

# The Safety Net

## San Diego



### Are You Ready for the Safety Megatrends?

*The President’s Catch and Release — February, 2019*



Enrique Medina

Dear Chapter members, colleagues and friends,  
First thing, a big thank you to our January 2019 meeting speakers, Julie Godfrey of Cuyamaca College, and Stephanie Spann

of UCSD OTI, and our MC Chris Malicki for starting us off with an engaging presentation on professional development opportunities, preceded by a little bit of fun and games with the safety version of Family Feud. Also, thanks to the volunteers who played the game.

Continuing with the theme of Lifelong Learning, this is a good time to ask ourselves what are we doing to prepare for the future, our future? If your career arc in safety extends more than

three years from now, you can be sure that you will experience a faster and faster pace of applications of new technologies, approaches, and concepts that will test your safety knowledge

and push you out of your comfort zone. Don’t think that if you work in construction or public agencies that you are protected. Ever seen the autonomous programmable tractor and grain cart in Iowa that can also till, spray and plant? How long before you see that application in a

tandem scraper on a construction site? Or how about the new ergonomic sensor that can measure the inertial load and stress on a worker’s body? Soon, a version may show up in public agency offices, the industry with the most carpal tunnel cases in California.

So, what are some of these upcoming changes? Let’s name a few with more obvious safety implications: self-driving cars, exoskeletons, artificial intelligence combined with machine learning, sensor technology, drones, smart PPE materials, new diagnostics for drugs – legal or illicit, 5G systems controlling the internet of things (i.e., critical devices like your home security system or your pet feeder), 3-D printing, Total Worker Health, enhanced security, biometrics, personal data privacy, 2-factor encryption, Big



Data, risk assessment algorithms, Design for Safety, plus the unavoidable legal, risk management, and insurance implications of all these new changes.

The question is what do you know now about that future? Are you conversant in these new technologies? Can you respond when your boss asks you about their impact in your workplace? What are you doing to develop these new competencies? It’s not too soon to start getting ready.

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CLICK ON THE TOPIC TO JUMP TO THAT PAGE!



If you are working on any of these new technologies or have info that we could share with our members we would like to hear from you. Send me an email at [president@sandiego.assp.org](mailto:president@sandiego.assp.org), or just to let me know you read this column.

Thanks,  
*Enrique Medina*  
San Diego ASSP Chapter President



Wondering what makes something a “megatrend?” Take a look at this [article](http://omegahrsolutions.com/2014/05/future-friday-what-is-the-difference-between-a-fad-a-trend-and-a-megatrend.html) for an explanation! <http://omegahrsolutions.com/2014/05/future-friday-what-is-the-difference-between-a-fad-a-trend-and-a-megatrend.html>

## EXECUTIVE COMMITTEE CHAIR UPDATES

### **Government Affairs Committee:**

*by Scott Simerson*

#### **U.S. Department of Labor Proposes to Revise Beryllium Standard for General Industry**

December 10, 2018

**WASHINGTON, DC** – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) today issued a proposed rule to revise the beryllium standard for general industry. The proposed changes are designed to clarify the standard, and to simplify or improve compliance with the standard. The proposed rule would amend selected paragraphs of the standard, including “Definitions,” “Methods of Compliance,” “Personal Protective Clothing and Equipment,” “Hygiene Areas and Practices,” “Housekeeping,” “Medical Surveillance,” “Hazard Communication,” and “Recordkeeping.” It would also remove the existing Appendix A, which lists suggested controls, and replace it with a new Appendix A, Operations for Establishing Beryllium Work Areas. Comments on the proposed rule must be submitted by Feb. 9, 2019.

### **Public Affairs Committee:**

*by Isaac Szmulowicz*

#### **Red Cross Sound the Alarm**

I hope everyone will join me in the next Sound the Alarm events on March 11th in Lakeside, April 6th in El Cajon, and May 4th in Chula Vista. Please see the brochure and save the dates in your calendar. The more volunteers available to help in installations or instruction or documentation, the safer we can make the communities being served. It is never too late to make a New Year resolution to help others.

For more details, see [page 10](#) of this newsletter for upcoming dates, or visit <https://www.redcross.org/local/california/san-diego/about-us/news-and-events/news/sound-the-alarm-and-save-a-life-in-your-community.html> for more information about the program.

### **San Diego Youth Services**

The annual San Diego ASSP Holiday Luncheon included a gift card drive to benefit San Diego Youth Services, a locally operated yet nationally recognized non-profit. Marketing and Development representative Shannon Perron spoke at the luncheon about the efforts of the organization and how the drive assists in those efforts. After the event, she had this to say:

“Hello Enrique,

Happy New Year’s to you, as well. We do account for these amounts, and your gift card drive totaled \$700! ASSP’s efforts allowed us to help more families this holiday season. Thank you so much for making a difference, and for ASSP’s continual support!

Many thanks,  
Shannon”



Thank you to all who attended and supported the gift card drive—you can learn more about SDYS’ ongoing mission to assist at-risk youth in the County of San Diego at <https://sdyouthservices.org/>.

### **Future City Competition**

Teresa Bonilla and Lee Donahue volunteered as event judges at the Regional level of the National Future City Competition. The event was hosted by Grossmont College and was covered by local CBS channel News 8: <http://www.cbs8.com/story/39809059/future-city-competition-powering-our-future>.



*(see Public Affairs, page 3)*



## EXECUTIVE COMMITTEE CHAIR UPDATES

*(Public Affairs, continued from Page 2)*

Future City is a STEAM-based competition for junior high students in which they research technologies and sustainable methods that could be used in the development of metropolitan areas. Students must design, simulate, and physically model their cities, write an essay detailing their plans, and present the models in a public setting to a wide variety of professionals who judge on an assortment of criteria. This year’s theme was centered on resilient power sources in the face of a natural disaster.

Finalists for the Southern California competition came from Tehachapi and Los Angeles in California. The regional



winner traveled from Hawai’i with their city “Ka Hopena Kokua” and will go on to represent the region at the national level in Washington, D.C.

Every year volunteers are asked to participate as judges in a variety of capacities, from reviewing presentations to models to special categories to essays. If you’re interested in offering your skills as a judge, please contact Lee Donahue at [newsletter@sandiego.assp.org](mailto:newsletter@sandiego.assp.org) for more information and to get enrolled for future competitions.

Learn more at [https://futurecity.org/!](https://futurecity.org/)

### **Professional Development Conference:**

*by Steve Workman*

The annual San Diego ASSP Chapter Professional Development Conference (PDC) is scheduled for March 12, 2019. [Register now!](#)

The 2019 PDC is shaping up as a valuable experience that will stay with you long after the day is over. If you have attended this event in the past, you can expect a completely new experience.

#### **NEW Location**

In the recent past, the Handlery Hotel in Mission Valley and Cuyamaca College were locations of this annual event. We have decided the 2019 PDC will take place at the **Jacobs Center**. Sometime between now and March 12<sup>th</sup> be sure to drive by 404 Euclid Avenue, San Diego so

you won’t be finding your way for the first time. The main entrance is located at the intersection of Market St and Market Creek Place Driveway. Once you go under the overpass and see the Jacobs Center, turn right and the event center is around back, with plenty of parking.



Catering will be by **Kitchens for Good**. All of their proceeds help individuals in need get jobs in the culinary industry and provide nutritious meals to hungry San Diegans.

See the [save the date flier](#) in this newsletter for details.

### **Newsletter Committee:**

*by Lee Donahue*

A short follow-up to last month’s statement regarding the shutdown of the federal government:

Although the government is back in action, many of the reporting agencies are simply picking up where they left off, meaning there are significant gaps in the record. For example, the Consumer Product Safety Commission (CPSC) which tracks a majority of the recalls that we publish here posted a recall on December 20th...and then had nothing new until January 30th. Similarly, the U.S. Department of Transportation (DOT), which typically e-mails recall summaries every few days, only sent out one notice in the past six weeks. These are just two instances—the effects are far more widespread than these. As a result, much of our normal content is still missing for this issue of the newsletter. Hopefully February will be a complete month of operations for the federal agencies upon which we rely, and our March issue will be as comprehensive as you’ve come to expect from your San Diego ASSP chapter.

In the meantime, thank you for your continuing support and appreciation!



## Study Group

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 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. Contact Enrique at (619) 297-1469 or [President@sandiego.assp.org](mailto:President@sandiego.assp.org).

**CONGRATULATIONS** to **Monica Netherly**, MPH, ASP, CSP of the United States Navy and **Karen Bozier**, PhD, ASP of ThyssenKrupp Bilstein of America, Inc. for achieving the next level of their safety certifications!

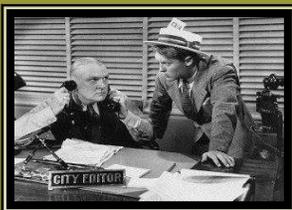
## Job Line

by David Ferguson, CSP, CEA, REPA

Looking for a new job? Local employers are looking for you! Visit our job-line at <https://sandiego.assp.org/current-openings/> to see current opportunities such as:

- Janssen Pharmaceuticals—Sr. Environmental Health and Safety and Sustainability Engineer
- Solar Turbines—Environmental Health and Safety Intern
- **Northrop Grumman**
  - ◇ Fire Protection Engineer
  - ◇ Environmental Engineer
  - ◇ Manager of Occupational Health and Safety
- Chief Safety Officer (San Diego)
- Liberty Mutual
  - ◇ [Risk Control Development Program](#)
  - ◇ [Risk Control Internship](#)
- [CAL/OSHA Associate Safety Engineer](#)
- Biomerieux—[Compliance and Environmental Health and Safety Manager](#)
- EH and S Site Manager (Northern California)
- 3M—[Advanced EHS Engineer](#) (Corona)
- Cal/OSHA Safety and Health Inspectors

The [blue](#) links should take you directly to the posting, when available. Otherwise, see the [San Diego ASSP Job Listing](#) for full details and instructions on how to apply. Check out these and other great jobs today!



**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 ASSP members? Send it to me via e-mail no later than the 15<sup>th</sup> 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 point 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 e-mailed to [Newsletter@sandiego.assp.org](mailto:Newsletter@sandiego.assp.org). Please also provide your contact information, including name, e-mail address and phone number.



## MONTHLY CHAPTER MEETING, FEBRUARY 12

### **A Power Mission in Puerto Rico: Bringing Aid and Electricity after Hurricane Maria** **Speaker: Monica Netherly, MPH, CSP, ASP**

**At this meeting:** The 2017 Atlantic hurricane season is considered one of the deadliest, most destructive, and costliest seasons on record. Puerto Rico and the US Virgin Islands was devastated by Hurricane Maria in September 2017. Various government agencies and non-profit organizations came together to help re-build the island's mangled infrastructure. This presentation will focus on the presenter's real life experiences working as private contractor under an incident command system, and it will highlight various health and safety challenges encountered during the temporary power mission.

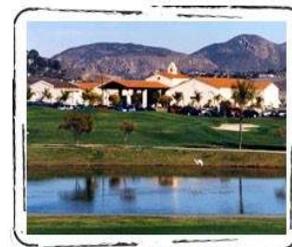
**Our Speaker:** Ms. Netherly earned a Master of Public Health degree in Environmental Health with a concentration in air quality, and a Bachelor of Science degree in Biology from San Diego State University.

Ms. Netherly is a civilian industrial hygienist with the Navy Bureau of Medicine, Directorate of Public Health at Naval Medical Center, San Diego. As a Navy industrial hygienist, she works closely with various military industrial activities including Fleet Readiness Center Southwest, Naval Special Warfare Command and Command Naval Air Pacific. Her responsibilities include conducting comprehensive industrial hygiene and indoor air quality surveys and assessing multiple workplace stressors. Ms. Netherly is a board-certified safety professional in comprehensive practice, and she is currently preparing to sit for the certified industrial hygienist exam in Fall 2019.



### **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.



**\$18 Members\* with RSVP by 2/8/2019 by 5:00 P.M.**

**\$23 No RSVP by 2/8/2019 and for Non-Members/Guests**

**\$10 Students**

**\*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 ASSP 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 0.9 miles from Santo Road.

**CLICK HERE TO GO  
TO THE REGISTRATION PAGE**

**Next month:** ASSP Professional Development Conference Tuesday, March 12th

Monthly Breakfast Meetings resume Tuesday, April 9th



## 2018 - 2019 Officers

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### **SUCCESSION PLANNING CHAIR**

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## SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met over the phone on Wednesday, January 2. Brooks Carder, Cait Casey, Lee Donahue, David Ferguson, Fernand Kuhr, Chris Malicki, Enrique Medina, Scott Simerson, Isaac Szmuiłowicz, Claire Wilson, and Steve Workman attended.

### OLD BUSINESS

#### **1. Review Minutes from December, 2018:**

The Executive Committee accepted the December 4, 2018 Executive Committee Meeting Minutes by vote. Steve Workman motioned to accept the minutes. Scott Simerson seconded it. All the attendees approved the motion.

#### **2. Treasurer's Report:**

The December Treasurer's Report was not provided; the November report is included with the agenda. Members may view a copy of the Treasurer's reports upon request to our President, Enrique Medina.

#### **3. Quick Updates:**

- PDC update: Steve Workman updated the EC. Next Step: get speaker bios and presentation summaries. Lee Donahue would like to get some of the speaker information out in the Newsletter. Steve will work on setting up a site visit to the Jacobs Center.
- ASSP Holiday Luncheon review. Better attendance would have been nice but it was good to have some of the long time members speak about the positives of belonging to SD ASSP.

### NEW BUSINESS

1. Brooks Carder talked about the Member Survey he has created. The

responses indicate the chapter is doing well.

2. At the January Chapter Breakfast Meeting Chris Malicki will host a safety "Family Feud"-like icebreaker to open the breakfast.
3. Committee chairs have been making presentations to the membership for the purpose of educating the group on the subcommittee efforts and generate interest and involvement. Lee Donahue has tentatively volunteered to present in February.
4. Chapter By-Law Changes: Enrique Medina said the changes will be presented to a quorum of the membership for vote.

### COMMITTEE REPORTS

1. Government Affairs — Nothing to report.
2. Delegate — Nothing to report.
3. Job Line — Nothing to report.
4. Membership — Nothing to report.
5. Newsletter — Committee of the month.
6. North County Section — Nothing to report.
7. Programs — Nothing to report.
8. Public Affairs — Nothing to report.
9. Social Media — Breakfast Meeting announcement to come from the new e-mail system.
10. Succession Planning — Nothing to report.

**Next EC Meeting:** February 5, 2019 – Call-in meeting

**Next Event:** February 12, 2019, SD ASSP Breakfast Meeting

# AMERICAN SOCIETY OF SAFETY PROFESSIONALS



“Providing Leadership & Direction to the Safety Professional since 1911”

## Everyone Has a Story *Dellas Salway's Safety Journey*

Dellas said he was pretty new and green when several foremen turned down the safety position after brief attempts, the last two said no, and the previous one lasted a half day. Dellas said yes. He set out to find what it would take to achieve a dedicated safety department. Searching newspaper job requirements for safety professionals, he found that they paid more for CIH or CSP. “Well, how do you do that?” was answered by enrolling in Columbia Southern University. Dellas saw ASSE and the Board of Certified Safety Professionals mentioned and looked for seminars to take. He joined the Southern California Utility Safety Alliance (SCUSA), attended Sempra Energy’s Contractor quarterly meetings and in 2010 became a member and began working with Fernand Kuhr, the liaison for SDG&E. Shortly thereafter he began to serve in volunteer officer positions within SCUSA as secretary, treasurer, vice chair, and was eventually voted to president of SCUSA in 2018.

After Cathi Marx’s August 2017 presentation on mass shooting situational awareness training, Dellas declared “I’m 100% in for safety.” Hearing that Dellas was working on his BA, Cathi walked him over to Gary Couture, then engaged with Columbia Southern University Master’s program. Dellas recalls sitting at the table with seasoned safety professionals absolutely engaged in safety. It’s been a long journey coming from working around environ-



ments thinking problems were solved by having a baseball bat next to his tattoo station, Dellas realized, as he made a 180° lifestyle change.

Dellas said “it is pretty cool having my job with an owner 100% committed to safety; however, there is a lot on my shoulders to keep two companies focused on safety.” His work and workers are in a high-risk occupation that statistically is the 8<sup>th</sup> most dangerous for fatalities, compared to policework, which in 2016 was rated 13<sup>th</sup> overall in North America. You can’t turn your back on traffic when working next to live travel lanes in the profession of Temporary Traffic Control (TTC). For a weekly safety topic he used the reality of three fatalities which occurred while doing TTC, all inside two weeks, all in Southern California. “You would think it easy to explain how a traffic cone can’t stop 8,000 pounds of vehicle; however, complacency and cell phones seem to be a common thread of distraction for both the drivers and the workers.”

He speaks to students of the reward for education and being credentialed. Nepris, an online video-conference platform, bringing professionals to remote classrooms. Dellas speaks with middle and high school students exploring the construction industry. They are mostly polite,

curious, and prepared by writing out their questions; Dellas shares real life experience including getting a better start with math. Many students often wonder if it was worth it to stay in school, even if they wanted to pursue a career in construction. One student even asked how much Dellas gets paid. Side-stepping his current pay, he replied, with his continuing education and by achieving either a CIH or CSP professional designation he received a job offer within our profession. Then he wrote out a figure and held it up to the virtual class. When one student complained that wasn’t much money a year, another replied that’s not a year, it’s a month! Nepris records the online classes and Dellas recently received a letter showing how he has had over 17,000 students see and/or hear him share his journey, experience, and value in education for being a safety professional.

Aside from working 50 – 60 hours a week and attending school, Dellas continues volunteering with Nepris and SCUSA. He also has given presentations for audiences ranging from 150 to 200 people at the SDG&E Contractor’s Safety Quarterly and the Southern California Edison Civil Safety Forum along with smaller seminars for various utility contractors in road Safety because “although safety is a serious subject the career can really be fun, challenging and rewarding!”

Dellas Salway is the face of safety. Dellas is a member of the San Diego Chapter of American Society of Safety Professionals. ■

## Calendar of Special Events

### February 2019

Dates Event

- 1-28 American Heart Month
- 1-28 National Self-Check Month
- 1-28 National Children’s Dental Health Month
- 2 Groundhog Day
- 3-9 National Burn Awareness Week
- 5 Safer Internet Day
- 18 Presidents’ Day



February 2019 						
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Always find the latest San Diego ASSP events at [https://sandiego.assp.org/event/!](https://sandiego.assp.org/event/)



**San Diego Chapter  
American Society of Safety Professionals**

A Not-For-Profit Organization

**One Chapter - Two Convenient Locations**

**ASSP San Diego Chapter 2019 Professional Development Conference**

The 2019 Professional Development Conference (PDC) sponsored by the San Diego Chapter of ASSP is scheduled for March 12, 2019 at [The Jacobs Center](#), 404 Euclid Street in San Diego. Catering will be by [Kitchens for Good](#).

**Agenda**

Time	A Track	B Track
6:45 AM	Registration, networking, vendor time (45 min)	
7:30 AM	Opening remarks	
<b>8:00 AM</b>	<b>Vendor Self Introductions</b>	
8:20 AM	<b>Captain Lee Boone, USCG</b> —“The El Faro sinking, an excellent safety case study of one of our worst disasters at sea from the USCG’s lead investigator”	
<b>9:20 AM</b>	<b>Break and Vendor Time (20 min)</b>	
9:40 AM	DOSH (CalOSHA) <b>Brandon Hart</b> , Communications and Strategic Planning Program Manager	
10:45 AM	<b>Dr. Beatrice A. Golomb, MD, PhD</b> , Prof. of Medicine, UCSD School of Medicine “The Link Between US Diplomat’s Mystery Illnesses in Cuba and China and Pulsed Radiofrequency/Microwave Radiation”	<b>Christina Armatas, MD, MPH</b> , Public Health Medical Officer <b>Lorene Alba, AE-C</b> , Health Education, Communications Specialist Occupational Lead Poisoning Prevention Program California Department of Public Health “Workplace Lead Poisoning Trends and Standards”
<b>11:45 AM</b>	<b>Lunch break, networking, and vendor time (45 min)</b>	
12:30 PM		Lunch and keynote speaker <b>Dr. John Howard, MD, MPH, JD, LLM, MBA</b> , Director, NIOSH “Perspectives on the Opioid Crisis”
1:30 PM	<b>Kevin Bland</b> Ogletree, Deakins, Nash, Smoak & Stewart “What To Do When OSHA Comes Knocking”	<b>Kelly Bernish, CSP</b> , past-Administrator of WISE “Women’s Safety Summit Update”
<b>2:30 PM</b>	<b>Break and Vendor Time (20 min)</b>	
2:55 PM		<b>Charlie Morecraft</b> An ordinary guy with an extraordinary story! You may think you know him. His on-the-job decisions continue to affect his life in new ways every day.
4:00 PM	Raffle, takeaways, and wrap up	



## Registration Details

	<u>Single Attendee</u>	<u>Group of 10</u>
Students	\$95	N/A
Regular Tickets	\$175	\$1500

**Attendance is expected to exceed all previous years!**

Register at [sandiego.assp.org/events/assp-professional-development-conference/](http://sandiego.assp.org/events/assp-professional-development-conference/)

## Exhibitors

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:

- One 3’ x 6’ table and two chairs in the vendor area.
- Breakfast and lunch for two people.
- A reserved vendor table in the ballroom that will allow you to attend the presentations.
- 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 ASSP website for a period of one year.

## Sponsorships

### Keel Level

Your organization can participate as a valued sponsor at this event by sponsoring the beverage station, breakfast, or lunch. Cost is **\$200**. Includes:

- Verbal recognition at the event.
- Your company logo or sign located at the sponsored item.
- Your logo as an event sponsor displayed on the San Diego ASSP website for a period of one year.

### Keynote Sponsor

Cost is **\$1500**. Includes:

- Logo/name recognition on select event literature.
- Verbal recognition at all sessions.
- 4 complimentary event tickets – includes lunch.
- Marketing/advertising material in program materials.
- 1 trade show table with choice of available position.
- Logo displayed in lunch room and breakout sessions.
- Sponsor Recognition at lunch.
- Reserved Table at Lunch.

### Flagship Level

Cost is **\$1000**. Includes:

- Everything listed in Keel level.
- Logo recognition on select event literature including photo booth photos.
- 2 event tickets – includes lunch.
- Double booth size.



Special accommodations will also be considered based on need. Please contact Chris Malicki at [cmalicki@cavignac.com](mailto:cmalicki@cavignac.com) for more information concerning Sponsors and Vendors.

Event exhibitors and sponsors can register at

[sandiego.assp.org/events/assp-professional-development-conference/](http://sandiego.assp.org/events/assp-professional-development-conference/)

**The Jacobs Center for Neighborhood Innovation**

404 Euclid Avenue  
San Diego, CA 92114

<http://www.jacobscenter.org/>

**Kitchens for Good**

All of their catering proceeds help individuals in need get jobs in the culinary industry and provide nutritious meals to hungry San Diegans.

<https://kitchensforgood.org/>



## Help us Sound the Alarm about home fire safety.

The American Red Cross is teaming up with fire departments, volunteers, and partners to Sound the Alarm with home fire safety and smoke alarm installation events.

Help us install FREE smoke alarms and make our communities safer.

We need your help!

**Every day 7 people die in home fires. You can help change that.**

Join us at an installation event:

Lakeside – Monday, March 11th at 8A

El Cajon – Saturday, April 6th at 8A

Chula Vista – Saturday, May 4th at 8A

Could you or someone you know use a free installation? *Click here!*

**For more information visit [www.SoundTheAlarm.org/SanDiego](http://www.SoundTheAlarm.org/SanDiego) or email [Melissa.Altman@RedCross.org](mailto:Melissa.Altman@RedCross.org)**



## OSHA Trade News Release

U.S. Department of Labor  
OSHA, Office of Communications



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 help 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 <http://www.osha.gov>.

### U.S. Department of Labor Issues Final Rule to Protect Privacy of Workers

January 24, 2019

**Washington, D.C.**—The To protect worker privacy, the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has issued a [final rule](#) that eliminates the requirement for establishments with 250 or more employees to electronically submit information from OSHA Form 300 (Log of Work-Related Injuries and Illnesses) and OSHA Form 301 (Injury and Illness Incident Report) to OSHA each year. These establishments are still required to electronically submit information from OSHA Form 300A (Summary of Work-Related Injuries and Illnesses).

By preventing routine government collection of information that may be quite sensitive, including descriptions of workers' injuries and body parts affected, OSHA is avoiding the risk that such information might be publicly disclosed under the Freedom of Information Act (FOIA). This rule will better protect personally identifiable information or data that could be re-identified with a particular worker by removing the requirement for covered employers to submit their information from Forms 300 and 301. The final rule does not alter an employer's duty to maintain OSHA Forms 300 and 301 on-site, and OSHA will continue to obtain these forms as needed through inspections and enforcement actions.

In addition, this rule will allow OSHA to focus its resources on initiatives that its past experience has shown to be useful—including continued use of information from severe injury reports that helps target areas of concern, and seeking to fully utilize a large volume of data from Form 300A—rather than on collecting and processing information from Forms 300 and 301 with uncertain value for OSHA enforcement and compliance assistance.

The agency is also amending the record-keeping regulation to require covered

employers to electronically submit their Employer Identification Number with their information from Form 300A. The final rule's requirement for employers to submit their EIN to OSHA electronically along with their information from OSHA Form 300A will make the data more useful for OSHA and BLS, and could reduce duplicative reporting burdens on employers in the future.

OSHA has determined that this final rule will allow OSHA to improve enforcement targeting and compliance assistance, protect worker privacy and safety, and decrease burden on employers.

Collection of Calendar Year 2018 information from the OSHA Form 300A began on January 2, 2019. The deadline for electronic submissions is March 2, 2019. ▀

### U.S. DOL Cites USPS After Heat-Related Worker Fatality in SoCal

January 10, 2019

**Woodland Hills, CA**—The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has cited the U.S. Postal Service (USPS) for a repeated violation of OSHA's General Duty Clause following the heat-related death of a Southern California mail carrier at the Woodland Hills Post Office.

The employee suffered hyperthermia while delivering mail in July 2018 when the outdoor temperature reached 117 degrees. The general duty violation addresses USPS's programs and procedures for employees working in high-heat situations. The postal service was also cited for a repeated violation of recordkeeping requirements related to recording heat stress incidents. Proposed penalties total \$149,664.

“The U.S. Postal Service knows the dangers of working in high-heat conditions and is required to address employee safety in these circumstances,” said OSHA Oakland Area Office Director Amber Rose. “USPS is responsible for establishing work

practices to protect mail carriers who work outdoors from the hazards of extreme temperatures.”

OSHA conducts training and outreach on heat-related workplace hazards every spring and summer. Information on providing employees with water, rest, and shade, as well as other suggested good practices, are available on OSHA's [heat illness prevention page](#).

USPS has 15 business days from receipt of the [citations](#) and penalties to comply, request an informal conference with OSHA's area director, or contest the findings before the independent [Occupational Safety and Health Review Commission](#). ▀

### U.S. DOL Publishes New Frequently Asked Questions on Controlling Silica in General Industry

January 23, 2019

**Washington, D.C.**—The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has posted new frequently asked questions (FAQs) on the agency's standard for respirable crystalline silica in general industry.

OSHA developed the [FAQs](#) in consultation with industry and union stakeholders to provide guidance to employers and employees on the standard's requirements, such as exposure assessments, regulated areas, methods of compliance, and communicating silica hazards to employees. The questions and answers are organized by topic, and include an introductory paragraph that provides background information about the regulatory requirements.

Visit OSHA's [silica standard for general industry](#) webpage for more information and resources on complying with the standard. ▀



## NORA Gains Momentum Into 2019



**John Howard, M.D.**

Director, NIOSH

Outside It's a new year, and in many ways a fresh start; but not for the NORA (National Occupational Research Agenda) councils that continue to build on the efforts of the past two years. The ten sector councils from the second decade of NORA carried forward their work to improve occupational safety and health

in industry sectors. Seven new cross-sector councils formed to focus on health and safety issues affecting workers across sectors. These councils are diverse and inclusive, with members from universities, large and small businesses, professional societies, government agencies, and worker organizations.

In this third decade of NORA (2016–2026), the councils are working on research agendas for the nation and advancing those agendas through information sharing, partnerships, and promoting evidence-based solutions. To date, **eleven NORA agendas** have been published, and the remaining six are close to completion. These documents are the result of collective efforts to identify the most important research needs by considering the numbers of workers at risk for a particular injury or illness, the seriousness of the hazard or issue, and the probability that new information and approaches will make a difference. NORA agendas are intended to be used by organizations and individuals interested in improving occupational safety and health through research. NIOSH has also identified its contributions to NORA

through the [NIOSH Strategic Plan for FYs 2019–2023](#).

In addition to the agendas, there have been other exciting achievements in the first two years. NORA has a [new website](#), with a fresh look and enhanced content. It serves as the central repository for the products the NORA councils currently have or will create in the third decade. For example, the NORA Manufacturing Sector Council published a web page on [hazardous energy control](#). This page features a resource guide with access to customizable materials and templates to assist in implementing effective strategies for the administrative control of unsafe release of hazardous energy. Members of the council compiled, reviewed, and adapted resources to help companies and businesses start or improve and maintain their existing Lockout Program.

NORA councils have also hosted some excellent webinars, both individually and collaboratively with other councils. Most recently, the NORA Mining Council held a webinar about [hearing loss in the mining industry](#), and the NORA Healthy Work Design and Well-Being Council meeting featured a presentation on [work-family and job stress interventions](#).

We are looking forward to the New Year and continuing the important work of the councils. If you're interested in learning more about NORA, visit [www.cdc.gov/nora](http://www.cdc.gov/nora) or contact [NORA-Coordinator@cdc.gov](mailto:NORA-Coordinator@cdc.gov). I look forward to another successful year of NORA in 2019. ▀

*Look for Dr. John Howard at the San Diego ASSP 2019 Professional Development Conference in March. Details in this [newsletter!](#)*

### Stay Safe Working in Cold This Winter!

Winter is here and that means it is time to take precautions to make sure you stay safe and healthy while working in the cold or cold environments. Follow NIOSH on [Facebook](#), [Instagram](#), and [Twitter](#) for the latest [information](#), all winter long!

### New Study Finds Higher than Expected Number of Suicide Deaths Among U.S. Veterinarians

Veterinarians in the U.S. are at an increased risk of suicide, a trend that has spanned more than three decades, according to a new CDC study published in the [Journal of the American Veterinary Medical Association \(JAVMA\)External](#). Female veterinarians are at particularly high suicide risk. Learn more in this [CDC press release](#).

### This Month in History

More than three decades ago, NIOSH [released recommendations](#) to help prevent work-related psychological disorders. Equally relevant today, the recommendations include ensuring appropriate physical and mental demands; providing a balance between work and personal life; defining roles and responsibilities; and supporting career development, connections with coworkers, and participation in workplace decisions.



HEALTH AND SAFETY NEWS

**Survey of California Construction Workers Shows Low Awareness of Nanotechnology, Health Risks**

Silver Spring, MD – Awareness of nanotechnology or nanoparticles in the construction industry remains relatively low among contractors, union leaders and apprenticeship program staff, according to the results of a recent survey conducted by the Center for Construction Research and Training – also known as CPWR.

CPWR surveyed 253 unionized construction workers representing 24 crafts in California about their understanding and use of nanotechnology applications in heavy industrial/commercial construction. Researchers also conducted 21 follow-up interviews with respondents and five interviews with California state agency employees.

They found that only 25 percent of participants said they knew about the use of nanotechnology or nanoparticles in construction materials, while nearly 20 percent reported they had never heard the terms “nanotechnology” and “nanoparticles.”

A portion of construction workers surveyed were being exposed to nanomaterials without knowing it. When presented a

list of “nano-enabled construction products” from the [Construction Nanomaterials Inventory](#) in CPWR’s Electronic Library of Construction Occupational Safety and Health, 44 percent of respondents said they had worked with some of the products or recognized the names of them.

Only 2 percent of workers who responded had been given training on nanomaterials, while 75 percent of those who were aware of nanotechnology said they wanted new training materials.

A strategic plan to increase awareness and improve understanding “must include a combination of research, outreach, training and stakeholder collaboration,” states the study, which provides six recommendations:

- Clearly define nanotechnology terms.
- Gather data on “potential acute and long-term health effects from worker exposure to nanomaterials.”
- Develop educational materials.
- Produce a training video.
- Continue survey efforts to a wider audience and testing the eLCOSH inventory list.



- Connect unions with researchers.

“Nanotechnology is here to stay, and it is developing at an extremely fast pace,” the study concludes. “Products that contain engineered nanomaterials are already being used in construction even though the workers using them may have little or no understanding of nanotechnology. We must help union leaders and apprenticeship programs get up to speed and raise awareness about the benefits and concerns associated with this new technology. We don’t want to repeat the experiences of the past that ultimately cost workers their lives.”

This article originally appeared in [Safety+Health](#) on December 31, 2018.

**‘Deadly Skyline’: Construction Deaths Keep Climbing in New York State, But Fall in New York City**

New York — Construction worker fatalities remain on the rise in New York state while continuing to decline in New York City, according to an annual report released by the advocacy group New York Committee for Occupational Safety and Health.

[Deadly Skyline: An Annual Report on Construction Fatalities in New York State](#), released Jan. 30, states that 69 construction workers died statewide in 2017, including 20 in New York City.

Although the statewide total is fewer than the 71 fatalities reported in 2016, the construction fatality rate in the state has increased 39 percent in the past five years, to 12.2 fatal workplace injuries per 100,000 full-time equivalent workers.

Over that same period, the fatality rate has decreased 23 percent in New York City, to 7.8 per 100,000 FTEs.

Falls are the leading cause of construction worker deaths, accounting for 49 percent of fatal injuries statewide and 46 percent in

the city over the past 10 years. The report also notes that 86.7 percent of fatalities statewide in 2017 involved nonunion workers, while that percentage was 92.9 in the city.

The report offers several recommendations, including maintaining and supporting laws that protect workers, such as the [Scaffold Safety Law](#) and [Carlos’s Law](#), and proactively protecting Latino and immigrant workers.

This article originally appeared in [Safety+Health](#) on January 30, 2019.





HEALTH AND SAFETY NEWS

**Keep the Flu at Bay**

If you think you don’t need to worry about the flu, look at the 2017-18 season and think again. That flu season was a “high-severity” season, according to the Centers for Disease Control and Prevention. The agency estimates that 80,000 people died from the flu that season.



**How do people get the flu?**

The flu is a respiratory illness that affects the nose, throat and lungs. It can be mild to severe, even deadly. It’s believed that the flu virus spreads when people who

have it cough, sneeze or talk, and it can be passed to others before a person knows he or she is infected.

During the 2016-17 flu season, CDC estimated that about 47 percent of the population was vaccinated, which helped prevent “an estimated 5.3 million illnesses, 2.6 million influenza-associated medical visits and 85,000 hospitalizations associated with influenza.”

Many workplaces offer flu vaccinations to their employees, but if yours doesn’t, the vaccine is readily available at a variety of places, including your health care provider’s office, pharmacies and health clinics.

CDC recommends taking these steps to help prevent getting the flu:

- Avoid close contact with sick people.
- Stay home from work when you’re

sick.

- Wash your hands regularly with warm, soapy water for at least 20 seconds.
- Cover your mouth and nose when coughing or sneezing. Do so with a tissue or into your shoulder.
- Avoid touching your eyes, nose or mouth, as germs often are spread this way.
- At work, routinely clean touched objects and surfaces such as doorknobs, keyboards and phones to help eliminate germs, CDC states.

In addition, it’s important that employers stock their workplaces with adequate supplies of facial tissues, soap, paper towels, alcohol-based hand rubs and disposable wipes. ■

This article originally appeared in [Safety+Health](#) on December 20, 2018.

**Other findings:**

- The construction industry experienced the greatest methamphetamine positivity rate in each year of the study, and had a 15 percent increase overall.
- Cocaine positivity rose in most sectors in 2017. Those that saw the biggest jumps over the course of the study were retail trade (42.9 percent); administrative support, waste management and remediation services (35.3); and transportation and warehousing (22.7).
- Amphetamine positivity in the information sector rose more than 20 percent during the study period. However, the sector was the only one to show a drop in marijuana positivity (more than 8 percent) over the same time frame.

Health care and social assistance (nearly 16 percent) and educational services (nearly 14 percent) also saw double-digit rises in amphetamine positivity from 2015 to 2017. ■

This article originally appeared in [Safety+Health](#) on December 15, 2019.

**Five Major Industries See Double-Digit Jump in Positive Drug Tests, Analysis Shows**

Secaucus, NJ — The rate of positive drug tests rose by double digits in five of 16 major U.S. workforce industry sectors from 2015 to 2017, according to a recent analysis by lab services provider Quest Diagnostics.

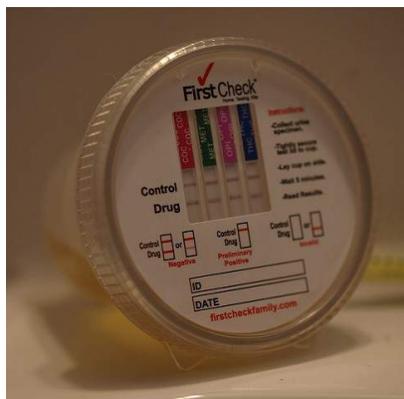
An examination of data from more than 10 million urine drug tests conducted over the three-year period showed that transportation and warehousing had the largest increase, at 21.4 percent, followed by other services except public administration (15.4 percent), finance and insurance (13), retail trade (12.8), and wholesale trade (11.8).

“Our analysis suggests that employers can’t assume that workforce drug use isn’t an issue in their industry,” Barry Sample, senior director of science and technology at Quest Diagnostics Employer Solutions, said in a Dec. 19 press release.

Sample also points out that the highest positivity rates in 2017 were in consumer-facing industries, led by retail trade (5.3

percent), health care and social assistance (4.7), and real estate rental and leasing (4.6). Overall, the lowest rates were among the utilities (2.8 percent) and finance and insurance (2.6) sectors.

Marijuana was the most commonly detected substance, with the highest positivity rate (3.5 percent) found in accommodation and food services. That rate is nearly 35 percent higher than the national average (2.6). The biggest percentage increases in marijuana positivity over the three-year study were in transportation and warehousing (33.3), other services except public administration (33.3), and construction (26.7).





HEALTH AND SAFETY NEWS

**California Legislator Introduces Bill to Expand Protections for Independent Contractors**

Sacramento, CA — California Assemblywoman Lorena Gonzalez (D-San Diego) has introduced legislation intended to strengthen employee rights and define the role of an independent contractor.

The bill (A.B. 5), introduced Dec. 3, would add to state law the “ABC test” regarding independent contractors. The test was adopted unanimously by California’s Supreme Court in an April decision. The court ruled in favor of workers when Dynamex, a package and documents delivery company, converted all of its drivers to independent contractors to save money.

In its decision, the court sided with the drivers and established the test, which

requires workers to be classified as independent contractors if:

1. The worker is “free from control and direction” of the employer as it relates to performance of the work.
2. The work is performed “outside the usual course” of the hiring entity’s business.
3. The worker engages in an independently established trade, occupation or business of the same nature as the work performed for the hiring entity.

Independent contractors are not guaranteed the protection of workplace health and safety rights, including a minimum wage, paid sick leave, workers’ compensation benefits if injured on the job or unemployment benefits if laid off.

Misclassifying workers as independent

**Legislation**



contractors has been “a significant factor in the ... rise in income inequality” in California, according to the bill.

“In a state with one of the country’s highest poverty rates, this court decision is crucial to helping Californians maintain solid employment in an economy that’s left millions struggling,” Gonzalez said in a Dec. 5 press release. “Individuals are not able to make it on three side hustles. That shouldn’t be the norm. That shouldn’t be accepted.”

This article originally appeared in *Safety+Health* on December 18, 2018.

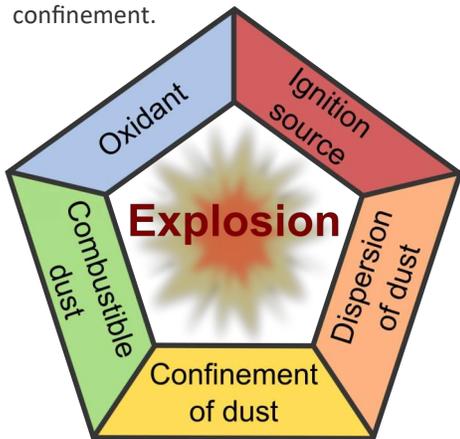
**Combustible Dust Explosions: Don’t Ignore the Hazard**

Between 2006 and 2017, 111 combustible dust incidents resulted in 66 worker deaths and 337 injuries in the United States, according to data from the Chemical Safety Board.

So, what is a combustible dust explosion? How do they happen, and what can be done to prevent them?

**The dangers**

Five elements must be present for a combustible dust explosion to occur: fuel, oxygen, an ignition source, dispersion and confinement.



“Dust may accumulate on surfaces and lie undisturbed for years,” the agency states. “Then an initial fire or explosion, known as a primary event, shakes it loose and it ignites.” The resulting pressure then travels throughout a plant or factory and dislodges dust that has been lying dormant, serving as fuel for a secondary explosion. “Most of the fatalities and the devastating injuries have been caused by these secondary dust explosions,” CSB notes.

**Safety measures**

Good housekeeping is a crucial first step toward mitigating dust explosion hazards. “Research has shown that facilities that are well maintained experience fewer fires, explosions and other accidents, and are more profitable as well,” OSHA states. The agency offers additional tips on combustible dust safety:

- Implement a hazardous dust control program that includes dust inspection, testing and housekeeping.
- Equip your facility with proper dust collection systems and filters.
- Regularly inspect both open and hidden areas for dust residue. If ignition

sources are found, use cleaning methods that don’t generate dust clouds.

- Use vacuum cleaners specifically approved for dust collection.
- Ensure employees are trained on the hazards of combustible dust.

Using proper electrical equipment in hazardous locations is crucial to eliminating common ignition sources, OSHA states. Tips on controlling ignition sources include:

- Ensuring appropriate electrical equipment and wiring methods are used.
- Having an ignition control program, such as grounding and bonding and other methods, for dissipating any electrostatic charge that could be generated while transporting dust through ductwork.
- Controlling the use of open flames and static electricity. Don’t allow smoking.
- Keeping heated systems and surfaces away from combustible dust.

This article originally appeared in *Safety+Health* on December 20, 2018.

# AMERICAN SOCIETY OF SAFETY PROFESSIONALS



“Providing Leadership & Direction to the Safety Professional since 1911”



U.S. Consumer Product Safety Comm.  
Office of Communications  
4330 East West Highway  
Bethesda, MD 20814  
[www.cpsc.gov](http://www.cpsc.gov)

Nat’l Highway Traffic Safety Admin.  
U.S. Department of Transportation  
1200 New Jersey Avenue, SE  
Washington, DC 20590  
[www.nhtsa.gov](http://www.nhtsa.gov)



## PRODUCT SAFETY RECALLS

1. **(12/5) Volkswagen—Improperly Secured Fuel Line May Cause Fuel Leak:** [www.nhtsa.gov/recalls?nhtsald=18V863](http://www.nhtsa.gov/recalls?nhtsald=18V863) and [www.nhtsa.gov/recalls?nhtsald=18V864](http://www.nhtsa.gov/recalls?nhtsald=18V864)
2. **(12/6) General Motors/Chevrolet—Passenger Air Bag Module Damaged During Assembly:** [www.nhtsa.gov/recalls?nhtsald=18V868](http://www.nhtsa.gov/recalls?nhtsald=18V868)
3. **(12/10) Toyota/Pontiac—Passenger Frontal Air Bag Inflator May Explode:** [www.nhtsa.gov/recalls?nhtsald=18V883](http://www.nhtsa.gov/recalls?nhtsald=18V883)
4. **(12/13) Toyota—Sensor Wire May Break Deactivating Air Bags:** [www.nhtsa.gov/recalls?nhtsald=18V887](http://www.nhtsa.gov/recalls?nhtsald=18V887)
5. **(1/30) Hot Mom Recalls Bed Rails Due to Violation of Federal Standard for Portable Bed Rails: Sold Exclusively on Amazon.com:** [www.cpsc.gov/Recalls/2019/Hot-Mom-Recalls-Bed-Rails-Due-to-Violation-of-Federal-Standard-for-Portable-Bed-Rails-Sold-Exclusively-on-Amazon.com-Recall-Alert](http://www.cpsc.gov/Recalls/2019/Hot-Mom-Recalls-Bed-Rails-Due-to-Violation-of-Federal-Standard-for-Portable-Bed-Rails-Sold-Exclusively-on-Amazon.com-Recall-Alert)

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22. Did you expect to see more recalls listed here? So did we. Unfortunately, the agencies that collect and report on recalls were not operational during the government shutdown. This page was intentionally left mostly blank like this to underscore just how much information is lost when things like the shutdown happen. For more information, see the Newsletter Committee report on [Page 3](#) of this newsletter, or the previous report on [Page 3](#) of the [January newsletter](#).





## 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 Main Website: <https://www.assp.org/>

ASSP Center for Safety and Health Sustainability: <http://www.centershhs.org/>

ASSP Learning Library: <http://www.safetybok.org/>

ASSP Risk Assessment Institute: <https://www.assp.org/advocacy/risk-assessment-institute>

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/>

Consumer Product Safety Commission (CPSC): <https://www.cpsc.gov/>

Electronic Library of Construction Occupational Safety & Health: <http://www.elcosh.org/index.php>

Environmental Protection Agency (EPA): <http://www.epa.gov/>

Federal Emergency Management Agency (FEMA) Main Page: <http://www.fema.gov/>

FEMA “Be Ready” Website: <http://www.ready.gov/>

Federal Motor Carrier Safety Administration: <http://www.fmcsa.dot.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/>

National Occupational Research Agenda (NORA): <https://www.cdc.gov/nora/> **NEW**

Occupational Safety and Health Administration (OSHA) Main Website: <https://www.osha.gov/>

OSHA Silica Fact Sheets: <https://www.osha.gov/pls/publications/publication.searchresults?pSearch=Controlling+Silica+Dust+in+Construction+&pSearch=>

OSHA Silica Frequently Asked Questions: [https://www.osha.gov/dsg/topics/silicacrystalline/generalindustry\\_info\\_silica.html](https://www.osha.gov/dsg/topics/silicacrystalline/generalindustry_info_silica.html) **NEW**

San Diego ASSP Website: <https://sandiego.assp.org/>

US Chemical Safety Board (CSB): <http://www.csb.gov/>