

The Safety Net

San Diego



The President's Message — September, 2019



Steve Workman

I hope you have already taken to opportunity to register for the National Safety Council 2019 Congress and Expo taking place this month. It comes to San Diego about every 5 years and fills the

San Diego Convention Center. The main sessions are scheduled for Monday, September 9th through Wednesday September 11th.

Here it is September already. Some of San Diego County's worst wildfires have occurred in the fall. Are you prepared? I suggest walking around the outside of your place of work and look for what can be done now to prevent fire spreading. If later, a wild fire was a block away and headed toward you what would you WISH you would have done?

Next, do the same thing at home. These efforts are like insurance. We hope to never need them but should the issue present itself, we'll be ready.



Some of you have volunteered to help the Red Cross install smoke alarms and I applaud your efforts. We all need to check our own homes and the batteries in our smoke alarms and carbon monoxide alarms.

On another note, the current Executive Committee is looking for ways to provide members opportunities to become involved in the chapter. The first such event is scheduled to take place at Kearny Mesa Bowl September 15th from 1-4 pm. Cost is \$11 per person and in-

Inside this issue:

PRESIDENT'S MESSAGE	1
LIST OF OFFICERS	2
EXCOM MTG MINUTES	2—3
PUBLIC AFFAIRS	3
MEMBERSHIP COMMITTEE	3
NEW CHAPTER MEMBERS	4
JOB LINE	4
ASSP CAREER CENTER	5
CALENDAR OF EVENTS	5
BREAKFAST MEETING	6
SOUND THE ALARM	7
EARTHQUAKE SYMPOSIUM	8
PDC CALL FOR SPEAKERS	9
OSHA NEWS RELEASES	10
NIOSH NEWS	11
HEALTH & SAFETY NEWS	12
PRODUCT RECALLS	13
HELPFUL LINKS	14

*CLICK ON THE TOPIC
TO JUMP TO THAT PAGE!*

Thank you to all of our 2019 Professional Development Conference sponsors!



AMERICAN SOCIETY OF SAFETY PROFESSIONALS



"Providing Leadership & Direction to
the Safety Professional since 1911"

2019 - 2020 Officers

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cludes shoes and bowling for 2 hours. You pay at the alley but only if you plan to bowl, socializing is free. Thanks to our new Membership Chair, Jo Curcio, for organizing this event.

Our next Professional Development Conference (PDC) is scheduled for March 10, 2020. Planning is well under way. Do you know of a dynamic, knowledgeable speaker with valuable information to share with the professional community? If so, look for the call for

speakers in this newsletter or contact Mr. Scott Simerson at president-elect@assp.org.

Regards,

Steve Workman, CEAS
President
San Diego ASSP Chapter

For more information on fire preparedness, check out the NFPA site www.firewise.org!

SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met over the phone on Tuesday, August 6th. Teresa Bonilla, Brooks Carder, Cait Casey, Jo Curcio, David Ferguson, David Hiipakka, Fernand Kuhr, Enrique Medina, Scott Simerson, Isaac Szmuiowicz, Wesley Williams, and Steve Workman attended.

OLD BUSINESS

1. Review Minutes from July 2, 2019:

The Executive Committee made a correction, then accepted the July 2, 2019 EC Meeting Minutes by vote. Motion to vote by Teresa Bonilla; 2nd by Enrique Medina. Passed by unanimous approval.

2. Treasurer's Report:

The July 2019 Treasurers report was given by Teresa Bonilla. Members may view a copy of the Treasurer's report upon request to our President, Steve Workman.

3. Quick Updates:

- August breakfast meeting to swear in Steve Workman.
- Strategic Planning update by Enrique Medina. Meeting will be held on August 14, 2019 at 11:30 at the Aspen Conference Room. Attendees will be Steve Workman, Cait Casey, Brooks Carder, Jo Cur-

cio, and Wesley Williams.

4. Website Update:

- Remove North County Section Bylaws.
- San Diego Chapter has achieved Platinum level recognition for the 2018-2019 year.
- Update President awards recipients.
- Membership: update contact to Jo Curcio.

NEW BUSINESS

- ExCom Transition**—Steve Workman asked if everyone has completed their society training.
- 2020 PDC Planning:**
 - Scott Simerson talked about the call for speakers flyer to line up presenters. Dr. Howard is confirmed. Wants to publish the call for speaker flyer to the newsletter.
 - Steve Workman discussed sending an invite to the Undersheriff to possibly discuss about an active shooter.
- October ROC in Alaska**—There is the possibility of Steve Workman presenting at a PDC in Alaska to which they are willing to pay half



the costs of travel if accepted.

4. **2019-2020 Operational Plan is due October 15th**— Enrique Medina and Steve Workman asked who has access. There was talk of getting everyone on the committee all the sections that are required so that we all can know what the information that is asked. The hope is to get access to multiple people to input the necessary information that pertains to them instead of depending on one person. Printing out a report so that everyone will know their responsibilities.

COMMITTEE REPORTS

1. Government Affairs — Nothing to report.
2. Delegate — Nothing to report.
3. Job Line — There are 25 current positions listed in the job line.
4. Membership — There are 4 new members; 4 expired. Jo Curcio will contact the new members.

5. Newsletter — Nothing to report.
6. Programs — Nothing to report.
7. Public Affairs — On September 11 there will be a Santee smoke detector installation.
8. Social Media — Using Twitter and LinkedIn to increase chapter visibility. Possibly add snippets to the newsletter. Updating local safety organizations (AIHA, NSC, Carso PDC) on the social media accounts to support them and get the message out regarding events.
9. Succession Planning — Working on chapter stories to lead into the next PDC.
10. Special Projects—Working on strategic planning.

Next Breakfast Meeting: August 13, 2019—"Maritime Safety"—Earnesto Coleman

Next Event: Strategic Planning Action Plan—August 14, 2019

Next EC Meeting: September 3, 2019—In person meeting

EXECUTIVE COMMITTEE CHAIR UPDATES

Public Affairs Committee:

by Isaac Szmuiłowicz

The following Sound the Alarm event will be on Wednesday September 11 in Santee. Please see the [flyer on Page 7](#).

From Melissa Altman: "I really appreciate you encouraging the other ASSP members to join as they are definitely needed. I am hoping for a big turn-out in September since it is the National Day of Service, September 11th and because there are a lot of mobile home parks in the area."

Everyone is welcomed. Please let me know who is available to attend and if you have any questions.

On Sunday August 4, my wife and I participated with Red Cross in the UnidosUS National Latino Family Expo (<https://expo.unidosus.org/>) at the San Diego Convention Center talking to the public about Preparedness and Sound the Alarm programs. We need more volunteers and Spanish speakers. Also participated on Saturday August 10 in the La Mesa Safety Fair.

On August 6, I participated with San Diego CERT on the National Night Out in the Robert Eggers Sr. South Bay Rec

Center, we did fire extinguisher demos and first aid medical treatment demos. The National Night Out Day is observed annually on the first Tuesday in August.

This night focuses on the community and raising awareness in the United States. Promoting police-community partnerships and neighborhood camaraderie to make our neighborhoods safer. Perhaps we can man a booth for ASSP in the future.

Isaac Szmuiłowicz

619-417-7189

PA Chair for the San Diego Chapter of ASSP

Membership Committee:

by Jo Curcio

Come out and join us at Kearny Mesa Bowl Sunday September 15th from 1-4 pm for up to 40 bowlers.

Cost is \$11 per person and includes shoes and bowling for 2 hours. Pay at bowling alley / Socializing is free!

This is open to chapter members and families as an added opportunity to get to know our members.

Kearny Mesa Bowl

7585 Clairemont Mesa Blvd, San Diego, CA 92111

Contact any Chapter Officer with questions.



Membership Chair

by Jo Curcio

Welcome to our newest members!

Olusola Adeyemo
Garry Gabriel
Oscar Gomez
Andrew Hata
Jessee Paxton



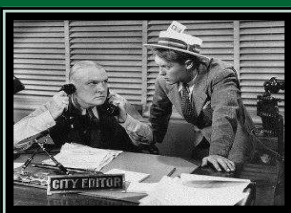
Job Line

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:

- American Equity Underwriters—Loss Control Manager (Southern California)
- ABM—[Environmental Health and Safety Manager](#) (San Francisco)
- ABM—[Environmental Health and Safety Manager](#) (Los Angeles)
- Eugene Water and Electric Board—[Safety Analyst](#) (Eugene, Oregon)
- Becton, Dickinson and Company (BD)—[EHS Manager](#)
- Huntington Ingalls Industries—Environmental Health and Safety Manager
- Huntington Ingalls Industries—Industrial Hygienist
- Harper Construction—SSHO (California, Arizona)
- EHS Specialist III (BDB)
- EHS Specialist III (TC)
- Environmental Health and Safety Manager (Phoenix, AZ)
- Energy Development Group—Industrial Hygienist
- General Atomics—[Business Continuity Manager](#)
- Insurance Carrier—Safety and Health Manager
- Solar Turbines San Diego—[EHS Engineer](#)
- LandCare—Division Safety Manager
- MC Contracting—Safety Manager
- Ajinomoto Bio-Pharma Service—[Safety Health and Environmental Specialist](#)
- Cal/OSHA—[Associate Safety Engineer](#)
- 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 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 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. Please also provide your contact information, including name, e-mail address and phone number.



ASSP Career Center

The ASSP Career Center is a free comprehensive resource available to all ASSP Chapter members who are looking for a job or those who are employed and want to advance their safety careers.

The Career Center's Job Seeker Resource Center offers resume writing tips, tools to build your resume online, and a Resume Bank where you can post your resume anonymously for employers to view, except for your name and contact information. But that's not all! You also get interview preparation and follow-up strategies, such as how to bring up and negotiate a salary.

The Job Board lets you to search for job postings throughout the US and internationally by applying filters that fit your criteria, and save them by keyword, location, industry, or job function. The Job Alert automated search sends new postings that meet your criteria right to you, instead of having to log in to search for new jobs. You also get help with career advancement to move your career forward or change industry sectors, including using social media for networking, how to work effectively with recruiters, how to give notice, and negotiating salary and benefits. And you have access to expert coaching!

Employers can post and manage job openings, search and manage job candidates, create a company profile, upload position templates, consult a Resume Bank, and much more.

This is a great free resource designed with you in mind—visit the ASSP Career Center and Job Board at <https://jobs.assp.org/>.

Calendar of Special Events

September 2019

Dates	Event
1-30	National Alcohol & Drug Addiction Recovery Month
1-30	Baby Safety Month
1-30	National Preparedness Month
1-30	National Food Safety Education Month
1-30	Sports Eye Safety Month
1-7	National Childhood Injury Prevention Week
2	Labor Day
7-13	NSC Congress & Expo
8-14	National Suicide Prevention Week
10	World Suicide Prevention Day
11	National Day of Service
15	Chapter Fall Kick-Off Social Event
15-21	National Farm Safety and Health Week
15-21	National Child Passenger Safety Week
16-22	Prescription Opioid & Heroin Epidemic Awareness Week
20	Concussion Awareness Day
21	National Seat Check Saturday
23	National Fall Prevention Awareness Week
23	Autumnal Equinox (first day of fall)
24	National Voter Registration Day
25	National Women's Health and Fitness Day
28	National Family Health and Fitness Day

September 2019

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

BACK
TO
SCHOOL

Click on an event to learn more!

Always find the latest
San Diego ASSP events at
<https://sandiego.assp.org/event!>



MONTHLY CHAPTER MEETING, SEPTEMBER 10

Prevention Through Design with Jackson Dalton

At this meeting: Prevention Through Design: an Approach to the Prevention of Serious Injury & Fatality (SIF)

During this informative presentation, these key points will be explored:

- Everyday, in America, 13 people go to work and never come home.
- Behavior Based Safety vs. Prevention Through Design
- The same things that kill people are not the same things that hurt people
- The problem with the traditional risk matrix
- Task inventory, "what keeps you up at night?"
- Most organizations overestimate the strength of their controls and underestimate the most likely outcome when those controls fail
- A binary 3-question set to quickly determine if your current level of risk is acceptable

Our Speaker: Jackson Dalton, President of Black Box Safety, Inc., is an authorized OSHA Outreach Trainer, Competent Person Fall Protection Trainer, Qualified Rigger and Signal Person Instructor, and First Aid and CPR Instructor.

Jackson has over 12 years' experience in the field of health and safety. This includes work with clients in construction (residential and commercial), utilities, transportation, the military, mining, oil and gas exploration, wind energy, and aviation.

Jackson is a Medically Retired Marine and holds a Master's in Public Health (MPH) from the University of Minnesota School of Public Health and a BA in Business Management from the University Of Saint Thomas Opus College Of Business. Jackson is recognized by the Board of Certified Safety Professionals as a Certified Safety Professional (CSP) and Construction Health and Safety Technician (CHST).



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 9/6/2019 by 5:00 P.M.

\$23 No RSVP by 9/6/2019 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**



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:
Santee – Wednesday, September 11th at 8A

**For more information visit www.SoundTheAlarm.org/SanDiego
or email Melissa.Altman@RedCross.org**



INFRAGARD SAN DIEGO EARTHQUAKE SYMPOSIUM

OCTOBER 9, 2019

7:00 a.m. – 4:00 p.m.

Qualcomm's Irwin Jacobs Hall, San Diego, CA

OVERVIEW:

InfraGard San Diego's first-ever Earthquake Symposium has assembled leading subject matter experts and regional leaders to facilitate a cross-sector discussion of the San Diego region's earthquake risk, potential critical infrastructure sector impacts, and preparedness planning. The recently documented potential for an interaction along the Newport-Inglewood/Rose Canyon fault zone suggests that offshore earthquake risk is greater than previously recognized. During a full day of learning, Symposium attendees will gain an understanding of the potential risk to San Diego's urban core and benefit from sessions on vulnerability assessments, early warning, situational awareness and social media, immediate response operations, survivor management, and impacts on critical infrastructure and local businesses. Given the recent spike in Southern California earthquake activity, this Symposium is imperative for all those responsible for public safety, business continuity planning and community welfare.

COST:

\$15 for InfraGard members and current law enforcement, fire and military (with verifiable government e-mail address). / **\$25** for non-members

Ticket price covers the cost of lunch.

REGISTRATION:

<https://www.infragardsd.org/earthquake>



SPONSORED BY:





2020 Professional Development Conference Call for Speakers

The San Diego Chapter of the American Society of Safety Professionals (SD-ASSP) is pleased to announce a call for speakers in support of the **2020 Professional Development Conference (PDC)** to be held in San Diego, California on **Tuesday, March 10, 2020**. If you or someone you know is a dynamic, knowledgeable speaker with valuable information to share with the professional community, please submit the information requested below by **September 30, 2019**.

Possible Presentation Subject Areas

- Occupational Safety and Health
- Regulatory and Legal Issues
- Risk Assessment and Management
- Industrial Hygiene
- Environmental Issues
- Other topics with broad appeal related to EHS practices

Presentation Parameters

Presentations should be **one hour in length (including Q & A)**, geared toward a professional, technical and sophisticated audience, and should **not be a marketing pitch**. Desired speakers will leave attendees with a **valuable takeaway related to EHS practices**.

Please complete below for your presentation to be considered:

San Diego Chapter of ASSP is a non-profit organization. Remuneration or expense reimbursement is not guaranteed.

Presenter Name: _____

Company or Organization & Location: _____

Topic Title: _____

Email: _____ Phone: _____

Audience Takeaways/Learning Points: _____

Please submit your proposal and any questions you may have to Mr. Scott Simerson at president-elect@assp.org. Proposals will be reviewed by the PDC Planning Committee and entrants will be notified shortly within a few weeks after application closing.



OSHA Trade News Release

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



US Department of Labor Reminds Employers About Submitting Injury and Illness Data to OSHA

August 9, 2019

Washington, DC — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) is reminding employers who have not already done so to submit their 2018 OSHA Form 300A (Summary of Work-Related Injuries and Illnesses).

U.S. Department of Labor news materials are accessible at <http://www.dol.gov>. The Department's [Reasonable Accommodation Resource Center](#) converts departmental information and documents into alternative formats, which include Braille and large print. For alternative format requests, please contact the Department at (202) 693-7828 (voice) or (800) 877-8339 (federal relay).

US DOL's OSHA Requests Information on Table 1 of the Silica Standard for Construction

August 14, 2019

Washington, DC — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) is requesting information and comment on Table 1 of the agency's [Respirable Crystalline Silica Standard for Construction](#). OSHA seeks information on additional engineering and work practice control methods to effectively limit exposure to silica for the equipment and tasks currently listed on Table 1. The agency is also requesting information about other construction equipment and tasks that generate

Who is required to submit Form 300A?

- Establishments with 250 or more employees that are required to keep OSHA injury and illness records, and
- Establishments with 20 to 249 employees in certain industries. For the list of designated industries, visit <https://www.osha.gov/laws-regs/regulations/standard-number/1904/1904.41AppA>.

silica that it should consider adding to Table 1, along with information about their associated engineering and work practice control methods.

In addition, OSHA is seeking comments about whether to revise paragraph (a)(3) of the [Respirable Crystalline Silica Standard for General Industry](#) to broaden the circumstances under which general industry and maritime employers would be permitted to comply with Table 1 of the silica standard for construction.

Information submitted will allow OSHA to consider new developments and enhanced control methods for equipment that generates exposures to silica, and provide additional data on exposures to silica from equipment and tasks using a variety of control methods under different workplace conditions. Expanding Table 1 to include additional engineering and work practice control methods, equipment, and tasks could provide employers with more flexibility and reduce regulatory

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>.

How to submit Form 300A:

Submit injury and illness data electronically at www.osha.gov/300A.

For questions about submission requirements, complete the Help Request Form at www.osha.gov/injuryreporting/ita/help-request-form.

burdens while maintaining protections for employees.

If information submitted in response to this request indicates that revisions to the silica standards are needed, the agency will then publish the proposed revisions in the Federal Register for public comment.

Comments must be submitted by October 14, 2019. Comments and materials may be submitted electronically at <http://www.regulations.gov>, the Federal e-Rulemaking Portal, or by facsimile or mail. See the [Federal Register notice](#) for submission details.

The mission of the Department of Labor is to foster, promote, and develop the welfare of the wage earners, job seekers, and retirees of the United States; improve working conditions; advance opportunities for profitable employment; and assure work-related benefits and rights. ■



New Book on the Total Worker Health Concept

The American Psychological Association (APA) recently published a new book that explains various facets of the *Total Worker Health*® concept. The book includes an overview of the historical development of the concept and summarizes the seminal theory and research that underpins the case for integrative workplace prevention strategies. It includes a discussion on the applications of organizational approaches for integrated interventions and evidence of their effectiveness in various occupational and industry contexts. The book's editors include NIOSH Director Dr. John Howard and NIOSH Total Worker Health Office Director Dr. Casey Chosewood. For more information, including an excerpt from the book, go to the [APA webpage](#).

Study Examines the Connection Between Work-related Injuries and Drug-related Deaths and Suicides

NIOSH Economist Dr. Abay Asfaw is a coauthor on a new paper on [suicide and drug-related mortality following occupational injury](#). Studies suggest that injured workers have elevated rates of depression and opioid use, but no studies have measured excess mortality related to these risks. This study linked New Mexico workers' compensation data with Social Security Administration earnings and mortality data and National Death Index cause of death data. The results of the study showed that drug-related deaths and suicides may be important contributors to the long-term excess mortality of injured workers.

New Data Report Analyzes Construction Falls

CPWR—The Center for Construction Research and Training recently released its [Quarterly Data Report \(QDR\)](#) focused on fall injuries. This new publication provides updated data on characteristics of fatal and nonfatal fall injuries among construction workers. CPWR featured key information from the QDR during a 45-minute [webinar](#) held on July 24.

Could Your Supervisor Make You Sick? New Study Looks at Connection Between Work Environment and Cardiovascular Disease

A NIOSH-published paper reporting analyses of the Gallup-Sharecare Well-Being Index was recently featured in a [Gallup blog article](#). The survey asked whether people felt that their supervisor always creates an open and trusting environment. The study found an association between a mistrustful environment and seven cardiovascular disease risk factors. Based on the results, it may be useful for workplaces to improve workplace social capital, particularly as it relates to trust and supervisor competencies, as a means to improve worker safety, health, and well-being. This paper is one of five that have been published using the Gallup-Sharecare Well-Being Index. NIOSH's findings have been of interest to Gallup, which shared a [previous NIOSH paper](#) with its readers in 2017, and plans to share the remaining papers in the future. This provides a broader reach for NIOSH's research, providing access to new audiences and stakeholders.

NORA Video Series on Work-related COPD Update

[Faces of Work-related COPD](#) is an impact video series that is part of a National Occupational Research Agenda (NORA) Respiratory Health Cross-Sector Council initiative. The series consists of four short videos. The videos include a physician explaining what the disease is and interviews with patients diagnosed with work-related COPD. These patients discuss work exposures, their quality of life having the disease, and ways to minimize the risks of getting the disease. The full videos have been viewed more than 750 times and the short social media clips more than 2,500 times since they were launched in May.

Call for Abstracts

7th International Conference on the History of Occupational and Environmental Health
Deadline for [abstracts](#) is October 30.



HEALTH AND SAFETY NEWS

Long Workdays May Increase Stroke Risk: Study

Dallas—Working long shifts can dramatically increase the risk of stroke, especially when those long schedules stretch over a decade or more, results of a recent study led by French researchers show.

The researchers reviewed data from a French population-based cohort of nearly 144,000 adults between the ages of 18 and 69 that started in 2012. Of this group, 29.6% reported working long hours – defined as 10 hours or more a day for at least 50 days a year – while 10.1% said

they did the same for 10 years or more. Overall, 1,224 (0.9%) had suffered a stroke.

Participants who worked long hours had a 29% greater risk of stroke, and that percentage jumped to 45 for those who did so for a decade or more. The association showed no differences between men and women but was stronger in white-collar workers younger than 50.

Previous research has shown that irregular shifts, night shifts and job strain are among the most common contributors to unhealthy work conditions, noted Alexis Descatha, a physician and researcher at

the French National Institute of Health and Medical Research.

Descatha said the results provide a warning he can share with his patients.

“As a clinician, I will advise them to work more efficiently and plan to follow my own advice,” Descatha said in a June 20 press release from the American Heart Association.

The study was [published online](#) July 1 in the journal *Stroke*. ■

This article originally appeared in [Safety+Health](#) on July 17, 2019.

Work-related stress, burnout may contribute to weight gain: Study

Athens, GA—If your heavy workload leaves you exhausted, you may be more likely to engage in some unhealthy behaviors that can lead to weight gain, a recent study suggests.

Researchers from the University of Georgia conducted an online survey of 953 full-time adult workers. Participants were asked about their workload and whether they felt exhausted or burned out, as well as their eating and exercise habits.

Workers who reported heavier workloads

tended to emotionally eat, eat uncontrollably and have fattier diets. Meanwhile, participants who said they felt exhausted did the same – and also exercised less.

“We have so many things coming at us every day, and we only have so much energy,” lead author Heather Padilla, faculty member and researcher in the Workplace Health Group at the UGA College of Public Health, said in a June 4 press release.

“When our energy gets used up, we don’t have the energy to make ideal decisions about what we eat.”

Workplace weight loss and weight man-

agement programs, the researchers said, should include an assessment of workload and exhaustion, which also can be addressed by behavioral therapy.

“We spend so many of our waking hours at work,” Padilla said in the release.

“These findings require us to think about how our work affects our health behaviors and self-care.”

The study was [published online](#) May 30 in the *Journal of Health Psychology*. ■

This article originally appeared in [Safety+Health](#) on July 2, 2019.

For Women, Artificial Light at Night May Lead to Packed-on Pounds

Bethesda, MD—Turning off the lights and TV at bedtime may reduce a woman’s risk of gaining weight, according to the results of a recent study from the National Institutes of Health.

To come to this conclusion, researchers examined data from nearly 44,000 women who participated in [The Sister Study](#). Participants, who ranged in age from 35 to 74, were asked about whether they slept at night with no light, a small nightlight, light outside the room, or a light or TV on in the room. They had no history of cancer

or cardiovascular disease; and were not shift workers, daytime sleepers or pregnant when the study began.

The researchers took weight, height, waist and hip circumference, body mass index, and other measurements at baseline, then again during a five-year follow-up. They determined that women who slept with a light (not including small nightlights) or TV on were 17% more likely to have gained about 11 pounds or more during the follow-up.

The researchers recommend limiting or eliminating artificial light while sleeping to help prevent obesity and increase sleep duration.

“Unhealthy high-calorie diet and sedentary behaviors have been the most commonly cited factors to explain the continuing rise in obesity,” Yong-Moon Park, lead study author and a postdoctoral fellow at the National Institute of Environmental Health Sciences, said in a June 10 press release. “This study highlights the importance of artificial light at night and gives women who sleep with lights on or the television on a way to improve their health.”

The study was [published online](#) June 10 in the journal *JAMA Internal Medicine*. ■

This article originally appeared in [Safety+Health](#) on July 24, 2019.

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



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Consumer Product
Safety Commission
4330 East West Hwy
Bethesda, MD 20814
www.cpsc.gov



U.S. Health & Human Services
Food & Drug Administration
10903 New Hampshire Ave.
Silver Spring, MD 20993
www.fda.gov



NHTSA
NATIONAL HIGHWAY TRAFFIC
SAFETY ADMINISTRATION

U.S. Department of Transportation
Nat'l Highway Traffic Safety Admin.
1200 New Jersey Avenue, SE
Washington, DC 20590
www.nhtsa.gov

FEATURED SAFETY RECALLS

- 8/1: Super Jumper Recalls Trampolines Due to Fall and Injury Hazards: <https://is.gd/zB6PtF>
- 8/1: Entenmann's Soft Baked Chocolate Chip Cookies—Presence of Blue Plastic Pieces: <https://is.gd/FP6OTf>
- 8/6: BRP Expands Recall of Snowmobiles Due to Fuel Leak and Fire Hazard: <https://is.gd/5UXimR>
- 8/7: Seattle Manufacturing Corporation Recalls Ice Axes Due to Serious Injury and Fall Hazards: <https://is.gd/sj06nt>
- 8/9: Dole Baby Spinach—Potential Salmonella Contamination: <https://is.gd/hsV0oj>
- 8/13: SunSetter Recalls Vinyl Covers for Motorized Awnings Due to Impact and Fall Hazards; One Death Reported: <https://is.gd/KmneZy>
- 8/15: SSR Motorsports Recalls Off-Highway Competition Motorcycles Due to Crash and Injury Hazards: <https://is.gd/rXVPLh>
- 8/15: Texas Triple Raw Frozen Pet Food—Potential of Salmonella and Listeria: <https://is.gd/A0nXpq>
- 8/16: Chef Toby Pig Ears—Potential to be Contaminated with Salmonella: <https://is.gd/XLRfy0>
- 8/19: Club Car Recalls Gas Utility and Transport Vehicles Due to Risk of Fuel Leak and Fire Hazard: <https://is.gd/VuP828>
- 8/19: Club Car Recalls Gas Golf and Transport Vehicles Due to Fire and Burn Hazards: <https://is.gd/uYjp8K>
- 8/20: Southwire Recalls Electrical Outlet Boxes Due to Fire Hazard: <https://is.gd/AwXQkM>
- 8/20: Crate and Barrel Recalls Push Walkers Due to Choking and Laceration Hazards: <https://is.gd/WwkqFY>
- 8/20: SAMpark Recalls Children's Pajamas Due to Violation of Federal Flammability Standard: <https://is.gd/JI005e>
- 8/22: Norwex Recalls Rubber Brooms Due to Laceration Hazard: <https://is.gd/X0dAKI>
- 8/22: Piping Rock Health Products Recalls Wintergreen Essential Oil Due to Failure to Meet Child Resistant Closure Requirements; Risk of Poisoning: <https://is.gd/pRnoY3>
- 8/26: BRP Recalls Snowmobiles Due to Fire Hazard: <https://is.gd/BZV81J>
- 8/27: Happy Plugs Recalls Wireless Headphones Due to Burn Hazard: <https://is.gd/lcqxiR>
- 8/27: Contigo Recalls 5.7 Million Kids Water Bottles Due to Choking Hazard: <https://is.gd/OLUDS6>
- 8/27: At Home Recalls Shag Rugs Due to Violation of Federal Flammability Standard: <https://is.gd/9avMoV>
- 8/27: Brutus & Barnaby Pig Ears—Potential to be Contaminated with Salmonella: <https://is.gd/f2lYcN>
- 8/28: Kirkland's Recalls Chests of Drawers Due to Tip-Over and Entrapment Hazards: <https://is.gd/PULZ1S>
- 8/28: Whirlpool Recalls Glass Cooktops with Touch Controls Due to Burn and Fire Hazards: <https://is.gd/cA77f7>
- 8/28: Yamaha Recalls Golf Cars, Personal Transportation and Specialty Vehicles Due to Fire Hazard: <https://is.gd/phlKYI>
- 8/29: Decathlon USA Recalls Carabiners Due to Risk of Serious Injury or Death: <https://is.gd/8uCaWa>
- 8/29: Sandoz Recalls Losartan Potassium and Ezetimibe Prescription Drug Bottles Due to Failure to Meet Child-Resistant Closure Requirements: <https://is.gd/xkgOI3>
- 8/29: Rite Aid Recalls Folding Patio Chairs Due to Fall Hazard: <https://is.gd/tZT535>
- 8/29: Pearhead Recalls Ubbi Connecting Bath Toys Due To Choking Hazard: <https://is.gd/OVfe56>
- 8/29: Balquis Spice—Excessive Levels of Lead: <https://is.gd/aqdxoW>
- 8/29: The Milk Lady's, Peaceful Baby, and Diges-Tea—Potential to be Contaminated with Salmonella: <https://is.gd/MX3lf6>
- 8/30: RH Recalls Children's Chairs and Stools Due to Violation of Federal Lead Paint Ban: <https://is.gd/TEWY9R>
- 8/30: RH Recalls Turkish Robes Due to Violation of Federal Flammability Standard: <https://is.gd/WB7702>
- 8/30: GreatCall Recalls Lively Mobile Plus Emergency Alert—Risk of Call Button Failing in an Emergency: <https://is.gd/3RGj4g>

**PRODUCT
RECALL**

Note: Agency logos are used here solely for identification and familiarity purposes, and do not constitute an endorsement by those agencies.



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/>

Food and Drug Administration: <https://www.fda.gov/> **NEW**

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 **NEW**

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

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