President's Message - December 2016

Welcome to the Holiday Season! In the true spirit of giving, please join us Thursday, Dec 15th for our Holiday meeting and Toys for Tots Campaign. Last year, we donated a stunningly awesome number of gifts, and hope to do the same thing this year. The luncheon meeting will be held at Kelsey’s Irish Pub, Columbia, MD. We will also have a number of 10-minute presentations we are sure you will enjoy. Please visit our web page to find out more details.  http://chesapeake.asse.org/

How have you been enjoying our Webinars? We have had over 40 people sign up and attend the first two webinars, and they are on our website under presentations. They were recorded so even if you missed them, you can still take the time to listen and learn.

Thanksgiving was the time for giving thanks. The holiday season is the time
for giving. For me, the holiday season is a time to reflect on where we are, where we came from and how we help shape and influence each other. Personally and professionally. This year, I am giving back to the profession, in part, by being president of Chesapeake ASSE. Although the pay is not much ;), the rewards are numerous. We have made some donations to worthy causes, our PDC in April is well underway, we have had very interesting monthly meetings and topics, and we began the webinar series for professional development of those people that have difficulty attending the meetings. We are not done. Your elected team and the executive committee will be working on some further enhancements to our scholarship and professional development funding for members. There are a number of good ideas on the table, and if anyone is interested in contributing please get in touch with me.

On a personal level, family and friend relationships are always important, and I hope each of us take some time to re-connect with those close to you but not part of regular communication. It has been an evolution that even with text messaging and Facebook and all the social media that we see and hear things on a more timely basis, but I never tire of the more personal phone call or visit. So, if you have the time, visit the holiday meeting, share some time and stories with your peers, and if you are able, give to the Toys for Tots. I look forward to seeing you all.

Ciao,

**Paul Esposito, CSP, CIH**
President ASSE Chesapeake Chapter
STAR Consultants, Inc.
[paul.esposito@starconsultants.net](mailto:paul.esposito@starconsultants.net)
November Chapter Webinar
ISO 31010/ANSI Z 690.1 – “Risk Assessment Methodologies”
PAUL ESPOSITO, CIH, CSP
STAR Consultants, Inc.

If you missed the webinar on November 29, 2016, you can view the recording at the following link:
https://attendee.gotowebinar.com/recording/4935890595033336065

Learning Objectives

2. Become familiar with some hazard identification methodologies and tool sets
3. Generate risk reductions based on the hierarchy of controls
4. Present management with risk assessment leading metrics

Bio
Paul Esposito, CIH, CSP
President
STAR Consultants, Inc.
www.starconsultants.net

Mr. Esposito has 36 years of experience in safety and health management, with a master’s degree from Johns Hopkins University. STAR, in business since 1997, specializes in assisting leading companies in implementing and sustaining safety culture, management systems and risk management. He
is a regular presenter at health and safety conferences worldwide, and is currently the principle developer and lead instructor for ASSE’s Risk Assessment Certificate program. His primary current focus is on developing and mentoring EHS professional talent and helping companies achieve safety through accountability and recognition.

October Chapter Webinar

Sleep Deprivation as a Deterrent to Human Performance:
An Emerging Issue for Safety Professionals
Jeanne P. Sherwood, RN, CWWS
WellAdvantage

If you missed the webinar on October 18, 2016, you can view the recording at the following link:
https://attendee.gotowebinar.com/recording/8788092254156298241

Abstract:
Sleep deprivation/disorders and underlying health conditions have a negative impact on worker health, safety and performance. Sleep deprived workers struggle to overcome powerful physiological forces that reduce cognition, reaction time, multi-tasking ability and more. Unmanaged sleep issues can lead to accidents, injury, and reduced compliance with safety procedures. This session will assist the Safety Professional to understand the physiology of sleep deprivation and the resulting “very real” biological detriment to performance. Discussions will include: 1) The interconnected physiology of multiple body systems that are managed by the internal “circadian rhythm,” 2) Workplace policies and environmental factors that negatively impact sleep health, 3) Strategies to proactively assist workers to adjust to altered sleep patterns such as workplace environmental/policy changes, and sleep health awareness campaigns.
Learning Objectives:

1. Understand the impact of sleep deprivation/disorders and comorbidities on human performance and the physiological impact of sleep deprivation on the body.
2. Gain an understanding of workplace factors which negatively impact sleep patterns, and
3. Become aware of strategies to proactively assist workers to adjust to altered sleep patterns such as workplace environmental and policy changes, and sleep health awareness campaigns.

Bio
Jeanne Sherwood, RN, CWWS, is President and Founder of WellAdvantage, a provider of workforce population wellness programs and health services. Jeanne was inspired to start her company during her 17 years of experience as an Intensive Care Nurse. She set out with a goal of preventing unnecessary hospitalizations and infirmity by contributing to health awareness and health education campaigns in the workplace. Her efforts have expanded to the complete implementation and management of workforce population health promotion programs, and integrated health and safety initiatives. Jeanne and her team have been at the forefront of innovation in the field of workforce population health for over 15 years, serving workforce populations globally.

2016-2017 Chesapeake Chapter ASSE Programs

Our monthly chapter meetings are valuable opportunities for professional development, networking and catching up with friends and colleagues. Take a look below to see what we’ve got in store for you!
ASSE Chesapeake Chapter
2016-2017 Programs Calendar
Topics and locations are tentative and are subject to change.

<table>
<thead>
<tr>
<th>Month</th>
<th>Topic</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>September</td>
<td>Tour: Asphalt Plant</td>
<td>Maryland Paving - Rosedale</td>
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<tr>
<td>October</td>
<td>Lockout / Tagout</td>
<td>W.R. Grace Corporate HQ - Columbia</td>
</tr>
<tr>
<td>November</td>
<td>Earth Moving Equipment</td>
<td>Gray &amp; Son - Timonium</td>
</tr>
<tr>
<td>December</td>
<td>The Heart of the Matter</td>
<td>Kelsey's Irish Pub - Ellicott City</td>
</tr>
<tr>
<td>January</td>
<td>MOSH Update</td>
<td>TBD</td>
</tr>
<tr>
<td>February</td>
<td>Chemical Safety Board</td>
<td>TBD</td>
</tr>
<tr>
<td>March</td>
<td>Connecting with Your Audience</td>
<td>TBD</td>
</tr>
<tr>
<td>April</td>
<td>Chapter PDC</td>
<td>Johns Hopkins APL</td>
</tr>
<tr>
<td>May</td>
<td>Tour: National Institute for Standards &amp; Technology or National Fire Academy</td>
<td>NIST / NFA</td>
</tr>
<tr>
<td>June</td>
<td>Chapter Planning Meeting</td>
<td>Boordy Vineyards</td>
</tr>
</tbody>
</table>

Call for Speakers

We are looking for speakers for "The Heart of the Matter", an open mic style meeting where chapter members are invited to make a short 6-page, 10-minute presentation on a topic of their choice. It could be a unique problem you helped to solve, an important lesson learned or a tidbit of technology you just discovered.
December Chapter Meeting

The Heart of the Matter

Calling all members, calling all members!

Join us for Chesapeake Chapter’s “The Heart of the Matter”, an open mic style meeting where chapter members are invited to make a short 6-page, 10-minute presentation on a topic of their choice. It could be a unique problem you helped to solve, an important lesson learned or a tidbit of technology you just discovered. Not interested in presenting, that’s OK! Come partake of the wit and wisdom of your safety colleagues.

Prior notification will be required. Email chesapeakeasse@gmail.com with your presentation information at least three days in advance. A sample 6-page format is available on the Chesapeake ASSE web site under EVENTS.

Don’t forget to bring an unwrapped gift for “Toy for Tots”!

Location: Kelsey’s Irish Pub, 8480 Baltimore National Pike, Ellicott City, MD 21043
Great Lunch and Bar.

Parking/Directions: Parking available on site.
Date: Thursday, December 15, 2016

Time: 11:30 A.M. – 4:00 P.M.

Cost: FREE!!! ($10.00 charge for no shows)

Registration: E-mail chesapeakeasse@gmail.com to register.

Please register by December 9, 2016 in order for us to get an accurate count for lunch.

Check the chapter website for more details & contact information chesapeake.asse.org.

Did you know MOSH offers FREE classes on a variety of safety topics?
Check out the website for more information:
https://www.dllr.state.md.us/MOSHCalendar/web/content/Home.aspx

Save the Date!
2017 Chesapeake ASSE and AIHA Educational Seminar
Thursday, April 6, 2017

So, you want to be PRESIDENT! Why not...

All kinds of people have served as the President of the Chesapeake Safety
Engineers. It’s a big job, and getting bigger. **But why not consider the top job?** Or, maybe come in as Secretary, Treasure, or even 2nd Vice President so you can begin the path to the top job. We need good leadership to keep our organization strong and moving forward. And there are training opportunities available for persons interested in taking on a leadership position. All of the Chesapeake Safety Engineer Officer descriptions are on the web page: [http://chesapeake.asse.org/download/471/](http://chesapeake.asse.org/download/471/), so please take a look and get involved. Hopefully you are not a: www.idon’t_wanta_doanything@couchpotato.com. Get involved, give back, and play it forward for our profession.

If you have any questions about the nomination process, or to express interest in running for a leadership position, contact me @ 410.530.3322 or [CraigDonLow@Yahoo.com](mailto:CraigDonLow@Yahoo.com).

Craig D. Lowry
Past President & Nomination Chair

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**IN THE NEWS**

ASSE Chesapeake Chapter member, Barb Ruble, recently appeared in the Bloomberg BNA Occupational Safety & Health Reporter. She was quoted in an August 2016 article about new guidance from OSHA on recordable occupational injuries! Barb is President of Specialty Technical Consultants, Inc. and currently serves as the Chesapeake Chapter’s Awards and Scholarship chair. She is also a member of ASSE’s Consultants Practice and Women in Safety Engineering (WISE).

*Congratulations, Barb!*

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**Chesapeake ASSE Safety Professional Of The Year**

We are seeking nominations for the ASSE Chesapeake Chapter SPY award.
The SPY award is an honor acknowledging the dedication and outstanding contributions of a member of our Chapter.

Who will you nominate for this recognition?

To be eligible nominees must:

- Be a Professional Member or Member in good standing of the Society and the Chesapeake Chapter.
- Not have received this award within the past five (5) years.
- Be engaged in full-time employment in the profession of protecting people, property and the environment.

For more information, see the Chapter website: http://chesapeake.asse.org/encounters-news/chesapeakeasse-safety-professional-of-the-year/

WISE Notes

WISE (Women in Safety Engineering) is a Common Interest Group within ASSE which fosters the advancement of women in the OHS profession. I had become interested in the networking and educational opportunities that the WISE group offers some time ago and became a member. I was even more impressed with this group when I stumbled across the WISE Lounge at the 2016 PDC in Atlanta. The WISE Lounge offered great networking.
opportunities; pre-planned educational sessions on subjects such as leadership and career development; refreshments and most importantly FREE COFFEE!!! The WISE Lounge quickly became my “go-to” home base for all things having to do with the PDC. It was this experience that inspired me to bring WISE resources and opportunities to our Chesapeake Chapter.

ChapterWISE - The Chesapeake Chapter WISE Connection
ChapterWISE is a group of WISE members directing local Chapter outreach. Guidelines were shared this month for ChapterWISE Representatives to assist in developing outreach continuity for all ASSE Chapters. These new guidelines will be helpful in directing next steps to bring WISE to our Chapter! Suggested next steps for 2017 include holding at least one informal meeting and one networking event.

If you are interested in assisting please feel free to drop me a line! And by the way – if you attend the 2017 ASSE PDC in Denver, please stop by the WISE Lounge and get some hot Coffee! Have a blessed Holiday!

Sincerely,
Jeanne Sherwood, RN
Chesapeake Chapter ChapterWISE Representative
jpsherwood@welladvantage.com

WISE website, facebook, twitter, linkedin sites are below:

WISE Website  WISE Facebook  WISE Twitter  WISE LinkedIn

Government Affairs Report

For current information on Federal and Maryland State regulations and safety initiatives, see the Government Affairs Report on the Chesapeake Chapter
Federal Agencies

DOT 30-Day Extension to Public Comment Period for Proposed Rule Requiring Speed Limiters for Large Commercial Vehicles

DOT All Samsung Galaxy Note7 Phones from Banned Airplanes

NIOSH Recommended Exposure Limits for Diacetyl and 2,3-Pentanedione

NIOSH Public Meeting on Draft CSTD Protocol 7 November 2016

NIOSH Thirty-Four Drugs that Pose a Risk to Workers in Healthcare Added to List

NIOSH Study Finds Widespread Use of Scavenging Systems to Control Waste Anesthetic Gases During Medical Procedures, but Other Recommended Controls Lacking

OSHA Request for Public Comments Cranes and Derricks in Construction suspense 5 Dec 2016

OSHA Request for Public Comments Occupational Exposure to Noise Standard suspense 5 Dec 2016

OSHA Proposed Rule Standards Improvement Project-Phase IV suspense 5 Dec 2016

OSHA Proposed Rule Standards Amendment to Respiratory Protection Standard to Add Two Additional Fit-Testing Protocols suspense 6 Dec 2016

OSHA Final Rule Establishing Procedures for Handling Retaliation Complaints Under the Affordable Care Act

OSHA Updated Recommended Practices to Encourage Workplace Safety and Health Programs

OSHA Enforcement of Anti-Retaliation Provisions of Injury and Illness Tracking Rule Delayed until December 1

OSHA Meeting of Advisory Committee on Construction Safety and Health Scheduled for 30 November 2016

OSHA Renewed Alliance with American Staffing Association to Protect Temporary Workers

OSHA Notice of Public Meeting in Preparation for the 32nd Session of the UN Sub-Committee of Experts on the Globally Harmonized System of Classification and Labelling of Chemicals (UNSCEGHS) 15 November 2016
OSHA Notice of Public Meeting Informal Discussion on Hazard Communication Rulemaking 16 November 2016

OSHA Comment Request Comment Request Special Dipping and Coating Operations (Dip Tanks) 30 November 2016

OSHA Comment Request Comment Request Derricks Standard 30 November 2016

OSHA Region 3
News Releases
Mid Atlantic OTI Education Center (Consortium) Current List of Authorized OTI Education Centers

MOSH
Seminar/Training Calendar Web Site

Maryland General Assembly
Recessed until Jan 2017

Employment Opportunities

See the Chapter website for more information and more job opportunities: http://chesapeake.asse.org/current-openings/

Biosafety Specialist
University of Maryland

Summary:
This position serves as the Biosafety Specialist and reports to the Biosafety Manager/Biosafety Officer in the Department of Environmental Safety, Sustainability & Risk.

This position provides professional assistance to the Biosafety Officer and Assistant Biosafety Officer in implementing a comprehensive biological safety program throughout all university research and teaching laboratories.
in accordance with federal, state, local and granting agency requirements.

Under direction of the Biosafety Officer or other senior biosafety staff, responsibilities include conducting laboratory audits, developing, revising and teaching safety training classes, maintaining the Primary Containment Certification Program and Autoclave Validation Programs, providing support for the UMD Institutional Biosafety Committee, and other duties as assigned, including assisting with ESSR departmental initiatives.

The Biosafety Specialist may occasionally need to participate in after-hours emergency response for biological incidents, and may share on-call duties with the Biosafety office staff.

For more information, please see the Chapter website:  
http://chesapeake.asse.org/current-openings/

To apply:  https://ejobs.umd.edu/postings/47767

Sr. Risk Control Account Coordinator  
Travelers

Summary:
This position is an Account Management role that reports to the Risk Control Field Director. The role involves coordinating and delivering consultative risk control services to commercial accounts in the Chantilly, VA area. Under general supervision, provide the Underwriter with account knowledge as it relates to hazards, controls, and management. Evaluate how a company identifies and manages their inherent risk factors. Additionally, differentiate the account from others in similar classes of business. In this role the consultant will be working with our larger, more complex accounts and multi-line coverage.

For more information, please see the Chapter website:  
http://chesapeake.asse.org/current-openings/

To apply:  Please visit Travelers' website at www.travelers.com/careers and search for the job posting number 9194BR Sr. Risk Control Consultant Field and post your confidential resume.

Emergency Management Specialist
**Summary:**
The New Jersey Courts are the most visible part of our legal system. Though many legal issues and disputes are never brought to the courthouse, each year approximately seven million new cases are filed in New Jersey's courts. The Court Access Services Unit supports statewide continuity of operations (COOP), continuity of government (COG), and environmental, health & safety (EHS) for the New Jersey Court System which consists of the Supreme Court, the Superior Court including the Appellate Division and the Trial Courts of 15 vicinages (judicial districts), the Tax Court, and the Municipal Court System.

We are seeking an enthusiastic candidate who is able to work with all levels of employees as part of a statewide team to evaluate current programs, identify vulnerabilities, make recommendation for greater efficiencies and effectiveness, and deliver products to meet established deadlines. The ideal candidate will have a basic understanding and the ability to learn program coordination, the principles of continuity of operations planning, continuity of government planning, contingency planning, emergency management, and the fundamentals of EHS program coordination. The selected candidate will assist in the development of continuity tests, trainings, and exercises including table top exercises. Additionally, the selected candidate will have strong written and verbal communication skills, attention to detail, the capability to build consensus, and the ability to prioritize a changeable workload. Proficiency with Microsoft Office products including SharePoint, PowerPoint, Excel, Word and Outlook is preferred.

For more information, please see the Chapter website: [http://chesapeake.asse.org/current-openings/](http://chesapeake.asse.org/current-openings/)

**To apply:**
APPLICATIONS MAY BE FILED ONLINE AT: [http://www.judiciary.state.nj.us](http://www.judiciary.state.nj.us)
Position #2016-00608
EMERGENCY MANAGEMENT SPECIALIST (ADMINISTRATIVE SPECIALIST 3)

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**Presenters for the 2016-2017 Chapter Year**

Chesapeake ASSE is seeking presenters for Chapter Meetings during the 2016-2017 chapter year. The Chesapeake Chapter is looking for technically oriented and practical presentations that fulfill the needs of our
health and safety members. Lecture, panel discussions and demonstration sessions are requested to enhance members learning opportunities.

The ASSE Chesapeake Chapter invites those interested in presenting at one of our Chapter meetings to contact: chesapeakeasse@gmail.com

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**Welcome New Chesapeake Chapter Members**

**Chesapeake Chapter Membership Report - November 2016**

**New Members**

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Company Name</th>
<th>Date Joined</th>
<th>Member Class</th>
<th>Sponsor Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>LeeAnn</td>
<td>Drust</td>
<td>Trex</td>
<td>11/1/16</td>
<td>Member</td>
<td>Randy Fulcomer</td>
</tr>
<tr>
<td>Erica</td>
<td>McConnell</td>
<td>Rexel USA</td>
<td>11/1/16</td>
<td>Member</td>
<td></td>
</tr>
</tbody>
</table>

We look forward to meeting you all at the next Chapter Meeting; **remember your first chapter meeting is free!**

**Total Number of Members:**

387

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**SOCIAL MEDIA REMINDER**

*Don't forget to also check the Chesapeake Chapter social media sites for more information. Sign up on LinkedIn.*

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**Chesapeake Chapter ASSE Goal:** The purpose of this Chapter is to promote the advancement of the safety profession and safety professionals and development of its members in the geographical area served.

The Executive Committee meets on the first Friday of each month @ 2pm to further these goals. Contact anyone below for more details, and if you would like
to participate!

**President:** Paul Esposito, CSP, CIH, paul.esposito@starconsultants.net, 410-218-8451
*Leads the meetings, and creates our messages.*

**Vice President:** Robb Altenburg, frank.r.altenburg.civ@mail.mil, 410-278-3162
*Communications and Committee Activities.*

**2nd Vice President:** Leslie York-Hubbard, Lsyork99@yahoo.com
*Membership development.*

**Treasurer:** Robert L. Lawson, Rllawson2@verizon.net
*Keeps us solvent.*

**Secretary:** Mike Wolf, MWOLF01@harris.com
*Meeting minutes.*

**Delegates:**
Bill Sapero, bsapero@kimballcc.com
Jerome Yoon, Jerome.Yoon@redcross.org
*Delegates represent us to ASSE National.*

**Past President:** Craig Lowry, CSP, craigdonlow@yahoo.com
*Keeps us on track.*

**Specific committees and their chairs are listed below. Please offer your support if you are interested!**

**Nominations & Elections:** Craig Lowry, CSP, craigdonlow@yahoo.com

**Programs Chair:** Patrick Wheltle, Pat0814@comcast.net
*Develops speaker and locations for monthly meetings.*

**Government Affairs Chair:** Rose Overturf, rose.m.overturf.civ@mail.mil
*Keeps us up to date on legislative issues. Now posted on the website!*
Scholarship & Awards Chair: Barbara Jo Ruble, QEP, CPEA, bruble@stcenv.com
Coordinates the solicitation of nominations, selection of recipients, and awards presentations.

WISE Liaison: Jeanne Sherwood, jpsherwood@welladvantage.com
Women in Safety Engineering (WISE) is a common interest group which has been established to foster the advancement of women in the SH&E profession.

Membership Chair: Mary Smith, masmith@ceiwc.com
 Welcomes new members, solicit ideas for member participation.

Newsletter Chair: Laura Wickersham, newsletter@chesapeake.asse.org
Does a great job of keeping us informed.

Communications: Jerome Yoon, Jerome.Yoon@redcross.org
Coordinates web updates. We welcome participants with web and social medial skills!

Professional Organization Liaison: Jim Lewis, jlewis@mde.state.md.us

PDC Co-Chairs:
Jim Lewis, jlewis@mde.state.md.us
Mary Doyle, mdoyle@jhsph.edu
Robert L. Lawson, Rllawson2@verizon.net
Joseph Opauski, Joseph.Opauski@ngc.com

PDC Vendors: Mike Ginther, CSP, Mike.Ginther@jhuapl.edu, 443-778-6454
PDC is set for April 6, 2017. Speakers, vendors, events, etc!

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You are receiving this email because you are a member of the ASSE Chesapeake
Chapter.

Our mailing address is:
ASSE
PO Box 8104
Elkridge, MD 21075