

## Message from the President – March, 2019



### Message from the President –March 2019

**Dear Members and Friends of ASSP**

**Well, Alabama has sure had its share of rain this Winter. Hope everyone remembered to practice safe driving and were weather aware throughout all the wet weather.**

**I attended the Spring regional operating Committee (ROC) in Savannah, GA later on February 20. Our Region is in good shape, with many strong Chapters and great leadership. Our chapter is well represented in that leadership, including our Regional Vice-president, Andrea Ball, who works in Florida, but grew up in Scottsboro, Steve Willis, Treasurer and Bob Fitzgerald, Asst. VP. This was the day before the Region 4 Professional Development Conference which had around 100 registered participants and many great speakers. The Region PDC is a great way for many safety professionals to get valuable continuing education at a reasonable cost without having to travel great distances.**

**We will be holding our Annual Awards Meeting at the AGC facility on April 19. It is here that we award student scholarships, years of service to ASSP recognitions, Award the Chapter Safety professional of the Year (SPY) and other recognition. We are still planning this event, so look for more information in the Chapter newsletter and on line. This is a great meeting to bring your family members, organizational officials and prospective members.**

**Our Chapter elections are just around the corner at our Awards meeting in April. We will be electing a new President, Vice-president, Secretary and treasurer as well as Delegates to serve a two-year term. Our slate of officers from the nominating committee and approved by the Chapter Executive Committee are:**

**President: Matt Holub**  
**Vice-president: Tom Ten-Eyck**  
**Secretary: Kurt Friend**  
**Treasurer: Allyn Holliday**  
**Delegates (2): Greg Blake & Bob Fitzgerald**

**I look forward to the next few months and pledge to assist the new leadership as they develop their vision for our Chapter's future. We invite everyone who is not a member to join ASSP. Also, we welcome your involvement in our service to companies, employees, community safety efforts and each other.**

**Thank you for all you do to grow our profession!**

**Stay safe in all you do!**

**Yours in Safety and Service,**

*Wayne P. Jackson*

Wayne P. Jackson, MSW, CEAP, CSP  
President  
Alabama Chapter ASSP

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### ***Need help with an Alabama Chapter Membership & Guests Email List***



**...didn't know about the event, didn't get the Newsletter, forgot about the ASSP web page. ASSP Membership information is not updated and we need better communication. Who is willing to gather email addresses? See page 5 for contact information. Thank you.**

## Meet the Alabama Chapter Team – 2019



**Wayne Jackson**  
President



**Danny Callies**  
Vice President



**Allyn Holladay**  
Treasurer



**Greg Blake**  
Delegate



**Matt Hollub**  
Government Chair



**Frank Lakotich**  
Delegate



**Kurt Friend**  
Membership



**John Placey**  
Finance



**Paul Thurber**  
Tuscaloosa/West



**Shawn Ankerich**  
Program Chair



**Randy Easterling**  
2018 PDC Region IV



**Troy Ogden**  
Program Committee



**Paulisha Holt**  
ASSE Web Site



**Donny Burke**  
Foundation/UAB Advisor



**Judith Etterer**  
MSHA/DOL





**Vivian McSwain**  
Secretary/Special Events



**Caryl Gaiser**  
Program/Newsletter



**Tom Ten-Eyck**  
Education/PDC



**Laura Wilson**  
Deep South/UAB CEUs



**Bob Fitzgerald**  
Former Area Director



**Andrea Ball**  
Region IV V.P.



**Scott Walker**  
Auburn/Montgomery



**Jacob Fannin**  
Social Media



**Drew Hall**  
Community Affairs



**Looking for ASSP Committee Volunteers!**

**Alabama Chapter's Website: [alabama.assp.org](http://alabama.assp.org)**

**2017-2019 ALABAMA CHAPTER LEADERSHIP**

<b>President:</b>	<b>Wayne Jackson</b>	<a href="mailto:wjackson@atn.org">wjackson@atn.org</a>
<b>Vice President:</b>	<b>Danny Callies</b>	<a href="mailto:dannycal48@gmail.com">dannycal48@gmail.com</a>
<b>Secretary:</b>	<b>Vivian McSwain</b>	<a href="mailto:vmcswain@martinsafety.com">vmcswain@martinsafety.com</a>
<b>Treasurer:</b>	<b>Allyn Holladay</b>	<a href="mailto:allynh@uab.com">allynh@uab.com</a>
<b>AL/MS Area Director:</b>	<b>Joe Keenan</b>	<a href="mailto:jdkeen@mlc.com">jdkeen@mlc.com</a>
<b>Delegate:</b>	<b>Greg Blake</b>	<a href="mailto:gablake@southernco.com">gablake@southernco.com</a>
<b>Delegate:</b>	<b>Frank Lakotich</b>	<a href="mailto:lakotichf@charter.net">lakotichf@charter.net</a>
<b>Membership Chair:</b>	<b>Kurt Friend</b>	<a href="mailto:kmfri@southernco.com">kmfri@southernco.com</a>
<b>Finance Chair:</b>	<b>John Placey</b>	<a href="mailto:placeyfour@gmail.com">placeyfour@gmail.com</a>
<b>Web Site:</b>	<b>Paulisha Holt</b>	<a href="mailto:pholt@uab.edu">pholt@uab.edu</a>
<b>Governmental Chair:</b>	<b>Matt Hollub</b>	<a href="mailto:mhollub@ccs.ua.edu">mhollub@ccs.ua.edu</a>
<b>Nominating Chair:</b>	<b>Randy Easterling</b>	<a href="mailto:reasterling@ccs.ua.edu">reasterling@ccs.ua.edu</a>
<b>Education/PDC:</b>	<b>Tom Ten-Eyck</b>	<a href="mailto:tten-eyck@ccs.ua.edu">tten-eyck@ccs.ua.edu</a>
<b>Program Chair:</b>	<b>Shawn Ankerich</b>	<a href="mailto:sankerich@craneworks.com">sankerich@craneworks.com</a>
<b>Foundation/UAB Advisor:</b>	<b>Donald Burke</b>	<a href="mailto:dburke3@uab.edu">dburke3@uab.edu</a>
<b>Auburn/Montgomery:</b>	<b>Scott Walker</b>	<a href="mailto:walker.scott@basco.com">walker.scott@basco.com</a>
<b>NE/Anniston/Gadsden:</b>	<b>Gary Vernon</b>	
<b>Tuscaloosa/West :</b>	<b>Paul Thurber</b>	<a href="mailto:Paul.Thuber@nucor.com">Paul.Thuber@nucor.com</a>
<b>Newsletter Chair:</b>	<b>Danny Callies</b>	<a href="mailto:danny@grplantmaint.com">danny@grplantmaint.com</a>
<b>Social Media/Facebook</b>	<b>Jacob Fannin</b>	<a href="mailto:Jacob.fannin@troyal.gov">Jacob.fannin@troyal.gov</a>
<b>Community Affairs Chair:</b>	<b>Drew Hall</b>	<a href="mailto:AHall@garrisonsteel.com">AHall@garrisonsteel.com</a>
<b>MSHA.DOL.GOV</b>	<b>Judith Etterer</b>	<a href="mailto:Etterer.judith@dol.gov">Etterer.judith@dol.gov</a>
<b>AGC</b>	<b>Tom Robinson</b>	<a href="mailto:TomR@alagc.org">TomR@alagc.org</a>
<b>ABC</b>	<b>Charles Hall</b>	<a href="mailto:Charles@abc-alabama.com">Charles@abc-alabama.com</a>



Joe Keenan, AL/MS Area Director



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS



Andrea Ball, Region IV, V.P.

## Safety 2019 Registration Is Now Open!



## at Safety 2019

Reconnect with your passion for the safety profession

### **Safety 2019 Professional Development Conference & Exposition.**

Sunday, June 9 thru Wednesday, June 12 | Ernest N. Morial New Orleans Convention Center | New Orleans, LA



## Another Good Reason to Attend ASSP Meetings – C.E.U. Hours



Visit Alabama Chapter's web site for more information: [alabama.assp.org](http://alabama.assp.org)



**Mar. 15<sup>th</sup> Brady McLaughlin, TrioSafety “HEAT; Hostile Emergencies Action Training”**



**April 19<sup>th</sup> Alabama Chapter's Annual Awards Luncheon @ AGC 11:30-1:00pm**





**Auburn/Montgomery Section meetings contact:**

For more information contact: Scott Walker; [walker.scott@basco.com](mailto:walker.scott@basco.com)



**Special Training & Safety Meetings in the City of Troy**

For more information contact: Jacob Fannin; [jacob.fannin@troyal.gov](mailto:jacob.fannin@troyal.gov)

**ASSP – Tuscaloosa/West Alabama 2019 @ Nucor**

**Meetings held on the First Friday at Nucor Steel Tuscaloosa, Inc.**

**Time: 11:15 – 1:00pm**

**1700 Holt Rd NE, Tuscaloosa, AL 35404**



For more information Contact: Paul Thurber, Safety/Nucor  
Email: [Paul.Thurber@nucor.com](mailto:Paul.Thurber@nucor.com)



**Subject: March 28<sup>th</sup> (4:00-5:00pm) ASSP-NE Alabama Section Meeting**

**Location: JX Nippon in Childersburg**

**For more information and direction contact:** "Smith, Carol K." <[Carol.Smith@kochind.com](mailto:Carol.Smith@kochind.com)>

**Speaker:** Dr. Susan Caplow, Assistant Professor and Coordinator of Environmental Studies, University of Montevallo will be our guest speaker for the March meeting. Please feel free to invite members of your environmental teams to this meeting. The meeting will be at JX Nippon in Childersburg. Below is bio on Dr. Caplow...

Dr. Caplow received her Ph.D. in Environment and Ecology from UNC-Chapel Hill, her M.Sc. in Environmental Sciences and Policy from Central European University, and her B.A. in Public Policy Analysis/Biology from Pomona College. She teaches courses at UM that explore the interface between humans and the environment, and she incorporates field-based activities and service learning into her courses as much as possible. Her research focuses on how people interact with conservation interventions (including policies, projects, or education) and how those interactions can lead to environmental/social change that supports conservation efforts.

**Title of program: Environmental Studies in Action: Capstone Projects at University of Montevallo**

**Description:** At the University of Montevallo, the Environmental Studies senior capstone is a semester-long group consulting project with a real-world client who provides for them a sustainability challenge. In the last three years, students have worked with the City of Montevallo on sustainability upgrades on Main Street and the streambank restoration project in Orr Park, and with University partners on transportation demand management. This presentation will describe the capstone process, celebrate the accomplishments of the individual projects, and highlight how liberal arts colleges prepare students for environmental careers.



**Alabama Chapter, February 15<sup>th</sup> @ AGC Building in Birmingham**  
**Topic: Teaching Strategies: Training Made Easy**  
**Speaker: Brady McLaughlin, Trio Safety**



**Next meeting Friday, March 15<sup>th</sup> @ AGC**

**2019**

## **CENTRAL ALABAMA CONSTRUCTION SAFETY CONFERENCE AND EXPO**

Get up to date on OSHA regulations, safety training  
and safety products. Breakfast, lunch, training, networking, exhibits  
and door prizes all included

**THURSDAY, MARCH 7**

**HYUNDAI TRAINING CENTER, MONTGOMERY**

**\*Free event thanks to the contributions of the sponsors and exhibitors**



**CONFERENCE  
SPONSORS**



**HYUNDAI**  
HYUNDAI MOTOR MANUFACTURING ALABAMA

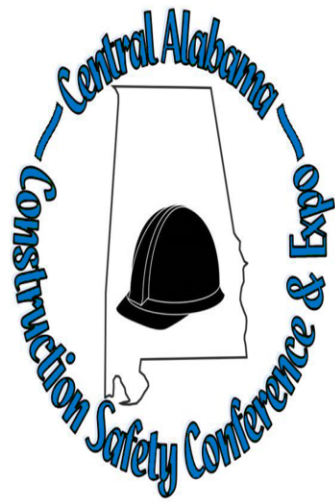
**AGC**  
ALABAMA



**FOOD SPONSORS**







## INFORMATION

The **Hyundai Training Center** is located just south of Montgomery. Exit I-65 at Hope Hull and go right on US 31. Turn right to Hyundai Boulevard. The Training Center is the first building on the left.

There are several lodging options at the Hope Hull exit—Fairfield Inn, Hampton Inn, Holiday Inn Express, Quality Inn.

Doors open at 7:00 a.m. Report to the registration station, then proceed to the breakfast area outside the auditorium.

For Tracks 1, 2, 3, 4 & 5 attend any session in any track. Track 5 is a Spanish language track.

Track 6 will cover Fall Protection and only be offered three times.

## HOW TO REGISTER

(copy & paste link into your internet browser)

<http://www.soph.uab.edu/dsc2013/central-alabama-construction-safety-conference-expo-online-registration>

If assistance is needed, call 205-934-7076.

# CONFERENCE SCHEDULE

7:00—7:40	Registration & Breakfast
8:00 - 8:30	Opening Session in Auditorium

TRACK 1	
8:30—9:30	Welding
9:45—10:45	Boom Trucks
11:00—12:00	Hazardous Material Storage
12:00—12:45	LUNCH
12:45—1:45	Rigging
2:00—3:00	Trenching

TRACK 2	
8:30—9:30	Lockout/Tag Out
9:45—10:45	Silica
11:00—12:00	Mold
12:00—12:45	LUNCH
12:45—1:45	Respiratory Protection
2:00—3:00	Jobsite 101

TRACK 3	
8:30—12:00	Highway Workzone Safety
12:00—12:45	LUNCH
12:45—1:45	Jobsite Mobile Equipment
2:00—3:00	Forklift Training Requirements

TRACK 4	
8:30—9:30	OSHA Safety and Health Guidelines
9:45—10:45	OSHA Update
11:00—12:00	OSHA Reporting & Recordkeeping
12:00—12:45	LUNCH
12:45—1:45	OSHA Legal Issues 1
2:00—3:00	OSHA Legal Issues 2 + Q & A

TRACK 5	AUDITORIUM
THIS IS A SPANISH LANGUAGE TRACK.	
8:30—9:30	Jobsite Safety 101
9:45—10:45	Scaffold Safety Basics
11:00—12:00	Excavating & Trenching Safety
12:00—12:45	LUNCH
12:45—1:45	Personal Protective Equipment
2:00—3:00	Fall Protection

TRACK 6	
8:30-9:30	Fall Protection
9:45-10:45	Fall Protection
11:00-12:00	Fall Protection
12:00-12:45	LUNCH

3:15—3:45	Closing Session in Auditorium
Exhibitor prizes and door prizes will be awarded. You must attend the closing session to be eligible.	

During breakfast, lunch and breaks between sessions, please visit the exhibits. These safety professionals can be a valuable resource for information and advice on safety services and equipment. Their generous support makes this conference possible.



**Bob Fitzgerald CSP, CHS**  
Sr. Risk Control Consultant  
Risk Control and Claim Advocacy Practice  
[Bob.Fitzgerald@willistowerswatson.com](mailto:Bob.Fitzgerald@willistowerswatson.com)



## NEWS RELEASE

Are you interested in the rich history of safety and health and the many individuals, events, organizations and innovations that made safety and health practice what it is today?

If so, please visit the **Safety and Health Historical Society (SHHS)** web site ([www.safetyandhealthhistory.org](http://www.safetyandhealthhistory.org)) and consider participating as an individual patron. Visit the “Resources” section to learn about numerous free articles, web sites, and other items on S&H history. SHHS is a new, non-profit, educational and charitable organization open to all individuals and organizations. Participation fees are tax deductible.

Are you familiar with any of the following? These are but a few of the items covered in initial issues of the quarterly SHHS journal that patrons receive: *The Archives of Safety and Health*.

! After working in a 3-mile WV tunneling project in 1931 (Hawk’s Nest Tunnel), about 700 individuals died of silicosis within 5 years of their employment.

! In the late 1800s, about 50,000 people in the US died annually from boiler explosions.

! At the end of WWII, upstart auto companies sought to introduce auto safety features that are now standard but were put out of business.

! The very sad school fire in 1958 at Our Lady of Angels School in Chicago killed 92 innocent children, but led to major improvements nationally in life safety for schools.

! Do you know about any of these important individuals who affected major changes in safety and health? Lorenzo Coffin, Garrett Morgan, Edward Atkinson, Hugh DeHaven

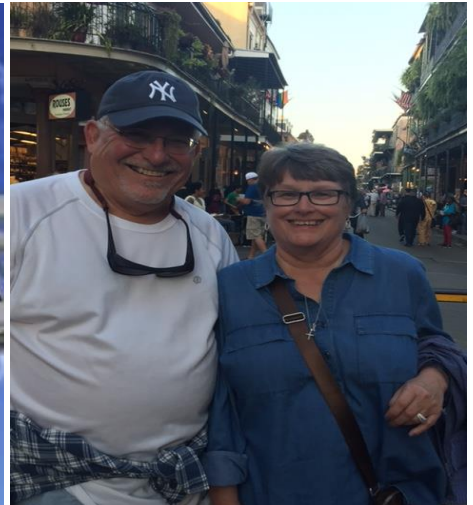
! Do you know why laws require school busses to open the entry door when stopping at a railroad crossing?

! How did the first “Fire Prevention Day” in the U.S. get started? By whom and when?

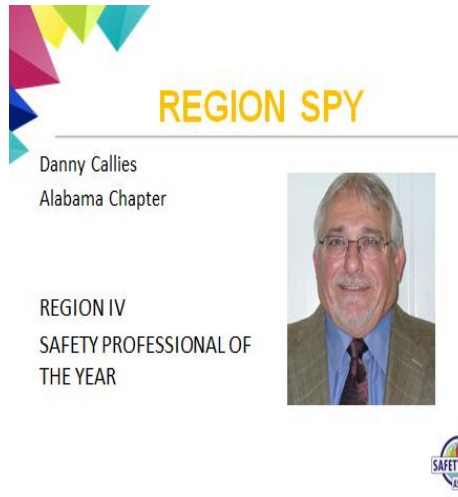
Learn from the past to advance your safety and health practice.

Visit [www.safetyandhealthhistory.org](http://www.safetyandhealthhistory.org)!

Become a patron of SHHS!



## Happy Retirement Danny Callies, March 15, 2019



- 2019 Board of Director; Ironworker Skills Institute
- 2018 Safety Professional Merit Award, SE Mine Safety & Health Conference
- 2017 ASSE Region IV Safety Professional of the Year, Baton Rouge, LA
- 2016 Life Time Achievement Award, AL Governor's S&H Conference
- 2012-2013 Safety Professional of the Year, Alabama Chapter-ASSE
- Instructor, OSHA Institute at Georgia Tech; Atlanta, GA (Crane Safety)
- Instructor; School of Building Science; Auburn University (Rigging)
- 2008 Safety Professional of the Year (MSHA-Joseph Holmes Safety Assoc.)
- Alabama Chapter of the American Society of Safety Professionals (ASSP), Vice President & Newsletter
- Member, ABC Safety Executive Committee; Birmingham, AL
- Member, Associated General Contractors; Birmingham, AL
- Member, S.E. US Mine Safety Heath Conference, Executive Committee
- Member, AL Governor's Safety & Health Conference Planning Committee



## 2019 Deep South Center Calendar

<b>JAN</b>	16	BLS with First Aid-Bham
<b>FEB</b>	18-19	Spirometry Workshop-Bham
	20-22	Audiometric Workshop-Bham
	21	Audiometric Refresher-Bham
<b>MAR</b>	1	Future of the Profession-Bham
	7	CACSCE-Montgomery
	7	Spirometry Refresher Workshop-Greenville, SC (GTC)
	8-9	Spirometry Workshop-Greenville, SC (GTC)
	28	Spirometry Refresher Workshop-Demopolis (WestRock)
<b>APR</b>	4	Southeast Regional Research Symposium-Tampa
	23	Spirometry Refresher Workshop-Bham
	24	Respirator Fit Test-Bham
	23-25	Audiometric Workshop-Bham
	24	Audiometric Refresher-Bham
<b>AUG</b>	5-6	Spirometry Workshop-Bham
	7-9	Audiometric Workshop-Bham
	8	Audiometric Refresher-Bham
<b>OCT</b>	7-8	Spirometry Workshop-Pensacola
	9	Spirometry Refresher Workshop-Pensacola
	9-11	Audiometric Workshop-Pensacola
	10	Audiometric Refresher-Pensacola
<b>DEC</b>	2-3	Spirometry Workshop-Bham
	4-6	Audiometric Workshop-Bham
	5	Audiometric Refresher-Bham

**OTHER COURSES AND CONFERENCES WILL BE ADDED AS THEY BECOME AVAILABLE**

To Register go to [www.uab.edu/dsc](http://www.uab.edu/dsc) or call 205-934-7076

## Alabama People in Safety



Find us on  
**Facebook**



**Special Thank you to Jacob Fannin**

**Alabama Chapter Facebook and Social Media Chairman**



**The AL Chapter ASSP Facebook page is officially up and running. Check it out and let me know what you think.**

**Jacob Fannin, Risk Coordinator/City of Troy**



**Jacob Fannin, CHCM, HSM, RMS**  
*Risk Management Coordinator*

[jacob.fannin@troyal.gov](mailto:jacob.fannin@troyal.gov)

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Troy, Alabama 36081

Office: 334.674.2444  
Fax: 334.808.7404  
Cell: 334.268.0296

I have added several events listed in the letter to the Facebook page. Can someone send me some of the pics from recent meetings, etc. I will add them to the Facebook page. *Danny – If you would please add a page to the newsletter encouraging members to send pics of the meetings, events, etc. to me and I will add them to the Facebook page that same date. WE NEED PICTURES for the Facebook page!*

Jacob Fannin



Judith S. Etterer, SE District Staff Assistant, MSHA MNM

## MSHA Serious Accident Alert - Plant - Structural

**Sand and Gravel** – On September 19, 2018, two miners were injured when a building partially collapsed during construction. One miner was transported to a local hospital and the other miner was treated at the mine and released.



### Best Practices:

- Construction should sequence in a systematic manner according to the design drawings.
- Ensure a competent person conducts structural inspections periodically to identify hazards.
- Temporary bracing should be provided at all times during construction to resist wind, earthquake, and other construction loads.
- Routinely examine metal structures for indications of structural deficiencies (corrosion, fatigue cracks, bent/buckling structural members, loose/missing connectors, broken welds, etc.).
- Report structural damage to the engineer overseeing the construction project.
- Any modifications to column base plates and anchors should be approved by the engineer of record.
- Train all persons to recognize and understand safe job procedures before beginning work. Be alert for hazards created while the work is performed.
- Wear fall protection where there is a danger of falling.
- Remove personnel from the structure when there are high wind speeds or gusts.





**Allyn Holladay**



**Paulisha Holt**



**Laura Wilson**

## **Master of Science in Health Administration (MSHA) @UAB**

The Master of Science in Health Administration (MSHA) Program is **now ranked #2 in the nation** according to the latest *U.S. News & World Report* rankings.

“The ranking is an acknowledgement of our commitment to provide an outstanding learning experience that includes excellent education, practice-relevant scholarly activity, and engaged alumni,” said Christy Harris Lemak, Ph.D., chair of the **Department of Health Services Administration**. “It means so much to the department because it is recognition from our peers and because it highlights a legacy of excellence at UAB that began 50 years ago.”



The MSHA Program prepares you to assume executive leadership positions in a broad range of health services organizations, including hospitals, health systems, physician group practices, health maintenance organizations, long-term care facilities, consulting firms, and insurance companies. Founded in 1965, the MSHA Program at UAB enjoys an excellent reputation, both regionally and nationally, for the high quality of its academic program and the achievements of its more than 1,300 graduates

[Home](#) / [Daily E-newsletter – Friday](#) / Marijuana & the workplace

# Marijuana & the workplace

February 5, 2019 By [Renee Cocchi](#)

Did you ever think you would have to know what is and isn't allowed when it comes to marijuana and the workplace?

Now that 35 states have laws that decriminalize marijuana in some form – medical or recreational use – chances are good you're learning all you can on the subject. Find out what you know about marijuana use in the workplace by answering *True* or *False* to the following questions:

1. Since marijuana is now legalized for medical use in many states, you can't ban its use at your workplace.



2. You can't make an employment offer that's contingent on a negative drug test.
3. If a worker uses medical marijuana under the guidance of a doctor, his or her marijuana use is protected by the Americans with Disabilities Act (ADA).

## Answers to the quiz:

1. **False.** Marijuana is still illegal on the federal level, and it's against the law for any federal employee to use it. If you work for the Department of Transportation or are a federal contractor, then yes, you can ban the use. Also, employees in safety-sensitive positions aren't allowed to be impaired whether by legal or illegal substances. For all others, you need to check your state law. However, even in states that have legalized medical marijuana, it's still possible to ban or restrict its use.
2. **False.** You can require job applicants to take a drug test and make hiring contingent on their passing the test. Just make sure you do it consistently for everyone.
3. **False.** Federal law categorizes marijuana as an "illegal drug," even when it comes to the ADA; therefore, its use isn't protected.



## **Increasing Workplace Safety Through Wellness**

Wellness is defined as “the condition of good physical, mental and emotional health, especially when maintained by an appropriate diet, exercise, and other lifestyle modifications” (Dictionary, 2018) Many companies are turning to preventative programs to establish and encourage workplace wellness and reduce the amount of workplace musculoskeletal injuries. Promoting health and wellness in the workplace leads to increased productivity, fewer injuries, reduced costs, emphasizes the importance of wellness education and improves employee morale and confidence in making informed decisions regarding employee health.

Musculoskeletal disorders (MSD) are defined as an injury or discomfort of the musculoskeletal system, includes joints, muscles, tendons, ligaments and nerves. MSDs can arise due to sudden exertions, repetitive motions, repeated exposure or acute traumatic events. MSDs have become increasingly prevalent in the workforce. Companies have begun to proactively combat the rising occurrence of the disorders and chronic disease with Onsite Trainer models.

Many chronic diseases such as Diabetes (Type 2) and Cardiovascular Disease are directly influenced by lifestyle choices and habits. This alone should emphasize the importance of wellness. Education is crucial in making informed decisions regarding an individual’s health and wellbeing.

Type 2 Diabetes can be controlled, reduced or eliminated through diet, exercise and maintaining healthy weight. According to the CDC, 90-95% of Diabetes in the United States is vastly preventable. Each of these associated risks and conditions drastically affect workplace safety and increase the risk for injury. Diabetics are less likely to feel extreme temperatures, pain and experience decreased circulation resulting in delaying healing process. This places the individual at high risk for injury on the job and off.

Side Effects and Risks of Diabetes Include but are not limited to:

- Heart Disease
- Hypertension
- Increased Risk of Stroke
- Diabetic Retinopathy (Vision Loss)
- Foot Complications
- Impaired Sensory
- Nervous System Dysfunction
- Impaired Circulation and Skin Disorders

A BMI (Body Mass Index) of 25 or greater places an individual in a high-risk population for pre-diabetes. Studies have shown that as little as 30 minutes of moderate exercise each day can boost metabolism, aiding in fat loss and promote cardiovascular fitness reducing the risk of Diabetes, Cardiovascular Disease and other serious medical complications.





How can wellness programs influence safety in the workplace? Wellness programs are centered around promoting health and safety culture within the workplace using ergonomic assessments, physical demand analysis, stretch programs and educational tools to identify potential risk factors and hazards. Ergonomic assessments and physical demand analysis provide insight to potential risks of the occupation and allow for recommendations and accommodations to equipment and tools used to increase safety and reduce risk of injury. Return to work programs are designed to ensure employees are physically capable of performing the required demands of their occupation.

The focus of these programs has shifted from treatment of injuries to a proactive approach of preventing and reducing injury occurrence. This “proactive, not reactive” approach, utilizing the Onsite Trainer Model, allows employees access to a skilled and trained professional, Athletic Trainer or Physical Therapist Assistant who specialize in prevention, assessment and management of injuries and identification of potential risks and hazards. This model promotes keeping employees healthy, well and with less days away from the job due to injury. Employers benefit through decreasing health care costs and expenditures, reduced recordables and lost time, increased productivity, lowered employee turnover, improved employee morale and occupational satisfaction.

This model is designed to have a trained professional onsite to allow ease of access to employees. Individuals who participate in these programs have access to a vast array of information, treatments and tools to boost employee’s wellness on and off the job. These skilled professionals conduct orthopedic assessments, implement first aid care abiding by OSHA standards, perform ergonomic assessments, physical demand analysis, return to work training, as well as provide health and wellness education regarding nutrition and exercise.

Onsite clinicians create a positive impact on employee work environment by reducing the aches, discomforts and limiting the amount of injuries. Nutrition and exercise education can provide the necessary tools to combat declining health as result of poor diet and inadequate physical activity. The clinicians can provide insight on possible risk factors co-morbidities and the potential hazards if left unaddressed. In turn, employee morale is boosted as employees feel the employer is invested in their overall health and wellbeing. Onsite models are a great tool used to assess and expedite processes when an injury (recordable) has occurred. Trainers can identify the severity of the injury and request a referral to the appropriate healthcare professional for a timely intervention, preventing the injury from progressing to a more serious health complication.

As reported in the EHS Daily Advisor, the Fairfax County, Virginia, Police Department has an on-staff trainer who addresses a variety of concerns, including sprains and strains and injuries from vehicle crashes. The Department says the trainer has contributed to an overall reduction of 22 percent in medical costs and 21 percent in musculoskeletal medical expenses. (1)

*The same report notes that this program will keep workers on the job.* The free, on-site program at the Kennedy Space Center reduces travel time to and from rehab, lets employees maintain their normal routine as they recover and rehabilitate, decreases lost work time, and increases job productivity. The program has treated employees including law enforcement officers, secretaries, roads and ground personnel, janitors, engineers, mechanics, equipment operators, astronauts, and space hardware technicians. The program is estimated to save \$750,000 per year. (1)



Wellness programs are strategically designed to give employees tools, support, confidence and education to develop and maintain healthy lifestyles. Living a healthy and well lifestyle can boost positive moods and self-esteem, allowing for a more productive day. Preventative program methods combat the escalating chronic diseases, musculoskeletal dysfunctions and aid in stress management to improve employee's wellbeing in both the workplace and home. After all, an informed healthy workforce is a safe workforce.

**Destiny Pope, PTA, CEAS, Industrial Specialist**  
**Unify Health Services, 12276 San Jose Blvd, Ste 724, Jacksonville, Florida**  
**www.Unifyhs.com | Destiny@Unifyhs.com**  
**About Unify Health Services**

Unify Health Services, LLC. is a national organization which specializes in pre and post injury initiatives. Offering a full spectrum of health and wellness, prevention and post-injury workforce solutions makes us the only national organization of its type in the United States. The goal is to connect the dots between Human Resources, Safety, Compensation and Risk Management and make a significant impact throughout. Their innovative programs are outcome driven and unique to their client's needs and goals.

For more information, call 1-888-314-5571 or visit <http://www.unifyhs.com>

## References

(1) EHS Daily Advisor article Could Athletic Trainers Reduce MSDs in Your Workplace? By Jennifer Busick May 7, 2015

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**Kelly Ingram-Mitchell**  
**President**



**Jill Baxter**  
**Vice President; Business Development**



**Bri Harris**  
**Director of Business Development**

## For More ASSP Information Contact:

Newsletter looking for Stories, Pictures & Awards of our Members. Programs need Safety Topics, Speakers and Meeting Locations.



Danny Callies



dannycal48@gmail.com



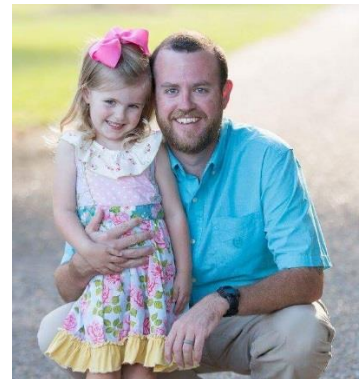
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**[alabama.assp.org](http://alabama.assp.org)**

*We hear I didn't get an email about the meetings, events or copy of the current Newsletter. Please click onto the Alabama Chapters Web Site for all the ASSP/Safety Information; Paulisha does an excellent job with all the updates.*





## Alabama Chapter ASSP, Election of New Officers for 2019-2021

Slate of Officers as follows:



**Pres. Matt Hollub**



**VP. Tom Ten-Eyck**



**Sec. Kurt Friend**



**Treas. Allyn Holladay**



**Del. Greg Blake**



**Del. Bob Fitzgerald.**

At the next Alabama Chapter executive committee meeting, the slate of officers will have to be approved before going to the membership for a vote.



**Randy Easterling MSPH, CIH, CSP**  
**Chairman of Nomination Committee**