



Hudson River Valley Chapter Newsletter

February 2018

Volume 2, Number 9

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Useful & Helpful Links

<http://www.asse.org>
Link to the National ASSE webpage for information on great topics in EH&S. Go look things up.

<http://hudsonrivervalley.asse.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 FLU items!

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

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It's February! Where Is Your 300A Log?

What happens in February, 2018? Your 2017 annual Injury/Illness Summary Form 300A should be posted in a conspicuous location in your workplace, or in a location where notices to employees are customarily posted. When it is posted it should not be covered by any other notices or materials, and it should not be able to be defaced, or altered. The form should remain posted until April 30, 2018. As you know, the form should be signed by an executive of the company or other persons as designated by **29 CFR 1904.32(b)(4)**. If you need more information on this topic, please use this reference link; **29CFR 1904 Standard Table of Contents**.

Lethal Exposure to Methylene Chloride.

A 30 year old worker died while removing the coating from a bathtub in a residential building. The worker was alone in a small bathroom where he poured paint remover containing 85 – 90% methylene chloride into a bathtub to begin the scraping process. A partially opened window provided the only ventilation. Two hours later, the resident returned and called an ambulance after finding the worker unconscious and slumped over the bathtub. Attempts were made to resuscitate him at the hospital, but were unsuccessful. The coroner determined that asphyxiation, combined with acute methylene chloride toxicity caused the worker's death. A records search showed that the employer had previously taken the worker to the hospital after a similar incident. Exposure to methylene chloride in small, poorly ventilated spaces are extremely hazardous during bathtub refinishing. Methylene chloride vapors rapidly reach toxic levels and displace the oxygen in small spaces. From 2000 to 2015, 17 workers died while using methylene chloride paint stripping products to refinish bathtubs in the U.S. As a stripping agent in poorly ventilated spaces, methylene chloride vapors build to high levels, causing direct harm to the brain and central nervous system, and potentially lead to asphyxiation. This workers blood/methylene chloride level was 89 micrograms per milliliter (mg/ml). If you use this product, protect yourself and coworkers. Use these links for help with Methylene Chloride protection;

29 CFR 1910.1052 Methylene Chloride Standards.
<https://www.cdc.gov/niosh/npg/npgd0414.html>

It Is That Time Again - The Best PDC in Hudson River Valley Is Coming!

HEAR YEE, HEAR YEE! THE TIME IS NEAR! SAVE THE DATE ON YOUR CALENDARS.

Yes, once again the planning is well underway to present to you our members, and all persons interested in promoting and or learning about Safety and Health at their workplace, the biggest and best PDC held in the Hudson River Valley! Let's be honest here, we all know Safety does not stop at the end of your work day many of the items presented in the PDC can be taken home and used there too!

The ASSE Hudson River Valley Chapter's annual Professional Development Conference (PDC) is scheduled to be on April 19, 2018. The times for this great event will be from 8:00 A.M. to 5:00 P.M. We have a great line-up of speakers and topics. Prizes will be available from the vendors and the ASSE Hudson River Valley Chapter. Lunch will be provided as in the past, and this year a continental light breakfast will be made available. The venue is the same as last year, IBEW Local 363 Training Center Building, 67 South Commerce Drive, Harriman, NY 10926. This allows more room for the vendors and the attendees comfort. You can learn new and important facts like this - April 19, 2018 is National Garlic Day, or National Get To Know Your Customers Day!

For more information watch our chapter's webpage PDC direct link on;

<https://hudsonrivervalley.asse.org/events/hudson-river-valley-asse-technical-meeting-9/>

February is Heart Health Awareness Month!!!!

February is the annual Heart Health awareness Month. In order to protect our hearts this month (and year round of course) it is crucial to have hyper tension literacy.

Hypertension, commonly referred to as high blood pressure, is when the force of the blood flowing throughout your blood vessels is consistently high. This causes the heart and blood vessels to exert additional energy which in turn leads to tiny tears in your arteries. Plaque then begins to form along these tiny tears, representing the start of atherosclerosis. As plaque builds and damage continues unchecked, our arteries become increasingly narrow. This further raises blood pressure levels and creates a detrimental cycle of harm to our arteries, heart, and the rest of our bodies. High blood pressure can lead to heart disease, stroke, and many other health problems. In the modern world, hypertension is the number one leading cause of death and disability. The toll hypertension takes is immense and signifies a true public health crisis.

Up until November of 2017, an individual was not considered hypertensive until he or she had a blood pressure reading of at least 140/90. Late last year however, the American College of Cardiology and the American Heart Association jointly released new blood pressure guidelines that lowered the minimum level for classification of high blood pressure. These revised guidelines were the first major change in nearly a decade and a half, reflecting a serious public need for earlier intervention. Under these guidelines, nearly half of the U.S. adult population (46%) will be categorized as having high blood pressure.

Today, blood pressure of 120/80 or above is considered elevated, 130/80 to 139/89 is considered Stage 1 hypertensive, and 140/90 or above is considered Stage 2 hypertension. If an individual's blood pressure reaches 180/120 or higher it is considered a hypertensive crisis which requires immediate treatment or hospitalization. **There are no warning signs or symptoms to hypertension.** In fact, nearly 1 in 2 Americans have high blood pressure with many completely unaware. Measuring your blood pressure regularly is the only sure way to know if it is high. You are encouraged to have it checked regularly at your doctor's office, or at a local pharmacy. In a situation where your blood pressure measures high, you should schedule a visit with a healthcare provider as medications may be necessary.

Regardless of your current blood pressure level, everyone can benefit from behavior-changing interventions that reduce blood pressure. These interventions include losing weight if you are overweight or obese; limiting alcohol consumption; following a low fat and low sodium diet; increasing intake of fruits, vegetables and whole grains; exercising regularly and taking potassium supplements.

Original article published by Helene Abiola of WorkWell NYC Program for NYC DEP Newsletter. Suggested for this newsletter by Curt J Jones, Safety Manager, Wm Blanchard Co.

Chapter Bylaws Amendment Membership Vote.

As you know by now, the Society is changing its name this year from the “American Society of Safety Engineers” (ASSE), to the “American Society of Safety Professionals” (ASSP). One of the steps in this process is that the general membership of each Chapter has to Vote on this. You have by now hopefully received the memo and ballot for this motion to change our Chapter Bylaws to be in alignment with this process. If you have not already done so, please review the changes in the links that were provided to all Chapter members, and return your vote as requested in the documents sent to you no later than March 12, 2018. Your cooperation is greatly appreciated. This motion is expected to be approved by the Society, and the formal announcement of the official name change will be made at the June 2018 National PDC.

Hudson River Valley Chapter Officer Election.

The Chapter is holding the Officer Elections. The position titles and candidates are listed here below for your consideration. Ballots and instructions were already sent to all eligible Chapter Members, and the return votes were requested back no later than April 30, 2018.

Just as a reminder, the positions and candidates are;

Crystal Turner – President

Tom McCarthy – President-Elect

Curt Jones – Delegate

David Zaremsky – Treasurer

David Montalvo – Member-at-Large

Matthew McDonald – Webmaster

Charles Von Dietsch – Newsletter /Secretary

Our Next Chapter Meeting.

The next Chapter meeting is a combined Technical Meeting with a short Board Meeting concerning the PDC, and Chapter Business on the agenda. It is scheduled to be held on Thursday, March 15, 2018 at the Fishkill, NY Hilton Garden Inn. Our scheduled speaker is Mr. Tom McCarthy and will talk about OSHA Standard Updates. The meetings generally start at 5:30 PM with a light meal and refreshments until 6:00 P.M., and they usually end at approximately 8:30 P.M., depending on the amount of discussion and items on the agenda. Since this is your Chapter, please feel free to drop by and participate in the functions of the Chapter. Who knows, you might just like it and decide to stay more involved in the operation of this Chapter.

Call for Suggested Topics.

In a previous Newsletter I asked if anyone had a topic they felt would be more interesting to the general membership to be discussed at our meetings, or to be summarized in a Newsletter item, please send it in. My email contact is on the front page of this newsletter in the lower left hand corner of the vertical green stripe, and you can use it to send those ideas to me. I will bring them to the rest of the Executive Committee to discuss the possible use of your idea. Just about any safety related item is welcomed. There are a few guidelines that we follow which were outlined way back in June of 2016 when we published our first membership Chapter newsletter. Nothing political, inflammatory, or insulting to any other person – member or not of this chapter or the Society will be put in this newsletter. Items that describe a serious violation of safety standards will be allowed in the newsletter, but specifics that might be identifiable to a person will be removed unless the suggested item is supplied to us with specific written permissions to use some personalized details.