



August 2018

Upcoming Meeting Schedule

September 6

Hendrick Motorsports Facility Visit

Dana Aron

4400 Papa Joe Hendrick Blvd. Charlotte NC

September 28

Hard Hats vs. Helmets, anchor tie downs, ceramic knives & gloves

Nicole Waters Sales Solutions

**Choate Construction
2907 Providence Rd, Suite 400
Charlotte NC**

Hendrick Motorsports Facility Visit - September 6



Hendrick Motorsports, home of four NASCAR race teams including Jimmy Johnson, a seven-time champion of the Monster Energy Cup Series, will be hosting the Tarheel Chapter for their September 6 meeting in the Papa Joe Hendrick Meeting Room (Building 10). Following lunch provided by Panera Bread, we will be touring the chassis engineering, composite shop, CNC shop, engine engineering, engine shop and then cross the campus to visit the two buildings that house Jimmy Johnson, who drives 48 car and Alex Bowman, the 88 car, and then Chase Elliott, the 9 car and the fourth team is driven by William Byron, the 24 car.

Dana Aron, human resources generalist, who handles safety in an ancillary capacity will introduce the features of the facility. This meeting is the first of three upcoming meetings that if attendees attend all three, continuing education units (CEUs) will be awarded.

After the tour attendees will gather back in the Papa Joe Hendrick Meeting Center in the Team Center (Building 10) and participate in a discussion how to mitigate the risks. By the way, due to the competitive nature of NASCAR teams, photographs are not allowed.

October 4

Industrial Hygiene Basics for Safety Professionals

James Kearney

Goodwill Industries

5301 Wilkinson Blvd Charlotte NC

November 1

The View from the Other Side of The OSHA Informal Conference Table

Robbie Jones

Goodwill Industries

5301 Wilkinson Blvd Charlotte NC

December 6

**Mark Weaver
Topic TBA
Toys for Tots**

**Vallen
2100 Oaks Pkwy.
Belmont, NC**

July Financials for Tarheel Chapter

David Consider, Tarheel Chapter treasurer, reports:

Savings	\$10,641.12
Checking	\$8,569.71
PayPal	\$2,031.86
Petty Cash	\$50.00
(Outstanding Checks)	\$0.00
Total Bank Balance	\$21,292.69

Construction Roundtable Meeting Set for September 28 at Choate Construction

Date: September 28, 2018

Time: 7:30am – 9:30 am

Topics: Hardhats vs. Helmets
Ceramic Safety Knives
Permanent Anchor Points
Gloves

Presenter: Nicole Waters with Sales Solutions Inc. She is a representative for several manufacturers including Kask (helmets), Slice (Ceramic Safety Knives), Tie Down (Permanent Anchor Points) and West Chester (Gloves)

Location: Choate Construction - 2907 Providence Rd # 400, Charlotte, NC 28211 (Park on the top level of the parking deck)



32nd Annual

2018 Region VI

American Society of Safety Professionals

Professional Development Conference

September 19-21, 2018

Myrtle Beach, South Carolina

Fred Freiburger, CIH Shares “Lessons Learned” in August 2018-2019 Tarheel Chapter Meeting Kickoff

Following the investiture of our new 2018 - 2019 Tarheel Chapter ASSP Executive Leadership, attendees heard a presentation, *Lessons Learned* by long time member and Tarheel Chapter Hall of Fame member Fred Freiburger. In a lively talk covering the risks taken by Safety Professionals, Fred showed several examples from his own career.

In our business Fred asked, “Are we following the adage "Fools Rush in Where Angels fear to tread" or the Boy Scout slogan "Be Prepared" .

Calling on several members, he demonstrated several potential exposures from gloves not fully developed in early space suit applications to production testing of tractor trailer air horns (while preserving involved worker’s hearing) Jennifer Law served to demonstrate human factor difficulties astronauts faced in operating small control switches while wearing bulky gloves.

In recognition of Jennifer's ergonomic work and her leadership role organizing Women in Safety Excellence within ASSP, Fred presented her with a copy of The Human Factors Encyclopedia, as he continues to disassemble his professional library, and pass the information onto newer generations if safety professionals.

Among other potential exposure risks covered included health impacts of indoor air quality, work area bird dropping contamination, toxic spiders & insect bites. The most serious exposure, that safety professionals have little control involves motor vehicles and OSHA confirmed this in their annual reporting of the leading sources of occupational fatalities.

Fred Freiburger is one of the jewels of the Tarheel Chapter, and younger members should listen to his advice.

Thanks Fred!

Vallen Hosting Annual Toys for Tots Meeting

Mark Weaver of Vallen has confirmed that their Belmont, NC facility will again be hosting the December meeting, topic to be announced, that will also support the Toys for Tots program supported by the United States Marine Corps.

Details coming. Our thanks to Vallen!

2018-2019 Tarheel Chapter Officers and Executive Committee Members

President	Scott Baranowski
Vice President/ President-Elect	Greg Santo
Secretary	Ryan Cate
Treasurer	David Consider
Chapter Communications/Public Relations	Alex Eggleston & Allan Oracion
Women in Safety Excellence	Jennifer Law
Blacks in Safety Excellence	Craig Cupil
Young Safety Professionals/Social Media	Julianna Jankowski & Shawn McCormick
Hispanic Safety Professionals	Sergio Franco
Foundation Liaison	Kulema McKoy
Membership	LaQuandra Bass
Professional Development	Kevin Earp
Public Relations	Open Position
Governmental Affairs	Open Position
Audit	Craig Cupil
Construction Roundtable	Jason Sisk
Webmaster	Dan Collins

The committee meets monthly just before the regular monthly meeting, and past presidents are invited to participate.

Want to Get Involved?

Tarheel Chapter is always looking Volunteers to Help. Currently we have Public Relations and Governmental Affairs Committee Chairs open. Want more information, please contact either Scott Baranowski scott.baranowski@omnova.com or Gregory.santo@gmail.com.

WISE Waves ... from Jennifer Law

WISE (National) was again recognized by ASSP for meeting Gold level for activities conducted as a Common Interest Group of the overall Society.

As ASSP kicks off their new name and identity, WISE is launching ours. The E in WISE now stands for Excellence, Women in Safety Excellence. There's still time for WISE members to participate in a fun initiative to help WISE win an ASSP contest amongst all Communities.

Show how you are modeling EXCELLENCE in safety, or working towards EXCELLENCE in your organization and the safety profession may win you prizes. Share a photo on LinkedIn, Facebook, Instagram, or Twitter and tag #excellenceinWISE.

WISE will randomly choose one post each week until September 30, 2018 to receive a new WISE logo prize shipped direct to you after September 30th!

Editor's note: Tarheel HOF'er Fred Freiburger has asked if we would be open to occasional articles ... Absolutely!

How Well do you Know your Doctor – and How Well Does He Know you?

Last October during a routine yearly physical, the doctor noted stethoscope heart sounded differed from the past. It should be noted that we had only been seen by this physician since moving into Rock Hill, six years ago. In the past the heart murmur was noted but no treatment was felt to be needed.

After all the Army wasn't bothered by it. This time the Doctor says "time to have a cardiac doc look you over"

Two days later the cardiologist says 'I'm sending you to a Heart Surgeon.... Routine, nothing to worry about ... but by the way your mitral valve sounds a bit lazy, not closing properly and so cheating your lungs from full oxygenation...

Two weeks later I'm in the cardiac unit in Pineville, NC, - South Charlotte. On awaking in the post op recovery room after an 8-hour procedure the surgeon advises that he & two colleagues *rebuilt two leaking valves, not one, out of the four valves*. Now rebuilding is less complicated than valve replacement. Having had no symptoms - pain, shortness of breath, easy fatigue....

The needed procedure came as a shock. Post-op I faced 10 weeks for physical rehab and a diet regimen including no driving, or lifting over 5 pounds... to prevent pulling the stitches ... Stitches? They crazy glued my disturbed skin and flesh with the cracked sternum wired back together.

The rehab turned into a three-week exercise, with both the home visiting nurse and the physical therapist signing off as maximum recovery had been reached.

Thanks to encouragement from my wife, friends and neighbors my activities were back to normal - including plant site safety visits. and walking Gracie, our 40-pound dog, three to four times a day (amounts to tree mile plus)

Weight loss of 30 pounds is coming back. The magic is no pain throughout the process and being tied to four space-age monitors for two weeks.

Want to know more? Drop me a note at fabsafe@gmail.com.

From tireless Paul Bunyan tough guy type to Timex Man - Takes a licking & keeps on ticking. No doubt a bit of Divine Intervention worked its magic.

Cheers till next time ... Fred