



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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Worker Burnout is on the Rise.

According to a survey conducted by Ipsos, a marketing research company for the management consulting firm Eagle Hill Consulting showed around half of U.S. workers are burnt out, and about 4 out of 5 believe a four-day work week would lessen the feeling the survey results indicated. Ipsos surveyed a random sample of more than 1,000 U.S. workers in August 2021. The results show that 53% of the respondents said they're burned out at work. Around half of them indicated the COVID-19 pandemic has caused them to reevaluate their career and life. Workload was cited as the top cause for burnout (52%), followed by lack of communication (44%), balancing work and personal life (35%), and time pressures (32%). A third of the participants 33% said they plan to leave their employer in the next year – up from 29% in May and 26% in November 2020. However, roughly 2 out of 3 participants said they value their employer more now than when the pandemic began. When asked about ways to reduce burnout, 84% of the respondents pointed to increased flexibility, and 83% suggested a four-day workweek.

Employee burnout was simmering even before the pandemic, and now it's boiled over for more than half of workers stated Eagle Hill President and CEO Melissa Jezior in her press release. "It's simply an unsustainable situation for a business when burnout is rising and the labor shortage continues. This means leaders must fully understand what is working and what isn't for employees, and then collaborate on specific solutions that will work for an organization's business strategy and for the workforce. It's complicated because there isn't a one-size-fits-all approach. For example, a four-day workweek may work very well for some businesses, but it's impossible for others.

On July 27, Congressional Representative Mr. Mark Takano (D-CA) introduced legislation that would reduce the standard 40-hour workweek to 32 hours. H.R. 4728 has not advanced out of the House Education and Labor Committee. Although support for this bill has been slowly growing.

ASSP Society 2022 Elections and Chapter Elections are Coming Soon.

All chapter members are being informed that the National ASSP is holding elections that will begin on March 1, and they will close out on March 31, 2022. If we are in one of the Regions holding elections you will receive an electronic ballot that will be e-mailed to you. Please vote for the candidate(s) of your choice in the election. In case you do not remember which Region Hudson River Valley Chapter is part of, we are in Region VIII of the Society. If you cannot find that e-mailed ballot in your inbox, and still want to vote:

1 - Find out if the Hudson River Valley is in a region that is holding elections by checking [here](#).

2 – You can have a duplicate ballot sent to you by using this link I inserted [here](#).

The election results will be made public after all election ballots and contests are closed out and finalized. The newly elected officers will serve for three years from July 1, 2022 to June 30, 2025.

Your local chapter elections will be in April 2022. If interested in being an officer, please notify us as we are planning the slate of candidates for the offices that will be in the election process.

Snow Removal - Know The Hazards.

Snow removal operations can result in serious injuries or fatalities, particularly while removing ice or snow from rooftops and other building structures such as decks. Your employer is responsible for your safety. Falls cause the most worker fatalities and injuries during rooftop ice and snow removal. Workers can fall off roof edges, through skylights, and from ladders and aerial lifts. A roof collapse can also hurt or fatally injure workers.

Before any work begins, employers should:

Plan ahead for safe **snow removal from roofs**. Check the worksite for workplace hazards. Limit, when and where possible, workers going on roofs to remove snow and ice. Use snow removal procedures that lower the risk of roof or structure collapse. Ensure that workers follow all manufacturers' instructions for using mechanical equipment safely.

Your employer must:

Train workers to identify fall and electrical hazards. Train workers on appropriate protective equipment, fall prevention, and electrical standards. See OSHA CFR 1910 Subparts D, F, I and S. Provide fall protection equipment – See OSHA CFR 1910.28, 1926.501 – that is in good working condition. Train workers to use ladders, aerial lifts and all protective equipment, per manufacturers' guidelines. Have a plan for rescuing a worker caught by a fall protection system.

Other significant hazards include:

Amputations, eye injuries, struck by falling ice, heart attacks, and injuries associated with the use of snow blowers and other equipment. Aerial lift collapses or tip-overs. Entrapment and suffocation under falling snow drifts or snow piles. Shock/ electrocution from contact with power lines or damaged extension cords. Frost bite or hypothermia. Back injuries, from slips, trips, and falls and overexertion. Chemical/HVAC lines and other equipment on roofs that are buried in snow could rupture if struck. Additional information on winter weather safety is available at www.osha.gov/winterweather.

As a worker, you have the right to:

Working conditions that do not pose a risk of serious harm. Receive information and training in a language and vocabulary you understand about workplace hazards, methods to prevent them, and OSHA standards that apply to their workplace. Review records of work-related injuries and illnesses. File a complaint asking OSHA to inspect your workplace if you believe there is a serious hazard or that your employer is not following OSHA's rules. OSHA will keep all identities confidential. Exercise your rights under the law without retaliation, including reporting an injury or raising health and safety concerns with your employer or OSHA, if you have been retaliated against for using your rights, you must file a complaint with OSHA as soon as possible, but no later than 30 days.

Proposed Rule Update Powered Industrial Trucks Standard for General Industry & Construction Industry.

The U.S. Department of Labor announced a Notice of Proposed Rulemaking by the department's Occupational Safety and Health Administration to improve worker safety and health by ensuring the agency's general industry and construction industry rules reflect current industry practice and state-of-the-art technology. The proposed rule will update the design and construction requirements for OSHA's powered industrial trucks standards for general industry and construction, including fork trucks, tractors, platform lift trucks, motorized hand trucks and other specialized industrial trucks powered by an electric motor or an internal combustion engine. Under the proposed rule, OSHA will update its general industry and construction standards for powered industrial trucks by adding references to the latest design and construction requirements published by the American National Standards Institute in conjunction with the Industrial Truck Standards Development Foundation. For more information and to learn about how to submit comments on line by May 17, 2022, click here: [OSHA National News Release](#)

Submitted by: Linda DiGasper – ASSP Hudson River Valley Chapter Government Affairs Liaison.

Cannabis Involved Roadway Deaths on the Rise Said Recent Survey.

The results of a recent study show the percentage of roadway fatalities involving cannabis or a combination of cannabis and alcohol have more than doubled over a recent 19 year period. Researchers from Boston Medical Center, Boston University and the University of Victoria in Canada used data from 2000 – 2018 from the National Highway Traffic Safety Administration's Fatality Analysis Reporting System, looked at Roadway fatalities in which the driver tested positive for a cannabinoid and/or had any amount of alcohol in their system.

The proportion of cannabis-related crash fatalities increased to 21.5% in 2018 from 9% in 2000. The percentage of fatal crashes involving both alcohol and cannabis jumped to 10.3% in 2018 from 4.8% in 2000. Additionally, people who died crashes involving cannabis were 50% more likely to have alcohol in their system. The researchers say the results suggest that as states have relaxed cannabis laws, alcohol and cannabis have been used together increasingly among impaired drivers.

The proportion of motor vehicle-related deaths involving alcohol alone remained relatively unchanged over this 19 year study period. According to a Boston Medical Center press release, more than 40% of U.S. roadway deaths involve alcohol, while 30% involve blood alcohol content above the legal limit for driving. Timothy Naimi, senior study author and who is both a physician and adjunct professor at Boston University stated in a press release "There has been progress in reducing deaths from alcohol-impaired driving, but our study suggests that cannabis involvement might be undercutting these public health efforts."

According to lead study author Marlene Lipa, an epidemiologist at the Boston Medical Center, testing methods for cannabis "remain suboptimal, and individuals can test positive weeks after they have consumed it." She adds: "The bottom line is that we have a lot of work to do to reduce deaths and harms from impaired driving due to alcohol, cannabis and other substances."

Close the Door On Fire.

Due to recent devastating fires in the New York City borough of The Bronx, the New York City Fire Department (FDNY) has released a short video to emphasize the importance of closing doors to contain fire. This video can be used anywhere to show an important message to contain and slow the fire and smoke in an actual event. It may be useful for employee training sessions and toolbox talks. It may be somewhat scary for little children and discretion is advised. [The link to the video clip can be found here.](#)

Additional resources on heating fire safety from the U.S. Fire Administration can be found using this link:

[Outreach Materials Here.](#)

Chapter Chatter.

To all chapter members, please **SAVE THE DATE - FRIDAY, OCTOBER 28, 2022 HUDSON RIVER CHAPTER PDC** at the Rockland County Fire Training Center, 35 Firemen's Memorial Drive, Pomona, NY 10970. Mark your calendars now to avoid the last minute rush. This facility meets all of our needs for parking, available rooms, the auditorium's open space is well suited as the combination vendor demonstration area and lunch room area. Being in close proximity to major highways, it is easy to get to.

At the January 20, 2022 Chapter Board meeting, we determined the date and time for the purpose of standardizing the day of the meetings to the third Thursday of the month with a start time of 5:00 PM. This will be for both the general meeting and the technical meetings of the chapter, and will be in effect until the November 17, 2022 meeting. Chapter members were sent an email with the tentative dates of the meetings in early February. There may be exceptions to those dates if an opportunity arises to participate with another chapter or a webinar with a different time and date. You will be notified by an email message ahead of time, so please be sure that your most current preferred email address is available to the Chapter Secretary.

Speaking of Webinars and/or Seminars please let the Chapter Secretary know if you attended a webinar or seminar that the Chapter alerted you about. It is getting difficult to determine your attendance at these webinars. It is the hope of the Executive Board that these can be in person meetings following the strictest COVID protocols in effect at that time, if any. If COVID protocols restrict in person gatherings we will be holding the meetings virtually again. Watch for special email messages to keep you informed of the status of chapter meetings as well as visiting the Hudson River Valley Chapter website for the up to date information regarding all meetings and events. The link is: <https://hudsonrivervalley.assp.org/>

The next scheduled Chapter Meeting is a virtual Board meeting scheduled for February 17, 2022 on the ZOOM platform. It will be to discuss the remainder of the operational year. We are requesting that if you have a topic that you would like to have discussed or presented at these chapter meetings please let the Chapter Board know by contacting the Chapter Secretary so it can be arranged. All topics, either on the job or off the job are welcome if they are safety and health related. The chapter is also exploring establishing Joint Meetings with other ASSP Chapters, or other Safety Organizations in our area as the opportunity may present itself to us. These 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 with as much advance notice as possible so that all members will know about the opportunity and take advantage of them by participating in those meetings. Chapter meeting minutes, current and past 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](#).

Thought of the Day:

"Continuous effort - not strength or intelligence - is the key to unlocking our potential." -- Sir Winston Churchill

Stay safe, and stay healthy. Hopefully we will meet face to face very soon. Should you have a safety related item from your job, or from off the job, that you would like to share with the rest of the chapter in this newsletter, please submit it to me and I will bring it to the attention of the Chapter Board to review for publication in the newsletter. If you have any questions on or about the chapter operation, activities, or have an interest in becoming more involved in helping out the Chapter as a volunteer please contact us as well. My email address is: cvondietsch@yahoo.com