



Hudson River Valley Chapter Newsletter

March 2022

Volume 6, Number 9

In This Issue

- Council Nominations by March 31
- Regulatory Updates
- Opioid Misuse
- Business Travel & Weight Gain
- Crosby Shackle Recall Notice
- Chapter Chatter

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.**

Newsletter Editor:

Charles R. Von Dietsch Jr.

cvondietsch@yahoo.com

Contributing Editor:

Linda DiGasper

OSH Council Nominations Extended to March 31.

The Secretary of Labor has invited individuals interested to serve on the Federal Advisory Council on Occupational Safety and Health (FACOSH) and has extended the deadline from January 31, 2022 to March 31, 2022. Nominations for individuals to serve on the Council must be submitted electronically by March 31, 2022. If you are interested in being nominated for the Council, you are encouraged to review the Federal Register notice on nominations for membership published on October 22, 2021 (86 FR 58693), and submit the requested information by March 31, 2022. Nominations may be submitted, including attachments, by the following method:

Electronically: You may submit nominations, including attachments, electronically into Docket No. OSHA-2021-0010 at <https://www.regulations.gov>, which is the Federal eRulemaking Portal. Follow the online instructions for submissions.

Docket: To read or download comments or other material in the docket, go to <https://www.regulations.gov>. Documents in the docket are listed in the <https://www.regulations.gov> index; however, some information (e.g., copyrighted material) is not publicly available to read or download through the website. All submissions, including copyrighted material, are available for inspection through the OSHA Docket Office. Contact the OSHA Docket Office at (202) 693-2350 (TTY (877) 889-5627) for assistance in locating docket submissions.

Instructions: All submissions must include the agency name and the OSHA docket number for this Federal Register notice (OSHA-2021-0010). OSHA will place comments, including personal information, in the public docket, which may be available online. Therefore, OSHA cautions interested parties about submitting personal information such as Social Security numbers and birthdates.

For Further Information Contact: General information: Mr. Francis Yebesi, Director, OSHA Office of Federal Agency Programs; telephone (202) 693-2122; email ofap@dol.gov. Copies of this Federal Register document: Electronic copies of this Federal Register document are available at <http://www.regulations.gov>. This document, as well as and other relevant information available on the [OSHA web](https://www.osha-slc.gov).

Regulatory Updates - OSHA & MSHA.

U.S. Occupational Safety and Health Administration, [OSHA]

- OSHA **launched an initiative** to protect healthcare workers at hospitals and skilled nursing care facilities that treat or handle COVID-19 patients. The goal is to control the spread of COVID-19 and its future variants and protect the health and safety of healthcare workers at heightened risk for contracting the virus.
- The U.S. Department of Labor's Occupational Safety and Health Administration published an interim final rule establishing procedures and time frames for handling employee retaliation complaints under the Taxpayer First Act. The Taxpayer First Act, enacted July 1, 2019, protects employees who report underpayment of taxes or other potential federal tax law violations or engage in other protected activities. OSHA is accepting comments from the public. **Submit comments online, identified by Docket No. OSHA-2020-0006** at the Federal eRulemaking Portal. Read the **Federal Register Notice** for additional details. The deadline for submitting comments is May 6, 2022. The interim final rule is effective March 7, 2022.
- The Department's Occupational Safety and Health Administration today announced an enforcement memorandum for a short-term increase in highly focused inspections directed at hospitals and skilled nursing care facilities that treat or handle COVID-19 patients. OSHA's goal is to expand its presence to ensure continued mitigation to control the spread of COVID-19 and future variants of the SARS-CoV-2 virus, and protect the health and safety of healthcare workers at heightened risk for contracting the virus. This initiative supplements OSHA's targeted enforcement under the Revised COVID-19 National Emphasis Program **DIR 2021-03 (CPL 03)** by conducting focused follow-up and monitoring inspections of previously inspected or investigated hospitals and skilled nursing care facilities within four North American Industry Classification System codes listed in the **memorandum** where COVID-19 citations or Hazard Alert Letters were issued, including remote-only inspections where COVID-19-related citations were issued.

U.S. Mine Safety and Health Administration, [MSHA]

- **MSHA Final Report:** On June 9, 2021, Dale G. Ketola, a 65 year-old mine supervisor with 42 years of mining experience, and Jerry W. Ashlock, a 55 year-old mine supervisor with 39 years of mining experience, died when a 20-ton underground locomotive struck their personnel carrier. The accident occurred because the mine operator did not assure that traffic rules governing communication, right of way, and direction of movement were followed for rail haulageways.

A Standards Update

- **Updated Guide: Confined Spaces Safety Standard:** ANSI/ASSP Z117.1-2022, Safety Requirements for Entering Confined Spaces, provides minimum safety requirements for entering, exiting and working in confined spaces at ambient atmospheric pressure. Our new free technical brochure provides an overview of the updated standard and highlights additional resources to help you learn more about safety in confined spaces. **Download now**

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

Opioids and Signs of Misuse.

According to the Centers for Disease Control and Prevention, from April 2020 to April 2021 drug overdose deaths topped 100,000.

Johns Hopkins Medicine defines Opioid use disorder as a medical condition in which you, or someone you know, is unable to abstain from using opioids, and has behaviors that center around opioid use that interfere with daily life and activities. Some common symptoms of opioid misuse are: the inability to control the use of the narcotic; weight loss; drowsiness; uncontrollable cravings; changes in sleep habits; isolation from family and frequent flu-like symptoms. If the use of opioids is affecting your, or somebody you know life and or work, or you think they or yourself may have a problem with opioid use, the time to seek help is now. Who can you talk to? Here are a few suggested avenues of seeking help.

An employee assistance program representative: If your employer has an EAP, its services are free and confidential – nothing discussed will be shared with your employer. When you talk to a representative, you can get advice and referrals.

Your doctor: Be honest about your substance misuse or mental health distress and work together to create a treatment plan.

A supervisor or human resources professional: These employees can work within your employer's policies to help you get treatment and preserve your job status.

If none of these resources is available to you, or you do not feel comfortable exploring these options, the Substance Abuse and Mental Health Services Administration has an online Treatment Services Locator, as well as a 24 hour seven day a week, year round treatment referral and information hotline you can call at 800 662-HELP (4357).

Learn more about the opioid crisis at this web site: nsc.org/opioids.

Study Explores More Business Travel, More Body Fat.

A research study from Emory University suggests that people who travel frequently for business may have trouble keeping the pounds off. The frequency of business travel and body fat among the 695 senior-level corporate executives looked at as part of this study of which 82% were men. The average age of the participants in this study was 52 years of age. About 45% of the executives traveled one to six days a month, 37% traveled seven to 13 days a month and 12% traveled at least 14 days a month.

The group that traveled the most had the highest levels of **body mass index**, body fat percentage and fat surrounding their internal organs, also known as visceral fat.

Previous research has shown that frequent business travel is linked to increased health risks, including obesity and **cardiometabolic disease**, according to an American College of Occupational and Environmental Medicine press release states.

The study researchers stated in their press release "Based on our results, consideration should be given to include advice on the importance of maintaining healthy habits among business travelers and on the potential chronobiologic effects of frequent international travel."

Safety Recall on Crosby Screw Pin Shackles Announced.

THE CROSBY GROUP has determined the above listed screw pin anchor shackles may have a condition that can reduce the ultimate load capacity from the published catalog values. The shackle bow may have a previously undetected indication, and continued use may result in loss of load, property damage, severe injury, or death..."

View the full notice, with picture for identification of shackle model number location on the bow, [here](#). Please be sure to check your site's shackle inventory!

Chapter Chatter.

To all members and friends, **SAVE THE DATE - FRIDAY, OCTOBER 28, 2022 FOR HRV's PDC** at Rockland County Fire Training Center, 35 Firemen's Memorial Drive, Pomona, NY 10970.

Our chapter's Technical Meeting for March, has been rescheduled from March 17th 2022 to March 24th 2022. More information will be supplied to you as the topic, time and mode of delivery is established. Chapter members were sent an email with the tentative dates of all the scheduled meetings earlier in February. Some dates may be subject to change if an opportunity arises to participate with another chapter or a webinar with a different time and date. The chapter Executive Board is actively engaging other Region VIII chapters to look for meetings or presentations we can participate in.

We are making arrangements to participate in a webinar from The Center For Construction Research And Training, known as CPWR, for our technical meeting in April titled "Protecting Construction Workers from Electrocution." You will need to pre-register for this webinar [here](#). A description of this presentation is provided on the registration page. This webinar will use WEBEX. Please look for future notices on this webinar, as the link might change according to CPWR.

Our February Technical Meeting(s) were webinars from OSHA on Recordkeeping presented on February 10, 2022. Hudson River Valley Chapter members attended this webinar. Let the Chapter Secretary know if you attended a webinar/seminar that the Chapter notified you about. It is difficult to determine your attendance at these webinars as the hosting organization does not filter back attendee information many times.

The Executive Board hopes we can go back to in person meetings, following the strictest COVID protocols in effect at that time to maintain your safety, as soon as possible. If COVID protocols restrict in person gatherings we will be holding virtual meetings. Watch for email messages to keep you informed of the status of chapter meetings. You can also visit the Hudson River Valley Chapter website for up to date information for meetings and events. The link is: <https://hudsonrivervalley.assp.org/>

We are requesting that if you have a topic or subject you would like to have discussed or presented at our chapter meetings please let the chapter secretary know so it can be arranged. All topics on the job or off the job are welcome if they are safety and health or family safety related. 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 or secretary 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 it 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

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." – Epicurus
(ancient Greek philosopher and sage)

Stay safe, and stay healthy. Hopefully we will meet face to face very soon. 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