



St. Louis Chapter Newsletter January 2019



Next Meeting

Membership Appreciation Night

Thursday, January 10th

Enjoy awesome appetizers and drinks at The Bristol on Olive and relax with others in your field at this event just for St Louis Chapter Members. Attendance is free but registration is required. We will award the St. Louis Area Safety Professional of the Year at this event.

- **Location For This Event Only:**
11801 Olive Blvd, Creve Coeur, MO
- 5:00 pm to 8:00 pm
- Please register at <https://stl.assp.org/events/asse-membership-appreciation-night-2/>
- Pre-registering is required for this FREE event for members.

Coming Up

Women in Safety and Health – January 24th

Network with others at The Post. Please see the flyer on page 2 to RSVP.

Monday, February 11 Lunch Meeting

OSHA Defense with speaker Julie O'Keefe of Armstrong Teasdale Law Firm. She will update us on OSHA defense strategies and developments with recent citations.

Monday, March 4, All Day

Professional Development Conference Joint conference with the American Industrial Hygiene Association (AIHA) to bring you high quality training at the best price. CEU's will be awarded.

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New Feature! Safety Question

We are starting a new feature presenting a safety question to you, ASSP newsletter readers. Next month we will feature your responses and a new question. We are hoping for many responses, so you do not need to answer every detail, just provide your best advice. Please email your responses and/or questions you would like asked to updates@stl.assp.org.

This month's question:

We recently hired an employee who is hearing-impaired. The employee does not have an interpreter with him at work, but we do have 2 staff that know ASL. He was hired for a seasonal daytime position, but wants to move to a fulltime overnight position, and we want to ensure we're providing all accommodations for him.

What might be good resources that I can look into that will help us communicate with him effectively and efficiently?

What else should we consider to protect this employee?



Hello
January

WISH SOCIAL MEETING

JANUARY 24TH

THURSDAY

THE POST

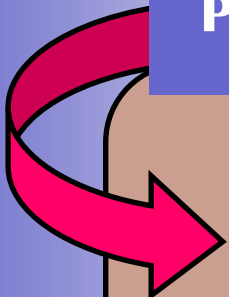
**763 Old Ballas Road
Creve Coeur, MO 63141
PH: (314) 878-8226**

4:30 pm to 6:30 pm

SEE YOU SOON

PLEASE RSVP!!!

***Network with other
Ladies in safety! We
look forward to it!***



**Patte Ackermann—(314) 346-3079
ackerm@ssm-select.com**

or

**JaNola Rigsby—(314) 267-2624
jrigsby@qualsafesolutions.com**



Innovative Office Workstations and Seating Fixes or Fads?

by William Kincaid, P.E., CSP, CET
Lockton Companies of St. Louis

I'm frequently asked to offer opinions on office furniture as part of the risk control services I provide to the companies I work with. This is an important duty, because the right furniture can make people far more happy and comfortable while helping their productivity. Good office ergonomics can even stave off injuries such as tendonitis and carpal tunnel syndrome. However, there's a lot to know about in the office furniture world. Lately it's not hard to find offices stocked with a wide assortment of innovative workstation and seating equipment. A walk through a typical office reveals quite a variety of interesting stuff scattered among the conventional fixed height desks and ergonomic chairs.

In the well-equipped office I just walked through, there's an array of options. Along with standard fixed height desks and spiffy new ones with electrically powered height adjustments, we also have people using standing workstations, people sitting on exercise balls, a few using odd-duck chairs they've either hoarded from previous remodels or possibly bought for themselves, and some variations on seating such as spring-mounted stools to simulate an exercise ball's inherent instability and chairs which include an exercise ball.

To the credit of the office safety policies, there is not one broken chair. Unlike a lot of places I've visited, it's not enough to park their wounded, unsafe chairs off to the side in a conference room, with a Post-It note declaring "Do Not Use!" When something goes bad, they have the guts to get rid of it.

But what about the innovative desks and seating? Are they worth the investment, or even safe to use? Are they fixes to common problems, or only fads which waste our money? Let's peel it back and see with a quick tour of the interesting land of innovative office equipment.

Sit/Stand Workstations:

The sit/stand workstation generally means an elevating keyboard/mouse tray with a place to mount a monitor, plus in most cases a small document shelf to one side. This device attaches to a standard fixed height desktop. It can stay at desktop height, or raise to allow standing work. The price tag varies according to whether the device is manual or powered, with most of the powered units I've seen clocking in at about \$1500. But are they worth that much? Will there be enough tangible benefits to balance the costs? To find out, I dug into all the studies I could find.

So far, the only studies I've been able to find clearly in favor of sit/stand workstations are from companies which stand to profit from selling them (yes, I slipped in a very weak pun - can't stop myself sometimes). It's tempting to put "studies" in quotes when there's palpable

bias in the methodology – opinion pieces might be a more apt term. Among credible work, there are studies which show 100% sitting is harmful, studies which show 100% standing is harmful, and studies of both which fail to find sit/stand workstations offer an advantage over simply getting up from the chair and taking a short walk once in a while.

The most credible data appears to say the benefits of sit/stand workstations are linked to alternating the sitting and standing postures, because we sit so much in an office. However, the science also says standing on a static posture leads to its own problems, so walking around at intervals throughout the workday is preferable to standing in one spot.

For my money, if you can get the same benefits from a few trips to get coffee, to run some copies or to pester that IT person you're especially fond of as you would get by shelling out \$1500 for a special sit/stand workstation, maybe it's better to hang onto that \$1500.

And then there's the very real possibility the person who has the standing workstation won't necessarily keep it at the optimal adjustment height. Like anything that requires human input the sit/stand workstation needs to be adjusted to the right height and the associate needs to use as directed. That's the universal problem of ALL adjustable ergonomic equipment. And what if – once the new wears off – the person simply leaves the gadget in the "sit" position the whole time? Once the person realizes it's kind of hard to get anything done if they need to look at papers or whatever, they get out of the habit of raising the work level. If the employee who has it never raises it up to the standing position, it's wasted on that person. I see that all the time. However, a lot of people just like to stand. They'll love that sit/stand device.

Bottom Line: Pay for sit/stand workstations if you like the latest gadgets, but don't expect miracles. You can expect some or most of the recipients will like them and swear by them. If simply giving people what they want is rewarding to you, then maybe that's all you will get from it. Be ready for a lot of "I want one of those too" requests. Consider a policy which will provide a standing workstation for any employee if the employee provides a doctor's note stating it's medically necessary. Requiring a medical recommendation might help narrow the purchasing down to those who want one enough to ask their doctor for a note.

Powered Adjustable Height Desktops:

This is a desk made for sitting with several feet of vertical adjustment built into the desktop surface, controlled by some simple up/down control buttons. The top can lower a couple inches, or raise up high enough for standing work. Given fixed heights are usually too tall for most women, it's just what the doctor ordered for the large number of people who don't fit the standard fixed height of a non-adjustable desk. The only trick seems to be setting it up for each user and keeping it that way. Shared workstations, obviously, will be a little more of a challenge because they have to be reset for each person of different dimensions who uses them. However, it shouldn't be any harder than the usual ergonomic adjustments. It should be part of the supervision's duties to make sure things are adjusted the way they ought to be.

You may note that adjustable height desks can have the capacity to serve as a standing workstation. But why replace the whole desk? Why not just use the clamp-on sit/stand workstation attachment we mentioned above? To me there are two distinctions that give the adjustable height desktop an advantage: first, the very important ability to lower a couple inches below the standard height, plus the fact that we are elevating the entire work surface, not just a keyboard, monitor and a little shelf. The office workforce has in many cases more women than men, and many of these women are shorter than the height a standard desk can accommodate. Raising their chairs and tossing them a footrest is the window air conditioner solution. Lowering their desk to actually fit them is far superior. The adjustable height will make it possible to achieve better results for shorter people than the usual lame compromises of raising the chair and having them rest their dangling feet on a footrest. Also, no matter what the working height, it's much easier to accomplish normal tasks when the entire work surface is accessible rather than having some of it at seated level, some of it at standing level.

Exercise Balls and Exercise Ball Chairs:

Although there is really no credible data to show sitting on a ball is advantageous in any way, some of our more adventurous people seem to want to try them. Sitting on an exercise ball has been promoted as a way to tone and tighten the "core" muscles and burn those evil calories, all miraculously without exercise. It's a concept similar to the balance shoes that were popular for a while a few years ago and which turned out to be no better than any other shoe.

If you will recall, the biggest manufacturer of those balance shoes, Skechers Shape-Ups, promoted them by saying simply walking in the shoes would increase muscle activation and caloric burn. There not being even one adequate, well-controlled clinical study which backed up those claims, Skechers was hit with a \$40,000,000 FTC penalty for false advertising. Reebok and New Balance also had balance shoes and also got caught up in the FTC enforcement, but with smaller fines.

The concept that you don't get something for nothing still holds true. You want to tone up, you need to exercise. You can't just wear a particular type of shoe. And it also applies to sitting on an air-filled plastic ball.

There aren't any credible studies which prove sitting on a ball (and having to supply a teensy amount of extra control to prevent toppling onto the floor) has any effect on the tone of the core muscles, or on caloric burn. Nope, you're just sitting there wasting your time. If you want a tight abdomen, try some traditional exercises. Anybody can have a six-pack if they are willing to do enough sit-ups and dinner table pushaways.

Also, there is always the possibility that an air-filled plastic ball will pop, so the risk management field in general does not like to see them brought into an office. People can get

hurt falling a couple feet onto a hard floor on their rears. Plus, there are no arms and no backrest on a ball, so there is extra stress on the lower back.

What about setting the ball in a chair base, with arms and a backrest? These are available as an answer to the ball's lack of back support. The base might reduce the risk of falling off somewhat, so I would think the base makes it a little safer than the ball alone. However, since the user is still going down if the ball pops, and there is still no benefit from sitting on a ball, it's no safer and no less of a waste of time.

Spring-loaded Stools and Chairs:

What about those odd little stools with a spring in the middle? The ones which look like a piece of playground equipment from your kid's preschool? They're intended to be a substitute for the exercise ball, piggy-backing on the claim to tone the core due to an unstable sitting posture. A spring-loaded stool isn't going to pop, so at least the user is not as susceptible to gravity, but it's in the same league as the exercise ball for not making good on the promise to tighten the core. Not worth paying for.

And so we reach our final innovative workstation accessory, the treadmill.

Treadmills:

Rather than standing still, or even worse, plunking down in a chair, some people have dragged treadmills into their workspaces so they can get in some miles while working. It's a little harder to crucify treadmills since they are legitimate exercise equipment. However, there are safety concerns. When running on one, or even walking, there is a persistent risk of rolling off the back of the belt.

Am I being a typical, overly cautious safety guy and worrying needlessly? Hardly. Every year, tens of thousands of American adults are injured on treadmills. Thousands are taken to emergency rooms. A handful die. The main problem seems to stem from the distractions which can lead to the treadmill user not paying attention and falling off. It's bad enough we have our music and the treadmill buttons to fiddle with while stomping along on a treadmill, but in the workplace, we also have the distractions of trying to accomplish something productive. Risky business.

One major self-limiting factor in our favor is a decent treadmill costs \$4000, so it's usually only the executive types who can afford a treadmill, or who have the clout to get their employer to buy them one. The husband of Facebook's Sheryl Sandberg died after falling off a treadmill – he's probably the main demographic. Hard to say no to that level of a company's leadership. My bottom line on treadmills is to at least be clear in explaining the consequences of letting these things in, if you don't have the authority to ban them entirely.

That's our quick tour through the land of innovative office furniture. Although there is a legitimate fix or two to be found there, much of it qualifies as no better than fads. The choice to buy or not buy innovative seating and workstation equipment isn't necessarily going to make you popular with the people who want you to buy it for them. Make these big decisions with an eye on the value you will get, or won't get, for the money.

Member Spotlight

by Patte Ackermann, PT SSM Physical Therapy

The purpose of The Member spotlight is to learn a little bit about some of our members. If there is an ASSP member you would like to see featured, please contact Patte Ackermann at ackermat@ssm-select.com

This month's member spotlight features **Ray Boehm**. He is the Senior Vice President, Rick Manager, for the Keeley Companies.

PA: How long have you worked at The Keeley Companies?

RB: Since 2007, but before that, I owned (and still own) my business, Safety Education Consultants, Ltd., I have been working with the Keeley family since 1992.

PA: What does Keeley Companies do?

RB: We do everything! We have 6 platforms: L. Keeley Construction which is made up of heavy civil, National and Local paving group, an industrial group, and a building group. ADB Companies which is an underground utility installation company specializing in horizontal directional drilling and utility infrastructure construction. Zero Day Technology Solutions, which is our IT arm that does everything Inside Plant from telecommunication wiring to rack and stack to managing the cloud. Mercury Communications which builds, commissions, decommissions, maintains, manages, and upgrades cell towers. Keeley Development Group which is our investment arm and Inspired Solutions which is a procurement company that is a 51% WBE and disabled veteran owned business.

PA: Where are you from?

RB: Born and bred St. Louis. I come from a family of 10 and raised in University City.

PA: How did you get into safety?

RB: I got out of high school with a football scholarship. Went to college, but really only wanted to play football and didn't really care much about school. Boy was I wrong! So I quit college and joined the University City police department and was there for about 4 years. I knew going into that profession that I would eventually go back to school. I couldn't see myself as a career police officer. I ended up going to Central Missouri State University. My rugby/football friends were all in the safety program at CMSU (now UCM) so I ended up getting into that degree curriculum. I graduated with a BS in Industrial Safety and Fire Science. I thought I would get a job in the oil business and work in the wilderness. But they were looking for people with their Masters Degrees. I thought about going back to CMSU for graduate school (and working back at Old

Barney's). But then I got hired by Fireman's Fund Insurance as a commercial property and casualty underwriter. Most people had a goal of being an underwriter but that was not what I wanted. My goal was to get into loss control. I was transferred to Davenport, Iowa in 1982. I came back to St. Louis over Memorial Day weekend that spring, and saw an ad for a safety job that was 80% travel and a company car. Remember, I had grown up in a family of 10. We never traveled. Company car! That was hot stuff. 80% Travel! How cool was that? This job was at Western Waterproofing. I worked there for 8 years and had an amazing mentor. Then I got married and we started a family. Needless to say, 80% travel and young kids, the travel had to stop.

PA: Where did you go next?

RB: I took the safety coordinator job at St. Louis Children's Hospital. I went from being all over the place to working within 4 walls. It was a great experience but it wasn't for me. Construction was what I loved. So next, I got a loss control job at The Travelers Insurance Company. They sent me to their loss control school and I was soon promoted to managing the nationwide contractor program for Travelers. It was not as glorious as it sounds. I mainly put fires out. I only stayed there about a year and a half. Next I went to a brokerage service. That was more of a consulting role. That's when I decided to start my own consulting business, Safety Education Consultants, which I started in 1993.

PA: I know you had some big clients then. How did all of that get started?

RB: There were these Olympic festivals which would happen the year before the summer Olympics. They were theoretically the last qualifying events for the Olympic Games. We did the Olympic festival in 1992 in St. Louis.



PA: By "we" who do you mean?

RB: Me (smiles). I was working at the brokerage firm and I was volunteered to help. The person who wrote the insurance for the Olympic Festival was an old friend of mine and he recommended me as a safety guy for the festival. Actually, I was probably the only safety guy he knew. I had a 15-minute interview on a Saturday morning with Jack Wienert, the man in charge of the festival, for me to plead my case as to why I should get the job. That meeting lasted 3 ½ hours. When it was over, Jack looked at his executive assistant and said "draw him a straight line to me and give him all the access that he wants". There were 43 different venues over a period of 2 weeks for our St. Louis Olympic festival. It was all over St. Louis. Arch grounds, Busch Stadium, all over. It was an amazing experience. 20-hour days. At the time I went to the ASSE and asked for volunteers. So each venue had a safety manager that was a safety professional. It was an amazing event and it even made money for the USOC, where most of the prior festivals had lost money. And we did the entire event without a single injury!

PA: What was next for you?

RB: At the time I was still working at the brokerage firm and was having some second thoughts about doing this work anymore. I wanted to strike out on my own. After the Olympic festival, Jack got a job of producing the ESPN Extreme Games, which later became known as the XGames. Jack hired me to be the safety director for the XGames and he became my first client. They were my client until 2008 and in many ways they still are. This was the GREATEST group of people to work with. During that time there were a couple different acquisitions involving ESPN. Disney bought ABC Cap Cities who owned ESPN and we had to plead our case to them as to why we should continue to do their risk management. The insurance man was telling them all of the insurance benefits he could provide, here are the policies we have in place, this is how we handle injuries, etc. I just sat there and never said a word. Finally they asked me what I did. I told them that "I'm the safety guy. I go in and pre-plan and look at all of the structures, work with local Fire/EMS/Police addressing life safety issues and most importantly to make sure that we get everybody back home safely and not having any catastrophes." He looked at the insurance guy and said "I'd rather have 10 Ray Boehms than 1 insurance salesman." And that sealed it for me. We went worldwide with X in 2000. There were XGames, XTria's, International events and XGames went global. I traveled internationally and was the onsite Safety Guy at these events. My job was easy because of the quality of the teams conducting these events. They were 30-day gigs. I had about 3-4 events with them a year. I developed this niche of being able to do large event risk management. Along the way I also got a job working with Red Bull being their Safety Guy on their "way out there events". Red Bull did events like Flugtrog; where contestants fly manmade flying machines off a barge or a pier into a body of water. Pretty crazy! Additionally, events like Rock climbing, motocross, and ice racing were very unique events that presented some pretty interesting challenges. I was also the Safety Guy working with Food and Wine Magazine at their Wine Tasting Events in South Beach, FL, and the Aspen Food and Wine event in Aspen, CO. I tell people that I would go to Aspen in early January for about 30 Days, then come back to St. Louis for about 10 Days, then onto South Beach, FL, for a Wine festival for 20 days. Pretty rough life eh? I loved these events as it was all about the people I had the opportunity to work with. I also had a customer base in St. Louis when I wasn't on the road doing events.

PA: What were some of your local clients?

RB: We did OSHA 10-Hour training with the Pipefitters local 562 for their entire rank and file. These 10-Hour classes were conducted through the Mechanical Contractors Association of Eastern Missouri who was one of the clients that really helped to get my business going. I was, and still am, safety consultant to the Plumbing Industry Council, and the Painting and Decorating Foundation. I also work with the Mason Contractors Association. I am their safety guy and have been that way for almost 25 years. As a Safety Guy to these trade associations, I am basically the person who answers the member's questions regarding Safety and help them when they have Safety related issues. When members have problems they call me. That's what I do. It's been a fun run. I keep going back to when I was a kid and there were so many of us Boehm's that we really didn't get the opportunity to travel. I can tell you that the Safety Profession has allowed me to travel to all 50 states (many times over) as well as about 20 different countries.

PA: You've certainly done a lot. Where do you want to be at the end of your career?

RB: I want to go out on top. I want to be able to leave something behind and make an impact on people's lives.

PA: How did you end up at Keeley?

RB: When I think about the ability to impact people's lives, it's all about having the support and culture in a company to be able to affect that. I don't make culture. Cultures are created through Mission and Values, and most importantly, GREAT LEADERSHIP. What I do is help to drive our Culture. Rusty Keeley is the biggest driver in the world! He is like the energizer bunny on steroids. And the one thing he believes in more than anything in the world is protection of human lives. He believes in it firmly. And that makes my job easy. My job gives me the opportunity to be creative, the opportunity to do a vast amount of different things. I told people what to do for years as a consultant. Now I get to do it. I couldn't think of a better company in the world for me than Keeley Companies. This company is so unique in that it allows people to be very creative. To show you the impact we have, we did an employee survey about 7 months ago. We have about 1100 team members across all platforms. One of the questions was to give us one word that describes the culture at Keeley Companies. Two words were given more than any others. They were Family and Safety. Someone told me that was a huge affirmation of what my legacy was going to be. Of course that made me feel great but I don't think of it as leaving a legacy, but rather leaving people with the understanding and empowerment that they can make a positive impact not only on themselves, but to others through the actions they take. In my opinion, the process of being safe allows everyone the opportunity to get to the next level. That's what makes the process of being Safe work. It's putting faith in people so they can make good decisions.

"Cultures are created through Mission and Values, and most importantly, GREAT LEADERSHIP."

PA: What's your biggest frustration with being a safety professional?

RB: Resistance to change, mainly people within the safety profession. They look at this as a job. The object is not to do what you like, but to truly like what you do. You see frustration among people who do this job because they either lose the ability to be creative or they get put in a rut where they cannot be creative. I've learned a ton from working with the Keeley family. Everything has to change. You have to continue to evolve. You have to be more vibrant. You have to energize. You have to have a passion. You have to love life and love people. That's what makes this job work and makes it fun. And this isn't just for safety professionals. This is for all fields. You have to find a passion. And when you do find a passion you should be able to pursue it to the nth degree. I see too many people that no longer have passion and energy. I think our profession needs a kick in the in the hind end. A jolt. We (safety professionals) are the only group that touches everybody within an organization. If you have the ability to change or impact someone's life why wouldn't you? Safety professionals are leaders. The question I ask is how much do you want to lead? It's very simple. It's all about compassion, belief, leadership and taking people to the next level. I think it's really important to remember that we are not cops.

There are rules that have to be followed. The team members know what the rules are. Our job is to be the catalyst that makes them want to embrace the rules, but more importantly empowering them to be creative and drive a culture of Safety. Empowerment is a must have! It is all in the way you approach it. Part of the problem in our profession is that we have tunnel vision. We don't spend enough time looking at the broad spectrum of things. Safety isn't just about preventing injuries. It's about error mitigation and system improvement.

PA: What's error mitigation mean to you?

RB: It means to look at processes and figuring out how to allow a team member to fail safely. Because we all are going to fail. Whether by error or by violation. So you have to be able to develop or design your system to accommodate that. Take fall protection. Why do we give Team Members a personal fall arrest System? Because we know there is an opportunity to fail, whether by mistake (error) or intent (violation). So we build a system to catch you. Is that a failure or is that a success? I guess it depends on if you are the one dangling at the end of the harness.

PA: What else do we need to do better?

RB: We have to listen to what our folks are telling us, both verbally and non-verbally. But if we aren't asking the right questions how do you expect to be told anything? We ask our folks "what's the one thing that's going to kill you today?" Our team members are the tip of the iceberg! They have the answers, we just need to listen. Thinking about the Human Performance Improvement model, pre-tasking is one of the essential tasks to building a resilient organization. The question you have to ask is "what is the irreversible step? What is the one step that when you go to do it you are in 100%?" A lot of people don't understand what that is. They think that they can come back. And you can't. All of your protections, systems controls etc. have to be in place before you get to the irreversible step. It could be putting a directional drill rod into the ground. Throwing out a breaker. Climbing into an aerial lift. Anything. So once you are committed, you're in. So how are you going to protect that system from failure? When you start to break tasks down into steps it becomes fundamental. The jobs we do, for the most part are not difficult. But they are very complex. There are many steps. In order to accomplish a task successfully you have to be able to figure out how everything flows together. And where the gaps are. When you look at human performance versus organizational performance you implement controls in one form or another whether through education and training, or physical barriers and guards, processes and protocols, or whatever. What we are trying to do is mitigate the impact of a failure. It's a different way of looking at things, but I think it is a really successful way of looking. One thing I learned years ago is if you aren't getting the answers to your questions, maybe it's not the answers, maybe it's the questions. You have to look at things differently.

The question you have to ask is "what is the irreversible step? ... All of your protections, systems controls etc. have to be in place before you get to the irreversible step.

PA: What advice do you have for someone just getting into the field?

RB: That's easy. Continue learning. Get educated. Become a lifelong learner, and a lifelong educator.

PA: Share a compliment you've received.

RB: I did a speaking engagement to Ameren and a couple people afterwards told me it was the best presentation they had ever seen. That also happened at the safety council conference just recently. That makes me feel impactful. The best compliment I ever received was after my dad died. My dad passed at 88. My parents have always been religious. At his funeral there were probably 300 people. The church was packed. I did a eulogy for my dad and there wasn't a dry eye in the house. That felt right and impactful.

PA: Any other special recognition you would like to share?

RB: I got an award in 2008 from ESPN for 15 years without an injury at the XGames. At the XGames they give out gold, silver and bronze medals just like the Olympics to the various winners of the events. They awarded me the gold, silver and bronze medals all together. Pretty cool.

PA: Tell me about the role of the ASSP in your life.

RB: I used to be more active in the ASSE, back in the day before I traveled so much. However, I still took advantage of the research part of it. I read all of the documents, Professional Safety articles, website postings, etc. It's been a learning resource. The society is absolutely making an impact on the future generation. It is forward thinking and a lot of people in this business are forward thinkers and GREAT Leaders. I look forward to being more involved now in the actual local events.

Ray lives in St. Louis, and has been married to Terri for 34 years. They have 3 children, Kevin, Amy and Adam and 2 grandchildren, Hazel and Ray Ray. Per Ray, Hazel only answers to "stinky butt".



OPIOIDS AND THE WORKPLACE

January 10-11, 2019

Millinneum Student Center
University of Missouri-St. Louis

Registration Now Open!
cme.missouri.edu/opioids

Join the discussion Thursday, January 10 & Friday, January 11 on the campus of the University of Missouri – St. Louis, as we bring together people who make policy, people who influence policy, and those affected by these policies.

Help us build a better Missouri by developing real-world strategies to combat the problem of opioids in the workplace.

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Midwest Multistate Division Provider Number MO 1019-7

For more information or to register: cme.missouri.edu/opioids



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

2018-19 Rolling Calendar of Meetings and Events

<u>Date</u>	<u>Meeting Topic & Presenter</u>	<u>Notes</u>
May 14 Monday	Fall Protection, Ladder Safety & Dropped Objects from heights Speaker Dave Barklage of Midwestern Safety Equipment	Beef Buffet
June 15 Friday	ASSE Scholarship Golf Tournament Fundraiser The Prairies Golf Club in Cahokia, Illinois	All Day
July 9 Monday Lunch	"Head Injury in the Workplace: Evaluation and Management." Dr. Brandon Larkin will discuss multiple constellations of complaints in head injuries—the concussion, cervical injury, vestibular dysfunction.	BBQ
August 13 Monday Lunch	Joint Meeting with the AIHA Silica Panel, Eric Olson-Western Construction Group; Daniel Stark- Asstnt Dir Mo Dept of Labor Consultation Service and Matt Orr-AmerenMO	Ball Park Buffet
September 10 Monday Lunch	How a Solid Safety Culture Drives Performance ASSE Member & Presenter Dennis Pivin will share his story of developing a strong Safety Culture at his company, Aegion Corp.	Dad's Meatloaf Special
October 8 Monday Lunch	Worker's Compensation Speaker J Bradley Young of Harris Dowell Fisher & Young L.C. will provide us with the latest information in the legal circles that affect worker's compensation.	Mexican Buffet
November 12 Monday Lunch	Joint Meeting with the Gateway Society of Hazardous Material Managers (GSHMM) Effective Communication - Working through the Generations – Presenter Erin Mutert from DJM Ecological Services current member and Past President of ASSE.	Taste of Italy
December 10 Monday Lunch NEW LOCATION	OSHA Update Speaker Bill McDonald, OSHA's Area Director in St Louis provides his annual OSHA fiscal year update and quick review of new/old initiatives. This meeting to be held at Helen Fitzgerald's 3650 S. Lindbergh Sunset Hills, MO 63127	Chicken Delight
January 10, 2019 Thursday, 5 pm	Membership Appreciation Night No luncheon meeting this month. Enjoy dinner at Bristol Seafood Grill on Olive and relax with others in your field at this event just for St Louis Chapter Members.	Heavy Appetizers
February 11 Monday Lunch	OSHA Defense Speaker Julie O'keefe of Armstrong Teasdale Law Firm Update on strategies to defend against OSHA citations	Deli Delight
March 4 Monday All Day	Professional Development Conference Joint conference with the American Industrial Hygiene Association (AIHA) to bring you high quality training at the best price. CEU's awarded.	Ameren Hdqtrs
April 8 Monday Lunch	Defensive Communication Speaker Mary Sue Love Ph.D Associate Professor SIU-Edwardsville	Roasted Pork Buffet

Lunch will include house salad, bread and cookies in addition to the listed entree.

American Society of Safety Professionals

St. Louis Chapter Committees

Website – Dave Callies – dcallies@kelpe.com

Maintains website with updated news, chapter events, and job postings

Newsletter – Dan Bemhower – dan.bemhower@usi.com

Publishes and distributes the chapter newsletter to all chapter members

PDC Chair – Dennis Pivin – DPivin@aegion.com

Coordinates logistics of professional development activities

Membership – Dianne Gibbs – dianne@ideasftp.com

Ensures new members are recognized & introduced at membership meetings

Public Relations – Steve Williams – swilliams@bellelectrical.com

Promotes chapter activities to the general public. Coordinates poster contest

Awards & Honors – Bill Kincaid – billkincaid@yahoo.com

Recognizes member achievement through awards like Safety Professional of the Year

Scholarship – Rob Miller – robertmiller91@yahoo.com

Promotes student scholarships & continuing education scholarships for members

Programs – Jim Latta – jlatta@nbwest.com

Plans the program time and needs for presentations & coordinates schedule

Social Media – JaNola Rigsby – jrigsby@qualsafesolutions.com

Maintains Face book & Twitter accounts promoting discussion with local membership

Please contact the committee chair with comments or if you would like to participate.

Mid Missouri Officers

Bret Derrick, Chairman

bderrick@broadwayergonomics.com

Mark Woodward, Vice Chair

mwoodwar@mem-ins.com

Bethany Watson, Membership Chair

bethany@365safetyervices.com

Job Opportunities

Job opportunities are posted frequently on the website:

<https://stl.assp.org/current-openings/>

The St. Louis Chapter would like to offer unemployed ASSE members with a free lunch at our monthly meeting! Just be ready to show your membership card for validation.

Have a safe month!

St. Louis Chapter Board Members

Rick Reams – President, 618-670-6589 (ricky_reams@hotmail.com)

Steve Williams – Vice President, 314-213-5859 (swilliams@frenchgerleman.com)

Rudy May – Secretary, 636-677-3421x362 (rudym@h-j.com)

Erica Heinssen – Treasurer, 314-941-4545 (heinssen.e.1@pg.com)

Mark Krieger – Past President, 314-435-3630 (mark.krieger2007@gmail.com)

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