



## THREE RIVERS CHAPTER ASSE FEB/ MAR EDITION 2015 NEWSLETTER

**The best is yet to come!**

**They are able who think they are able.**

**~Virgil**

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In February we had our annual OSHA update. We discussed **what's new with OSHA** and learned about the **top cited standards** in 2014. Candra Jefferson, who I had the privilege of seeing present at other occasions was engaging and terrific as always





### **Fellow Three Rivers ASSE Members & Visitors:**

The Executive Board and the Chairs of the Three Rivers ASSE Chapter has planned another great year of events and meetings. We will be kicking off an active 2014-2015 Chapter Year on Friday October 17, 2014!

Unless otherwise noted, chapter meetings will be held at the Hilton Lisle/Naperville, 3003 Corporate West Drive, Lisle, IL 60532. The general meeting agenda goes from 11:30 am-1:00 pm and includes a delicious networking lunch and then the guest speaker. Please check out the event page (<http://threerivers.asse.org/events>) for the most current schedule and to register. There is a nominal admission fee to cover the cost of food and venue. Admission fees can be paid upon event registration through PayPal or during check-in at the event via cash, check, or credit card.

- ASSE Member \$25.00 (Proof of membership is required)
  - Non-member admission \$40
- **FREE – college students that show a current academic year student ID.**

ASSE members, are do you need CEUs? You can **earn CEUs** by attending our chapter meetings! To learn more go to <http://threerivers.asse.org/wp-content/uploads/2013/09/Earning-and-Redeming-CEUs-Member-Instructions.pdf>

As President, I would like to personally invite you to attend our chapter meetings. Please join us and bring a colleague or friend! We look forward to seeing you!

Brenda Allard, *Chapter President*

# Machine Safeguarding and Alternatives to Lockout/Tagout

## March 13, 2015 Chapter Meeting



Machine Safety: Everyone knows it's important, everyone knows it's required, and everyone knows it's just the right thing to do. But how do you move forward when standards and technology seem to be changing every day? Since 2010, it can be argued there have been more standard changes and technology advancements in machine safety than the previous 40 years combined. How are companies embracing these changes? How do they know they have embraced them correctly? As technology becomes more complicated and advanced, it can become very easy to lose sight over how that technology is actually providing a safer place of employment.

In this seminar, you will walk away with a better understanding of:

- How Regulations and Industry standards have changed
- How the latest global safety standards are impacting business.
- How to turn what might seem like a regulatory burden into a competitive advantage
  - How standards and technology can improve your Lockout/Tagout Program
    - Understand the trends and future of machine safety

**Speaker: Jeff Winter is** the Safety Business Manager for Grantek Systems Integration, where he leads a team of engineers in developing and delivering machine safety services across North America. With over 10 years of experience working for several different safety product manufacturers, he has a unique experience in bridging OSHA regulatory compliance and safety standards interpretation with engineering requirements and corporate safety strategy. Throughout his career he's been a leader in educating the industry on the benefits of machine safety through hosting best practice industry events, participating in speaking engagements, developing white papers, and writing technical articles. Jeff is also an active member of the Three Rivers branch of ASSE, the ASSE Manufacturing specialty group, and a voting delegate on the ANSI Z244 Lockout/Tagout standards committee.

**Space is limited so register today!** <http://threerivers.asse.org/events/?ee=38>

Venue:	Date:	Time:	Price:
Hilton 3003 Corporate West Dr. Lisle, IL 60532 <a href="#">Map and Directions</a>	Date: March 13, 2015	Start Time: 11:30 am End Time: 1:30 pm	ASSE Member (\$25.00) Non-member (\$40.00)

## Great meetings to look forward to:

Date	Time	Topic	Speaker
3/13/15	Lunch	Machine Safety & Alternatives to LOTO	Jeff Winter 773-318-0528 <a href="mailto:jeff.winter@grantek.com">jeff.winter@grantek.com</a>

4/10/15	Lunch	Disaster Preparedness for Business	DuPage Office of Homeland Security
5/8/15	Lunch	Round Table	Everyone

**Did you enjoy the 2014 golf outing?  
NEW DATE - Save the date for 2015: September 25!**

**Three Rivers Chapter Meeting Basics**

- Meeting dates are from October thru May, the 2nd Friday of the month (except as noted)
- Networking followed by our meal and then our guest speaker.
- Watch your emails and future newsletters for location details.
- We will be filing for CEU's this year, as we have in the past
- Professional Development Grant launch up to \$1k has been budgeted for dispensing to 3Rivers Members in good standing. Email [ThreeRivers.ASSE@gmail.com](mailto:ThreeRivers.ASSE@gmail.com) for application information.
- Go to our NEW LINKEDIN Site, this member benefit is restricted to members to protect your privacy while providing the broadest possible benefit.  
Go to [www.linkedin.com](http://www.linkedin.com), create a profile and email [ThreeRivers.ASSE@gmail.com](mailto:ThreeRivers.ASSE@gmail.com) to officially join.
- LIKE us at our NEW Facebook page: <http://www.facebook.com/pages/ASSE-Three-Rivers-Chapter/251391814903691>
- First timers don't forget to bring your free meeting coupon-looking forward to meeting you. So come on over and enjoy a fun filled presentation and filling breakfast.
- If you would like, we can send an email to your superiors at work thanking them for allowing your participation and summarizing the meeting subject matter. Just see one of the board members before you leave.

**ARE YOU ON THE MOVE?**

Let us know, and be sure to Update Your Personal Information.

To update your mailing address, phone, fax, or most importantly, your e-mail address, please go to the following link: [www.asse.org](http://www.asse.org). Click in the upper left hand corner on "Address Change." Log-in using your member number and your last name.

**WELCOME THREE RIVERS CHAPTER ASSE NEW MEMBERS**

Scott Hazelton

Thomas Prinzing

**Volunteering** has many benefits, such as building and practicing leadership skills, networking with colleagues and of course, having fun. There is still time to volunteer in our Chapter. We welcome your questions. Please refer to our website for more information. I hope to see you at our upcoming events.

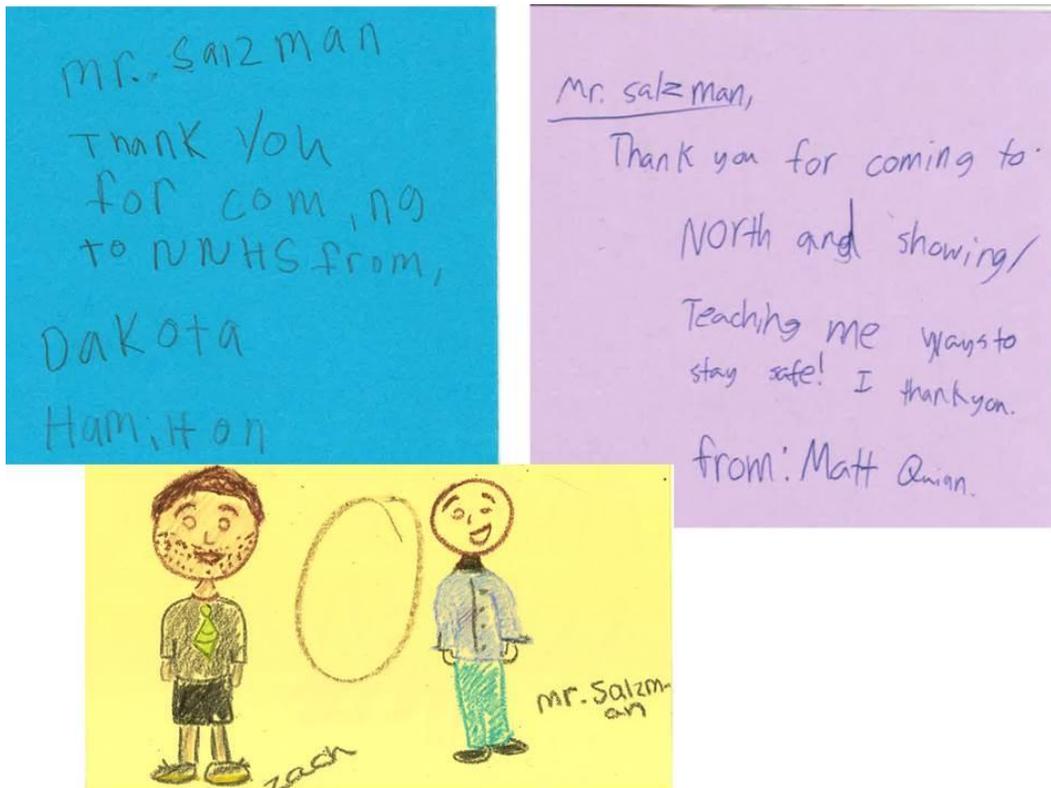
# ELECTIONS

WOULD YOU LIKE TO HELP CHANGE THE WORLD? Start small by joining the leadership team of your ASSE Three Rivers Chapter. Now is the time to indicate your interest in elected offices and/ or volunteer appointed chairperson positions. All positions are up for consideration. At the bottom of this newsletter you will see a list of the current office holders. feel free to contact any for a discussion of roles and responsibilities, or contact one of the members of the nominations committee:

Anita Worden [wordenanita@gmail.com](mailto:wordenanita@gmail.com), Patrick Genovese [patrick.genovese@dupageco.org](mailto:patrick.genovese@dupageco.org),  
Mery Sennett [msennett12@aol.com](mailto:msennett12@aol.com)

## OUTREACH

Any chapter members participating in outreach activities to promote safety in general, the safety profession or the ASSE should advise the board. We would like to recognize you. Scot Salzman presented a program discussing Teen Safety in the Workplace to a group of Special Needs children in vocational programs February 5th.



**In March and April 2015 NIU will be looking for volunteers for their SHADOW PROGRAM. Watch for additional info to come, or contact William J. Mills, Assistant Professor, Department of Technology at Northern Illinois University**

## CHAPTER SPONSORSHIP PROGRAM

The Three Rivers Chapter of the American Society of Safety Engineers offers sponsorship options to help your organization reach the safety, health, and environmental professionals in the Chicagoland area. With more than

300 local chapter members in EHS field, we offer sponsors a way to directly target the people that buy their products and services. Your support enables the Three Rivers Chapter to provide assistance to develop our chapter members in the field of environmental, health and safety

### **What's In It for You?**

- Exposure to the community of EHS professionals in our area
- Demonstrate your commitment to the development of the EHS profession
  - Align your organization with a specific topic or safety event
    - Expand your base of professional contacts
- Reinforce your presence to a dedicated group of EHS professionals
- Direct target marketing your company's products or services

**[Register your company for chapter sponsorship today!](#)**

Contact Greg Meyer [Gmeyer1@orcpg.com](mailto:Gmeyer1@orcpg.com) or Jeff Winters [jeff.winter@grantek.com](mailto:jeff.winter@grantek.com) for additional information

### **LET'S GET TECHNICAL**

**Want to get published?** Provide a page or two of a camera ready word document and we will select one or more as available. Copyrighted material "©" will not be acceptable. Once submitted we will consider it available for publication and once published consider it the property of all members for their use promoting safety in their organizations. If these conditions are acceptable to you, we would love to have your input.

If you are confronted by an angry, agitated or armed person, do you know how to "talk them down?"

The situation may present itself at any time. Harris Interactive has conducted a number of surveys and found:

- 20 workers (average) are murdered annually
- 18,000 workers are assaulted while at work or on duty
- 14% of respondents had felt like striking a coworker in the past year, but did not
- 10% are concerned about an individual at work they fear could become violent
  - 9% are aware of an assault or violent act in their workplace
- 18% had experienced some sort of threat or verbal intimidation in the past year
- Nonfatal assaults result in millions of lost workdays and cost workers millions of dollars in lost wages.

## **How naps do your brain (and body) good**

**Source: Huffington Post, February 13, 2015**

For people running seriously low on sleep, a nap can not only make you feel better, but can reverse the effects of poor sleep by restoring hormones and proteins involved in stress and immune health.

The fact that poor sleep can increase stress levels and suppress immune system activity is well-established. But according to a new small study, napping can be an effective antidote by creating measurable hormone changes. The findings suggest that napping can reverse some of the negative health effects of poor sleep and can also promote overall well-being. If that wasn't enough reason to get a little midday shut-eye, napping has also been shown to boost mood, productivity and creativity, and to facilitate learning and memory. A 2011 study also found that those who napped for at least 45

minutes had lower blood pressure in response to psychological stress than those who did not nap.  
To see the full article, go to: [www.huffingtonpost.com/](http://www.huffingtonpost.com/)

## **March 15-17, 2015 LifeSavers National Conference on Highway Safety Priorities Chicago, IL**

NETS will be participating in the workshop entitled "Free Marketing Resources to Support Your Campaign" in the Communications Track, Tuesday, March 17, 9:00-10:30AM  
For more information or to register, go to: [www.lifesaversconference.org/](http://www.lifesaversconference.org/)

## **March 17, 2015 Saint Patrick's Day Drunk Driving Prevention Campaign: Buzzed Driving is Drunk Driving**

For materials and graphics from NHTSA's Traffic Safety Marketing, go to:  
[www.trafficsafetymarketing.gov/](http://www.trafficsafetymarketing.gov/)

**Never underestimate the importance of training!**

JUNE 8-9, 2015 • TAN-TAR-A RESORT • OSAGE BEACH, MO • REGISTER ONLINE BY MAY 29

21<sup>st</sup> Annual  Missouri  
**WORKERS' COMPENSATION  
C·O·N·F·E·R·E·N·C·E**

**Topics include legal, medical, safety, demographic, and economic issues  
24 sessions with more than 30 experts  
Over 100 vendors offering a variety of products and services**

**9 Continuing Legal Education Credits (CLEs) will be granted by the Missouri Bar for attorneys.  
Pre-approved for Continuing Education Unit requirement by Workers' Safety Program.**

**REGISTER TODAY • WWW.LABOR.MO.GOV/DWC-CONFERENCE • VIEW THE AGENDA**

# **ATTENDEES**

**\$100 per person**

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# 2014-15 Board Members

## **EXECUTIVE BOARD**

			<b>E-Mail</b>
President	Brenda	Allard	<a href="mailto:baa.2000@live.com">baa.2000@live.com</a>
1st VP	Greg	Meyer	<a href="mailto:Gmeyer1@orcpg.com">Gmeyer1@orcpg.com</a>
2nd VP	Jeff	Winter	<a href="mailto:jeff.winter@grantek.com">jeff.winter@grantek.com</a>
Secretary	Anthony	Edeh	<a href="mailto:edehtony101@gmail.com">edehtony101@gmail.com</a>
Treasurer	Joseph	Lasky	<a href="mailto:jlasky@goscheck.com">jlasky@goscheck.com</a>
Assistant Treasurer	Carol	Frye	<a href="mailto:cfrye@airesconsulting.com">cfrye@airesconsulting.com</a>
Membership Chair	Angela	Aparicio	<a href="mailto:asands@fnal.gov">asands@fnal.gov</a>
Delegate 1	Anita	Worden	<a href="mailto:wordenanita@gmail.com">wordenanita@gmail.com</a>
Delegate 2	Patrick	Genovese	<a href="mailto:patrick.genovese@dupageco.org">patrick.genovese@dupageco.org</a>

## **CHAIRS**

Internal Audit	Edward	Gorman	<a href="mailto:edgorman@airesconsulting.com">edgorman@airesconsulting.com</a>
CSC Coordinator	Farheen	Khan	<a href="mailto:fkhan@exponent.com">fkhan@exponent.com</a>
Golf Outing	Brenda	Allard	<a href="mailto:baa.2000@live.com">baa.2000@live.com</a>
Golf Outing Co-Chair	Greg	Meyer	<a href="mailto:Gmeyer1@orcpg.com">Gmeyer1@orcpg.com</a>
Government Affairs	Debra	Levin	<a href="mailto:satinmorgan@gmail.com">satinmorgan@gmail.com</a>
Jobs	Meg	Shanley	<a href="mailto:megshanley4@me.com">megshanley4@me.com</a>
Newsletter	Scot	Salzman	<a href="mailto:scot_salzman@cfins.com">scot_salzman@cfins.com</a>
Programs	Mery	Sennett	<a href="mailto:msennett12@aol.com">msennett12@aol.com</a>
Web / LinkedIn	Jeff	Winter	<a href="mailto:jeff.winter@grantek.com">jeff.winter@grantek.com</a>
Honors & Awards	Mery	Sennett	<a href="mailto:msennett12@aol.com">msennett12@aol.com</a>

### **Interested in helping out? Contact any board member or committee member.**

More information about each position and the officers can be found on the chapter website at [www.threerivers.asse.org](http://www.threerivers.asse.org). There are many open positions, such as Historian, and Public Relations. If you would like to volunteer, please let us know.

**Chapter Delegates represent our chapter at the ASSE Society level.** If anyone has concerns or suggestions for the Society please don't hesitate to contact one of them. For the latest news check out the delegates page on ASSE.org officers central

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