Dear Chapter members, colleagues and friends,
First of all, I would like to thank all of our members who volunteer their time, energy and knowledge for the benefit of the chapter and the safety profession. This includes not only my fellow Executive Committee officers and committee chairs who give many, many hours of their valuable time month after month and year after year, but also those of you who raise your hands and offer to help on occasional tasks, such as the PDC, donating goods and painting or installing smoke alarms for organizations we support, participating in the ASP/CSP study group, staffing our booth at local events, and many other behind-the-scene activities. This is truly a collaborative effort, where the major, if not the only benefit, is the satisfaction of doing something good for someone else. That is altruism, and it’s a powerful force that is hard-wired into our genes. The good news is that we have lots of opportunities for repeat altruists, and also for those of you who may want to see how that feels.

So, how do you know what’s coming up? It helps to have some advance notice, right? One way is to come to the monthly meetings. Starting in August, you will hear our committee chairs give brief reports of what they do, what’s coming up, and how you can help. We want you to get to know a little more about the nuts and bolts of the chapter, and the people who grease the wheels. Think about it like any internship, job or hobby that you decide to pick up. It starts with apprenticeship, then you take on discrete duties to build comfort and confidence, and when you’re ready you have the chance to lead. All the while, you’ll be part of a welcoming and supportive team of people who will mentor you and won’t let you fail.

Can’t make all the meetings? I guess I’ll talk to Claire about adding a Help Wanted page to the website. In the meantime, here’s a heads up on what’s in the works for this year and next. For starters, we have the baseball bash at the end of September, the Holiday lunch in December, the PDC in March, and we are hosting all 19 ASSP Region I Chapters stretching from here to Alaska, and across the Pacific to Hawaii next April at (See President on Page 2)
Government Affairs Committee:

by Scott Simerson

Legislators call for advisory committee on opioids in the workforce
June 6, 2018

Washington — Lawmakers have proposed bipartisan legislation that would create a committee to advise Secretary of Labor R. Alexander Acosta on ways the Department of Labor could help combat opioid misuse and addiction in the workforce.

Reps. Jason Lewis (R-MN) and Matt Cartwright (D-PA) on May 21 introduced a bill (HR 5892) that would establish a 19-member advisory group appointed by the secretary of labor. Members would include employers, employees, workplace safety experts, human resources professionals, medical doctors, licensed therapists, academic researchers, state and local officials, and other experts, a fact sheet on the bill states.

The Advisory Committee on Opioids in the Workplace would:

- Discuss opioid abuse and its impact on employer substance abuse policies, employer-provided benefits, workplace safety, productivity and absenteeism, alternative pain management treatments, employee privacy, community-based initiatives, and workplace policies to reduce the stigma of opioid abuse.

- Issue a report covering successful programs and best practices for employers to engage with employees affected by opioid misuse.

The proposed legislation comes amid uneasiness from a coalition of 42 organizations, which in April sent a letter to Acosta voicing its concern about “recent reports that the Department of Labor is stalling, disbanding and allowing the lapse of several critical federal advisory committees” within OSHA.

In a May 22 press release, Cartwright called the creation of the committee “an important step to reducing the destructive reach of misused opioids.”

“It’s no secret that opioid abuse is an epidemic nationwide, and it bleeds into all aspects of life, including the workplace,” Lewis said in the release. “Therefore, in order to effectively combat this crisis, we must include a workplace focus.”

According to the Centers for Disease Control and Prevention, more than 42,000 Americans died from opioid-related overdoses in 2016, with 40 percent of those deaths involving prescription painkillers. In 2015, results of a national survey conducted by the Substance Abuse and Mental Health Services Administration showed that 75 percent of adults ages 18 to 64 with substance misuse disorders are in the workforce.

House appropriations subcommittee proposes cuts to OSHA, MSHA budgets
June 19, 2018

Washington – OSHA and the Mine Safety and Health Administration would receive modest budget cuts in fiscal year 2019 as part of a draft funding bill proposed June 14 by the House Appropriations Committee’s Labor, Health and Human Services, Education, and Related Agencies Subcommittee.

The draft appropriations bill allocates $545.3 million for OSHA, a decrease of about $7.5 million from FY 2018 and $3.8M from the Trump administration’s proposed funding.

The bill proposes $367.6 million for MSHA, about $6.2 million less than in FY 2018 and more than $8.3 million less than the administration’s budget request.

The subcommittee rejected the Trump administration’s proposed cut to NIOSH’s budget and instead places that agency in line for level funding. The administration had allotted $255 mil (See Government Affairs, page 3)
In its latest proposal, the administration sought to allocate $9 million for the agency to wind down operations. In response, CSB released a Safety Spotlight publication to highlight the “significant” safety improvements made in recent years by states that have incorporated the agency’s recommendations. This legislation comes weeks after CSB announced in May that Chair Vanessa A. Sutherland would be resigning in the next month. Agency board member Kristen Kulinowski is serving as interim leader. It is unclear when the administration will nominate a permanent replacement.

CSB names Kristen Kulinowski interim head
June 18, 2018

Washington — Kristen Kulinowski will serve as the “interim executive authority” of the Chemical Safety Board after Vanessa A. Sutherland’s resignation as chair, the agency has announced.

Kulinowski, who has served on the board since August 2015, has expertise in chemical and materials sciences, occupational health and safety issues, risk policy, nanotechnology, and research administration, according to a June 12 CSB press release.

“I am honored to serve in this new capacity,” Kulinowski said in the release. “I look forward to working with my fellow board members in continuing our shared commitment to the board’s important mission. I am committed to ensuring that the CSB’s current investigations are completed in a timely and efficient manner and that the lessons learned are available to industry, workers and members of the public.”

Before joining CSB, Kulinowski was a research staff member at the Institute for Defense Analyses Science and Technology Policy Institute and a senior faculty fellow in chemistry at Rice University for 13 years.

Sutherland stepped down in June for undisclosed reasons and with more than two years remaining on her five-year team. She took over as CSB chair in August 2015 after Rafael Moure-Eraso’s resignation amid congressional allegations of mismanagement.

Effective July 6: Changes to OSHA’s beryllium standard for general industry
July 3, 2018

Washington — OSHA’s “clarifying amendments” to its beryllium standard for general industry will go into effect July 6, the agency has announced. (See Government Affairs, page 4)
(Government Affairs, continued from Page 3)

The changes address the application of the standard “to materials containing trace amounts of beryllium,” OSHA states in a July 2 press release. The agency issued a direct final rule May 7 and said it has received no significant adverse comments.

The direct final rule updates the definitions of the beryllium work area, emergency, skin contact and contamination. The agency states that the direct final rule also intends to clarify provisions for disposal and recycling and in instances of exposure to materials containing “at least 0.1 percent beryllium by weight.”

Thomas Galassi, director of OSHA’s Directorate of Enforcement Programs, said in a memo sent June 21 that the agency is enforcing the general industry standard’s provisions for exposure assessment, respiratory protection, medical surveillance and medical removal. All other provisions in the general industry standard will not be enforced until Aug. 9, while all other provisions in the construction and shipyard standards are not under enforcement until “further notice.”

The agency also is enforcing the permissible exposure limits for all three of its beryllium standards, including construction and shipyards. That PEL is 0.2 micrograms of beryllium per cubic meter of air – averaged over 8 hours – and a short-term exposure limit of 2 micrograms per cubic meter of air.

Beryllium is a strong, lightweight metal used in electronics and the defense industry, among others. Overexposure can cause serious health risks, including incurable chronic beryllium disease and lung cancer.

OSHA estimates that 62,000 workers are exposed to beryllium every year. The agency has projected that the updated regulations will save 90 lives from beryllium-related disease and prevent 46 new cases of chronic beryllium disease each year.

Senate proposes boost to OSHA budget, calls for ‘timely’ online posting of worker fatalities

July 3, 2018

Washington — A slight increase to OSHA’s budget and the continuation of the Susan Harwood Training Grant Program are proposed in a Senate appropriations bill for fiscal year 2019, while a report on the bill calls for the agency to resume “timely and public” reporting of worker fatalities on the OSHA website.

On June 28, the Senate Appropriations Committee approved funding for the departments of Labor, Health and Human Services, Education, and Related Agencies – the last of its 12 appropriations bills for FY 2019 that have been sent to the full legislative body.

The Senate passed a “minibus” on June 25 that combined three of those 12 bills. The faster pace than in previous years could mean a better chance that agencies might have their budgets in place before FY 2019 begins Oct. 1.

If this latest bill is passed in its current form, the Senate would allocate $556.8 million in discretionary funding to OSHA – $4 million more than in FY 2018 and about $7.8 million more than the administration’s proposed budget. The House, meanwhile, has allocated $545.3 million to the agency.

Another difference – for the second straight fiscal year – is that the Senate bill proposes about $10.5 million for the Susan Harwood Training Grant Program. The House bill allocates no funds to that program, in line with the administration’s request to eliminate it. The program avoided the chopping block in the FY 2018 omnibus.

The Senate bill also proposes at least $3.5 million for OSHA’s Voluntary Protection Programs.

In an accompanying report that summarizes the “priorities and considerations of the committee in developing this bill,” the committee instructs OSHA to resume “timely” online posting of on-the-job deaths — whether or not the agency issues a citation.

“Making this information and data publicly available furthers OSHA’s mission by ensuring businesses, workers and the public know about and have access to timely and complete information on workplace safety, including enforcement actions, injuries, illnesses and deaths,” the report states.

In related budget news, the Mine Safety and Health Administration would receive $373.8 million for FY 2019, matching its FY 2018 funding. The administration proposed $375.9 million, and the House is allocating $367.6 million in its bill. The House Appropriations Committee has yet to approve those safety agency budgets after postponing a scheduled markup on June 26.

The Senate appropriations bill has NIOSH in line for $335.3 million, $100,000 more than in FY 2018. The House bill allocates $335.2 million. The administration proposed to give the agency only $200 million and move it to the National Institutes of Health from the Centers for Disease Control and Prevention. The Senate and House bills would keep NIOSH under CDC.

Overall, the Senate appropriations bill gives $12.1 billion to the Department of Labor – $92 million less than in FY 2018, and virtually identical to the amount in the House bill.
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 receive personal coaching for your ASP/CSP preparation, contact our Chapter President-elect Enrique Medina, CIH, CSP to start the ball rolling.

By becoming part of our ASP/CSP Study Group Community you will get support, advice, tips, prep course reviews, and post-test debriefing from your peers to assist you in studying for the ASP/CSP professional certification exams. This free service is open to all Chapter members, and members of allied organizations, and you can join at any time.

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

Job-Line

By David Ferguson, CSP

Looking for a new job? Visit our job-line at https://sandiego.assp.org/current-openings/ to see current opportunities such as: Cal/OSHA Safety and Health Inspectors; Risk Consultant; Safety Specialist (Los Angeles); Environmental Health and Safety Manager (Phoenix); Certified Industrial Hygienist (CIH); Safety Professional; Safety Manager. Check out these and other great jobs today!

Membership Chair:

by Brooks Carder

Welcome to our new members!

John Burton Professional Member
Joseph Maull Member
Derrick Torrence Member
Kenneth Moreno Member

New Members North County Section:

Rick Silverman Member

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. 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.assp.org. Please also provide your contact information, including name, email address and phone number.
The NFPA 70E Risk Factor: Addressing 2018 Edition Requirements
Speaker: Paul Zoubek, CIH, CSP, CESCP, SMS

At this meeting: NFPA 70E (Electrical Safety in the Workplace) continues to address the concept of risk assessment and mitigation. The 2018 edition introduces human error in the likelihood of an incident as part of the assessment. To address human error, qualified persons must be familiar with human performance concepts as they pertain to risk. In addition other factors that affect the likelihood variable in risk assessment must be addressed. This presentation will cover the overall risk assessment process as required by NFPA 70E focusing on the likelihood variable as it pertains to the most recent requirements.

Our Speaker: Paul A Zoubek, CIH, CSP, CESCP, SMS is president with Zoubek Consulting, LLC in San Diego and is a nationally recognized consultant in the area of electrical safety. He provides expert advice in the areas of management and engineering control of electrical hazards for companies nationwide. He advises companies in the areas of engineering electrical hazard control, written electrical safety program development, and training. He has presented numerous training courses and written several articles on electrical safety/arc flash focusing on NFPA 70E.

Admiral Baker Clubhouse
3604 Admiral Baker Road, San Diego, CA 92120
Registration and Breakfast begins at 7:15 a.m.
Welcome and Speaker begins at 7:30 a.m.

$15 Members* with RSVP by 8/4/2018 by 5:00 P.M.
$20 No RSVP by 8/4/2018 and for Non-Members/Guests

*Members include: ASSP, 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 the BLUE BUTTON 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.
SAN DIEGO ASSE EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met on Tuesday, June 5. Enrique Medina, Steve Workman, Claire Wilson, Teresa Bonilla, Scott Simerson, Chris Malicki, Isaac Szmulowicz, Richard Cortopassi, Amy Leung, and Fernand Kuhr attended.

TREASURER’S REPORT

OLD BUSINESS
1. Review Minutes from May, 2017: The Executive Committee accepted the May 1 Executive Committee Meeting Minutes by vote. Approved unanimously.

2. June Breakfast Meeting: Enrique discussed plans for holding the breakfast meeting which will include Chapter Elections.
   - Registration table volunteers are needed due to Allison Long and Teresa Bonilla’s planned absences. Amy Leung and Claire Wilson volunteered.
   - We need 20 SD Chapter members to vote in the elections. The Secretary will record the votes.
   - Amy Leung stated that the June SD Chapter meeting usually marks the start of the “Summer Rescue” initiative with donations to the San Diego Youth Services organization in the form of sunscreen, hats, etc. Someone from the chapter will contact Mara, SDYS program director.

3. Executive Committee Meeting – July 3, 2018
   - There will be enough of the EC Officers present to hold the meeting as planned.
   - New officer installation and committee chair replacements. Outgoing officers will orient and train incoming officers. Incoming officers need to visit the ASSP Community Leader Resources page (formerly Officer Central) to learn about their new roles.

4. Professional Development Conference (PDC) discussion
   - Steve Workman discussed results of PDC committee meeting.

   - A template for next year’s agenda includes two concurrent “tracks” and positions for 11 presentations and general speakers.

   - The next PDC subcommittee meeting is Tuesday July 12 at Louisiana Bud’s Café

NEW BUSINESS
1. Discussion was held to open the job-line for internship opportunities. This would require soliciting contributors to identify internships.

2. New Ex. Com. calls and meetings starting in July
   - Enrique discussed ways to increase meeting efficiencies and consideration of Executive Committee officers’ time by placing Committee Reports at the front of the agenda after advance reports from committee chairs

(See Executive Committee on next page)
(Executive Committee, continued from page 12)

COMMITTEE REPORTS

1. **NC Section** – NC Section – The NC Section had a very nice Technical Tour at 5/17. The confirmation vote of the NC Section Officer Slate was held and Section Operating Committee officers Vaughn Osterhout and Isaac Szmuilowicz.

2. **Programs** – Chris Malicki reported that speakers for are scheduled through September 2018. Chris will email the EC with any changes or additions to the speakers list.

3. **Membership** – Steve Workman stated the new ASSP website has made generating the roster of new members difficult.

4. **Public Affairs** – Isaac Szmuilowicz reported continued success with the Chapter’s association with the American Red Cross. There are volunteering opportunities available for Chapter members.

5. **Government Affairs** – Scott Simerson stated he has received correspondence from a GA liaison Region 1 ROC Stan Geist and will have more articles to submit for the Newsletter Governmental Affairs section.

6. **Newsletter** – Nothing to report.

7. **Website** – Nothing to report.

8. **Jobline** – David Ferguson reported there are 11 openings on our jobline.

**Next EC Meeting:** July 3, 2018 – Call-in meeting

**Next Event:** July 10, 2018, SD ASSP Chapter Breakfast Meeting : EC Officer Installation, SDYS Donations.

---

**Calendar of Special Events:**

<table>
<thead>
<tr>
<th>July, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date</strong></td>
</tr>
<tr>
<td>1-31</td>
</tr>
<tr>
<td>1-31</td>
</tr>
<tr>
<td>1-31</td>
</tr>
<tr>
<td>28</td>
</tr>
</tbody>
</table>

---

**July 2018**

<table>
<thead>
<tr>
<th>Su</th>
<th>Mo</th>
<th>Tu</th>
<th>We</th>
<th>Th</th>
<th>Fr</th>
<th>Sa</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Join SD ASSP and celebrate another year of fantastic major league baseball.

Overlooking Third Base, the Skyline Patio features gorgeous views of downtown San Diego and combines a semi-private place for us to socialize and enjoy the game. Enjoy all-you-can-eat food and beverages and kick back and relax for a game against the AZ Diamondbacks.

Date: Saturday, September 29, 2017
Game time: 5:40 PM (come early!)
Cost (each): ASSP Member: $60
ASSP Family Member: $60
Non-Member: $65
Late registration (after Aug. 17): $70

- Member rate extended to other professional organizations such as AIHA, PARMA, SAME, etc.
- All registrations after August 17 are $70.
- Registration closes September 14.
- No refunds will be provided for any reason

Registraion is now open!
Space is limited so regiseter NOW to make sure you are IN!

Click HERE to register! Or go to the San Diego ASSP website/Events page.

For more information contact: Allison Long  
ASSE.Allie@gmail.com  
760-703-8499
ASSP Introduces Jennifer McNelly as New Executive Direc-

Jul 16, 2018

PARK RIDGE, Illinois (July 16, 2018) — The American Society of Safety Professionals (ASSP) will welcome Jennifer McNelly as its new executive director on Aug. 16. She was introduced to staff today at ASSP headquarters and will become the Society’s eighth executive director since ASSP was founded in 1911. McNelly brings 30 years of association, government, regulatory and business experience to a role charged with advancing the organization’s mission to create safe work environments by preventing injuries, illnesses and fatalities.

McNelly will work with the Board of Directors to execute ASSP’s strategic plan for growth while building on the Society’s 107-year legacy and addressing the evolving needs of the professional occupational safety and health community. She will lead 75 staff members and more than 37,000 safety and health professionals worldwide.

“Jennifer is a strong fit for ASSP and will help continue our growth and champion our new brand,” said ASSP President Rixio Medina, CSP, ASP, CPP. “Her breadth of experience and proven success will be a key asset to our global members as she highlight the value of our profession, strengthen the Society’s position as a leading voice and foster a collaborative culture of member engagement, performance, accountability, innovation and service.”

McNelly most recently was president of Indianapolis-based 180 Skills LLC, an online career and technical education company aimed at closing the manufacturing skills gap and transforming organizational and individual performance. Prior to that, McNelly served as president of The Manufacturing Institute, the nonprofit affiliate of the National Association of Manufacturers (NAM) and the national authority on attracting and developing world-class manufacturing talent. Over nine years with NAM, she was a national champion in changing the perception of manufacturing careers and re-establishing the United States as the global leader in technical education. She launched the national STEP Ahead™ initiative to increase the engagement of women in manufacturing and co-founded National Manufacturing Day™ to engage the next generation workforce.

McNelly served at the U.S. Department of Labor as director of the Business Relations Group and administrator of its Office of Regional Innovation and Transformation. She has testified before Congress on manufacturing and workforce training and is past chair of the World Economic Forum Global Agenda Council on the Future of Manufacturing. A University of Maryland College Park graduate, McNelly earned the Secretary of Labor’s Exceptional Achievement Award and was named among the 100 Women Leaders in STEM. She also interviewed numerous accomplished women in manufacturing who inspire the next generation of industry leaders by serving as host at Women and Manufacturing Radio.

“ASSP is one of the most respected professional associations in the world, and I am honored and excited to guide the organization in executing its mission as a global occupational safety and health leader,” McNelly said. “Sound safety practices are socially responsible and good business, leading to increased productivity, a better reputation and higher employee satisfaction. I look forward to working with ASSP’s volunteer membership, exceptional staff and dedicated Board of Directors to make a real difference for the profession and our members around the globe.”
OSHA Trade News Release
U.S. Department of Labor
OSHA, Office of Communications

OSHA releases fact sheet on whistleblower protections in nuclear industry

June 26, 2018
WASHINGTON, DC – OSHA is informing certain nuclear industry employees of their whistleblower protections, in a recently issued fact sheet.
The fact sheet includes information about the time limit for filing whistleblower complaints, which is “within 180 days after the alleged retaliatory action (that is, when the employee is notified of the action).” It also lists the groups of workers protected by the Energy Reorganization Act, or the Atomic Energy Act, as well as provides examples of retaliation for whistleblowing and protected activities.
The fact sheet outlines how to file a complaint, what will happen if “the evidence supports an employee’s complaint of retaliation” and where to find more information.

OSHA extends comment period for proposed rule on crane operator certification

June 19, 2018
Washington — OSHA is giving stakeholders until July 5 to comment on its proposed rule for crane operator certification requirements, the agency announced June 15.
The original comment period deadline was June 20.
OSHA published its long-awaited changes to the certification rules in the May 21 Federal Register. The agency’s attempts at certification requirements began in 2010 with its Cranes and Derricks in Construction Standard, which mandated that crane operators become certified for both the type of crane used and the lifting 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.” Stakeholders also expressed concerns about the rule’s language – that “certification” did not mean an operator had the necessary skills.
In November, the agency issued a final rule delaying the crane operator requirements for one year. Those requirements initially were slated to go into effect in November 2014, but were delayed for an additional three years.
With this newly proposed rule, OSHA is seeking to drop the capacity requirement that never went into effect. The agency states that the new regulation would “expand the type of certification programs for crane operators.”
OSHA said it is addressing stakeholders’ other concern by reinstating an employer’s duty to ensure a crane operator is qualified to control the equipment safely.
“Some have become concerned in particular at the implications of the employer evaluation portion of the proposed rule, a new section developed by OSHA to address industry concerns that certification, though valuable, is insufficient by itself to ensure an operator is qualified,” the National Commission for the Certification of Crane Operators states in a June 15 press release.
WASHINGTON — Employers in the marijuana industry should provide safeguards to protect workers from repetitive stress injuries, NIOSH states in a recently released Health Hazard Evaluation Program report.

Researchers visited a 5-acre farm in August and October 2015 after receiving a request from the United Food and Commercial Workers International Union to evaluate potential health and safety hazards associated with harvesting and processing cannabis. They interviewed the farm’s owner and three employees, observed work practices, and took hand-force measurements using an electrogoniometer glove. Finally, they collected area and personal air samples.

The researchers found that exposure to highly repetitive work—particularly during hand-trimming activities—increases workers’ risk for musculoskeletal disorders. Although none of the four workers reported musculoskeletal issues, they expressed concerns about long-term injuries from hand-trimming tasks.

The study includes measures marijuana industry employers can take to help protect workers:

- Change hook line hanging heights to correspond with typical stem length and employee working technique.
- Provide frequent breaks for employees when they are trimming cannabis by hand.
- Develop a plan to rotate employees among jobs that use different muscle groups.
- Instruct workers to clean, lubricate, maintain and sharpen their tools.

The study was published March 2 in the Centers for Disease Control and Prevention’s Morbidity and Mortality Weekly Report.

SAN DIEGO CHAPTER
Hot so fast: Leaving kids in cars can be deadly in summer temps

San Diego — Parents and caregivers need to “look before you lock” a parked vehicle, as temperatures on sunny summer days can climb well above 100°F in one hour — about the time it can take for a child to suffer heat-related injuries or death, according to the results of a recent study.

Researchers at Arizona State University and the University of California, San Diego observed the interior temperatures of six vehicles — two each of identical light-colored economy cars, minivans and mid-size sedans — for three days during which the temperature reached 105°F. Simulating a shopping trip, the group parked the cars in the sun or shade for about 60 minutes before moving each vehicle into the sun and using the air conditioner to regulate temperature. Researchers repeated the cycle three to five times daily.

Findings showed that cabin temperature for vehicles parked in the sun for an hour averaged 116°F, and temperatures were even warmer on the seats (123°F), steering wheel (127°F) and dashboard (157°F).

For vehicles parked in shade, temperatures averaged about 100°F in the cabin, 105°F on the seats, 107°F on the steering wheel and 118°F on the dashboard.

“We’ve all gone back to our cars on hot days and have been barely able to touch the steering wheel,” Nancy Selover, study co-author and ASU climatologist, said in a May 24 press release. “But, imagine what that would be like to a child trapped in a car seat. And once you introduce a person into these hot cars, they are exhaling humidity into the air. When there is more humidity in the air, a person can’t cool down by sweating because sweat won’t evaporate as quickly.”

According to noheatstroke.org, pediatric vehicular heatstroke claimed the lives of 751 children since 1998, including 42 in 2017.

In related news, a recent analysis from the National Safety Council found that only 21 states and Guam have enacted laws making it illegal to leave children unattended in vehicles. Nine laws lack protections for people who attempt to save an unattended child, and only eight consider felony charges for offenders.

Olathe, KS-based nonprofit organization Kids and Cars offers guidance to help parents and guardians avoid unintentionally locking children in cars in its Look Before You Lock campaign. Tips include:

- Open the back door of your vehicle each time you park to ensure no one is left behind.
- Place items such as cellphones, employee badges or handbags in the backseat as a reminder.
- Keep keys and remote openers out of reach to ensure a child cannot enter an unattended vehicle.
- Keep vehicles locked at all times once all members of your party are gathered.

The study was published online May 23 in the journal Temperature.

Fewer high school, middle school students using tobacco: study

Washington — Tobacco use is down among both high school and middle school students, according to a joint study by the Centers for Disease Control and Prevention and the Food and Drug Administration.

Researchers examined National Youth Tobacco Survey data from 2011 to 2017. They looked at the use of seven tobacco products in the previous 30 days by respondents in sixth to eighth grades and ninth to 12th grades.

Since 2014, e-cigarettes have been the most common tobacco product used by high school and middle school students.

The researchers found that tobacco use among high school students decreased to about 19.6 percent in 2017 from 24.2 percent in 2011 — which they point out is still nearly 1 in 5 students (2.95 million).

Among middle school students, use decreased to 5.6 percent from 7.5 percent. Additionally, nearly half of high schoolers and just more than 40 percent of middle schoolers in 2017 reported consuming two or more products in the previous 30 days.

“Among youths, symptoms of nicotine dependence are increased in multiple tobacco product-users compared with those in single product-users,” the study states.

The researchers point to tobacco product advertising and imagery, as well as flavored tobacco products, as continued influences on tobacco product use among youth. They call for “sustained and targeted interventions to address these factors.”

The study was published June 8 in CDC’s Morbidity and Mortality Weekly Report.
Exercise amenities at or near work can help boost workers’ physical activity, study shows

Toronto — Access to fitness-related amenities onsite or near work increases workers’ physical activity levels, according to a recent study from the Institute for Work and Health.

Using data from more than 60,000 adult workers’ responses to the 2007-2008 Canadian Community Health Survey, which they cross-referenced with additional employment information, researchers analyzed respondents’ access to amenities such as walking and biking trails, fitness facilities, open spaces or playing fields, wellness programs, showers and changing rooms, and recreational sports teams.

The researchers examined combinations of activity-related amenities available at or near work and the likelihood of physical activity based on that access. They found that workers who had a moderate to high probability of access to at least one workplace facility or program were more active than those who didn’t have access.

Two combinations of amenities showed the strongest connection with increased activity: access to all amenities at or near work; and access to a pleasant place to walk, showers and changing rooms, and wellness programs.

A quarter of respondents had access to all amenities possible, while another quarter had little or no access to any. More than half of adults get less than the 150 minutes per week of moderate physical activity recommended by the World Health Organization, which can lead to shorter life span, chronic diseases and mental health issues such as depression, the researchers said.

“Access to supportive workplace environments can help workers be physically active,” the study states. “Future research should assess a range of personal, social and environmental factors that may be driving this relationship.”

The study was published online April 3 in the journal Preventive Medicine Reports.

Night owls at increased risk of dying younger, researchers say

Evanston, IL — People who prefer to stay up late have a greater chance of dying at a younger age than those who are natural “early to bed and early to rise” types, according to a recent study conducted by researchers at Northwestern University and the University of Surrey.

The researchers examined survey results of more than 433,000 people between the ages of 38 and 73 who participated in the UK Biobank cohort study. Participants were asked if they were a “definite morning type,” “moderate morning type,” “moderate evening type” or “definite evening type.” They also provided information on their health.

Researchers followed up with the participants six-and-a-half years later. They found that going to bed late was “significantly associated with increased risk of all-cause mortality.” Night owls also had a greater chance of developing psychological disorders, diabetes, neurological issues, gastrointestinal or abdominal problems, and respiratory disorders.

Co-author Kristen Knutson, associate professor of neurology at Northwestern, said in an April 13 press release that people can help themselves by sticking to a regular bedtime and completing tasks earlier.

Another suggestion is to get exposure to light early in the morning but not at night.

Knutson also said that allowing workers who consider themselves night owls to change their shifts, when possible, could help.

“Jobs and work hours could have more flexibility for owls,” Knutson said. “They shouldn’t be forced to get up for an 8 a.m. shift. Make work shifts match peoples’ chronotypes. Some people may be better suited to night shifts.”

Researcher Malcolm von Schantz, professor of chronobiology at the University of Surrey, also suggests a reconsideration of daylight saving time, given the reports of increased incidence of heart attacks when clocks spring forward.

“We have to remember that even a small additional risk is multiplied by more than 1.3 billion people who experience this shift every year,” von Schantz said. “I think we need to seriously consider whether the suggested benefits outweigh these risks.”

Knutson said more research is needed to test an intervention with night owls to get them to shift their body clocks to adapt to an earlier schedule. “Then we’ll see if we get improvements in blood pressure and overall health,” she said.

The study was published online April 11 in Chronobiology International.
PRODUCT SAFETY RECALLS:


HELPFUL LINKS AND OTHER INFORMATION

American Industrial Hygiene Association: http://www.aiha.org/
American Red Cross: http://www.redcross.org/
American Society of Safety Professionals NEW Main Website: https://www.assp.org/
ASSP Center for Safety and Health Sustainability http://www.centershs.org/ NEW
ASSP Learning Library: http://www.safetybok.org/ NEW
ASSP Risk Assessment Institute https://www.assp.org/advocacy/risk-assessment-institute NEW
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 ASSP Website: https://sandiego.assp.org/ NEW
US Chemical Safety Board (CSB): http://www.csb.gov/