



Hudson River Valley Chapter Newsletter

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Useful & Helpful Links

<http://www.assp.org>

Link to the National ASSP webpage for information on great topics in EH&S. Go look things up.

<http://hudsonrivervalley.assp.org>

Link to the Hudson River Valley Chapter web page. Information on the Local items and events as well as good information. Try it, you'll like it!

<https://www.cdc.gov/>

Link to the Center for Disease Control. Great current information on health items to help protect us all through illness controlling and prevention. Lots of good items!

Hotlinks in articles are in **Bold Red font.**

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Hudson River Valley Chapter Election Results.

The Hudson River Valley Chapter Elections were closed out and finalized on May 31, 2020 as per the Chapter's By-Laws. The Election results are listed here below along with the name the person assuming that position. The Chapter welcomes and congratulates the new Officers and Chairpersons of our Chapter. The terms of office for these new leaders begins on July 1, 2020 and will be for a two year term expiring in 2022. Here is the new leadership team for Hudson River Valley Chapter of ASSP;

Chapter President – Matthew McDonald

Vice-President – Susanne May

President-Elect/PDC Chair – Josephine McCaffrey

Past President/ Industrial Hygiene Chair/PDC Committee – Ken Eck

Chapter Secretary – Charles Von Dietsch Jr.

Chapter Treasurer – David Zeremsky

Chapter Delegate – Bill Geerlings

Government Affairs Chair – Linda Di Gasper

Awards and Honors Chair – Jim Foley

Member at Large/Construction Chair/PDC Committee – Curt Jones

Member at Large/Pharmaceuticals Chair/PDC Committee – Paul Decker

Member at Large/Consulting Chair/PDC Committee – Paul McNeil

Member at Large/Healthcare Chair/PDC Committee – Tom Lowe

Chapter Past Treasurer/Insurance Chair/PDC Committee – Jim Bohren

Manufacturing Chair/PDC Committee – Tammy Rossomando

Congratulations to you all!

Did You Know?

OSHA has released a new **video** and **poster** that show employers and workers how to properly wear and remove a respirator. The **video** and **poster** are also available in Spanish using these links.

Safety News You Need: Work Zone Safety.

According to the Federal Motor Carrier Safety Administration (FMCSA) an average of 700 fatalities occur in Work Zones each Year. Hopefully, this article and the researched links associated with it will help construction workers, and the driving public stay safe in work zones. If you are employed by a road construction company, who knows, it may actually help or refresh your crew's memories in this area as well as supplement your companies programs and procedures.

- Given the nature of road construction work and the many hazards it presents, training workers is a vital component of safety. Use this 16 page checklist to help workers recognize and avoid the common hazards found in work zones. [Checklist link here](#).
- To protect motorists and workers, construction equipment and vehicles need to be plainly visible in and around a work zone. These diagrams can help you visualize which areas around equipment an operator likely can't see. Find these diagrams to assist you [here](#).
- When travelling through a work zone, a driver must have increased awareness of their surroundings and exercise extra caution, especially if driving a larger truck or commercial motor vehicle. These five tips from the Federal Motor Carrier Safety Administration can help avoid incidents in a work zone. Those five tips can be found [here](#).
- Flaggers control the flow of traffic through a work zone and often are close to vehicles traveling at a high rate of speed. Share these tips to help them stay safe on the job. These tips from the U.S. Highway Safety Administration are found [here](#).

ASSP Joins OSHA Ambassador Program.

The American Society of Safety Professionals (ASSP) has elevated its collaborative relationship with the Occupational Safety and Health Administration (OSHA) for the betterment of workplace safety and health nationwide. ASSP has joined OSHA's Ambassador Program.

The agreement was authorized by ASSP President Diana Stegall, CSP, CFPS, ARM, SMS, CPCU, and OSHA's Loren Sweatt, principle deputy assistant secretary of labor for Occupational Safety and Health. The new program builds on ASSP's role in OSHA's Alliance Program that began in 2002. It centers on the sharing and dissemination of occupational safety and health data and guidance.

"Organizations with common objectives can make better progress by working together and sharing resources," Stegall said. "Since the establishment of OSHA nearly 50 years ago, we have built a strong Bond by working closely on several projects and sharing expertise when needed. Many OSHA employees are ASSP members and participate on our technical committees."

Through ongoing engagement, ASSP has consistently supported key OSHA initiatives such as the Heat Illness Prevention Campaign, the National Safety Stand-Down to prevent falls in construction, and the Safe + Sound Campaign.

ASSP routinely distributes OSHA enforcement and regulatory information to its members and social media followers, drawing attention to occupational hazards and promoting the rights of workers and responsibilities of employers. Both organizations provide the other with opportunities to speak at stakeholder meetings and safety education events throughout the year.

Working together for more than 100 years for a stronger, safer future, the American Society of Safety Professionals has been at the forefront of helping occupational safety and health professionals protect people and property. With a membership of nearly 40,000 professionals it covers all industries, and develops safety and health management plans that prevent injuries, illness and deaths.

OSHA Alert: Working Safely in Hot Weather.



Workers performing activities in high temperatures and humid conditions are at risk for heat-related illness. Symptoms of heat-related illness include fainting, dizziness, nausea, and muscle spasms. Keep workers safe by following these simple safety practices.

- Provide water, frequent rest breaks, and shade.
- Allow time to build a tolerance for working in the heat.
- Offer training on the hazards of heat exposure and how to prevent illness.
- Develop an emergency action plan on what to do if a worker shows signs of heat-related illness.

OSHA has tools to help develop and maintain safe and healthful workplaces during the summer months. For more information, visit OSHA's [Water, Rest, Shade](#), and [Occupational Heat Exposure](#) pages.

OSHA's [On-Site Consultation Program](#) provides no-cost and confidential occupational safety and health compliance assistance to small- and medium-sized businesses. Consultation services are separate from enforcement and do not result in penalties or citations. The [OSHA Training Institute Education Centers](#) offer courses for workers, employers, and managers on hazard recognition and abatement at convenient locations nationwide.

OSHA Heat Illness Prevention Campaign video clip:

<https://www.youtube.com/watch?v=Kr2ouLj1oW0>

This item submitted by our Government Affairs Chairperson, Ms. Linda DiGasper for your review, use and guidance.

OSHA Guidance for COVID-19 Prevention in Construction.

Construction employers and workers need to understand how they can protect themselves from COVID-19 exposure on the jobsite. New OSHA guidance offers insights into assessing worker risk level and controls to help prevent exposure. This new guidance identifies four levels of risk for construction worker tasks that range from the lowest risk group to what is classified as very high risk group.

While this group is included in the guidance, OSHA notes that most construction work tasks are associated with no more than the high exposure risk level and that this category is not applicable for most anticipated work tasks.

To view the new guidance and learn more about it, you can use this link:

<https://www.osha.gov/SLTC/covid-19/construction.html>

Better Air Flow, Natural Light Reduce COVID-19 Spread in Offices.

Opening windows and blinds to improve air flow and increase natural light are some of the simple steps employers, building managers and workers can take to help reduce the spread of COVID-19 in offices and other workplaces, according to a recent research review. Using previous studies on microbes and common pathogen exchange pathways in buildings with known information about SARS-CoV-2 – the coronavirus that causes COVID-19 – researchers at the University of California, Davis and the University of Oregon looked for ways to reduce potential transmission. By opening windows, the rate of airflow can dilute virus particles indoors, an April 10 UC Davis press release states. The downside is that high amounts of airflow also can push particles back into the air and cause more energy use.

Although more research is needed on the impact of sunlight on the virus, the researchers note that “daylight exists as a free, widely available resource to building occupants with little downside to its use and many documented positive human health benefits.” Further, maintaining a high relative humidity indoors can help because virus particles “like drier air.” High humidity also increases the size of virus particles, “meaning they settle out more quickly and don’t travel as far.”

Increased handwashing and regular cleaning and disinfecting of surfaces – where viral particles can survive for a few hours to a few days – are important practices for all workplaces. Workers responsible for cleaning and disinfecting workspaces can find online a sortable, searchable and printable list of [Environmental Protection Agency-approved disinfectants](#) for use against the virus.

This study was [published online](#) April 7 in the American Society for Microbiology’s journal *mSystems*. This is from the National Safety council’s Safety and Health magazine digital edition June 3, 2020.

Chapter Chatter

Our Chapter held an Executive Board Meeting on June 25, 2020 using ZOOM. The Board discussed the 2020 PDC, and how to hold it – if we have it. A motion was made seconded and accepted to continue this discussion at our next Board Meeting for a final decision. It was agreed that any later than this date would make it impossible to hold any event in 2020 given the time necessary to get everything in place.

Would you, - could you, support the 2020 PDC of one day duration if it is decided to be held using a virtual presentation platform? The Board is having serious discussions about this trying to observe the remaining New York Pause restrictions in our areas as of today, and attempting to look into the future to see if we can hold the PDC. With a resurgence of Coronavirus beginning some states are already back in a lock down mode with masks required if you do have to go outside for necessary limited trips for supplies. Your safety is the utmost thought in our minds. Please let us know your opinions. My email information is located on the first page bottom left in the green column and again here below.

The next scheduled Chapter Executive Board Meeting is scheduled to take place on Thursday, August 13, 2020 and will be held on ZOOM to start at 5:30 P.M. Topics will be: 2020 PDC; Chapter By-Laws amendment reflecting the newly expanded Executive Board.

The minutes of the meetings are published on our chapter webpage for you to read over if you want to see what is covered during these meetings. In fact, all of the Chapter Meeting minutes as far back as 2016, as well as our old issues of the Chapter Newsletters are available for you to read on the webpage. We also have posted many of the presentations from past Technical Meetings as well. This is the link to the files page on our website for you to read these chapter documents: <https://hudsonrivervalley.assp.org/files/>.

Stay safe, and stay healthy. Hopefully we can meet face to face soon. My direct contact email address is: cvondietsch@yahoo.com