilities, enforce safe and healthy workplaces, bring common sense to regulations, and use our resources efficiently and effectively,” Acosta wrote in the draft’s introduction.

The deadline for comments is Dec. 7.

OSHA delays crane operator certification requirements until 2018

November 9, 2017

Washington — OSHA is delaying its crane operator certification requirements by one year, publishing a final rule in the Nov. 9 Federal Register — just one day before the regulation was set to go into effect.

(See Government Affairs, page 4)
EXECUTIVE COMMITTEE CHAIR UPDATES

(Government Affairs, continued from Page 3)

The attempts at crane operator certification requirements began in 2010 with OSHA’s Cranes and Derricks in Construction Standard. The agency proposed that crane operators become certified via an accredited testing service, an independently audited employer program, military training, or compliance with qualifying state or local licensing requirements.

The regulation also required employers to ensure operators were adequately skilled and properly instructed on how to operate the machines safely.

Those requirements initially were slated to go into effect in November 2014, but that deadline was pushed back for three years because of two still-unresolved issues. The first was that the standard required certification for both the type of crane and its capacity.

OSHA later was notified that two of the four accredited testing services were issuing certifications for “type” of crane rather than “type and capacity.”

“The agency intends to propose removing the capacity component of certification,” OSHA states in its Federal Register notice.

The second issue brought forth by stakeholders was that “certification” did not mean a crane operator was competent or experienced enough to control a machine safely. OSHA states in the notice that it is “not prepared to make a determination whether certification alone is insufficient.”

National Commission for the Certification of Crane Operators CEO Graham Brent “reluctantly” offered his support for the delay in a letter sent Sept. 29, one month after OSHA initially proposed a delay of one more year.

“Given the continued uncertainty among operators and employers regarding OSHA’s ultimate requirements for crane operator certification, NCCCO urges OSHA to act with all speed to ultimately issue its final rule well within the extension year on this vitally important safety issue, so that this matter may be resolved once and for all, for the benefit of industry as a whole,” Brent wrote.

Congressman asks for Executive Order delaying ELD mandate for commercial motor vehicles

November 13, 2017

Washington – Rep. Brian Babin (R-TX) is making another attempt to delay the Federal Motor Carrier Safety Administration’s mandate for electronic logging devices in commercial motor vehicles – set to go in effect Dec. 18 – by asking President Donald Trump to sign an Executive Order.

“I respectfully request that you issue an Executive Order as soon as possible,” Babin wrote in a letter to the president on Nov. 9, “instructing the Secretary of Transportation to provide an immediate waiver for all trucking sectors and operations subject to this mandate, until such time as it can be certified that implementation will not cause economic or other harm to the millions who are subject to it.”

He further stated that his preference is to delay the mandate “for as long as it takes,” but at a minimum until April 1.

Babin introduced the ELD Extension Act of 2017 (H.R. 3282) on July 18. That legislation currently is in the House Transportation and Infrastructure Committee. He also offered an amendment, which was defeated (246-173) on Sept. 6, to the Make America Secure and Prosperous Appropriations Act of 2018 to prevent funding for the ELD mandate.

The ELD regulation has survived legal challenges in the past year, including the U.S. Court of Appeals for the 7th Circuit denying an attempt to block the mandate on Oct. 31 and the Supreme Court on June 12 declining to hear an appeal.

ELDs, used instead of paper logs to track hours of service, have garnered support from the American Trucking Associations. The Owner-Operator Independent Drivers Association is among those organizations that oppose use of the devices.

Raymond Martinez, President Trump’s nominee for administrator of the Federal Motor Carrier Safety Administration, facing questions about ELDs during an Oct. 31 nomination hearing before the Senate Commerce, Science and Transportation Committee, said “it would be my intention, if confirmed, to first and foremost abide by the law, but also to have an open-door policy and work with all the impacted stakeholders.”

Drug-testing for DOT employees expanded to include opioids

November 16, 2017

Washington – The Department of Transportation will include four semisynthetic opioids in its drug-testing program for DOT employees, according to a final rule published in the Nov. 13 Federal Register.

Employees affected include those who work for the Federal Motor Carrier Safety Administration, Federal Railroad Administration, Federal Transit Administration, Federal Aviation Administration, Pipeline and Hazardous Materials Safety Administration, and U.S. Coast Guard.

Aligning with an October update from the Substance Abuse and Mental Health Services Administration, DOT will test its employees for oxycodone, oxymorphone, hydrocodone and hydro- (See Government Affairs, page 5)
(Government Affairs, continued from Page 4)

morphine, which go by brand names such as OxyContin, Vicodin, Percocet and Dilaudid.
The final rule is scheduled to go into effect Jan. 1.
More than 33,000 Americans died from opioid-related overdoses in 2015, according to the Centers for Disease Control and Prevention.
“The opioid crisis is a threat to public safety when it involves safety-sensitive employees involved in the operation of any kind of vehicle or transport,” Secretary of Transportation Elaine Chao said in a Nov. 13 bulletin. “The ability to test for a broader range of opioids will advance transportation safety significantly and provide another deterrence to opioid abuse, which will better protect the public and ultimately save lives.”

Senate confirms David Zatezalo as MSHA administrator
November 16, 2017

Washington – David Zatezalo is the new assistant secretary of labor for the Mine Safety and Health Administration, after the Senate confirmed him Nov. 15 in a 52-46 vote.
Zatezalo spent more than 40 years in the mining industry and most recently was chairman of Lexington, KY-based Rhino Resources GP LLC, retiring in 2014. Sen. Lamar Alexander (R-TN) pointed out that experience when touting Zatezalo’s nomination.

“Mr. Zatezalo is uniquely qualified to lead the U.S. Department of Labor’s Mine Safety and Health Administration because he knows the industry inside and out,” Alexander said, citing Zatezalo’s time as a miner, union member, general superintendent and general manager.
Rhino, however, experienced a number of safety issues during Zatezalo’s tenure with the company. Rhino Eastern’s Eagle No. 1 Mine in the new MSHA leader’s home state of West Virginia was given Potential Pattern of Violations notices in 2010 and 2011. According to a MSHA letter to Eagle No. 1’s safety director in August 2011, the second PPOV notice was issued because the agency “determined that the mine is not making a good faith effort to eliminate violations and has reverted back to PPOV status.”

According to goodjobsfirst.org’s violation tracker, Rhino mines have been issued nearly $2.1 million in fines for 160 workplace safety or health violations since the beginning of 2005.

“It is so critical, absolutely critical, that the MSHA administrator is committed to standing up for our miners,” Sen. Patty Murray (D-WA) said a day before Zatezalo’s confirmation. “But instead of nominating an advocate for workers’ health and safety, President Trump nominated one of the industry’s worst offenders.”

During his confirmation hearing before the Senate Health, Education, Labor and Pensions Committee on Oct. 4, Zatezalo said, “I was not proud of the fact that we got designated as a PPOV mine. I did not try to lawyer up and stop anything from happening. I felt that if you haven’t done your job, then we should be big kids and deal with it as such. Incidentally, I replaced that management because I wasn’t too happy with their performance.”

Zatezalo also said he wouldn’t have a problem working with, potentially, some of the MSHA staff that handed out fines and citations to his company. “They did what they were supposed to do,” he said.

Wayne Palmer had been the acting assistant secretary since Aug. 21, Zatezalo takes over at a time when coal mining fatalities have reached their highest mark (14) since 2014.

Senate bill aims to ban asbestos
November 16, 2017

Washington – A group of Senate Democrats and an independent have introduced legislation seeking to amend the Toxic Substances Control Act to eliminate human or environmental exposure to asbestos, a known carcinogen still legal in the United States.
The Alan Reinstein Ban Asbestos Now Act of 2017, introduced Nov. 2, would:

• Amend TSCA to require the Environmental Protection Agency to identify and assess known uses of – and exposures to – all forms of asbestos.
• Require EPA to impose restrictions on the use of asbestos within 18 months of enactment.
• Within 12 months, ban the manufacturing, processing, use or distribution of commerce asbestos other than described in EPA’s rule. (Although bans remain in place for some asbestos uses and products, many uses and products still are legal.)

According to a report from the advocacy group Environmental Working Group Action Fund, from 1999 to 2013 (the latest data available), the estimated number of deaths from asbestos exposure in the United States was 189,000 to 221,000 people – or 13,500 to 16,000 deaths per year.

Alan Reinstein died in 2006 at the age of 66 of mesothelioma, a disease linked to asbestos exposure. Two years earlier, his wife, Linda, started a nonprofit organization named Asbestos Disease Awareness Organization. Asbestosis and lung cancer also are caused by asbestos.

“With the increase in asbestos imports and more than 15,000 Americans dying each year from asbestos exposure, the timing (See Government Affairs, page 6)
of the bill is critical,” Linda Reinstein said. “Moving forward to ban asbestos will save dollars and lives. It’s time to make asbestos a thing of the past in this nation once and for all.”

EPA, under a 2016 amendment to TCSA named the Frank R. Lautenberg Chemical Safety for the 21st Century Act, is required to set deadlines for assessment of risky chemicals. It listed asbestos as one of its first 10 chemicals to be assessed for risk, but that assessment has to be completed before action is taken to restrict or ban asbestos – which EPA is not required to do.

“Despite knowing the health risks for decades, asbestos is still used in a wide variety of construction materials that the public unwittingly comes in contact with every day,” Sen. Dianne Feinstein (D-CA), one of the bill sponsors, said in a Nov. 2 press release. “We can no longer afford to wait; Congress must ban asbestos now.”

Silica lawsuit ‘close to a resolution,’ Acosta tells House committee

Washington – A consolidated lawsuit against OSHA’s respirable crystalline silica final rule is “close to a resolution,” Secretary of Labor R. Alexander Acosta said Nov. 15 during his first appearance before the House Education and the Workforce Committee.

The agency’s standard for the construction industry went in effect Sept. 23, with OSHA giving an extra 30 days to employers acting in “good faith.” Acosta indicated the additional time also was needed to help those involved in the lawsuit get closer to a resolution, but said “the parties were a little late at coming back to the table.”

Most provisions in OSHA’s standard for silica in maritime and general industry are not set to go in effect until June 23.

“It is my hope that the parties (in the lawsuit) can come together; that they can express their concerns and that we can find a sensible outcome to this rule,” Acosta said.

In response to a question from Rep. Mark DeSaulnier (D-CA), Acosta said OSHA is working to refine its Improve Tracking of Workplace Injuries and Illnesses final rule. The deadline to submit injury and illness data to the agency is Dec. 1.

“We are balancing the issues of privacy – because it was asking for some information that was very detailed and that identified individuals – with the needs (sic) to get information so that we can engage in appropriate and targeted enforcement,” Acosta said.

In regard to OSHA removing ancillary provisions for its beryllium rule, Rep. Bobby Scott (D-VA), the committee’s ranking member, said, “according to OSHA, 70 percent of the value of the rule was

in the ancillary services and protections.”

Acosta responded, “I could not speak to the 70 percent figure. I have not seen that figure, and I believe there might be a disagreement as to whether the ancillary services contribute or do not contribute to the protections.”

Acosta also addressed how OSHA will balance compliance and enforcement after a question from Rep. Lloyd Smucker (R-PA). Acosta pointed to his request for additional funds for the Voluntary Protection Programs and said, if needed, he would refer to criminal prosecutors any cases of repeated/willful violations that result in death or serious harm.

“Where you have employers that are trying to do the right thing, you want to help them do the right thing,” Acosta said. “Let me say that has to be balanced with a vigorous enforcement program. And so where you have an employer that has engaged in repeated violations and willful violations, my view is you have to enforce, and enforce vigorously.”

U.S. Department of Labor’s OSHA Extends Compliance Date for Electronically Submitting Injury, Illness Reports to December 15, 2017

WASHINGTON, DC – To allow affected employers additional time to become familiar with a new electronic reporting system launched on August 1, 2017, the U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) has extended the date by which employers must electronically report injury and illness data through the Injury Tracking Application (ITA) to December 15, 2017.

OSHA’s final rule to Improve Tracking of Workplace Injuries and Illnesses sets December 15, 2017, as the date for compliance (a two-week extension from the December 1, 2017, compliance date in the proposed rule). The rule requires certain employers to electronically submit injury and illness information they are already required to keep under existing OSHA regulations.

Unless an employer is under federal jurisdiction, the following OSHA-approved State Plans have not yet adopted the requirement to submit injury and illness reports electronically: California, Maryland, Minnesota, South Carolina, Utah, Washington, and Wyoming. Establishments in these states are not currently required to submit their summary data through the ITA. Similarly, state and local government establishments in Illinois, Maine, New Jersey, and New York are not currently required to submit their data through the ITA.

OSHA is currently reviewing the other provisions of its final rule to Improve Tracking of Workplace Injuries and Illnesses, and intends to publish a notice of proposed rulemaking to reconsider, revise, or remove portions of that rule in 2018.

(See Government Affairs, page 7)
**Government Affairs**, continued from Page 6

**OSHA Delays Electronic Filing Again: So Who will be Required to File, and When?**

_Gary Couture, Safety Net Editor_

San Diego—As noted in the previous news article, OSHA has issued a News Release to announced another delay in the implementation of the new electronic filing requirements that were set in place back in August, 2017. According to the news release, employers will not have to file their 2016 OSHA 300A “Summary of Work-Related Injuries and Illnesses” forms electronically now until December 15. There is still some confusion, however, as to who is required to file and who is exempt.

The law stipulates that any employer with 250 or more employees at any time during the reporting year must electronically file their OSHA 300A summary sheet through the new Injury Tracking Application (ITA) website. Additionally, any employer with between 20 and 249 employees must file if they work in one of the high-hazard industries listed in Appendix A of 29 CFR 1904, Subpart E. There are 68 different NAICS (North American Industry Classification System) classification codes listed as those required to file reports if employing between 20—249 workers.

Some of the industries listed include (but are not limited to):

- Most manufacturers (several NAICS codes)
- Agriculture, forestry, fishing and hunting
- Most retail establishments (several NAICS codes)
- Trucking and transportation
- Construction
- Medical facilities
- Warehousing and storage
- Auto parts (manufacturing & retailing)
- Sports and entertainment
- Waste collection
- Utilities

Since we are in California, one of those states currently exempted because the approved state plan has not been revised to reflect the electronic filing requirement, all of this discussion is moot unless your employer is one that falls under federal OSHA jurisdiction. It is likely that California will eventually revise their state standards to match the federal requirements, so stay tuned for more information as it happens!

**Editor’s Note:** Do you have an item of interest, safety-related event, sister-organization meeting, special accomplishment or other newsworthy article that you would like to share with your fellow San Diego ASSE members? Send it to me via email no later than the 15th of the month and I will do my best to get it published. Here are some conditions: news articles, reports and other text-based submissions should be limited to a maximum of two pages, 10—12 pitch font. Artwork or graphics (flyers or posters) should be single-page, preferably in MS Word or MS Publisher format. Acrobat PDF files are sometimes difficult to import into MS Publisher (the program used to create this newsletter) and may need a lot of time and effort to convert. Please remember, this is not my full-time job. If you are “borrowing” a news item previously published somewhere else (i.e., not your own original work), please provide the source and whether or not you have permission to reprint it. All submissions should be emailed to Newsletter@sandiego.asse.org. Please also provide your contact information, including name, email address and phone number.
Did You Resolve to Get Your ASP/CSP This Year?

Thinking about working on your ASP/CSP? If so, that’s outstanding and we are pulling for you! If you’d like to participate in an ASP/CSP study group, contact our Chapter Secretary, Enrique Medina, CIH, CSP to start the ball rolling.

A Virtual ASP/CSP Study Group meets twice a month via GoToMeeting to assist those studying for their ASP/CSP professional certification exams. It’s free and open to all Chapter members, and you can join at anytime from the comfort of your home or office.

Enrique can be reached at: (619) 297-1469 . Or President-elect@sandiego.asse.org

This is a great opportunity our Chapter appreciates. Call today for dates and times of our next meeting!

CONGRATULATIONS TO OUR NEWEST ASP—Corey Mitskevich, Qualcomm EHS. WELL DONE, COREY!!!

Peer to Peer (P2P) Resource Directory is Available Now

Do you need help with a safety issue or question? The P2P Resource Directory can help you. SD ASSE Chapter members can now download the P2P directory matrix from the chapter website’s News tab at sandiego.asse.org/news. You will be directed to the password protected ASSE member login to download the current list.

The P2P directory lists San Diego chapter members who are willing to provide other members no fee advice on areas of their expertise as a professional courtesy. There are over 45 safety specialty categories listed. If you would like to be listed, just download the P2P registration form from the same website, complete it, and send it to chapter secretary Enrique Medina at President-elect@sandiego.asse.org. All members are welcome to sign up for the P2P.

Job-Line

By David Ferguson, CSP

Looking for a new job? Visit our job-line at http://sandiego.asse.org/current-openings/ to see current opportunities such as: EHS Specialist – Contract; Health and Safety Environmental Leader; Associate Industrial Hygienist; Safety Administrator. Check out these and other great jobs today!

Membership Chair:

by Steve Workman, CEAS

Welcome to our new members!

John Hogg                      Student Member
Prisilla Hughes               Student Member
Derrick Johnson               Student Member
Matthew Martinsen             Zenith Insurance
Bruce Nishimwe                Student Member

New Members North County Section:

Ella McDougall                Applications International Corp.
Larry McGilvery               Member
Happy Holidays! You are cordially invited to attend the annual San Diego ASSE Holiday Luncheon. Every year the variety and delicious taste of the food makes this the best lunch this newsletter editor has had all year. This luncheon is our annual year-end event where we have the opportunity to not only give back to the community but also recognize certain key individuals that have contributed so much to our Chapter. Topics at this meeting shall include:

- Donations to San Diego Youth Services
- Long term Member recognition
- Presentation of the Safety Professional of the Year (SPY) award
- Chapter President’s message
- Raffle

Please join us for this wonderful networking event. Register early as seats fill up fast!

Admiral Baker Clubhouse
3604 Admiral Baker Road, San Diego, CA 92120

Registration begins at 11:15 a.m.
Luncheon and Speakers 11:30 - 1 p.m.

$15 Members* with RSVP by 12/8/2017 by 5:00 P.M.
$20 No RSVP by 12/8/2017 and for Non-Members/Guests

*Members include: ASSE, ACWJPIA, AHMP, AIHA, IHPM, RNCN, RIMS, PARMA, CPCU, PWI, WUSMA

RSVP/Registration: Please RSVP OR register with payment by credit card on the San Diego ASSE Chapter website events page using this link:

Please note: RSVPs and pre-registrations are very helpful in determining the head-count for the luncheon catering. Those who RSVP may still pay by check, credit card or cash at the door if preferred.

Directions: Interstate 15 to Friars Road East; left onto Santo Road (traffic light); immediate right on Admiral Baker Road; go STRAIGHT at STOP sign; pass the recreation area and part of the golf course; road curves to right at the driving range; keep going all the way to the club-house parking lot—a total of .9 miles from Santo Road.
ASSE Holiday Luncheon
December 12th, 2017
11:30 – 1:00 at the Admiral Baker Clubhouse
Holiday Donation Drive for San Diego Youth Services
Please bring items to the December Holiday Luncheon.
Gift Cards in any denomination will also be gratefully accepted.

Household Items:

- Crock Pot
- Blender
- Bakeware
- Pots such as for Pasta with a Strainer
- Other pans or good cookware for oven/microwave
  - Cooking utensils, spatulas, etc.
  - Kitchen towels, oven mitts, etc.
- Bath towels, maybe matching bathrobe

Self-Care or Fun Activity Packages:

- Movie tickets and popcorn
- Target and Walmart gift cards
- SeaWorld, LEGOLAND, Zoo, etc. for families with young children
- Adult fun such as Belmont Park or Boomers
  - Bowling
2017-2018 Officers

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SAN DIEGO ASSE EXECUTIVE COMMITTEE MEETING MINUTES


TREASURER’S REPORT

Teresa sent out the financial report for October 2017, showing current account balances for review and comment. Motion to approve was made, seconded, and passed unanimously. Members may view a copy of the report upon request to our President, Allison Long.

OLD BUSINESS

1. Review Minutes from October 3, 2017: Minutes were reviewed and changes regarding Enrique Medina’s gift card purchases were completed. Motion to Approve – Enrique Medina. Second to the motion – David Ferguson. All were in favor.

2. PDS discussion: Chris Malicki has confirmed all the scheduled speakers.

A discussion was held about providing thumb drives for all PDS attendees. Allison Long will order approximately 150 thumb drives.

NEW BUSINESS

1. Leadership Conference October 12-14

Enrique Medina attended the conference in Illinois and said it was a very informative event and recommends more of the chapter officers attend in upcoming years. Some takeaways:

- We could hand out information sheets at every chapter breakfast meeting
- Use pre-printed name tags

- Ask chapter meeting attendees about volunteering for officer positions.
- Use social media to promote interest and networking among members

2. SD ASSE Holiday Luncheon — Officers discussed logistics for the upcoming Holiday Luncheon.

- We need contact information for the San Diego Youth Services charity
- Consider best use of money for table centerpieces
- Find out what different colors of tablecloths are available at Admiral Baker Golf Club

- Teresa Bonilla made a motion to provide $250 of ASSE Chapter funds for Holiday Lunch expenses. Motion to Approve – Enrique Medina. Second to the motion – Scott Simerson. All were in favor.
- Allison Long will get Service Awards for designated members.

COMMITTEE REPORTS

1. North County Section: No changes from last meeting. Technical tour of LEGOLAND, but just with Cindy. Jeff no longer works there.

2. Programs: Chris Maliki—Not in attendance.


5. Government Affairs: Scott Simerson—Not in attendance

See Executive Committee, page 12)
6. Newsletter: Gary Couture reported that the November Newsletter is already out.

7. Website: Brian Vernetti—Not in attendance.

8. Jobline: David Ferguson—Nine openings. Only keep jobs for 3 months and refresh the list regularly.

The meeting was then adjourned by Allison at 8:17 AM.

Next EC Meeting: December 5, 2017—Call-in meeting

Next Event: December 12, 2017 11:30—1:00 Holiday Luncheon at Admiral Baker Clubhouse

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Calendar of Special Events:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1-31</td>
<td>Tie One On For Safety (thru 1/1/18)</td>
<td>1-31</td>
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<td>1-31</td>
<td>Safe Toys &amp; Gifts Month</td>
<td>1-31</td>
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<tr>
<td>1-31</td>
<td>Holiday Season Drunk Driving Campaign</td>
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<td>World AIDS Day</td>
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<td>3-9</td>
<td>National Influenza Vaccination Week</td>
<td>3-9</td>
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<tr>
<td>12</td>
<td>SD ASSE Holiday Luncheon</td>
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December 2017

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The San Diego Chapter of the American Society of Safety Engineers (ASSE) is proud to announce the

2018 Professional Development Symposium

March 13, 2018
7:30 AM to 4:00 PM (registration opens at 6:45 AM)

Location: Handlery Hotel Mission Valley – 950 Hotel Circle North, San Diego

This day-long event will include presentations by eight fantastic speakers from diverse backgrounds. There will also be a vendor EXPO by many local and internationally known safety and risk control-related organizations.

Cost:
$125 per person (must register by January 31, 2018)
$150 per person after January 31, 2018
$1,000 per table of 10

Registration includes: Parking, continental breakfast, lunch, snacks & beverages throughout the day. Each registrant will also receive a USB flash drive with all of the speaker presentations.

Speakers include:

<table>
<thead>
<tr>
<th>Speaker Name</th>
<th>Title/Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. John Howard</td>
<td>MD, MPH, JD, LLM, MBA Director, National Institute for Occupational Safety and Health (NIOSH)</td>
</tr>
<tr>
<td>Barbara Materna</td>
<td>Ph.D, CIH Chief, Occupational Health Branch California Department of Public Health</td>
</tr>
<tr>
<td>James Boretti, CSP</td>
<td>ASSE Region 1 Regional Vice President State of the Region Address</td>
</tr>
<tr>
<td>Peter Kuchinsky, CHST</td>
<td>Risk Manager Joint Powers Insurance Authority</td>
</tr>
<tr>
<td>Alan Nevin</td>
<td>Director of Economic and Market Research Xpera Group</td>
</tr>
<tr>
<td>Dick Monod de Froideville</td>
<td>Safety Professional Cal OSHA Enforcement (retired) and Instructor: California State University @ Dominguez Hills</td>
</tr>
<tr>
<td>Claire Wilson, Doctor of Physical Therapy Ergonomist</td>
<td>Herman Miller, Inc.</td>
</tr>
<tr>
<td>Steve Workman</td>
<td>Departmental Safety Coordinator San Diego County Sheriff</td>
</tr>
</tbody>
</table>

*see the following pages for speaker topics and bio’s.

Sponsorship and Vendor EXPO opportunities (see the following pages for details)
Dr. John Howard, MD, MPH, JD, LLM, MBA
Director, National Institute for Occupational Safety and Health (NIOSH)
Keynote Speaker

Topic: The Future of Work from the NIOSH Perspective

John Howard is the Director of the National Institute for Occupational Safety and Health and the Administrator of the World Trade Center Health Program in the U.S. Department of Health and Human Services.

Dr. Howard was first appointed NIOSH Director in 2002 during the George W. Bush Administration and served in that position until 2008.

In 2009, Dr. Howard worked as a consultant with the US-Afghanistan Health Initiative. In September of 2009, Dr. Howard was again appointed NIOSH Director and was reappointed in 2015.

Prior to his appointments as NIOSH Director and WTC Health Program Administrator, Dr. Howard served as Chief of the Division of Occupational Safety and Health in the State of California’s Labor and Workforce Development Agency from 1991 through 2002.

Dr. Howard earned a Doctor of Medicine from Loyola University of Chicago; a Master of Public Health from the Harvard University School of Public Health; a Doctor of Law from the University of California at Los Angeles; and a Master of Law in Administrative Law and Economic Regulation, and a Master of Business Administration in Healthcare Management, both degrees from The George Washington University in Washington, D.C.

Barbara Materna, Ph.D, CIH
Chief, Occupational Health Branch
California Department of Public Health

Topic: OHB Role in Workplace Safety

Barbara Materna, Ph.D., CIH is the Chief of the Occupational Health Branch, in the California Department of Public Health, a position she has held for the last 15 years. Dr. Materna is a Certified Industrial Hygienist whose career in occupational health has primarily been in state and local government public health programs. Some of the worker health topics she has studied include perchloroethylene in dry cleaning, exposures to wildland firefighters, occupational lead poisoning, lung disease in flavor manufacturing workers, and aerosol transmissible diseases. She has a Ph.D. in Environmental Health Sciences from the University of California at Berkeley.
James Boretti, CSP
ASSE Region 1 RVP
State of the Region Address

Topic: State of ASSE Region #1

James Boretti, CSP, has over 30 years of experience, and an extensive background in the field of Safety & Health. James is President of Boretti, Inc., a professional SH&E firm providing a broad range of technical and business safety solutions. He has successfully consulted with a wide range of clients and industries, including healthcare, manufacturing, television, construction and agricultural environments. His efforts have resulted in measurable improved operational efficiency and productivity, lowered insurance rates, reduced claims frequency, and OSHA compliance.

James is Regional Vice President of Region I for the American Society of Safety Engineers and a frequent Society speaker. He is a Certified Safety Professional (CSP), a Professional Member of the ASSE, and member of the ASSE Code of Conduct Committee. He teaches safety courses for the University of California, Irvine, in ergonomics and sustainability / social compliance. James is well versed in ISO and other non-governmental organization (NGO) voluntary and marketplace certifications for safety, environmental, and sustainable operations.

Peter Kuchinsky, CHST
Risk Manager
Joint Powers Insurance Authority

Topic: Regulatory Update: What’s New on the Compliance Front?

Peter is the Risk Manager for Joint Powers Insurance Authority (JPIA), who’s philosophy is rooted in its mission to provide innovative risk management solutions to its members, which is demonstrated through the Authority’s many different programs and services. These solutions comprise the Authority’s strategic approach to risk management, called LossCAP, that enables members to access expertise in insurance, claims, training, litigation, contracts, governmental entity exposures, and loss control.
Alan Nevin
Director of Economic and Market Research
Xpera Group

Topic: The Great Divide: The True Story of the Workforce in America Tomorrow

With more than 25 years in practice, Mr. Nevin is considered the “Dean of Real Estate Feasibility Research” in Southern California. His extensive background in demographics, real estate economic research, valuations, and forensic expert witness services places him among the educational and analytical leaders in his field. He was previously the Chief Economist for the California Building Industry Association. He is presently Team Director of the Market Research and Forensic Services Division of Xpera Group.

Dick Monod de Froideville
Safety Professional
Cal OSHA Enforcement (retired) and Instructor: California State University @ Dominguez Hills

Topic: Pitfalls to Avoid: Safety Management from a Former Compliance Officer’s Perspective

Dick’s primary goal is to develop organizational safety and health culture through a systems approach in the delivery of goods and services. This is accomplished by identifying, evaluating, and controlling commercial/industrial processes and human activity risk factors relative to the regulatory environment. His specialties include OSHA compliance, hazard assessment, motivation, training and mentoring.
Claire Wilson, Doctor of Physical Therapy  
Ergonomist  
Herman Miller, Inc.

**Topic:** Ergonomics From the Doctor and the Workman

Claire Wilson earned her Doctorate of Physical Therapy from the University of St. Augustine in San Marcos, CA. Prior to joining Herman Miller, she worked on the rehabilitation side of ergonomics in an outpatient orthopedic clinic. She has treated thousands of patients with preventable work-related injuries, most frequently from the office setting. This experience sparked her interest in human factors, and she now seeks to cure ergonomic injury at the source through education and human-centered environmental design.

As a physical therapist and past yoga instructor, Claire offers insight for her clients to create spaces that increase health and happiness. She is passionate about applying her knowledge of the body and mind to bring humanity back to the work place.

Steve Workman, CEAS, holds a B.S. from National University and A.S. from Vincennes University.

Steve has been a professional member of the San Diego ASSE chapter for 19 years. In 2010 he served as Chairman of the Southwest Safety Conference and has since participated in organizing the local ASSE chapter's 2015, 16, 17 and 2018 Professional Development Conferences. He was 1st introduced to ergonomics during a 26 year career at NASSCO (Jobs included; Electrician, Human Resources, Safety Rep.). In June of 2005 Steve was hired as Human Resources / Safety Officer at COBHAM Electronics. In February of 2011 he earned designation of Certified Ergonomics Assessment Specialist (CEAS) from Back School of Atlanta. Finally, in February of 2014 he was hired as San Diego County Sheriff Office Departmental Safety Coordinator.

**Topic:** Ergonomics From the Doctor and the Workman
Sponsorship and Vendor Opportunities

Sponsorship

Your organization can participate as a valued sponsor at his event by sponsoring the beverage station, breakfast, lunch, or parking. Cost is $200 per sponsorship.

Included in sponsorships are verbal recognition at the event, your company logo or sign located at the sponsored item, and your logo as an event sponsor displayed on the San Diego ASSE website for a period of one year.

Vendors

Your organization can participate as an EXPO vendor for $400.

As a vendor, your organization will have the opportunity to display your company’s products or services and also interact and network with all of the event attendees. A number of planned breaks and “vendor” time will be provided during the event.

Included as a vendor participant you will receive:

- Parking validation (2)
- 3’ x 6’ table and two chairs in the vendor area.
- Breakfast and lunch (2).
- A reserved vendor table in the ballroom that will allow you to attend each speaker presentation.
- 30-60 seconds of stage time to introduce yourself and your organization to the group.
- Your company logo as a vendor participant displayed on the San Diego ASSE website for a period of one year.

To register as a Sponsor or Vendor, go to:

Click Here
Register Now

All registration will close on February 26, 2018.

For more information about this event please contact:

Chris Malicki, SD ASSE Past President

cmalicki@cavignac.com

619-718-1953
Workplace injuries decline, but ASSE wants further improvements in job safety

11/10/2017

PARK RIDGE, Illinois — The American Society of Safety Engineers (ASSE) is encouraged after seeing newly released data that shows a continued decrease in occupational injuries and illnesses, but the world’s oldest professional safety organization knows even more can be done to protect workers. The U.S. Bureau of Labor Statistics reported Nov. 9 that workplace injuries and illnesses at private industry employers were down by 48,500 cases in 2016 compared to the previous year. The injury rate per 100 full-time equivalent workers dropped from 3.0 to 2.9, marking the fourth straight year the rate has decreased.

“It’s great news to see the numbers on a downward path, and that’s our objective as a leading safety society,” said ASSE President Jim Smith, M.S., CSP. “At the same time, we know that more employers in every industry need to shift from a compliance-based approach to a risk-based strategy when addressing safety concerns. When that consistently occurs across the board, we’ll see the workplace injury statistics decline at a faster rate.”

ASSE, which has more than 37,000 members worldwide, has been involved in three recent efforts to produce safer work environments by helping to strengthen the role of the occupational safety and health professional.

In early November, ASSE brought together dozens of industry leaders and safety experts for a research workshop, knowing that additional scientific studies and a broad sharing of existing data are needed by safety and health practitioners to better protect workers. Attendees discussed the needs of safety and health researchers, identified gaps in current research, and explored how new studies could help generate solutions in various business settings.

“In September, ASSE joined more than 40 organizations around the globe in the landmark signing of the Singapore Accord. Spearheaded by the International Network of Safety and Health Practitioner Organizations, the Accord presents a global capability framework for the occupational safety and health professional that will raise competencies and increase the effectiveness of the role. The framework defines the roles, skills, knowledge and qualifications recommended for university-educated safety professionals and vocationally trained practitioners. It is viewed as a cornerstone of stimulating preventive actions and improving workplace safety.

“Having competent professionals practicing and promoting injury prevention is a key element in managing risk,” Smith said. “The global capability framework raises the bar and redefines the value of the safety professional.”

In May, ASSE crafted an “OSHA Reform Blueprint” that detailed its vision for the Occupational Safety and Health Administration. The proposal called for reforms to emphasize the management of risk, focus the agency’s efforts on the leading causes of fatalities, and fill legislative and regulatory gaps that limit OSHA’s ability to better protect workers. With more than 100 years of experience in safety leadership, ASSE seeks a collaborative approach to shift OSHA’s mission from solely managing compliance to more effectively reducing workplace risks. Requiring every employer to adopt a safety and health management program would help achieve that goal.

“ASSE is constantly looking for ways to advance the occupational safety and health profession while improving injury prevention around the world,” Smith said. “These latest initiatives have enabled us to take big strides toward those important goals.”

“Putting more evidence-based data into the hands of safety professionals will enable them to better design and execute safety and health management programs, which keep people alive and healthy on the job,” Smith said.
OSHA Issues Final Rule Setting Compliance Date for Crane Operator Certification Requirements

November 9, 2017

WASHINGTON, DC – The Occupational Safety and Health Administration (OSHA) today issued a final rule setting November 10, 2018, as the date for employers in the construction industries to comply with a requirement for crane operator certification. The final rule becomes effective November 9, 2017.

OSHA issued a final cranes and derricks rule in August 2010. After stakeholders expressed concerns regarding the rule’s certification requirements, OSHA published a separate final rule in September 2014, extending by three years the crane operator certification and competency requirements. This one-year extension provides additional time for OSHA to complete a rule-making to address stakeholder concerns related to the Cranes and Derricks in Construction standard.

OSHA’s Advisory Committee on Construction Safety and Health (ACCSH) recommended delaying enforcement of the certification requirement and extending the employer assessment responsibilities for the same period.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA’s role is to ensure these conditions for America’s working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov.

U.S. Department of Labor Signs Alliance with Robotic Industries Association and NIOSH to Improve Worker Protections in Emerging Tech Industry

November 2, 2017

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) recently established a two-year alliance with the Robotic Industries Association (RIA) and the National Institute for Occupational Safety and Health (NIOSH) to improve awareness of occupational hazards from traditional industrial robots and emerging robot technologies.

The alliance will promote best practices for controlling exposures to mechanical, electrical, and other hazards involving human interaction with robotic systems, including potential areas for additional NIOSH research. The alliance will help develop educational resources – such as fact sheets and a website – on using robotics system safety practices and safety and health programs.

"More than 1.5 million industrial robots are operating in factories worldwide, and another 1 million are expected to be installed by 2019," said Deputy Assistant Secretary of Labor for Occupational Safety and Health Loren Sweatt. "As robotic applications continue to expand, recognizing the safety and health needs of workers who operate and service these systems is vital."

Founded in 1974, RIA is the only trade group serving the U.S. robotics industry, currently the fourth largest market for industrial robots worldwide. Member companies include robot manufacturers, users, system integrators, component suppliers, research groups, and consulting firms.

Through its Alliance Program, OSHA works with unions, consultates, trade and professional organizations, faith- and community-based organizations, businesses, and educational institutions to prevent workplace fatalities, injuries, and illnesses. The purpose of each alliance is to help develop compliance assistance tools and resources, and to educate workers and employers about their rights and responsibilities.
**CDC: Construction tops list of industries with highest percentage of tobacco users**

Washington – Although tobacco use continues to decrease among working adults overall, a significant number of workers in the construction, mining, and transportation and warehousing industries still use some form of tobacco product, according to a report from the Centers for Disease Control and Prevention.

An estimated 32.7 million working adults reported using tobacco between 2014 and 2016, CDC researchers found after reviewing data from the National Health Interview Survey. That number is down from 39.5 million between 2012 and 2014, according to a study published in the Journal of Occupational and Environmental Medicine.

Among the nearly 9.3 million workers in construction, an estimated 34.3 percent used some form of tobacco product, followed by workers in the mining (30.4 percent), and transportation and warehousing (30.2 percent) industries.

The accommodation and food services industry had the highest prevalence of cigarette smokers (24 percent) and e-cigarette users (5.8 percent), while the mining industry led on use of smokeless tobacco (14.3 percent).

Among the recommendations listed in the report are “proven strategies” to combat use, including anti-tobacco messaging, tobacco-free laws that include public places and worksites, employer coverage for cessation treatment, increased prices for products, and customized interventions to prevent starting and encourage quitting.

“Previous research has indicated that workers at worksites that adopted or maintained smoke-free policies were twice as likely to quit smoking than those whose worksites did not implement such policies,” the report states. “To maximize the health of workers, employers can also consider integrating comprehensive and effective tobacco cessation programs into workplace health promotion programs.”

**Not a trick: Too much black licorice may cause heart problems, FDA warns**

Silver Spring, MD – Whether enjoyed as a sweet indulgence or regular snack, black licorice should be consumed in moderation, according to the Food and Drug Administration.

Glycyrrhizin, a sweetening compound found in the candy, can trigger falling potassium levels in the body, FDA experts say. Possible adverse effects include abnormal heart rhythms, high blood pressure, swelling, lethargy and congestive heart failure.

Although the agency is cautioning people of all ages to not eat too much black licorice in one sitting, it stresses that people ages 40 and older who eat at least 2 ounces of black licorice a day for two weeks are at risk of hospitalization with an irregular heartbeat.

Black licorice also may interact with various medications, herbs and dietary supplements. Contact your health care provider with questions. People who experience an irregular heart rhythm or muscle weakness after consuming too much black licorice should seek medical attention.

FDA also posted a short video to its YouTube page.

**Temp workers file lost-time claims twice as often: study**

Olympia, WA – Temporary workers file lost-workday claims about twice as often as permanent workers, according to a recent study from the Washington State Department of Labor & Industries.

Researchers from that department’s Safety and Health Assessment and Research for Prevention program, looking at workers’ compensation claims data in Washington state from 2011 to 2015, found that temp workers filed 2.98 lost-workday claims per 100 full-time equivalent employees, compared with 1.48 for permanent employees — when adjusted for the differences in temp and permanent worker distribution across industries.

Agricultural services had the highest disparity among industries, with 12.39 lost-workday claims per 100 FTE for temp workers compared with 2.36 for permanent ones.

Researchers completed follow-up interviews with 254 temp worker claimants and 368 permanent worker claimants. Among temp claimants, nearly 40 percent said they did not receive safety training from their temp agency, and 48 percent said they were trained only at the beginning of employment. For permanent claimants, those percentages were approximately 25 and 20, respectively.

Temp claimants also reported less screening for applicable work experience and less control over work schedules.

“This study adds to the evidence that policies are needed to improve screening and training of temporary workers, discourage job-switching, improve workers’ hazard awareness and protect workers’ right to refuse unsafe conditions,” researchers said in an overview of their findings. “The responsibilities of agencies and host employers for ensuring the safety of their temporary workers need clarification.”

The study was published Sept. 4 in the American Journal of Industrial Medicine.
Lack of sleep can cause mental lapses similar to alcohol intoxication, researchers say

Los Angeles – Sleep deprivation may disturb brain cells and trigger temporary mental lapses that affect memory and visual perception, according to a recent study from researchers at the University of California, Los Angeles.

The researchers analyzed 12 patients with epilepsy who were preparing to undergo surgery. By implanting electrodes in patients’ brains, the researchers could find the source of their seizures. Participants remained awake all night prior to surgery because a lack of sleep can prompt epileptic episodes. The patients were asked to categorize a variety of images as quickly as possible while electrodes measured their brain cell activity during their responses.

Researchers found that subjects’ brain cells fired less quickly as the patients grew more tired, putting particular emphasis on the slowed function of the temporal lobe, which controls memory and visual perception.

“We discovered that starving the body of sleep also robs neurons of the ability to function properly,” Dr. Itzhak Fried, the study’s senior author and a professor of neurosurgery at the David Geffen School of Medicine at UCLA and Tel Aviv University, said in a Nov. 6 press release. “This leads to cognitive lapses in how we perceive and react to the world around us.”

The researchers noted that sleep deprivation can affect the brain in ways similar to intoxication from alcohol. “We were fascinated to observe how sleep deprivation dampened brain cell activity,” lead author Yuval Nir, of Tel Aviv University, said in the release. “Unlike the usual rapid reaction, the neurons responded slowly and fired more weakly, and their transmissions dragged on longer than usual.”

The National Sleep Foundation suggests adults get seven to nine hours of sleep a night.

The study was published online Nov. 6 in the journal Nature Medicine.

Being overweight or obese raises your risk for 13 types of cancer, study shows

Atlanta – Obese or overweight people have an increased risk for 13 types of cancer, according to a recent study by the Centers of Disease Control and Prevention and the National Cancer Institute.

The 13 types of cancer most associated with obesity – meningioma; multiple myeloma; adenocarcinoma of the esophagus; and cancers of the thyroid, postmenopausal breast, gallbladder, stomach, liver, pancreas, kidney, ovaries, uterus and colorectal – accounted for 40 percent of all cancers diagnosed in the United States in 2014, according to the report. Obesity can cause inflammation and increased levels of certain hormones, which may lead to cancer.

Although the rate of new cancer diagnoses has been decreasing since the 1990s, the research shows that the increase in obesity-related cancer diagnoses is slowing the overall decline. While the rate of non-obesity-related cancers dropped between 2005 and 2014, the rate for obesity-related cancers, not including colorectal cancer, rose 7 percent.

Of the 630,000 people diagnosed with overweight- and obesity-related cancers in 2014, two-thirds were between the ages of 50 and 74.

“A majority of American adults weigh more than recommended – and being overweight or obese puts people at higher risk for a number of cancers – so these findings are a cause for concern,” CDC Director Brenda Fitzgerald said. “By getting to and keeping a healthy weight, we all can play a role in cancer prevention.”

Much of what can be done to limit exposure to the risk of obesity-related cancer is being done through anti-obesity programs.

“As an oncologist, when people ask me if there’s a cure for cancer, I say, ‘Yes, good health is the best prescription for preventing chronic diseases, including cancer,’” Lisa C. Richardson, director of CDC’s Division of Cancer Prevention and Control, said in a press release. “What that means to health care providers like me is helping people to have the information they need to make healthy choices where they live, work, learn and play.”

The report was published in the October edition of Vital Signs.
FAA Urges Ban on Large Electronic Devices in Checked Airline Luggage

By Gary Couture, MS-OSH, COSS

The Federal Aviation Administration (FAA) is urging airline agencies world-wide to ban large electronic devices like laptops from checked baggage because of the potential for catastrophic fires caused by the lithium-ion batteries used to power those devices.

In a paper filed with the International Civil Aviation Organization, a United Nations agency, the FAA outlined the results of tests showing that an overheating lithium-ion battery in close proximity to a can of hair spray can cause an explosion sufficient to disable the aircraft’s cargo hold fire-suppression system. The resulting fire could result in “the loss of the aircraft” according to the paper.

The FAA has conducted multiple test with fully charged laptops packed in suitcases with potentially dangerous but permitted consumer goods such as hand sanitizer, nail polish remover and rubbing alcohol. A heater was used to cause the lithium-ion battery to overheat to a condition known as a “thermal runaway.” The test with an 8 oz. aerosol can of dry shampoo quickly resulted in a fire and within 40 seconds, the can exploded. Each of the other substances listed above resulted in fires, but no explosion.

As a result of their tests, the FAA has recommended that airline passengers not be permitted to pack large electronic devices in checked luggage without specific approval from the airline. Other organizations including the European Safety Agency (FAA’s counterpart in Europe), Airbus, the International Federation of Airline Pilots’ Association, and the International Coordinating Council of Aerospace Industries Association, all agree with the recommendation.

Lithium-ion batteries are used in a long list of consumer products ranging from cell phones to electric cars because they can be made smaller and hold more energy per charge than other types of batteries, but they are known to be prone to overheating to the point of self-igniting from some manufacturing defects, overcharging, being damaged, or packed too close together. Fires in these batteries can burn at up to 1,100 degrees Fahrenheit. Notice that in the Product Recall section of this newsletter, seven manufacturers are recalling hoverboards powered by lithium-ion batteries due to explosion and fire hazards.

Since 2006, three cargo jets have been destroyed and four pilots killed by in-flight fires that investigators say were either started by batteries or made more severe by their proximity.
PRODUCT SAFETY RECALLS:


Mebane, NC – Fire safety product manufacturer Kidde has issued an expansive safety recall of 37.8 million plastic handle or plastic push-button fire extinguishers that could clog or malfunction when used.

The possible affected devices may require excessive force to discharge or even fail to activate, according to a Consumer Product Safety Commission press release. The nozzle also may detach with sufficient force.


Affected users can call Kidde toll-free at (855) 271-0773 from 8:30 a.m. to 5 p.m. Eastern Monday through Friday and from 9 a.m. to 3 p.m. Eastern on Saturday and Sunday. Users also can visit www.kidde.com and click “Product Safety Recall” for additional information.
U.S. DOT National Highway Traffic Safety Administration Vehicle Recalls

NHTSA Recall ID Number: 17V619
Manufacturer: Toyota Motor Engineering & Manufacturing
Subject: Generator Within Hybrid Transaxle may Short

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NHTSA Recall ID Number: 17V639
Manufacturer: Tesla Motors, Inc.
Subject: Second Row Seat Backs may Move in a Crash

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NHTSA Recall ID Number: 17V640
Manufacturer: Chrysler (FCA US LLC)
Subject: Active Headrests may not Deploy in a Crash

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<td>JEEP</td>
<td>LIBERTY</td>
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NHTSA Recall ID Number: 17V657
Manufacturer: Toyota Motor Engineering & Manufacturing
Subject: Shift Lever Assembly may Allow Rollaway

<table>
<thead>
<tr>
<th>Make</th>
<th>Model</th>
<th>Model Years</th>
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<tbody>
<tr>
<td>TOYOTA</td>
<td>SIENNA</td>
<td>2005-2007, 2009-2010</td>
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NHTSA Recall ID Number: 17V652
Manufacturer: Ford Motor Company
Subject: Doors may Open while Driving

<table>
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<tr>
<th>Make</th>
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<tbody>
<tr>
<td>FORD</td>
<td>F-150</td>
<td>2015-2017</td>
</tr>
<tr>
<td>FORD</td>
<td>F-250 SD</td>
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<tr>
<td>FORD</td>
<td>F-350 SD</td>
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</tr>
<tr>
<td>FORD</td>
<td>F-450 SD</td>
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<td>FORD</td>
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NHTSA Recall ID Number: 17V621
Manufacturer: General Motors LLC
Subject: Improper Air Bag Inflation

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<tr>
<td>CHEVROLET</td>
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<td>CHEVROLET</td>
<td>VOLT</td>
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<td>GMC</td>
<td>CANYON</td>
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NHTSA Recall ID Number: 17V625
Manufacturer: Subaru of America, Inc.
Subject: Subwoofer Wire may Overheat and Cause Fire

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<tr>
<td>SUBARU</td>
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NHTSA Recall ID Number: 17V658
Manufacturer: Toyota Motor Engineering & Manufacturing
Subject: Improperly Bolted Hybrid Capacitor may cause Stall

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<tbody>
<tr>
<td>TOYOTA</td>
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U.S. DOT National Highway Traffic Safety Administration Vehicle Recalls

NHTSA Recall ID Number : 17V675
Manufacturer : Volkswagen Group of America, Inc.
Subject : Aluminum Trim for Speakers can Come Loose

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<tr>
<td>AUDI</td>
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NHTSA Recall ID Number : 17V676
Manufacturer : BMW of North America, LLC
Subject : Blower Motor Wiring may Overheat

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NHTSA Recall ID Number : 17V651
Manufacturer : Daimler Vans USA, LLC
Subject : Front Axle Wheel Bearing Not Seated Correctly

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NHTSA Recall ID Number : 17V653
Manufacturer : Mercedes-Benz USA, LLC.
Subject : Incorrectly Adjusted Low Beam Headlight/FMVSS 108

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NHTSA Recall ID Number : 17V654
Manufacturer : Mercedes-Benz USA, LLC.
Subject : Rear Axle Mounting Flange may Fracture

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**NHTSA Recall ID Number : 17V655**  
**Manufacturer :** Mercedes-Benz USA, LLC.  
**Subject :** Excess Insulation Impairing Air Bag Deployment

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**NHTSA Recall ID Number : 17V682**  
**Manufacturer :** Indian Motorcycle Company  
**Subject :** Incorrect Headlight Installed/FMVSS 108

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<th>Make</th>
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<td>INDIAN CHIEF VINTAGE</td>
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<tr>
<td>INDIAN CHIEFTAIN ELITE</td>
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<td>INDIAN CHIEFTAIN LIMITED</td>
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<tr>
<td>INDIAN SPRINGFIELD</td>
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<tr>
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**NHTSA Recall ID Number : 17V671**  
**Manufacturer :** Ford Motor Company  
**Subject :** Transmission Shift Linkage may Disconnect

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<tr>
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<tbody>
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<td>FORD</td>
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**NHTSA Recall ID Number : 17V678**  
**Manufacturer :** Jaguar Land Rover North America, LLC  
**Subject :** Instrument Cluster Will Go Blank

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<tr>
<td>JAGUAR</td>
<td>XE</td>
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**NHTSA Recall ID Number : 17V679**  
**Manufacturer :** Jaguar Land Rover North America, LLC  
**Subject :** Instrument Cluster Will Go Blank

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<thead>
<tr>
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<tr>
<td>LAND ROVER</td>
<td>RANGE ROVER SPORT</td>
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**NHTSA Recall ID Number : 17V681**  
**Manufacturer :** Honda (American Honda Motor Co.)  
**Subject :** Water may Enter Fuel Tank

<table>
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<th>Make</th>
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**NHTSA Recall ID Number : 17V725**  
**Manufacturer :** Honda (American Honda Motor Co.)  
**Subject :** Second Row Seats may Tip Forward when Braking

<table>
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<tr>
<th>Make</th>
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<th>Model Years</th>
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</thead>
<tbody>
<tr>
<td>HONDA</td>
<td>ODYSSEY</td>
<td>2011-2017</td>
</tr>
</tbody>
</table>
HELPFUL LINKS AND OTHER INFORMATION

American Industrial Hygiene Association: http://www.aiha.org/
American Red Cross: http://www.redcross.org/
American Society of Safety Engineers Main Website: http://www.asse.org/
ASSE Body of Knowledge: http://www.safetybok.org/
ASSE Risk Assessment Institute http://www.oshrisk.org/
ASSE Center for Safety and Health Sustainability http://www.centershs.org/
California Division of Occupational Safety and Health (DOSH), (Cal/OSHA): http://www.dir.ca.gov/dosh/
Center for Disease Control and Prevention (CDC): http://www.cdc.gov/
Environmental Protection Agency (EPA): http://www.epa.gov/
FEMA “Be Ready” Website: http://www.ready.gov/
Mine Safety and Health Administration (MSHA): http://www.msha.gov/
National Institute of Health Sciences (NIH): http://www.niehs.nih.gov/
National Institute of Occupational Safety and Health (NIOSH): http://www.cdc.gov/niosh/
Occupational Safety and Health Administration (OSHA) Main Website: https://www.osha.gov/
San Diego ASSE Website: http://sandiegoasse.org/
US Chemical Safety Board (CSB): http://www.csb.gov/