



NRASP News

Carry on the Conversation...

On February 17th the NRASP held a Lunch n’ Learn :

Presenter: Brad Feldner, Pure Chiropractic

Topic: Healthcare Providers assisting HR and Safety Directors while keeping employees at work. Are you ready?

This article of the newsletter focuses on the luncheon of February 2016. If you made it to the luncheon, this article carry’s on the conversation the presenter started at the luncheon. If you did not make it to the luncheon, this article is a great source for Healthcare provider and employee injury information.

Q: So what can a company do to cut down on injury costs and employee time away from work do to an injury?

A: Talk to your DMP (Designated Medical Provider) – make sure they understand job descriptions. If an employee is not responding to treatment, communicate with the doctor. Understand who you are working with and ensure they have common goals: Return employees back to work, make sure they know your Return to work program (RTW) and light duty options, focus on healing and RTW programs (not just the injury), and providers need to be positive in RTW protocols.

Q: Who is most likely to have a back injury/problems?

A: Anyone who has ever had back pain and did not follow through with proper rehabilitation.

Things to know:

- Muscle strength decreases at least 20% within weeks of immobilization, for every 10 lbs. gained an additional 30-40 pounds of additional pressure is put on the joints.
- The average amount of time a person sticks with a fitness membership is only 2 weeks (84% of people will just drop out).
- So what does this mean? Keep active, lose weight if needed!! A healthy and active workforce will be more productive and less likely to be absent.

NRASP Lunches

March – Everett Patterson - MState – “*Stop the Bleed*”

April – Jack Kolberg – AGC of ND Safety Services – *Confined Spaces*

May – Kathy Kulesa – ND DOL—*Topic TBD*

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Special points of interest

- March is National Eye Well-ness/Safety Month
- April is National Stress Awareness Month
- May is Better Hearing & Speech Month along with a National Hurricane Preparedness Week

Starting the Conversation...“Stop the Bleed”

Presenter—Everett Patterson—M State

The Bleeding Control for the Injured (B-Con) course was developed by NAEMT's PHTLS Committee with leadership provided by Dr. Peter Pons and Dr. Norman McSwain.

The course was developed in response to efforts by the U.S. Departments of Homeland Security and Health and Human Services to increase collaboration between law enforcement, the fire service and EMS in responding to active shooter/IED/mass casualty events. B-Con is consistent with the recommendations of the Hartford Consensus on Improving Survival from Active Shooter Events. The Hartford Consensus recommends that an integrated active shooter response should include the critical actions contained in the acronym **THREAT**:

1. **T**hreat
2. **H**emorrhage control
3. **R**apid **E**xtrication to safety
4. **A**ssessment by medical providers
5. **T**ransport to definitive care

This process is not just for Active Shooter events, but also those work related events where “Stop the Bleed” comes into play.

March is Workplace Eye Wellness Month

Taking care of your eyes should always be a priority while you are working. More than 700,000 work related eye injuries occur each year in the workplace (safety.blr.com).

OSHA’s eye and face protection standard requires employers to “ensure that each affected employee uses appropriate eye or face protection when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids, or caustic liquids, chemical gases or vapors, or potentially injurious light radiation.”

Workplace eye wellness month is a great time to teach your employees about protecting their vision while working. Train employees in the proper use of machines, tools and chemicals, to reduce eye injuries.

Most common causes of eye injuries in the workplace:

- Chemicals
- Wood Dust
- Lawn Mowers
- Nails
- Hand tools
- Power Tools
- Bleach
- Paints
- Gasoline
- Welding

There are several different ways to protect your eyes from the dangers in the workplace. During **eye wellness month** you should go over the types of eye protection safety equipment that can be used while working. You can show employees the proper way to use and wear the eye safety gear.

Some information provided by Safety.blr.com and workplacesafetyexperts.com

NRASP

MISSION STATEMENT:

To enhance the development of Safety, Health and Environmental Professionals

Annual Safety Conference

SAVE THE DATE:

Tuesday November 29 & Wednesday, November 30

Hilton Garden Inn, Fargo , ND

Sponsorship Opportunities Available

The Northern Region Association of Safety Professionals (NRASP) is a group of professionals, from all types of industry, sharing a common interest and passion for promoting workplace safety and health. As a member run organization, we work hand in hand to create opportunities to network, share best practices, and stay up to date with the ever changing regulatory environment.

NRASP is currently seeking out local businesses to assist with a sponsorship for the 2016 Annual Safety Conference so that we may continue to offer leading, cutting-edge, innovative classes for local professionals who wish to learn more about promoting workplace safety and health.

The sponsorship levels are as follows:

Diamond Sponsorship = \$1000+

Any sponsorship above \$1000 will go towards a meal or keynote session during the conference. The company's logo will be displayed prominently throughout the Grand Ballroom where the Keynote presentations will occur along with Vendor Displays, lunch, refreshment breaks, and End of Conference Social. Company logo will be displayed on the front cover of the Conference Program distributed to all attendees.

Platinum Sponsorship = \$1000

Platinum sponsors will have their company logo displayed on the front cover of the Conference Program along with logo being displayed by the Conference Registration table.

Gold Sponsorship = \$500

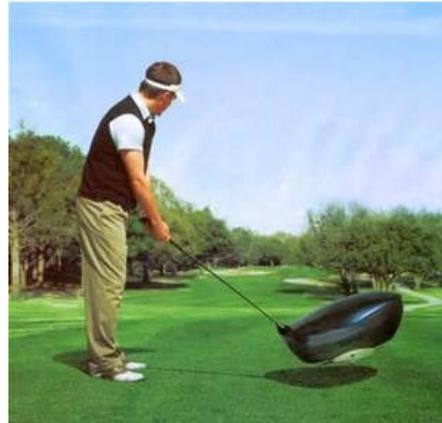
Gold sponsors will have their company logo displayed on the inside cover of the Conference program.

Golf Committee

The annual NRASP golf outing will be held in July once again this year. Tentative date scheduled is: **Wednesday, July 27 at Rose Creek Golf Course.**

This will be a 9-hole event, same as previous years.

Matt Weis is heading the Golf Committee this year. Any NRASP member is eligible to serve on a committee. Please contact Matt Weis at mattw@dawsonins.com if you are interested in being part of the Golf Committee this year or are interested in a sponsorship.



Chuck Ulrich's golfing gear....

Website/Communication Committee

In 2016 NRASP has established goals to increase communication with and among membership. A few ways this will be accomplished are as follows:

- Once a month a newsletter will be mailed to the membership that contains brief articles on the previous monthly meeting "Continuing the Conversation" and on the next month's meeting topic, "Starting the Conversation".
- Once a quarter the newsletter will also include Committee updates, National Safety events, and Regulatory updates along with a section introducing members to the Board.
- Finally we are attempting to start a blog/forum section on the website for members to use when they have a safety/health/environmental related question they would like to pose to the membership. Please submit any safety/health/environmental question you would like to share with the membership to nrasp@gmail.com.

Community Outreach Committee

The goal of the Community Outreach committee is to share some of the funds received by NRASP from monthly meetings, golf outings, annual conferences and other safety related events offered to the community. This year the focus is on getting the message out to high school students of the dangers of Distracted Driving. The Committee has been in contact with Shelley Fornay, a professional speaker on the topic of distracted driving along with a person who has suffered the effects of distracted driving personally. Her message is current, impactful and lasting.

The committee is currently in search of a student or group of students who would be interested in spearheading this project and handling all of the organizational activities involved to offer this presentation to area high school students. NRASP would like to hand over all responsibilities to the student (s) and be involved primarily as a financial supporter of the project. **Do you know of a high school student or group who may be interested in being involved with this project?** If so, please contact Chuck Ulrich at Chuck.Ulrich@EssentialHealth.org. Contact Chuck if you are interested in participating in this groundbreaking committee.

Regulatory Safety Updates

In going along with the NRASP mission of sharing knowledge, each quarter the Board will supply a list of any Regulatory updates with in the Transportation, Workplace Safety, and Environmental scopes.

Transportation

- 01/21/2016 - PHMSA: Hazardous materials: adoption of special permits (HM-233F)
- 01/21/2016 - FMCSA: Carrier safety fitness determination
- 02/25/2016 - Louisiana: FMCSR adoption
- 02/24/2016- FMCSA: Commercial zones at international border with Mexico
- 02/17/2016 - FMCSA Regulatory Agenda: February 2016
- 02/09/2016 - California: Fire extinguisher
- 02/08/2016 - NHTSA: Federal Motor Vehicle Safety Standards; lamps, reflective devices, and associated equipment
- 02/03/2016 - Illinois: FMCSR adoption
- 03/08/2016 - FMCSA: Carrier safety fitness determination
- 03/07/2016 - FMCSA: Minimum training requirements for entry-level commercial motor vehicle operators
- 03/01/2016 - Oregon: Speed limit



Workplace Safety

- 03/10/2016 - OSHA extends comment period on 'weight of evidence' chemical hazard guidance
- 03/08/2016 - OSHA releases publication on protecting zip-line workers
- 03/07/2016 - Wearable exoskeletons may reduce physical load at work, according to NIOSH
- 03/04/2016 - OSHA's Barab says workplace violence remains a dangerous problem
- 03/03/2016 - OSHA requests comments on PPE and walking surfaces standards
- 03/01/2016 - NIOSH releases updated FACE program brochure
- 02/29/2016 - NIOSH brings portable research laboratory to the oil and gas field
- 02/26/2016 - DOL publishes paid sick leave for federal contractor's proposal
- 02/26/2016 - Draft of international standard for occupational safety and health open for comment
- 02/25/2016 - Certain N95 respirators are fluid-resistant, study finds



Environment

- 01/29/2016 - EPA: Arkansas: Final authorization of state-initiated changes and incorporation by reference of approved state hazardous waste management program
- 01/29/2016 - EPA: Greenhouse gas reporting rule: leak detection methodology revisions and confidentiality determinations for petroleum and natural gas systems
- 01/25/2016- EPA: National Oil and Hazardous Substances Pollution Contingency Plan revisions to align with the National Response Framework
- 01/15/2016 - EPA: 2015 Revisions and confidentiality determinations for data elements under the Greenhouse Gas Reporting Rule
- 01/15/2016 - TRI reporting forms and instructions updated
- 01/06/2016 - EPA: National Pollutant Discharge Elimination System (NPDES) municipal separate storm sewer system general permit remand
- 01/04/2016 - EPA: Announcement of final regulatory determinations for contaminants on the third drinking water contaminant candidate list
- 02/17/2016 - EPA: Lead-based paint programs; amendment to jurisdiction-specific certification and accreditation requirements and renovator refresher training requirements
- 02/12/2016- EPA: Significant new use rule on certain chemical substances
- 02/09/2016 - EPA: Protection of stratospheric ozone: revisions to reporting and recordkeeping for imports and exports
- 02/08/2016 - EPA: Additions to list of categorical non-waste fuels

Chuck Ulrich

Occupational Medicine and Walk-in Clinic Manager for Essentia Health—West Fargo

How long have you worked in the safety and health field? I have been involved in the safety and health field for 15 years now. 3 years involved in the employment agency/drug testing field and 12 years in Occupational Health and Safety.

What drew you to safety and health? In 2001 I was a partner in an employment agency. During this time I was exposed to workers compensation and drug testing issues that really sparked an interest for me in this field. Companies were looking for ways to improve worker safety, reduce lost time and reduce worker turnover. Providing a safe and healthy environment for the workforce seemed to be the solution. In 2004 I joined Merit Care Occupational Medicine with my total focus being on worker safety and health. I spent nearly 11 years with this company until joining Essentia Health Occupational Medicine in as Manager of the Occupational Medicine and Walk-in Clinics at the West Fargo Clinic. The focus on safety and health has become a major focus for many of the companies that we work with and we are happy to provide solutions.



Why are you a member of NRASP...how long? NRASP is a valuable networking tool. The contacts I have made over the years are not only valuable to my business, they are valuable to me as friends and colleagues. Each meeting that I attend provides additional education and discussions about topics directly related to my work. Since 2003 I have been involved with NRASP. First as a general member attending meetings and learning from the monthly presenters then as a board member helping to plan and lead the efforts of this valuable organization.

What do you think is the best benefit you receive as an NRASP member and board vice president? First and foremost would be networking and continuing education. In my area of work, I have access to many different solutions for employer's needs. At these meetings I learn what the "hot topics" are and can engage our staff to connect with employers to discuss options for addressing these issues. Second are the relationships that I have developed with the members over the years. I have many people in this group that I call friends and look forward to the meetings each month. As board Vice President I have an opportunity to help with long term planning, provide input to the development of the monthly speakers schedule, plan the annual NRASP Safety Conference and work with the newly developed Community Outreach program. As a board we take the suggestions of the membership and apply them to the topics provided by the speakers and classes that we coordinate.