

ASSE Tarheel Chapter Newsletter

Upcoming Meetings

- ◆ March 3rd — TBD, Dilworth Grill
- ◆ April 14th — Knights Baseball Game, Current Trends in the Safety Profession — Round table Discussion
- ◆ May 26th— Tarheel Chapter Professional Development Conference (PDC)

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

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January: Rich Pandullo , EHS Performance and Assurance

What's New with ISO? Updates on Revisions to the ISO 14001 Standard and other related ISO Initiatives

Rich broke down the revisions to the ISO 14001 Environmental Management System standard that was published in September of 2015. Rich helped us understand the new sustainability-oriented themes covered in the revised standard as well as the new high-level structure that all ISO standards will be incorporating moving forward. He also helped shed some light on the new ISO 45001 standard for OHS management standard which is expected to be published in draft form by mid-2016.



February: Barton Jones, Safety and Health Council of North Carolina



What is Measured is Managed: Using Proactive Measures and Competition to help create a Safety Culture

Barton presented a case story from his own experience as he helped lead a former employer's safety program to greater safety performance. He walked us through his journey as he led the organization to implement a Safety Scorecard which measure proactive safety measures and ultimately led the organization to greater safety performance.

ASSE PRESIDENT'S BLOG
STAY CONNECTED WITH OUR
SOCIETY PRESIDENT



MICHAEL BELCHER

Stay Connected!

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

[Tarheel ASSE](#)

"Welcome" to our newest members:

Allen Denicola	Angela Page	Jennifer Feeler	Ricky Sanders
April Harris	Abigail Tompkins	Veronica Haynes	Lars Aamoth
John Hindman	Robert Triplett	Julio Gomez	Steve LaBarge
Daniel Kubic	Jereme Willis	John Nain	Shelley Shortes
Marcus Mentzer	Sally Crabtree	James Parker	

Opportunities to serve in Tarheel Chapter!

If you are interested in presenting on a technical topic or know of someone who knows a subject matter that would be of interest to the general body, please contact John Moore at president@tarheel.asse.org.

- Seeking Speakers for upcoming Chapter Meetings in 2016

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

Announcements

◆ North American Occupational Safety & Health (NAOSH) Week—Art Contest (Deadline March 7th)

The 2016 Student Safety Art Contest promotes the importance of workplace safety and the Occupational Safety and Health (OSH) profession. The contest is open to children ages 5-12. Winning art work will be selected from each group based on how well the artist expresses "Workplace Safety" in his/her poster. Entries must be received by Monday, March 7, 2016. Click [HERE](#) for more information.

◆ 38th Annual Mecklenburg County Fire and Life Safety Bowl (March 16th)

The Tarheel Chapter is a proud sponsor of the 38th annual Fire and Life Safety Bowl held on March 16th, 2016. The Charlotte Fire Department, Mecklenburg County Fire Marshal's Office have proudly conducted the Fire & Life Safety Bowl since 1979. This year, the Bowl consists of 32+ public and private Charlotte/Mecklenburg schools with teams of 4th and 5th graders. Students compete against each other teams using injury prevention study materials in a "game show" format. To find out more, visit us on the web: [Tarheel ASSE Events](#)

◆ Regional Safety and Health Conference – Charlotte Safety School (April 21st – 22nd)

About the Conference: The conference is thoughtfully planned to provide current and timely information on occupational safety and health challenges employers and employees face. Numerous exhibitors will be present to provide the latest information and cutting-edge technology related to safety and health for your employees. **Who Should Attend?** Safety and Health Professionals, Training Managers, Operations and Plant Managers, Safety Committee Members, Supervisors, Maintenance Personnel, and anyone who is responsible for safety and health in the workplace. Click [HERE](#) for more information.

◆ Member Appreciation at Knights Stadium Baseball Game (April 14th)

Annual Chapter meeting at the Ballgame. This year's meeting will be a night game, first pitch 7:05. We will be seated in the Picnic Area Located in left field, an all-you-can-eat buffet with an amazing view of the game and the city skyline included! \$15 per person. To register please visit us on the web: [Tarheel ASSE Events](#)

◆ Tarheel Chapter PDC (May 26th)

The 5th Annual ASSE Tarheel Chapter Professional Development Conference will be held on May 26th at The Employers Association: 3020 West Arrowood Road, Charlotte, NC 28273. To get more details and register please visit us on the web: [Tarheel ASSE Events](#)

◆ Safety 2016

Safety 2016 will be here before you know it. Have you registered yet? Go to www.asse.org or click [HERE](#) for more information and to register.

Health and Safety News

December 29, 2015

- Feds announce new push to prosecute worker protection violations. The United States government says it's going after those who criminally endanger the lives and health of workers. Click [HERE](#) to continue reading to learn about this important new effort to hold employers accountable for their actions.

January 14, 2016

- OSHA to introduce more durable and secure outreach trainer and student cards. Click [HERE](#) to continue reading.
- OSHA schedules public hearing on proposed rule on occupational exposure to beryllium. Click [HERE](#) to continue reading.

February 1, 2016

- OSHA, Industrial Truck Association renew alliance to reduce hazards associated with powered industrial trucks. Click [HERE](#) to continue reading.
- OSHA to hold public stakeholder meeting on its draft updated Safety and Health Program Management Guidelines. Click [HERE](#) to continue reading.
- OSHA seeks nominations for membership on the National Advisory Committee on Occupational Safety and Health. Click [HERE](#) to continue reading.
- OSHA extends public comment period for updated Safety and Health Program Management Guidelines. Click [HERE](#) to continue reading.

Backpack Ergonomics for School Children

In 2013, the U.S. Consumer Product Safety Commission cited 5,415 backpack-related injuries treated at emergency rooms. As trendy the styles of backpack are these days, not all of them allow your child to bear the load properly, safely and comfortably on their back. Some schools have moved toward paperless learning materials like laptops and tablets, however the majority of school children still carry heavy textbooks and binders. Additional studies are noted below:

- According to the American Chiropractic Association, children may develop bad posture from an overweight backpack.
- Children as young as 15 have shown posture related early arthritic changes on x-rays.
- A Swiss study found lower back pain in children as young as 6 – thought to be linked to factors such as carrying school bags (asymmetrical loading).
- The American Occupational Therapy Association (AOTA) and the American Academy of Pediatrics advise that students should carry no more than 15% or 10-20% of their bodyweight.
- The Journal of School Health published a study in May 2013 found that the causes of back pain in children are difficult to link to backpack use, and that much of the existing research is inconclusive. However, the researchers acknowledged that no study has examined the long-term effects of heavy backpacks.

Whether or not backpacks are proven to have an effect on the risk of back injury in children, it is still important to know how to carry the load properly in order to avoid other related problems. For example, a heavy load on the back may affect a child's posture or spine structure in the long term, which may lead to future back problems. So how can we reduce the risk factors of backpacks? Here are a few tips:

1. Use lightweight material
2. Two-padded, wide (2"), adjustable shoulder straps should fit snugly so that the backpack rests against the child's back. A sternum strap may also help secure the shoulder straps.
3. Padded backing for reduced contact stress against the child's back.
4. Individualized compartments (to distribute load more evenly)
5. Hip strap, waist belt, or frame to redistribute the weight of the backpack from the shoulders to the back of the pelvis. This should fit snugly around the hip bones (iliac crest) but not so tight to cause discomfort.
6. The weight of the backpack should be 10-15% of the child's body weight or less. Place the heaviest items closest to the child's back.
7. Ensure your child is using the backpack correctly, for example, using the two-straps on both shoulders (not just one).
8. Rolling bags don't always help. Most schools have stairs and steps that still require manually lifting or carrying the heavy bag.

If you have any questions or would like any additional information, please contact Jennifer Law at wise@tarheel.asse.org

References:

<http://www.spine-health.com/wellness/ergonomics/tips-prevent-back-pain-kids-backpacks>

<http://www.everydayhealth.com/hs/back-to-school/backpack-causing-chronic-back-pain/>

<http://www.livestrong.com/article/257139-bad-posture-in-children/>

www.ergonomics4kids.com/

Member/Common Interest Group Spotlight

Member Spotlight: Craig Cupil, *BISE Committee Chair*

Craig Cupil is our BISE Committee Chair for the Tarheel Chapter and would like to introduce BISE to those who may know what, who, and or what they do.

BISE stands for Blacks in Safety Engineering (BISE). We are a common interest group, within ASSE, whose mission is to promote and encourage the collaboration, interest, recognition and promotion of Blacks within the safety profession and within ASSE.

Our goal at the local chapter level is to implement initiatives from the Advisory Committee and collaborate with the other Common Interest groups. If you or someone you know may be interested in BISE, please contact Craig Cupil at BISE@Tarheel.asse.org

EXECUTIVE OFFICER NOMINATIONS



The ASSE Tarheel Chapter is actively seeking self-nominations from members who wish to be considered for positions as members of the ASSE Tarheel Chapter Executive Committee.

Why Volunteer?

Serving in a Society Leadership position enables you to further develop your personal leadership and business skills while contributing your leadership and vision to the ASSE Tarheel Chapter community to help define its path forward.

As an Officer will earn many benefits and leadership opportunities such as Continuing Education Units (CEUs) for your service and an opportunity to attend the ASSE Leadership Conference.

Qualifications:

- Be an ASSE member in good standing for at least one year prior to election or received approval from the Regional Vice President
- Be either a Professional Member, Member or International Member of ASSE

President

Term of office: July 1 - June 30

Responsibilities:

- Provide direction to the chapter that is consistent with the chapter's bylaws as well as the Society's mission and vision statements, goals, and code of professional conduct.
- Chair all executive committee meetings and oversee general membership meetings
- Appoint standing committee chairs and members to special committees as needed
- Appoint one member to the chapter nominations and elections committee
- Represent the chapter on the Area Operating Committee (AOC) or Regional Operating Committee (ROC), as applicable
- Represent the chapter at meetings of other organizations when official representation is of benefit to the Society or chapter
- Update the chapter's operational plan and coordinate activities to achieve the plan's goals

Secretary

Term of office: July 1 - June 30

Responsibilities:

- Maintain and retain all chapter files, including minutes and correspondence according to the current document retention guideline
- Issue timely and effective notices of all chapter meetings and functions
- Attend general membership and executive committee meetings
- Record and distribute minutes of all executive committee meetings to chapter officers
- Assist president in completing reports as requested
- Retain custody of the chapter charter, affiliate agreement, incorporation papers
- Monitor of all deadlines for compliance with the chapter charter
- Assume treasurer duties when necessary

Interested in serving in an officer role for the chapter? If so, make it known and contact a member of our Nominations committee, [Dan Collins](#), [Julian Mercer](#) or [Kevin Earp](#), to learn more about officer roles. Elections will be held in April.



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

**2015-2016
Tarheel
Chapter
Treasurers'
Report
Balance as of
January 31st**

\$23,546.47

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



2015-2016 Tarheel Chapter Executive Team

John Moore	President	president@tarheel.asse.org
Kinshasha Coleman	President Elect	presidentelect@tarheel.asse.org
Ted Wilburn	Treasurer	treasurer@tarheel.asse.org
Dan Deller	Secretary	secretary@tarheel.asse.org
Scott Baranowski	Membership/Directory/Awards	membership@tarheel.asse.org
Jeff Noel	Website Editor	websiteeditor@tarheel.asse.org
Kevin Earp	Professional Development Chair	profdevelopment@tarheel.asse.org
Dan Collins	Past President/Delegate	pastpresident@tarheel.asse.org
Julian Mercer	Governmental Affairs Chair	governmentalaffairschair@tarheel.asse.org
Gloria Greene	Hospitality Chair	hospitality@tarheel.asse.org
Gloria Green	Public Relations Chair	publicrelations@tarheel.asse.org
Tyler McNeil	Young Professionals/ SH&E	yp@tarheel.asse.org
Jennifer Law	WISE Liaison	wise@tarheel.asse.org
Craig Cupil	BISE Liaison	bise@tarheel.asse.org
Segio Franco	SPALW Liaison	spalw@tarheel.asse.org
Craig Cupil	Audit Chair	acc@tarheel.asse.org
Kulema McKoy	Foundation Liaison	foundation@tarheel.asse.org

ASSE Purpose Statement (As listed in By-laws) - To promote the advancement of the safety profession a safety professionals and development of members in our geographical area. **NC Counties** – Anson, Cabarrus, Cleveland, Gaston, Mecklenburg, Montgomery, Richmond, Scotland, Stanley, and Union. **SC Counties** – Chesterfield, Lancaster, Marlboro, and York.