

# ASSE Tarheel Chapter Newsletter

## Upcoming Meetings

- ◆ October 8th - Travis W. Vance Esq.: *Legal Aspects & Citation Defense What to Do Before and After OSHA Knocks*
- ◆ November 5th—David Leslie, ABB Power Systems America
- ◆ December 3rd— Gloria Greene, IDG

To register please visit us on the web: [Tarheel ASSE Events](#)

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## September: Darryl C. Hill PhD,

### Mitigating Construction Safety Issues by Pre-Planning and Design



Tarheel chapter welcomed **Darryl C. Hill**, to our September meeting as he provided a passionate presentation on the importance of safety in the construction industry. Normally, safety on the construction site is the responsibility of the constructor. There is an opportunity for architects and engineers who design the project to contribute to construction site safety and eliminate safety hazards. Chapter members and guests learned about the importance for implementing design for construction safety and health (DfCSH) concept. In addition, he helped guests understand the impact of DfCSH project costs and outcomes. Lastly, he emphasized how preplanning can contribute to overall construction site effectiveness.

### “Welcome” to our newest members:

- |                           |                         |
|---------------------------|-------------------------|
| <b>Patricia McDonough</b> | <b>Angela Biggers</b>   |
| <b>Levern McElveen</b>    | <b>Gregory Baer</b>     |
| <b>Tarasa Fiorre</b>      | <b>Lionel Gautreaux</b> |
| <b>Thomas Grice</b>       | <b>Brandon Guiles</b>   |
| <b>Lori Kees</b>          | <b>Emylee Pedersen</b>  |
| <b>Jeffrey Shelton</b>    |                         |

**ASSE PRESIDENT'S BLOG**  
STAY CONNECTED WITH OUR  
SOCIETY PRESIDENT



**TRISH ENNIS**

### Stay Connected!

Visit our chapter website for current information about events, opportunities, and job openings.

[Tarheel ASSE](#)

## Opportunities to serve in Tarheel Chapter!

If you are interested in any of the positions or would like to be a speaker, contact one of our Chapter officers.

- Positions: Secretary, Newsletter Editor, Young Professionals Committee Chair
- Seeking Speakers for upcoming Chapter Meeting – January 2016 thru June 2016

For Guidelines - [Speaker and Presenter Guidelines](#)

Follow us: @TarheelASSE [facebook.com/TarheelASSE](https://facebook.com/TarheelASSE)

**◆ 2015 Region VI Professional Development Conference (PDC)****September 30th– October 2nd in Myrtle Beach, SC**For more information click here: [2015 Region VI](#)**◆ Look at what's happening in WISE!!****Aging Workforce Webinar**

The Women in Safety Engineering (WISE) group is delivering a webinar Wednesday September 30th at 11 Central time, titled

***“My Workforce is Aging: How do I combat the potential employee injuries and loss of knowledge and loyalty?”***

The registration link is in the lead article at [asse.org/WISE](http://asse.org/WISE), or you can find it in the Virtual Classroom listings at [asse.org](http://asse.org).

The cost is \$95 and discounted for WISE members to a cost of \$25.

If you're an ASSE member, you can get a complimentary WISE membership by [registering](#) for this webinar!

**Mentoring**

The WISE Mentoring Program will be making matches next month.

The WISE Mentoring program successfully connects today's most talented and experienced women mentors with rising and aspiring mentees. This pairing is designed to encourage and empower mentees to more effectively advance their careers through alignment with identified business objective, skill development, career option consideration, and network formation. All discussions are strictly confidential between the two parties.

If you are an SH&E practitioner seeking to chart a successful career path or a seasoned pro eager to share experiences and insight, please visit the ASSE WISE website for more information. <http://www.asse.org/practicespecialties/wise/mentor.php>

WISE will be making new matches for the program in October. If you are looking for a mentor in the safety industry or are interested in being a mentor, please fill out an on-line application by October 15, 2015. Please contact [lousevallee7@gmail.com](mailto:lousevallee7@gmail.com) for more info.

**Drive Safely to Work Week**

October 5-9 is Drive Safely to Work Week. NETS (Network of Employers for Traffic Safety) has a toolkit with all the materials you'll need to promote safe transportation options at your workplace. Visit [www.trafficsafety.org](http://www.trafficsafety.org) for the free toolkit.

**Fire Prevention Week**

Fire Prevention Week is October 4-10. NFPA has free downloads and toolkits (for purchase). Fire Prevention week encompasses home and work fire safety. Consider activities you can do for your kids' schools as well as for work. <http://www.nfpa.org/safety-information/fire-prevention-week>

**◆ Leadership Conference - October 8th-10th Lombard, IL**

## Health and Safety News

### Manage Workplace Stress ([www.safetyandhealthmagazine.com](http://www.safetyandhealthmagazine.com))

Experiencing stress on the job is common. According to the Washington-based American Psychological Association, causes of workplace stress include:

- ◆ Disproportionate, excessive workloads
- ◆ Little to no opportunities for growth
- ◆ Boring, menial work
- ◆ Unclear expectations
- ◆ Low salary
- ◆ Not having a say in your job decisions

Work-related stress can have serious physical and emotional repercussions. APA states that work-related stress can cause stomach problems, sleep issues, headaches and irritability. Long-term work-related stress can cause insomnia, anxiety, high blood pressure and an unhealthy immune system. In certain cases, chronic stress can result in depression, weight problems and heart disease. To help manage stress, APA recommends seven steps:

**Keep track.** Write down what happens when you get stressed at work, including how you feel, how you react and how you calm down. This can help you identify patterns among your stressors, APA notes, which may help you determine how you react to them in the future.

**Take care of yourself.** Whether you exercise, read or work on creating better sleep habits, try and fight stress by making healthy choices.

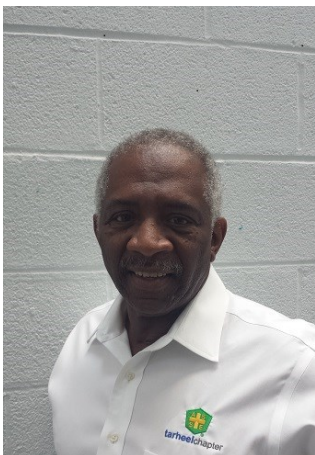
**Create boundaries.** Do not let work consume your life. APA recommends creating rules, such as not checking your work email at home or answering business calls at the dinner table.

**Take time for yourself.** Have vacation days? Use them.

**Teach yourself to relax.** APA advises looking into meditation and deep-breathing exercises to help you relax. Try these techniques for a few minutes each day.

**Reach out to your supervisor.** If you feel overwhelmed, ask for help. Let your supervisor know what is causing your stress and work together on an action plan to help resolve or lessen these issues.

**Get help.** Reach out to family and friends for help if you need it. Also, find out if your employer has stress management resources, such as an employee assistance program.



### John Moore: Tarheel Chapter President

Say “hello” to John Moore, our president of Tarheel Chapter for the 2015-2016. He is a North Carolina native who has been a Health and Safety professional for over thirty years. John is married with two sons and has 4 grandsons. The Wake Forest University Babcock Graduate School of Management and Western Carolina University graduate can often be found fishing, playing golf, biking or taking a nice walk on one of his favorite trails. When he is not playing hard, you will find John working hard at Southwire in Huntersville, NC. Currently, he is the Occupational, Safety and Health Manager for Southwire’s High Voltage Cable facility. John is looking forward to a very productive year at the helm of the Tarheel chapter. He plans to enhance the member experience by 1) reaching out to our members who are not in the Charlotte metro area through virtual meetings, 2) having events in outlying areas for members to attend and 3) provide Tarheel chapter pride wear which members can purchase and part of the proceeds go to support chapter initiatives just to name a few of his goals. Please, next time you see him at an event, say “hello” if doesn’t get to you first!



Left to right: Ted Wilburn, Treasurer; Dan Collins, Past President, Kinshasha Coleman, President-Elect, John Moore, President

**2016-2016  
Tarheel  
Chapter  
Treasurers'  
Report  
Balance as of  
August 31st**

**\$23,683.11**

If you have any questions for our Treasurer, please contact Ted Wilburn



**2015-2016 Tarheel Chapter Executive Team**

John Moore	President	<a href="mailto:president@tarheel.asse.org">president@tarheel.asse.org</a>
Kinshasha Coleman	President Elect	<a href="mailto:presidentelect@tarheel.asse.org">presidentelect@tarheel.asse.org</a>
Ted Wilburn	Treasurer	<a href="mailto:treasurer@tarheel.asse.org">treasurer@tarheel.asse.org</a>
Open Position	Secretary	<a href="mailto:secretary@tarheel.asse.org">secretary@tarheel.asse.org</a>
Scott Baranowski	Membership/Directory/Awards	<a href="mailto:membership@tarheel.asse.org">membership@tarheel.asse.org</a>
Jeff Noel	Website Editor	<a href="mailto:websiteeditor@tarheel.asse.org">websiteeditor@tarheel.asse.org</a>
Kevin Earp	Professional Development Chair	<a href="mailto:profdevelopment@tarheel.asse.org">profdevelopment@tarheel.asse.org</a>
Dan Collins	Past President/Delegate	<a href="mailto:pastpresident@tarheel.asse.org">pastpresident@tarheel.asse.org</a>
John Moore	Governmental Affairs Chair	<a href="mailto:governmentalaffairschair@tarheel.asse.org">governmentalaffairschair@tarheel.asse.org</a>
Tiffany Lyons	Hospitality Chair	<a href="mailto:hospitality@tarheel.asse.org">hospitality@tarheel.asse.org</a>
Kay ArDilonge	Public Relations Chair	<a href="mailto:publicrelations@tarheel.asse.org">publicrelations@tarheel.asse.org</a>
Open Position	Young Professionals/ SH&E	<a href="mailto:yp@tarheel.asse.org">yp@tarheel.asse.org</a>
Jennifer Law	WISE Liaison	<a href="mailto:wise@tarheel.asse.org">wise@tarheel.asse.org</a>
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Segio Franco	SPALW Liaison	TBD
Craig Cupil	Audit Chair	<a href="mailto:acc@tarheel.asse.org">acc@tarheel.asse.org</a>
Kulema McKoy	Foundation Liaison	<a href="mailto:foundation@tarheel.asse.org">foundation@tarheel.asse.org</a>

**ASSE Purpose Statement** (As listed in By-laws) *To promote the advancement of the safety profession and safety professionals and development of members in our geographical area.*