



# 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 PDC.

The Hudson River Valley Chapter of the American Society of Safety Professionals (ASSP) presented its PDC (Professional Development Conference) on October 29, 2021. The doors of our host venue, The Rockland County Fire Training Center, opened for attendees beginning at 8:00 AM. With the training sessions beginning at 8:30 AM. A training session schedule with the assigned classrooms listing the presenter of each topic, as well as “swag bags” of items were available at the registration desk set up in the auditoriums lobby area.

A self-serve coffee and continental style breakfast area was provided and available in the lobby, near the registration table.

The Rockland County Fire Training Center Auditorium was designated as the vendor table display area for attendees to visit with the vendors to learn about the products on display for workplace safety and worker protection. Tables and chairs were also set up in the auditorium so attendees who wanted to hear the presentations and training sessions that were being presented could sit and take notes if they wanted to. A live demonstration of fall arrest system was set up in the parking area near the auditorium entrance for those interested. A nice boxed lunch selection was provided for attendees to enjoy during the lunch break before beginning again for the afternoon sessions. Both morning and afternoon sessions had break time built into the schedule to allow time to visit the vendor area and review some of the interesting items on display. The ASSP Hudson River Valley Chapter's Executive Board, and the PDC Planning Committee hope that all the participants had a great day and a wonderful experience at this PDC despite the still lingering covid-19 virus, and having to wear masks all day. We would also like to thank our host, The Rockland County Fire Training Center for having us at the facility for the day, as well as a thank you to the vendors and presenters of the training sessions. A special thank you to the volunteer members from the Field Federal Hudson Valley Safety Committee who helped set up, and attended the PDC. To all who helped make this happen, Thank You. We hope to see you next year at a bigger, better PDC.

Some photos are on the next page. More are posted on the chapter web site under the photos page: <https://hudsonrivervalley.assp.org/photos/>

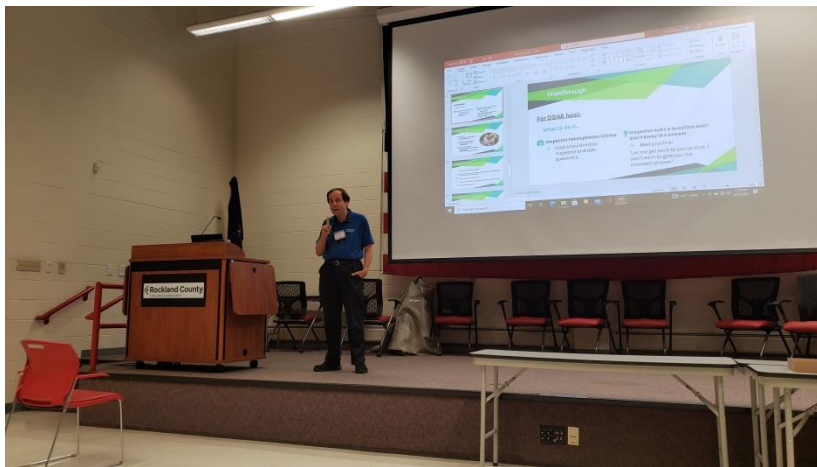
## Some Hudson River Valley Chapter PDC Photo's.



Linda, David, Danessa, Jim, and Josephine welcome you to the HRV PDC



our chapter banner



OSHA Updates with Paul McNeill



Marijuana in the workplace



Live Fall Protection Demonstration



Happy Halloween!

## Ladder Safety at Every Step.

After analyzing more than 350 NIOSH fatality reports involving ladders, a common major root cause theme was found: inadequate training.

Training workers on using ladders safely is a must. Seth Patterson, an Environmental, Health and Safety engineer with Lockheed Martin said “If the employers had effective ladder training that could have prevented most of those incidents from happening.”

One possible reason for the lack of employee training is that ladders are relatively simple to use compared with other more complex equipment such as aerial lifts, according to Mike Kassman, Director of OSHA and Disaster Response Training at CPWR – The Center for Construction Research and Training. Despite continuing advances in ladder related safety equipment, such as outriggers to maintain side to side stability, training remains important.

In the construction industry, for example, more than 70 workers are killed as a result of a fall from a ladder each year and 4,000-plus suffers lost time injuries, according to a 2018 CPWR hazard alert. In Patterson’s research, half of the fatalities (88 of 175) resulted from a fall. In five more instances, the victim was shocked and then fell. Forty-two other victims were electrocuted while on or holding onto a ladder for someone else.

The remaining 40 fatalities were from a variety of causes, including 15 in which the victim was on a ladder in a confined space when overcome, and 12 others in which the ladder and/or user was struck by something.

Ladders earned a spot on OSHA’s annual “Top 10” list of most-cited violations in 2005 and has been on the list ever since. Employers can help prevent ladder-related injuries by providing supervision and determining whether a ladder is the appropriate equipment for the job, which is a common practice among employers in the commercial construction industry, according to CPWR experts. Instead of using ladders, these employers often have lifts or scaffolds because they have the space and budget for them. However, ladders aren’t likely to be going away anytime soon in industries such as residential construction – in part, experts say, because they’re inexpensive and portable.

Training - under OSHA regulation 1926.1060, employers are required to provide ladder safety training to workers via a “competent person,” covering subjects such as fall hazards and weight capacity. The agency’s general industry regulations don’t specify ladder training, but the agency in 1910.30(a)(3)(i) does say that each employer must educate employees on fall hazards in “the work area.” Cal/OSHA, goes a step further and requires that “supervisors of employees who routinely use ladders shall also be trained in ladder safety.”

One major topic covered is maintaining three points of contact while climbing. Spencer Schwegler, former director (retired) of OSHA and disaster response training at CPWR, as well as a retired union painter, pointed out that although OSHA doesn’t “spell out” a requirement for three points of contact, it is implied in 1926.1053(b)(20-22). What’s considered three points of contact? OSHA and ALI (American Ladder Institute) agree that it can mean two hands and one foot or two feet and one hand. A knee or elbow isn’t considered a point of contact. OSHA rule 1926.1053(b)(22) states that employees on a ladder should not carry an object or any load that could cause them to lose their balance or fall. Instead, they should plan ahead on how they’re going to get their tools or other objects to their work area. ALI recommends using “towlines, a tool belt or an assistant to convey materials so that the climber’s hands are free when climbing.” The CPWR hazard alert emphasizes: “Do not carry tools and materials while climbing. Use a rope to haul or hoist materials to the upper level.”

The organizations experts stress not to use a ladder horizontally or as a plank, not to stand on the top two steps of a stepladder, and that employers and workers should make sure the height of the ladder is right for the job. ALI says workers should keep the center of their belt buckle or stomach between the ladder side rails while working. Do not lean or overreach, as that could make the ladder tip sideways. Ladders must “be inspected by a competent person for visible defects on a periodic basis and after any occurrence that could affect their safe use,” according to OSHA 1926.1053(b)(15). Under OSHA’s general industry rules – 1910.23(b)(9): “Ladders are inspected before initial use in each work shift, and more frequently as necessary, to identify any visible defects that could cause employee injury.” Both regulations require defective ladders to be tagged “Do not use” or similar wording, and removed from service. Simple – yes; common sense – yes; Do we often forget when in a hurry – yes!



## Chapter Chatter.

There was no scheduled Chapter meeting in September, 2021, as preparations for the PDC were underway. 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 the initial planning of a potential PDC, and as previously mentioned to thank our 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 at this meeting, and therefore are not available. The Bard will get back to a normal schedule of planned chapter meetings as soon as possible after the PDC on October 29, 2021.

A series of short 30 minute duration teleconference calls on consecutive Fridays were held to work towards holding the PDC. The final decision was made to hold the PDC on these calls with the agreement of the members of the Chapter Executive Board. The PDC was a reality that was held as planned on October 29, 2021.

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. These meetings may be a combination of both in-person and virtual meetings. If you are a member of another safety organization and that organization would be interested in holding joint meetings, please contact our chapter executive board to work out and finalize those plans for a joint meeting.

They will be announced and posted as soon as they are planned and confirmed so that all members will know of them in advance to make it easier to participate in them. All future 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](#).

We understand that there was some difficulty in registering for the PDC using the link that was given to reach the web page registration process. We apologize for this. It was unplanned on our part, and it was out of our hands. There was a programming issue with the web sites using the asse.org domain instead of the assp.org domain. It has been corrected and will not be a problem in the future. Please use the proper domain link to reach our chapter web page which is: <https://hudsonrivervalley.assp.org/>. The domain to reach the ASSP National Organization is now <https://www.assp.org/>. Please use the correct domain link going forward.

Coronavirus is still with us and still impacting our lives with new strains developing, and reported cases on the rise again 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 now in place to protect yourself and your families. The booster shots are being rolled out to the most vulnerable now. The facts at this time still indicate that your chances of becoming infected and very sick are a lot less if you are fully 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:

**"Be a sponge. Spend as much time as possible with people who truly know their craft and be a great listener. That is how you learn." -- Jerry Colangelo (American Businessman)**

Stay safe, and stay healthy. I was very happy to meet many of the members face to face at the PDC, and have some time to talk with each other. Thank You for attending our PDC. 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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