



## St. Louis Chapter Newsletter April 2020



### **Statement from ASSP Board on COVID-19**

In an abundance of caution and in the best interest of our members and community we will be cancelling the April ASSP Monthly meeting scheduled for April 13<sup>th</sup>, 2020 and the May meeting scheduled for May 11<sup>th</sup>, 2020.

The CDC guidelines for the Coronavirus (Covid-19) recommend that for the next 8 weeks, organizations cancel or postpone in-person events that consist of 50 people or more. This recommendation is made in an attempt to reduce introduction of the virus into new communities and to slow the spread of infection.

We as Safety Professionals understand more than anyone that we must be leaders during this pandemic. The ASSP Board appreciates your understanding and we will share information on future meetings and events as this situation evolves. Board meetings and committee meetings will be held via conference call. The next meetings are planned for April 13<sup>th</sup> and May 11<sup>th</sup>. As always, chapter board meetings are open to all members. Please contact a board member if you would like an invitation to the virtual meeting room.

### **Coming Up**

#### **April Chapter Meeting**

*Canceled*

#### **May Chapter Meeting**

*Canceled*

#### **SafeConExpo – May**

*Canceled until 2021*

#### **Golf/Scholarship**

#### **Fundraiser**

*Postponed until August,  
date pending*

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

A slate of officers for the 2020-2021 chapter year has been put forward by the nominating committee, as follows.

- Steve Williams, President (current Vice President)
- Dennis Pivin, Vice President (current Secretary)
- Nate Richardson, Treasurer
- Mike Buchana, Secretary

Rick Reams will transition into the Board position of Past President automatically. The officers will be voted upon using an ASSP society provided voting system, email to be sent in April. We still need YOU to participate in the life of the chapter. See any board member and let them know how you would like to contribute.

# ASSP COMMUNITY SUPPORT

## ***Chapter Mission***

One of the core missions of the local ASSP chapters is to support safety efforts in the local community. With the impact of COVID-19, this mission is more important than ever. The St. Louis Chapter Board members are discussing many ways we can fulfil this mission:

### **Purchasing Respirators for SSM**

The board is working to partner with SSM to purchase and deliver PPE to front line care providers. Logistics and details are being coordinated by Steve Williams ([swilliams@frenchgerleman.com](mailto:swilliams@frenchgerleman.com)). The board has authorized up to \$5,000 to be spent in this effort, out of our reserve funds.

### **Providing Meals through Full Circle**

Rick Reams ([rreams@murphynet.com](mailto:rreams@murphynet.com)) is coordinating with local efforts of purchasing meals through local restaurants and delivering them to front line care providers, especially those working at quick-response tents or other temporary locations. The board has authorized up to \$1,000 to be spent in this effort, out of our reserve funds.

### **Continuing Member Unemployment Support**

Although we are hopeful that most members will be able to continue to work throughout this pandemic response, the board is committed to continuing the support of any members who become unemployed, through promoting their experience, providing financial support for completing certificates and professional training (including tests and prep courses) and free attendance at in person meetings.

### ***What are your ideas?***

If you have other ideas about how the chapter can support local safety efforts through gifts of time, money, effort, or organization, please tell a board member.

**From:** Martin, Maryanne T. - OSHA

**Sent:** Friday, March 27, 2020 4:23 PM

**Subject:** N95 - International and KN-95 /foreign respirator markings AND CDC weekly Newsletter COVID-19 Update

**For your information:**

NIOSH Emergency Use Authorization (EUA), see below.

There is a list in the second email link below called “Strategies for Optimizing the Supply” of N95 Respirators: Crisis/Alternate Strategies, it reviews different masks/countries/markings.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html>

While the KN95 product classifications have similar performance requirements to the NIOSH-approved N95, CDC does not have knowledge about the provisions for sustained product quality for these products. These products are not certified by NIOSH. Chinese national standards may also allow for different head suspensions, such as ear loops, that are commonly used on surgical or medical masks, but not NIOSH-approved N95 respirators or Surgical N95 respirators.

That being said, on March 24, 2020, FDA issued a [Non-NIOSH Approved Respirator Emergency Use Authorization \(EUA\)](#) concerning non-NIOSH-approved respirators that have been approved in other countries. Standards and guidelines from Australia, Brazil, Europe, Japan, Korea, and Mexico are recognized. In support of this, FDA also issued a [Non-FDA Approved Respirator EUA FAQ](#).



The Monthly Newsletter of the National Institute for Occupational Safety and Health (NIOSH)

March 27, 2020

As part of NIOSH's efforts to keep our stakeholders up to date on the CDC and NIOSH coronavirus disease 2019 (COVID-19) response, below is a summary of new information posted this week for workers.

#### [Personal Protective Equipment \(PPE\) Burn Rate Calculator](#)

CDC recognizes that healthcare and nonhealthcare systems may experience unprecedented strains on demand for PPE due to COVID-19. CDC designed a tool to help healthcare and nonhealthcare systems, such as correctional facilities, track how quickly PPE will be used at those facilities. The tool is based on input provided by healthcare systems on the use of PPE during responses to infectious disease outbreaks.

#### [Guidance for Businesses and Employers](#)

- [Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 \(COVID-19\)](#)

CDC developed guidance to help employers decrease the spread of COVID-19 and lower the impact of COVID-19 on the workplace. This interim guidance may help prevent workplace exposures to COVID-19 in nonhealthcare settings. This guidance also provides planning and response considerations for community spread of COVID-19.

- [Environmental Cleaning and Disinfection Recommendations](#)

Recommendations for the cleaning and disinfection of rooms or areas where individuals with suspected or

with confirmed COVID-19 have visited is available on the CDC website. These guidelines are focused on community, nonhealthcare facilities, such as schools, offices, and businesses.

#### [Resources for First Responders and Law Enforcement](#)

- [Interim Guidance for Emergency Medical Services \(EMS\) Systems and 911 Public Safety Answering Points \(PSAPs\) for COVID-19 in the United States](#)

Guidance for first responders, including law enforcement, fire services, emergency medical services, and emergency management officials, who anticipate close contact with persons with confirmed or possible COVID-19 in the course of their work.

- [What Law Enforcement Personnel Need to Know About Coronavirus Disease 2019](#)

This new CDC fact sheet provides recommendations for personnel who may come in contact with someone with confirmed or suspected COVID-19.

- [Infectious Diseases and Circumstances Relevant to Notification of Emergency Response Employees: Implementation of Sec. 2695 of the Ryan White HIV/AIDS Treatment Extension Act of 2009](#)

NIOSH has updated the *List of Potentially Life-Threatening Infectious Diseases to which Emergency Response Employees May be Exposed* to include the addition of COVID-19, the disease caused by the virus SARS-CoV-2, and the definition of “emergency response employee (ERE).” The list and accompanying guidelines, originally published in a 2011 Federal Register notice, are republished in this document with these updates.

To stay up to date on the response please visit the [COVID-19 webpage](#) or sign up for the [COVID-19 newsletter](#).



## Centers for Disease Control and Prevention

1600 Clifton Rd Atlanta, GA 30329 1-800-CDC-INFO (800-232-4636) TTY: 888-232-6348

[Questions or Problems](#) | [Unsubscribe](#)

**From:** Safety Council [<mailto:shc@shcmoks.com>]

**Sent:** Thursday, March 19, 2020 11:14 AM

**To:** Kathy Zents <[kz@shcmoks.com](mailto:kz@shcmoks.com)>

**Subject:** SafeConExpo 2020 Cancellation

Good Morning,

After much discussion with the Lodge of the Four Seasons a decision has been made to change/ move the date for our SAFECONEXPO to next May 2021.

Due to the uncertainty of the coming months we have decided the best course for us and for the well-being of everyone attending/exhibiting will be to move this conference to next year.

If you have already made payments to attend/exhibit they will be transferred into the conference for next year. The Lodge have informed us they will be cancelling all sleeping rooms assigned to our group and sending a cancellation notice. If you have a reservation please keep an eye out for this as we found last year not all the rooms were placed under our group.

We are planning on keeping the same speakers, if we can, for the conference. We will also let everyone know what the new dates are for the conference as soon as we have worked that out with the Lodge.

If you have questions or concerns please let us know as soon as possible, either by phone at 816-842-5223 or by email at [shc@shcmoks.com](mailto:shc@shcmoks.com).

We know that this is a trying time for everyone and want to make sure we do our part to keep everyone safe and healthy.

Sincerely,

The Safety & Health Council

# **Q&A: The Ins and Outs of (Not) Kicking OSHA Out**

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

Sr. Loss Control Consultant

Lockton Midwest

This month we're going to take a little trip into OSHA territory. We're going to talk about what we at OSHA called "denial of entry" resulting in a "compulsory process", also known as "making OSHA get a warrant". And we'll do it in a Q&A format. This article isn't intended to debate whether you should or shouldn't do this. It's just supposed to be informative.

Also, please note that I am not an attorney, I don't perform legal services, and this article is not legal advice. I am only sharing my experiences as a former OSHA engineer and nothing more. If you have OSHA-related legal questions, please consult an attorney who has substantial experience in OSHA law. OSHA issues are much different from taxes and corporate law, so the typical corporate attorney might not be as prepared for OSHA dealings as would be an attorney with solid OSHA experience.

For various reasons, I am not a proponent of denying OSHA entry. In thirty years in the safety profession I can't remember ever advising anyone to do it. Employers should consult with an attorney prior to making that decision if they want a yes/no opinion. For my part, I can simply try to explain the processes we OSHA compliance staff followed and how things played out as a result. In this article I will be as fair to the subject as I can and attempt to cover a few questions of interest.

**Q: Why would a company deny entry to OSHA rather than voluntarily let them start their inspection?**

A: As an OSHA inspector I was often puzzled to when a company denied me immediate entry into their facilities. It didn't happen often. I would show up, tell them why I was there, the company representative would leave for a while, and when they came back they would send me packing. Sometimes it's their company policy, sometimes their company attorney likes to deny entry, sometimes they think there's a chance OSHA will leave and never come back, and sometimes it's just a bad day to start an inspection.

**Q: Can we ask for a warrant whenever OSHA shows up anywhere?**

A: There are situations where OSHA wouldn't need a warrant to conduct an inspection even if you told them to get one.

When a compliance officer in an area open to the general public can see workers in danger, much of the inspection could be finished before even entering. You're not supposed to sit there for an hour taking photos like a stalker, but you are allowed to take photos as you walk from your car to the site to present your credentials. You can get a lot of photos in a minute or two which show employees at risk.

The only question would be whose employees they might be. When it's a one-contractor job, such as billboard replacement, and there is a company truck sitting there with the company name on the side, it's not that hard to know what company is responsible. Plus, when you approach those employees, often they're just the hourly working people. As part of the process of asking permission to inspect you ask them who their supervisor is and the name of the company they work for. That's just about enough to issue citations, so the inspection is virtually completed before it's officially started.

At one point, I did a complete inspection and issued citations entirely based on a newspaper article with one photo which showed a couple people in a deep, unprotected trench. I was in St. Louis and the inspection site was a couple hours drive away, but I never went there. They accepted the citation and paid the full penalty.

Also, you may not be able to deny entry when you are at a site controlled by a "host employer" such as a Federal building, military base or a construction site. This applies to all types of locations, not just construction, by the way. The controlling employer can grant OSHA full access to inspect every contracted employer on the site regardless of whether those employers want to deny entry.

For example, the St. Louis Airport Authority might grant permission to inspect an airline's operations or one of the subs the airlines hire to run their airport operations. (At the airport the exception would be for the parts of the operation regulated by FAA, such as the "ramp" where the planes are and the



runways.) Or, an auto assembly plant might grant OSHA permission to inspect a vendor building subassemblies on their premises. The owner of a construction site can even be the controlling employer and let you in to inspect all the contractors.

**Q: Is it risky to tell OSHA to get a warrant? Can that strategy backfire?**

A: Most of us probably know already that we have an Amendment in our Constitution's Bill of Rights which protects us against unwarranted search and seizure. That Fourth Amendment states:

*"The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized."*

It's a Constitutional right every citizen has. OSHA people know it's a Constitutional right and they are not supposed to be less forgiving when someone simply exercises their rights. They take an oath to uphold the Constitution.

I can assure you in my OSHA years I never increased the scrutiny on any employer because of a search warrant.

However, some experts who study OSHA contend on average there are harsher outcomes for inspections which were conducted under a warrant. Namely, more citations and higher fines. Is that because the OSHA inspector is mad at you because you made them fill out a bunch of legal paperwork? Are you going to be punished for making them leave and throwing off their plans for the day? Don't assume that. It's the easy answer but the easiest answer to a question isn't always the best one.

Think about this. When OSHA inspects with your permission, there's a little give-and-take where you can have a little control over how the inspection is conducted in exchange for waiving your Constitutional right. You might say no videos, or make sure our safety person is always there or ask permission before you take a photo. You lose that when you opt for a warrant.

A warrant gives the inspector free rein to inspect whatever it takes to fulfill the purposes of the inspection, and to take all the photos, videos and other evidence necessary towards that goal. Asking for a search warrant is in a sense like giving the OSHA person their own set of keys to your building. Does that sound like it can help you? In general, I think it rarely accomplishes anything good.

**Q: When you tell OSHA you're denying entry, what are the chances they won't come back with a warrant?**

A: I don't have any data on this, but when I was sent away for a warrant, I always got one and came back. OSHA is not required to show probable cause that a violation has occurred in order to obtain a warrant. OSHA essentially must provide only a reasonable basis for believing that a violation is likely to be found, or that this inspection assignment is a routine inspection pursuant to the regulatory framework. The typical judge will sign off on a warrant when OSHA's reasons for trying to initiate the inspection are valid, and they generally are. The one exception to always getting the warrant was one of those times I saw something hazardous from my car driving by a construction site and tried to enter to inspect one subcontractor. I remember the judge telling us to leave well enough alone in that instance.

The typical Federal judge wants to make sure OSHA can do its job, but judges are also careful about allowing OSHA to do something which creates a greater injustice than previously existed. Shoving an inspector into a construction site where only one contractor out of multiple subs had only one momentary hazard might have done just that. So I didn't get that warrant. It didn't really matter as that one sub would have been off the job by the time I came back, anyway.

**Q: What happens when you tell OSHA they will not be allowed to start their inspection?**

A: It's been years since I worked for OSHA, but I think the general format hasn't changed much since then. Upon being told the inspection they'd hoped to start cannot proceed as planned, the OSHA person will leave your premises and contact their immediate supervisor. They will soon return to their office and participate in a conference call or two with OSHA officials and legal counsel to

discuss the situation. Then a lengthy process to fill out a warrant application begins.

When the application is ready, it is delivered to the Federal judge - usually by the compliance officer who was denied entry. The judge will ask some questions about the denial of entry to make sure it was truly a denial rather than some sort of misunderstanding; about the reasons for attempting the inspection in the first place, and other details as to what it will take to complete the mission. If satisfied by the answers, the judge will sign off on the warrant. This is called an “ex parte” proceeding because only the government is represented. The employer has no say in it and is not there to present their side of the story.

In my experience from start to finish it usually took a week or more to get a warrant in hand. At any time during the process, if the employer changed their mind and called us to say we could come back and inspect without a warrant, we would be pleased to drop the warrant application process and oblige.

**Q: Doesn't it ruin OSHA's prized "no advance notice" policy – the "element of surprise" - if you make them get a warrant, and then you have a little extra time to fix things up before they come back?**

A: In theory, yes. But even when the warrant process moved particularly slowly and it took almost a couple weeks, you'd be surprised by how many obvious violations would be there when I came back. Many companies who sent me away for a warrant made zero use of their advance notice opportunity. Remember the thing about the number of citations and fines being higher for warranted inspections? You'd think with a week or so advance notice they would have been better prepared. But maybe these companies denied entry because they didn't really have a good handle on compliance matters, and a week wasn't enough to fix that. They got more citations because they had more problems.

That also applied when the employers knew exactly what I would be looking at when I came back, namely, when there was an employee complaint. If I showed up to do a complaint inspection and they denied me entry, I always gave them a paper copy of the complaint before I left. What else could I do? If there were serious hazards the last thing an OSHA person should do is hide them from the employer in the hopes of writing citations later.

(Note that if an OSHA inspector presents any of my companies with an employee complaint and after being denied entry takes it back, I'm calling their Area Director immediately, and possibly the Regional Office, and maybe the National Office. OSHA is supposed to protect employees from harm. This means never exposing them to alleged dangers for an extra week just so there will be a shot at some juicy citations when the inspection finally starts! It's not a cat-and-mouse game.)

But even when handed a list of the specific items I would be looking for when I returned, employers often didn't do anything to prepare.

In one case, I had an employee complaint alleging thirteen serious items. The manager kicked me out, so I left the complaint with him and told him to investigate the allegations because I would be back. I returned with my warrant a week and a half later to find all thirteen of those allegations were exactly as described in the complaint. Plus a few more.

No attempt by that employer to "hide" or fix anything. For example, the complainant alleged there was a 480V transformer box on the floor in the middle of a work area which would give you a terrific shock through your pants if you brushed up against it. When I went to look for it, there it was, with a danger sign on top drawn onto a pizza box with a Sharpie. It was so hot my voltmeter almost maxed out on it. There was no way the employer could say they weren't aware of it. Being a nice guy, I didn't call it willful disregard for employee safety, even though it was just that. It made me wonder, though, if they had no plans to address any of the items, why delay my inspection for a week? Why not just get it over with? Made no sense.

**Q: What if the reason for the inspection is a serious injury or fatality we were required to report to OSHA? Can we ask for a warrant?**

A: It is very unusual for an employer to deny entry when there is a fatality. Yes, you can do it. If things go the way they normally do OSHA will return with a warrant, and maybe more quickly than usual. There will probably be a bit of a stir back at the Federal office building as this doesn't happen often. It will be regarded as an unusual event and will possibly be seen with some suspicion as to the motives.

Recently a company I work with had to report a fatality to OSHA. As we all should know by now, any fatality which happens in the workplace or which may be work-related has to be reported to OSHA within eight hours of learning of the occurrence (except for a fatality which occurs over 30 days after the causal event). So, they dutifully called it in. And OSHA very soon showed up to investigate.

The twist in this case is this company is a subcontractor to a larger company, and the deceased employee was working on the premises of that larger company at the time of his death. When OSHA arrived, the larger company turned them away at the door. The employer would never, ever have done that.

The controlling employer evidently has a practice of denying entry and must believe there is something to be gained in doing so. In this case I suspect the host employer's management thinks the host company will be cited as well as the employer of the deceased person, and they are onto something there as it is a possibility. They also seem to believe if asked to leave then OSHA might not come back. In a fatality situation OSHA's reason for initiating the inspection is a good one which will hold up in the easy *ex parte* proceedings used to establish warrantability and will grab the judge's attention.

OSHA will be back, and they will investigate the fatality, and if they see any violations which they feel should be attributed to the host employer, they will cite the host employer.

**Q: What if our company policy is to always deny entry? Can that help us?**

A: I'm not sure how it can, but again, this is an opinion based on my scattered experiences and not legal advice. What I've seen is that OSHA keeps track of denials of entry. When there are repeated denials of entry at a given location – and when I say “repeated” I mean a couple in a row – they can, and will, prepare a warrant in anticipation of a denial before they leave the office to start the inspection. They know what's coming, so they prepare for it.

Here is how I've seen this play out. A company I worked with had an “always deny entry” policy. They also had a rather harsh management style with a lot of disgruntled employees who knew they could complain through their union with 100% anonymity and without concern about possible reprisals. As a result, there

were employee complaints coming into OSHA more frequently than usual. I think this company denied OSHA entry a few times, then one day OSHA showed up with an employee complaint and an anticipatory warrant. All the drawbacks of a warranted inspection, none of the advance notice. It gave this company good reason to re-evaluate the costs (many) and benefits (none) of their hard-nosed policy.

That's more than enough blabbering for one month's worth of discussion. Knowing many of our readers might have a little more time on their hands than usual this month, hopefully that's okay. Our goal of being informative about OSHA search warrants being accomplished, we will call it a day. Thanks for reading!



### Pets

- Schedule regular intervals for a break to take the dog outside or for a walk.
- Kill two birds with one stone by taking your pet for a walk during a call, if possible.
- If you need to be on the phone or video call:
  - Close the door to the room where you are working or put the pet into a confined area.
  - Give your pet something to do, i.e., favorite chew toy or activity.



### Kids

- Try to create a schedule for your family that fits in activities for the kids and work time for you.
- Plan ahead by having activities ready to implement that require minimal supervision during calls or virtual meetings. For example: coloring, watching a movie, taking a nap, chores, homeschooling activities from teachers or other experts, crafts, reading, virtual tours, etc.
- If both parents are working from home, coordinate schedules and switch off work/child care responsibilities so you aren't both on a call at the same time with kids in the background.
- For older children, or even your significant other, develop a signal or put up a "do not disturb" sign on the door to communicate you are in the middle of important work activities.

### Grace and honesty

- Working from home with your kids is challenging.
- No schedule is perfect and interruptions will happen.
- Be honest and professional if you are the only one at home and have young kids. Tell colleagues on the phone or video call that you may need to step away to deal with a distraction, or that you will be on mute to avoid background noise.

Name:

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Email:

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# Strategies for Wellness



SET YOUR GOALS



EAT HEALTHY FOODS



DRINK MORE WATER



GET ENOUGH SLEEP



EXERCISE REGULARLY

## How to Begin a Walking Program

If you've decided it is time to start walking for health, fitness and weight loss, you've already taken a great first step! Walking is an effective, natural way to achieve the amount of daily physical activity recommended for weight management and overall good health. Walking helps you burn calories and fat, which is necessary for weight loss. Most health care professionals recommend walking 60 minutes a day a few times a week. Generally, a 160-pound person will burn 100 calories per mile of walking. Combined with a balanced diet, a walking program can help you start achieving your fitness goals.

### WHAT TO WEAR AND BRING

**Comfortable Clothes:** Look for fabrics that draw sweat away from the skin such as Quick-Dri, bamboo, GORE-TEX, nylon, polypropylene, spandex, TENCEL, wool and X-STATIC. Wear layers, and peel them off as you warm up.

**Athletic Shoes:** Find shoes that are not overly snug, because feet swell as you walk. Cushioning under the heel and forefoot are important, as is flexibility, so the ball of your foot can move freely. For events like Relay for Life that may be occurring during a work day on harder surfaces, make sure you bring athletic shoes and change into them before you begin your leg of the event. This is especially important if you wear steel toes or high heels to work.

**Socks:** Choose fibers that evaporate sweat and prevent blisters, such as CoolMax or acrylic blends, or socks with a blend of wool and those fibers. Try double-layered or padded socks for walks on hard ground.

**Water Bottle:** Be sure to drink plenty of water before, during and after walking.

**Portable Music Player:** Favorite tunes can motivate you to walk a little farther and faster.

### WALKING TECHNIQUE

An ideal walking step looks like this:

- Strike the ground first with your heel
- Roll through the step from heel to toe
- Push off with your toe
- Bring the back leg forward to strike again with the heel
- At first, your shin muscles may tire and be sore until they are strengthened. This is natural when you first start walking for fitness or when you change your foot motion, stride or shoes.
- Flexible shoes will ensure you are able to roll through the step.
- If your feet are slapping down rather than rolling through the step, your shoes are likely too stiff.

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# Strategies for Wellness

## GOOD POSTURE

Think of being tall and straight, not leaning forward or backward.

- Don't arch your back: Tuck in your buttocks by rotating your hip slightly forward. This keeps you from arching your back or leaning forward.
- Stomach in: Engage your core muscles by slightly sucking in your stomach. This will help you maintain good posture.
- Look ahead: Your head will follow where your eyes are looking, so start by looking straight ahead, focusing at about 20 feet ahead of you.
- Chin parallel to the ground: You probably already corrected this by looking 20 feet ahead of you, but take a moment to check that your chin isn't tilted either up or down. Walking with your head down puts strain on your neck. Craning your neck back also puts stress on the neck. Parallel is the way to go.
- Relieve shoulder tension: Shrug your shoulders and let them relax, with your shoulders slightly back. This will help relieve the tension in your shoulders. It will also set your position for using arm motion.

## SWING ARMS NATURALLY

Arm motion can lend power to your walking and can burn 5-10% more calories than walking without arm swing. Arm motion can also act as a balance to your leg motion.

- Bend your elbow 90 degrees.
- Hands should be loose in a partially closed curl, never clenched. Clenching your fists can raise your blood pressure and should be avoided.
- With each step, the arm opposite your forward foot comes straight forward, not diagonally.
- As the foot goes back, the opposite arm comes straight back.
- Keep your elbows close to your body.
- Your forward hand should not cross the center point of your body.
- Your hand when coming forward should be kept low, not higher than your breastbone.
  - Many poor examples of arm motion are seen with walkers pumping their arms up high in the air. This does not help propel you.
  - If at first you find adding arm motion tiring, do it for 5 to 10 minutes at a time and then let your arms rest before trying it again.

## STARTING YOUR WALK

- Start your walk at a slow warm up pace. Stop and do a few warm up/flexibility drills. Walk for 10 minutes and walk back. End your walk with a slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.
  - Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time: 25 minutes). Keep adding 5 minutes.
- Set a goal to work your way up to walking comfortably for 30 minutes to an hour. This is the level of physical activity recommended to reduce risks of heart disease, Type II diabetes, breast cancer, colon cancer and more.
- Do not worry about speed in the beginning. After you have been walking for several weeks, you can slowly start picking up your pace.
- If you have a medical condition or health concerns, be sure to check with your doctor for advice before you begin a routine.

Name:

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 **CSM**  
Champion  
SPORTS MEDICINE

 **EMORY**  
REHABILITATION  
OUTPATIENT CENTER

 **Kessler**  
REHABILITATION CENTER

 **KORT**  
The Best In Rehab.

 **NovaCare**  
REHABILITATION

 **Physio**

 **Rehab**  
ASSOCIATES

 **SACO BAY**  
ORTHOTOPIC & SPORTS  
PHYSICAL THERAPY

 **Select**  
PHYSICAL THERAPY

 **SSM-Health**  
Physical Therapy

# 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!

## **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>**