



## St. Louis Chapter Newsletter February 2020



### ***Next Meeting***

**Monday, February 10th**

#### **OSHA Defense**

OSHA Defense - Speaker Julie O'Keefe,  
Attorney at Law of Armstrong Teasdale Law  
Firm. Update on strategies to defend against  
OSHA citations

#### **Location:**

Syberg's Restaurant  
2430 Old Dorsett Rd  
Maryland Heights, MO 63043

#### **Time:**

11:30am Registration & Networking  
12:00pm Lunch, Chapter Business &  
Presentation

#### **Register:**

<https://stl.assp.org/events/february-lunch-meeting/>

### ***Coming Up***

**Monday, March 2<sup>nd</sup>, 2020 – All Day**

St. Louis Chapter ASSP Professional Development Conference, hosted at Ameren Headquarters on Chouteau Ave. Join members of the local American Industrial Hygiene Association for a day of professional training, and earn some continuing education. <https://www.eventbrite.com/e/2020-professional-development-conference-saint-louis-aiha-assp-tickets-43723068876>

**March 5<sup>th</sup> & 6<sup>th</sup> – All Day**

Midwest Construction Safety Conference (See Flyer)

**Monday, April 13<sup>th</sup> – Lunch**

Monthly St. Louis ASSP Chapter Meeting – Topic TBD

**Monday, May 11<sup>th</sup> – Lunch**

Monthly St. Louis ASSP Chapter Meeting – Topic TBD

**May 12<sup>th</sup> - 14<sup>th</sup>, All Day**

[SafeConExpo2020](#) –Safety and Health Council of Western Missouri and Kansas, held at The Lodge of the Four Seasons in Lake Ozarks, MO

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### ***Chapter Board Nominations***

The time has come to elect new Chapter Board Members. Rick Reams will transition into the Board position of Past President automatically, but all other positions must be voted on at our April member meeting. YOU are encouraged to participate, either by running for a board position or being on a committee. Let a current board member know if you would like to serve, or speak up at the next meeting. A slate of candidates will be posted in advance of our April member meeting.

# **Let There Be Light, But How Much?**

by William Kincaid, P.E., CSP, CIT

Sr. Loss Control Consultant

Lockton Midwest

Lighting in a workplace figures into some important concerns. Productivity, quality, comfort and, of highest importance, safety all depend on adequate lighting. In some EHS offices, lighting arises as an issue now and then. Someone will ask how much light is required for a work area, or an employee will complain their area is too dark or too bright, or a new space is being added and the lighting for the space is a contentious subject. When the buck ends up where it usually does, we safety people have to figure it out. Lighting is probably more in the domain of an Industrial Hygienist than a generalist EHS person or loss control consultant, but we don't always have a CIH around to pass it off to. It pays to know at least a little about lighting.

This month we'll take a quick look at workplace lighting. We won't examine everything about this complex subject - mainly just lighting levels. Hopefully, we can accomplish the job without any bad puns about putting a spotlight on it, coming up with bright ideas or shedding some light on the subject. Keep your fingers crossed. Not one pun, I promise. I hope.

One thing becomes clear when dealing with illumination levels: it can be as important to some people as the settings on the thermostat. There can be strong opinions. It's not always possible to please everyone. Some people like – or need - their lighting bright, some like – or need – dim lighting, and some people are pretty good with whatever, if it's not too extreme.

I mention “need” regarding both bright and dim lighting because people have different needs. Some have weaker vision than usual and need a little extra light to help them see without too much eyestrain. Some need dimmer light because they're more sensitive to it, and some people find bright lighting is a trigger for migraines. Like impaired vision, migraine headaches can be a legitimate ADA disability under some circumstances. Providing reasonable accommodations related to lighting might be required by law.

There are standards, of a sort, but they're not easy to find or to understand. The Illumination Engineering Society seems to be the highest authority in workplace lighting. Their most popular resource is the IES Lighting Handbook, which will run you about \$595 if you're not a member. There are also multiple IES industry standards available from IES and the ANSI store. The good news is they're less expensive than the Handbook, but the bad news is they're very specific to the areas of application. For example, there's a standard for offices, a standard for retail spaces, one for hospitals, one for airports, etc. The prices seem to range from \$30 to \$75 but I didn't price-check them all.

If you thought you might just fall back into our profession's comfort zone of "Well, what does OSHA say?" there's nothing specific in OSHA for general industry other than for emergency lighting. OSHA has a standard for lighting levels for construction work in 1926.56 which includes a table of minimum lighting in foot-candles. OSHA isn't completely absent on lighting, though – they at least mention it at [https://www.osha.gov/SLTC/etools/computerworkstations/wkstation\\_enviro.html](https://www.osha.gov/SLTC/etools/computerworkstations/wkstation_enviro.html) and elsewhere.

If we are on a strict budget, we can also find various bits of the ANSI standards for free online if we're good at the google so we can have an idea of how many foot-candles of light we need for an application. Once we have a standard, we then get into the questions of what's a foot-candle, and how do we know one when we see one?

Workplace lighting is measured using a light meter. A foot-candle is the amount of light emitted by a candle (the light of one candle is also called a lumen) over one square foot positioned at a foot from the candle. If that sounds old-fashioned to you, you're onto something. Yet it persists in 2020, the final year of the second decade of the 21<sup>st</sup> Century.

Sometimes, you will see lumens mentioned as a measure rather than foot-candles. For example, when you're looking to buy light bulbs or flashlights, you will see a number for lumens on the packaging. That tells you how bright the light is, not how bright the area will be when you use the light. For illumination purposes you can't just use the lumens put out by the bulbs because on its own the lumen lacks the density perspective provided by the distance/area relationship. That's why we have the foot-candle.

As a point of reference, OSHA says a standard fluorescent light fixture on a nine-foot ceiling with four 40-watt bulbs will produce approximately 50 foot-candles of light at the desktop level. There is also a metric lighting unit, the more richly named “lux”. Metric is cool.

Story Time: back when I was in fourth grade our teacher Miss Parmalee assured us the USA was barreling headlong towards using the metric system. She told us about centimeters and kilograms and a foreign yet very reasonable way of measuring temperature they used to call Centigrade. For proof, she flourished a long, flat stick she called a “meter stick”. This meter stick was to be the replacement for the soon-to-be obsolete yardstick. We admired the meter stick with awe. It was surely a sign of the coming new age.

I was in the fourth grade a long time ago, and her earnest prediction has been ploddingly slow in coming true, but on that day, she put the idea into our heads that inches, yards and miles were on the way out, and pronto. I was as sure of it as I was sure we would soon have flying cars so we could access our floating sky cities and we would all eat dinner in the form of food pills - no more trying to hide disgusting broccoli or green beans under the table. I was optimistic back then and trusted everything our teacher said.

That same day, Miss Parmalee made the mistake of leaving her fourth grade knuckleheads alone in the room with her prized meter stick. The unsupervised classroom promptly devolved into “Lord of the Flies” pandemonium, and after resolving an argument over who got to hold the meter stick during a rousing limbo session, we decided we would all try jumping over it. One of the wisenheimers holding the stick yanked it up while I was in mid-jump causing me to trip over it. The treasured meter stick cracked into two half-meter sticks.

When the teacher came back, our class tattletale Nicole served me up as the guilty party, but long after the unfair “guilty until proven innocent” proceedings and the summary execution of harsh punishment at home by my dad, the stick was never replaced. Miss Parmalee just put it back together with masking tape and set it on the ledge of the chalkboard, where it became a chalky symbol of our shame and stupidity. She never used it again.

And to this day, our class's grasp of the metric system has been permanently stunted by the loss of this valuable learning tool.

Despite that tragic incident and its sad legacy among the students of Fred L. Aiken Elementary, today we may see lighting levels referred to in metric form, the lux. One lux is the light of one candle – a lumen again - measured over one square meter positioned one meter away from the candle. To convert lux to foot-candles, divide the lux by 10.764. Lux is more commonly used in the rest of the world than in the quaint old USA, where we are still holding back on total metrification along with the two remaining holdouts, our fellow abstainers Liberia and Myanmar.

Whether using foot-candle or lux, how do we measure illumination? When I was at OSHA, we had a light meter in our supply room. Nobody ever used it except the one time when I addressed a lighting complaint at the Kansas City Airport. If you don't have a big room full of instruments, you can rent or buy a light meter and check your measurements against the recommended lighting levels. That can be handy for new lighting installations or resolving the question of whether lighting meets a standard. But if we think that will fix everything, we might be mistaken.

Glare is a bright light or reflection of a bright light which interferes or annoys.

So, let's talk about glare. Glare is a bright light or reflection of a bright light which interferes or annoys. Along with the personal lighting preferences I mentioned earlier, glare adds to the difficulty of getting a lighting design right. The eyestrain from excessive glare can be a problem. Anybody who's ever driven west on I-70 in the late afternoon or east in the early morning will also attest glare makes it difficult to see the road. A dirty windshield makes it worse.

Workplace glare is mainly an issue for computer screens. It's not as common a problem as it used to be because monitors have better anti-glare surfaces than they used to, but we still see it here and there.

If we're lucky enough to have a window to sit by, sunlight can put some glare on our computer screens or shine into our faces. I've never recommended those glare shield covers that fit over the monitor. They darken the screen too much which adds its own variety of eyestrain. Usually the better correction is to put some blinds over the windows, arrange the computer screen so it's perpendicular to the window, that sort of thing. Not too hard or costly.

The glare from artificial light can be harder to fix because it usually covers large areas, not just near the windows. The most common source of indoor glare are the lighting fixtures we see installed in almost every commercial ceiling. In high-end architectural spaces, exotic lighting fixtures, unconventional surfaces and finishes and unusual lighting schemes can increase glare. In a space without light colored walls and ceilings to reflect and diffuse light, glare is often a worse problem. It's hard to change anything once we paid an architect to tell us how to build it, though.

In unfinished spaces such as warehouses, manufacturing plants and basements, we often see a similar lack of reflective walls or ceilings with bare-bulb lighting fixtures. Bare-bulb fixtures are basically glare machines. Indirect lighting costs more, as does painting a factory ceiling white, but it's worth it if glare is causing issues.

When we install the cheapest possible overhead lighting in a finished space such as an office or hospital, it's usually standard 2 by 4 overhead fluorescent panels with diffusers over the bulbs. The cheapest diffusers are pebbly-surfaced plastic which creates maximum glare, visible from any distance from the fixture. That's what you get from a \$4 diffuser. If you don't want glare, chrome-plated egg crate grids cost maybe five times as much but eliminate glare very handily. I've had these installed in multiple workplaces with great success.

In one case, the employee who complained about glare on her computer screen and started the process which resulted in installation of the chrome grids then complained the lighting was too dark after the grids were installed. I brought in a light meter and we did some before-and-after comparisons by putting some of the old diffusers back up with the complainant watching. This showed the employee the levels hadn't been reduced at all. Only the glare. This was a broad improvement that reduced glare for everyone in the workspace.

A change which corrects glare for one person can suddenly seem like a good idea to everyone else, resulting in a rush of identical requests. The chrome grids cancelled some other suggested fixes, such as a tent-like gizmo which attaches to the tops of cubicles (at the expense of making the office look like a campground), or blue plastic sheets to put over the lighting fixtures (which would just turn the white glare into blue glare).

Lighting is a key factor in workplace comfort, productivity and safety. We've talked about how to find standards for lighting, how to measure light, and some of the ways to control common lighting problems. This article barely touches on the complexities of lighting, even after we used up all our column space discussing this serious subject without including a single pun. Hopefully, though, we have at least illuminated – nope.



# MARCH 2nd, 2020



## PROFESSIONAL DEVELOPMENT CONFERENCE ST LOUIS

Joint Professional Development Conference with the AIHA & ASSP Saint Louis Local Sections

Nationally Recognized Speakers without the travel cost.

**Topics include:** TBD

CEU's available through University of Central Missouri (UCM or CMSU to many of us); Certificates of Attendance will be provided and speaker handouts will be available online. (Approved for TBD CEUs)

Unemployed members of local sections receive free registration - Contact St Louis ASSE or Donn Cahill (for AIHA)

Thank you to AMEREN for the generous use of their facility.

Continental Breakfast, Lunch & afternoon Snack included in the price of the conference.

Lunch Scheduled includes: LUNCH TBD

### Date And Time

Mon, March 2, 2020  
7:00 AM – 5:00 PM CST  
[Add to Calendar](#)

### Location

AMEREN Headquarters  
1901 Chouteau  
Saint Louis, MO 63101  
[View Map](#)

### Refund Policy

Refunds up to **7 days** before event







## 2020 Excavator Safety Meetings

### Hindsight is 2020: Solutions for Stakeholders

In 2020, Missouri One Call will be hosting a series of meetings throughout the state to help stakeholders understand the roles and responsibilities of excavators and utilities in a dynamic, discussion-based format premised on real world examples of issues encountered in the field.

Please join us to learn about Safe Excavation and Damage Prevention, presented by Missouri One Call System, Inc., Damage Prevention Manager's.

The meeting will last approximately 2 hours. A complimentary breakfast is provided by MOCS.

In 2019, Missouri One Call hosted a series of meetings to address concerns in open forums about challenges faced in the field. In 2020, MOCS will be discussing solutions for issues in the field as identified in previous meetings and what stakeholders can do to work together to protect themselves and the excavating community. The insurance industry will also join us once again to discuss insurance and litigation case studies to illustrate the importance of safe excavation and the use of best practices.

DNR and DHSS continuing education credits are available for this class. Certificates of completion will be provided upon request for any other professional designations that you may hold.

CITY ▲ ▼	DATE ▲ ▼	TIME ▲ ▼	VENUE ▲ ▼	ADDRESS	REGION ▲ ▼	REGISTER ▲ ▼
Liberty	2/6/2020	8:30 AM	Our Lady of Mercy County Home (Tighe Hall)	2115 Maturana Dr	KC	<a href="#">Register Online</a>
Fulton	2/12/2020	8:30 AM	Callaway Electric Coop	1313 Cooperative Dr	CE	<a href="#">Register Online</a>
Macon	2/18/2020	8:30 AM	Comfort Inn	1821 N Missouri St	CE	<a href="#">Register Online</a>
Columbia	2/19/2020	8:30 AM	Stoney Creek Inn (Columbia)	2601 Providence Rd	CE	<a href="#">Register Online</a>
Independence	2/20/2020	8:30 AM	Stoney Creek Convention Center (Independence)	18011 Bass Pro Drive	KC	<a href="#">Register Online</a>
Springfield	2/21/2020	8:30 AM	Oasis Convention Center	2546 N Glenstone Ave	SW	<a href="#">Register Online</a>
St. Louis	3/5/2020	8:30 AM	Orlando Gardens (St Louis)	4300 Hoffmeister Ave	STL	<a href="#">Register Online</a>
Maryland Heights	3/12/2020	8:30 AM	Orlando Gardens (Maryland Heights)	2050 Dorsett Village Plaza	STL	<a href="#">Register Online</a>
Cape Girardeau	3/13/2020	8:30 AM	Osage Community Center	1625 N Kingshighway	SE	<a href="#">Register Online</a>
Poplar Bluff	3/25/2020	8:30 AM	Holiday Inn	2781 North Westwood Blvd.	SE	<a href="#">Register Online</a>
Farmington	3/26/2020	8:30 AM	Farmington Convention Center	2 Black Knight Dr	SE	<a href="#">Register Online</a>
Miner/Sikeston	3/31/2020	8:30 AM	Miner Convention Center	2610 E. Malone Ave	SE	<a href="#">Register Online</a>
Lake Ozark	4/9/2020	8:30 AM	Lodge of the Four Seasons	315 Four Seasons Dr	CE	<a href="#">Register Online</a>

# Save the Date- 5<sup>th</sup> Annual



**MAY 12-15, 2020**

**The Lodge of the Four Seasons**

**Lake of the Ozarks, MO**

**May 12th, 2020**

**Morning Pre-Conference – 8:00 a.m. – 12:00 p.m.**

**Fall Protection Equipment Inspector Class**

**Golf Tournament - 1:00 p.m. Robert Trent Jones Course**

**Conference - May 13 & 14, 2020**

**Keynote Speaker:** Don Kernan, a consultant who also serves the CCBS as a Safety Accreditation Commissioner and an Advisor to the Board.

**Exhibitors located in the Main Ballroom**

*Book your hotel reservation. Rooms are \$112.00 a night. Hotel reservations at this rate will be accepted until April 10, 2020. Bring your family and make it a vacation, the room rate is good weekend before and after. May 8-17, 2020. Based upon availability*

**The Lodge of Four Seasons**

**315 Four Seasons Drive**

**Lake Ozarks , MO 65049**

**<https://4seasonsresort.com>**

**Hotel Phone: 573-365-3000 - Hotel Fax: 573-365-8525**

**Toll Free Reservations: 888-265-5500, between 8 – 5 M – F**

**Registration Code: SAFECONEXPO**

**Online Registration use group attendee- room rates start at \$112.00**

**<https://reservations.travelclick.com/17336?groupID=2584426>**



# AMERICAN SOCIETY OF SAFETY PROFESSIONALS

## 2019-20 Calendar of Meetings and Events

Date	Meeting Topic & Presenter	Menu
April 8, 2019 Monday Lunch*	<b>Defensive Communication</b> Speaker Mary Sue Love, Ph.D - Associate Professor SIU-Edwardsville.	
May 13, 2019 Monday Lunch*	<b>Employment Law</b> Speaker James Paul, SHRM, SCP, Ogletree, Deakins, Nash, Smoak & Stewart, P.C. Review of some of the regulations that govern the workplace	
June 14, 2019 Friday ALL DAY	<b>ASSP Scholarship Golf Tournament Fundraiser</b> The Prairies Golf Club, Cahokia, Illinois - Registration is OPEN NOW!	
July 8, 2019 Monday Lunch*	<b>Developing Safety Leaders</b> Speaker Ray Boehm, Sr. Vice President, Risk Manager, Keeley Companies	Ball Park Buffet
August 12, 2019 Monday Lunch*	<b>Joint Mtg AIHA</b> Speaker Kerry Goyette presents a new perspective on safety and the behaviors that it affects. She will provide data driven solutions to help your team to be more safe, and in turn, more engaged.	BBQ Pork Steaks
September 9, 2019 Monday Tour Day, No meeting	<b>Join us for a tour of Watlow Electric Manufacturing Co., a family-owned company that designs and manufactures industrial electric heaters, sensors, and controllers.</b>	Catered meal on site
October 14, 2019 Monday Lunch*	<b>Workers Compensation</b> Speaker Chris Archer of Archer & Lassa LLC. will provide us with the latest information in the legal circles that affect worker's compensation.	Mexican Buffet
November 11, 2019 Monday Lunch*	<b>Joint Mtg GSHMM</b> Flint Walton , Technical Services & Training Specialist of Missouri Employers Mutual will be speaking on Understanding Your Experience Modifier and Workers' Comp – a practical review of the experience modifier and a real world look at understanding it and key factors to help control it	Chicken Delight
December 9, 2019 Monday Lunch*	<b>OSHA Update</b> Speaker Bill McDonald, OSHA's Area Director in St Louis will provide his annual OSHA fiscal year update and quick review of new/old initiatives.	Helen Fitzgerald's
January TBD, 2020 Thursday 5 pm Bristol Seafood Grill	<b>Membership Appreciation Night</b> <u>No luncheon meeting this month!</u> Enjoy food and libations at Bristol Seafood Grill on Olive and relax with others in your field at this event. Exclusively for St Louis Chapter Members.	
February 10th, 2020 Monday Lunch*	<b>OSHA Defense</b> Speaker Julie O'Keefe, Attorney at Law of Armstrong Teasdale Law Firm. Update on strategies to defend against OSHA citations	
March TBD, 2020 Monday ALL DAY Location TBD	<b>Professional Development Conference</b> Joint conference with the American Industrial Hygiene Association (AIHA) to bring you high quality training at the best price, CEU's awarded.	

\*Lunch at Sybergs Dorsett, 2430 Old Dorsett Rd, Maryland Heights, MO 63043  
Lunch will include house salad, bread and dessert in addition to the listed entree.

# American Society of Safety Professionals

## St. Louis Chapter Committees

**Website** – Dave Callies – [dcallies@kelpe.com](mailto:dcallies@kelpe.com)

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

**Newsletter** – Dan Bembower – [dan.bembower@usi.com](mailto:dan.bembower@usi.com)

Publishes and distributes the chapter newsletter to all chapter members

**PDC Chair** – Dennis Pivin – [DPivin@aegion.com](mailto:DPivin@aegion.com)

Coordinates logistics of professional development activities

**Membership** – Dianne Gibbs – [dianne@ideasftp.com](mailto:dianne@ideasftp.com)

Ensures new members are recognized & introduced at membership meetings

**Public Relations** – Steve Williams – [swilliams@bellelectrical.com](mailto:swilliams@bellelectrical.com)

Promotes chapter activities to the general public. Coordinates poster contest

**Awards & Honors** – Bill Kincaid – [billkincaid@yahoo.com](mailto:billkincaid@yahoo.com)

Recognizes member achievement through chapter awards

**Scholarship** – Rob Miller – [robertmiller91@yahoo.com](mailto:robertmiller91@yahoo.com)

Promotes student scholarships & continuing education scholarships for members

**Programs** – Tim Michel – [tmichel@keeleycompanies.com](mailto:tmichel@keeleycompanies.com)

Plans the program time and needs for presentations & coordinates schedule

**Social Media** – JaNola Rigsby – [jrigsby@qualsafesolutions.com](mailto: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](mailto:bderrick@broadwayergonomics.com)

Mark Woodward, Vice Chair

[mwoodwar@mem-ins.com](mailto:mwoodwar@mem-ins.com)

Bethany Watson, Membership Chair

[bethany@365safety-services.com](mailto:bethany@365safety-services.com)

## Job Opportunities

**Job opportunities are posted frequently on the website:**

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

Remember, the St. Louis Chapter offers unemployed ASSE members a free lunch at our monthly meeting!

## Membership Update

The St. Louis Chapter added 9 new members in December, and 11 new members in January. Welcome!

Look for these new members at an upcoming meeting:

Morghan Buerky

Paden Grant

Nicholas Marquardt

Matt Spaller

Scott Surovi, at Mallinckrodt Pharmaceuticals

Katie Brucks, at French Gerleman

Steven Hull

Michael Knox

Austin Subke, at Fred Weber Inc.

Dawson Grimes

Matthew Colvin

Emma Frances Hooks

Sarah Sharpe, CSP

Stella Steele, at Lochmueller Group

Joko Tasich

Margaret Crocker, at Doe Run

Krista Hyde

James Lee

Tyrone Swinton, at Boys & Girls Clubs of Greater Saint Louis

Alison Kent, COSS, at Pullman Power

## St. Louis Chapter Board Members

**Rick Reams** – President, 618-670-6589 ([ricky\\_reams@hotmail.com](mailto:ricky_reams@hotmail.com))

**Steve Williams** – Vice President, 314-213-5859 ([swilliams@frenchgerleman.com](mailto:swilliams@frenchgerleman.com))

**Dennis Pivin** – Secretary ([DPivin@aegion.com](mailto:DPivin@aegion.com))

**Erica Heinssen** – Treasurer, 207-522-0368 ([elheinssen@hotmail.com](mailto:elheinssen@hotmail.com))

**Mark Krieger** – Past President, 314-435-3630 ([mark.krieger2007@gmail.com](mailto:mark.krieger2007@gmail.com))

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<http://stl.assp.org>