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|  | Hudson River Valley Chapter Newsletter |
| September 2021 | Volume 6, Number 3 |
| *In This Issue*   * *PDC Date Change* * *The Silent Killer: Carbon Monoxide* * *9/11 - Twenty Years Later* * *Do You Sit Too Much* * *New Heat Exposure Initiative* * *Trailer Towing Safety* * *Chapter Chatter*   *Useful & Helpful Links*  [*http://www.assp.org*](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*](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.  Newsletter Editor:  Charles R. Von Dietsch Jr.  [cvondietsch@yahoo.com](mailto:cvondietsch@yahoo.com)  Contributing Editor:  Linda DiGasper | Chapter Changes The PDC Date. As you all know by now, the ***ASSP Hudson River Valley Chapter has changed the date of its PDC from October 1, to October 29, 2021.***  This was done to allow more time to obtain vendors for you to inter-face with. It also allows more time for people to register and attend the PDC.  It will still be held at the Rockland County Fire Training Center, 35 Firemen’s Memorial Drive, Pomona, NY. You will be provided breakfast and lunch, all for $65.00. ***Start time is 8:00 A.M.*** Register here:  [**https://hudsonrivervalley.assp.org/events/assp-hudson-valley-chapter-pdc/?**](https://hudsonrivervalley.assp.org/events/assp-hudson-valley-chapter-pdc/?) Carbon Monoxide: The Silent Killer! Do your employees use gas powered equipment at work? If so, they may be exposed to carbon monoxide. Carbon monoxide is a colorless, odorless gas that can deprive an exposed worker’s brain, heart and other vital organs of oxygen. Symptoms of mild exposure include nausea, dizziness and headache. High exposure can result in confusion, loss of consciousness, muscle weakness and more.  Protect workers from carbon monoxide poisoning by using these tips.   * Survey your workplace to identify potential sources of exposure. * Educate workers about the dangers of carbon monoxide poisoning. * Know the sources: Besides gasoline, natural gas, oil, propane, coal and wood can produce carbon monoxide. * Keep internal combustion equipment in good operating condition. * Regularly test the air in poorly ventilated areas. Use mechanical ventilation when possible to keep carbon monoxide below unsafe exposure levels.   Use personal CO monitors where potential sources of carbon monoxide exist. OSHA says,”These monitors should be equipped with audible alarms to warn workers when CO concentrations are too high.” |

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## Remembering 9/11 - 20 Years Later.

As we recognize the 20th anniversary of the terrorist attacks in New York, Virginia, and Pennsylvania on September 11, 2001 and remember those whose lives were lost or impacted, we will also never forget those who answered the call in the following days, weeks, and months.

This includes the thousands of emergency responders and volunteers who worked tirelessly day and night to remove debris and search through the rubble for potential survivors and recover the remains of those we lost.

It also includes many members of the OSHA Staff from Federal and State Plan programs, who worked at the World Trade Center recovery site to ensure that workers had the protections that they needed to perform their work on site.

As a result of these efforts and the unprecedented collaboration between all sectors and levels of government, no workers lost their lives during the recovery efforts that followed this national tragedy. Two decades later, we remain thankful and proud of these heroes and their efforts in the face of chaos and uncertainty.

I was scheduled to conduct an Environment, Health and Safety audit in the spaces my former employer had in the basement levels of Tower 1 that day. My appointment was to meet the manager in the lobby of the building at 8:00 AM. That did not happen because my manager had called me two weeks before to have me cancel that audit using the words…”The switch isn’t going anywhere, so reschedule the audit for two weeks later, and come to this meeting with me in Providence, Rhode Island.” So I was in a hotel in Providence, Rhode Island at the start of the International Telephone Safety Committee. The hotel manager came into the room to state that there is an emergency happening in New York City because a plane appears to have hit the World Trade Center. They turned on a television in the room and I sat there watching this event unfold and touch the lives of thousands of people. Do I consider myself lucky? Yes I do. Am I thankful? Yes I am. Do I think of the first responders running into those burning buildings to do their jobs and paying the price now. Yes I do.

## Sit too much? You need a variety of ‘activity cocktails’.

Thirty minutes of moderate exercise five times a week which is the minimum recommended amount under the [**World Health Organizations updated guidance on physical activity**](https://www.who.int/news-room/fact-sheets/detail/physical-activity)might not be enough for people who sit too much the rest of the day, say researchers who recommend a daily “cocktail” of activity.

A team of international researchers reviewed data from six studies that involved more than 130,000 adults in the United States, the United Kingdom, and Sweden who wore wrist and hip accelerometers. Combinations of activities from moderate to vigorous exercise (e.g., brisk walking, running) and light physical activities

(e.g., housework, casual walking) to sedentary behavior were analyzed to determine their effect on mortality.

Results show that although 30 minutes of moderate/vigorous exercise reduced the risk of earlier death up to 80% among people who sat less than seven hours a day, it didn’t reduce mortality risk for those who sat for 11 – 12 hours a day.

The researchers found that three minutes of moderate/vigorous activity per hour of sitting was optimal to improve health and reduce the risk of early death up to 30%, as long as the person also spent six hours engaging in light physical activity. Using this formula, they produced these three examples of activity cocktails:

* 55 minutes of exercise, four hours of light activity and 11 hours of sitting
* 13 minutes of exercise, 5.5 hours of light activity and 10.3 hours of sitting
* Three minutes of exercise, six hours of light physical activity and 9.7 hours of sitting

Study co-author Mr. Keith Diaz, an assistant professor of behavioral medicine and director of the exercise testing laboratory at the Center for Behavioral Cardiovascular Health at Columbia University, said in a press release, “A healthy movement profile requires more than 30 minutes of daily exercise. Moving around and not remaining sedentary all day also matters. It is not as simple as checking off that ‘exercise’ box on your daily to-do list.”

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## OSHA’s New Heat Exposure Initiative.

OSHA has a new initiative to protect workers from hazards of extreme heat. On days with a heat index of

80 degrees or higher, OSHA staff will prioritize heat-related interventions and inspections of work activities.

Millions of U.S. workers are exposed to heat in their work places. Although illness from heat exposure is preventable, every year, thousands become sick from occupational heat exposure, and some cases are fatal.

Most outdoor fatalities, 50% to 70%, occur in the first few days of working in warm or hot environments because the body needs to build a tolerance to the heat gradually over time. The process of building tolerance is called heat acclimatization. Lack of acclimatization represents a major risk factor for fatal outcomes.

Occupational risk factors for heat illness include heavy physical activity, warm or hot environmental conditions, lack of acclimatization, and wearing clothing that holds in body heat. (See also, personal risk factors section of the link materials).

Hazardous heat exposures can occur indoors or outdoors, and can occur during any season if the conditions are right, not only during heat waves. The following is a list of some industries where workers have suffered

heat-related illnesses.



For more information on this new initiative use the following link:

[**https://www.osha.gov/heat-exposure**](https://www.osha.gov/heat-exposure)

## Towing A Trailer?

Landscaping companies and many other businesses use trailers. Make it a safe trip by following these tips from the Texas Department of Insurance (TDI). Select the proper towing equipment. Check your vehicle’s weight capacity in the owner’s manual to make sure it can tow a trailer. Ensuring you have the right size hitch is extremely important. The Texas Department of Insurance cites a Consumer Reports article that says incorrectly sized trailer hitches are the leading cause of trailer accidents. Check your vehicle’s tires and the tires on the trailer. Your vehicle’s tires may require a higher pressure while towing, as outlined in the owner’s manual. Inspect the trailer tires for dry rot and cracking, especially if stored outdoors. Even if tires have plenty of tread on them, age can lead to tire failure. Always check to make sure the lug nuts are tight. Prepare for unseen incidents. You will want to make sure you have at least one spare tire for your trailer. Keep a jack and a lug nut wrench for the trailer and its wheels, and keep the trailer’s wheel bearings greased. Use wheel chocks before unhooking the trailer from the tow vehicle. Place the chocks (sturdy, wedge-shaped blocks) in front of and behind the trailer’s tires to prevent it from rolling away.

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## Chapter Chatter.

There was no scheduled Chapter meeting in August as it is traditionally the month for vacation time off. This means the last scheduled Hudson River Valley Chapter meeting was the Executive Board Meeting held on July 28, 2021 at Cosimo’s Restaurant beginning at 5:30 P.M. The purpose of that meeting was for planning the ***upcoming PDC***, and to thank our most recent Chapter Past President, Mr. Matthew McDonald, for his dedication and services to the Chapter for the past several years. Meeting minutes were not taken, and therefore not available.

Based on the reception and enthusiasm of the Joint Chapter Meetings held this last operating year, the chapter is planning to continue Joint Meetings with other ASSP Chapters and with other Safety Organizations in our area. If anyone reading this newsletter section is a member of a partner agency in Safety or a safety organization and are interested in holding a joint meeting, please contact me to bring it to the Board to make those arrangements. These meetings could be a combination of in-person and some virtual meetings.

They will be announced and scheduled as soon as they are planned and confirmed so that all members will know of them in advance to make it easier to take part in them. All chapter meeting minutes, newsletters, and many presentations from our Technical Meetings are posted on our chapter webpage. You can view them all by using the link provided for the files page by clicking [**here**](https://hudsonrivervalley.assp.org/files/).

Our next scheduled series of meetings will be Chapter Board meetings to discuss the ***upcoming PDC*** and the probability of whether to hold it or not. That decision will be made based on a number of factors including but not limited to the number of attendees, and vendors who will participate. These meetings will take place on Fridays at 12:00 Noon for approximately a 30 minute duration. As of this writing, ***the PDC*** is a reality that is going to be held as planned.

***The ASSP Hudson River Valley Chapter has already made the decision to move the PDC from Friday, October1, 2021 to now be held on Friday, October 29, 2021. We invite you to participate in our October 29, 2021 Professional Development Conference (PDC) at the Rockland County Fire Training Center, 35 Firemen’s Memorial Drive, Pomona, NY, 10970.*** Registration is available on our web page by clicking [**here**](https://hudsonrivervalley.assp.org/events/assp-hudson-valley-chapter-pdc/).

Coronavirus is still with us and still impacting our lives with new strains developing, and reported cases on the rise in some areas while going down in others. These cases now appear to be affecting children and unvaccinated adults. Children under the age of twelve are the most vulnerable right now. Please follow the recommended guidelines to protect yourself and your families. As the effectiveness of the vaccines is being questioned in many corners, even with the now booster shots being rolled out to the most vulnerable very soon. The facts at this time still indicate that your chances of becoming infected and very sick are a lot less if you are vaccinated. I am sure that we have not heard the last discussion on this topic and there will be more controversy and discussion to come on this topic.

**Thought Of The Day:**

**“An optimist sees an opportunity in every calamity; a pessimist sees**

**a calamity in every opportunity.” — Winston Churchill**

Stay safe, and stay healthy. ***Hopefully we will meet face to face at the PDC coming very soon.*** Should you have an item from the job, or from home, you would like to see published in this newsletter please submit it to me. Or if you have any questions about the chapter, or its activities, please submit those as well.

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