



## St. Louis Chapter Newsletter



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### Important Links

- [Chapter Website](#)
- [Chapter Documents](#)
- [Current Job Postings](#)
- [Like Us on Facebook](#)
- [Follow us on Twitter](#)
- [Connect on LinkedIn](#)

Be sure to check out this month's [job openings](#)!

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### **[Chapter Meeting - May 8](#)**

Join us on Monday, May 8th for the monthly chapter lunch and presentation.

#### **Topic: Neck and Shoulder Syndrome in the Workplace**

**Speaker: Dr. Hobbs, St. Louis Orthopedic and Sports Medicine**

**Speaker: Dr. Minges, Onyx Spine Institute**

**Where:** Syberg's, 2430 Old Dorsett Rd, Maryland Heights, MO 63043



**When:** Registration @11, Lunch @11:30, Presentation @12

#### **Register for Meeting:**

<https://stl.assp.org/events/may-lunch-meeting-neck-shoulder-syndrome-in-the-workplace/>

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### **[WISH Event - Insurance 101 with Kelli Young - May 23](#)**



# INSURANCE 101 WITH KELLI YOUNG



Woodard Cleaning and Restoration  
9490 Watson Rd., St. Louis, MO, 63126

**MAY 23, 2023**

**11:30-1:00PM**

\$20 PER PERSON  
VENMO/CASH/CHECK  
MORE DETAILS TO FOLLOW

For details and RSVP, contact  
Patte Ackermann at  
[ackermapp@ssm-select.com](mailto:ackermapp@ssm-select.com)



AMERICAN FAMILY  
INSURANCE

AMERICAN FAMILY  
INSURANCE  
WE'LL PROTECT IT.

26 YEARS OF EXPERIENCE

WHAT TO EXPECT:

- EMOD – HOW TO FIGURE AND HOW IT AFFECTS WC RATES
- LOSS RATIOS -HOW TO FIGURE AND HOW THEY AFFECT INSURANCE RATES
- DIFFERENT LINES OF INSURANCES AND WHAT THEY COVER: COMMERCIAL UMBRELLA, GENERAL LIABILITY, BUSINESS COVERAGE, FLEET / AUTO, PROPERTY, WORK COMP
- EXAMPLES OF CLAIMS AND HOW THE INSURANCE DEDUCTIBLES WORK.

WISH  
Women In  
Safety & Health

To RSVP or to be added to the WISH / WISE email list, contact [ackermapp@ssm-select.com](mailto:ackermapp@ssm-select.com)

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### Scholarship Golf Tournament - June 9

**Registrations are limited and filling fast! Sign up today so you don't miss out.**

We also still have room in our goodie bags and space for raffle donations. What can your company provide? Contact Patte Ackermann at [ackermapp@ssm-select.com](mailto:ackermapp@ssm-select.com) if you would like to donate. Our volunteers appreciate your assistance!!





# ASSP Scholarship Golf Tournament Fundraiser



*Protecting  
People  
Property  
and the  
Environment  
since 1911*

## RESERVATIONS

**FRIDAY - JUNE 9, 2023**

**7:30 am** – Registration

**8:00 am** – Shotgun Start

**1:30 pm** – Lunch and Awards

**St. Peter's Golf Course  
200 Salt Lick Road  
St. Peters, MO 63376  
Phone: (636) 397-2227**

Please complete the attached  
Registration Form promptly to  
guarantee your reservation.

Payment can be made online at:  
<http://stl.assp.org/>

**MAKE YOUR RESERVATION EARLY!!!**

**Limited to 144 PAID golfers!**

\$150 per person - \$600 for a team of four  
PAYMENT is due in FULL by May 28, 2023

**ALL PLAYERS** will be entered  
into a drawing for prizes.  
Additional tickets may be  
purchased on event day.

## SPONSORSHIP OPPORTUNITIES

- 1) Co-host for refreshments & meal for \$200
- 2) Sponsor ONE golf hole for \$150
- 3) Sponsor TWO golf holes for \$200  
(One on the front 9 and one on the back 9)
- 4) Corporate Level Sponsor - Includes  
a golf foursome with mulligans, skins,  
two hole signs, a large banner displayed  
at registration, lunch and awards  
ceremony for \$1,000
- 5) Donate raffle and "goodie bag" items  
Call Janola Rigsby at (314) 267-2624

**All beverage and meal sponsors will be listed  
on a banner at registration and awards ceremony**

Register: <https://stl.assp.org/events/2023-assp-scholarship-golf-tournament-fundraiser/>

Full Flyer: <https://stl.assp.org/2023/03/ASSP-Golf-Tournament-06.09.23.pdf>

**Monday, July 10, 2023**

**Topic: Is this Compensable?**

**Speaker: Chris Archer, Attorney at Law – Archer & Lassa, LLC.**

Test your knowledge and judgement on real fact patterns recently decided by the courts.

**Where:** Syberg's, 2430 Old Dorsett Rd, Maryland Heights, MO 63043

**When:** Registration @11, Lunch @11:30, Presentation @12

**Register for Meeting:**

<https://stl.assp.org/events/july-lunch-meeting-is-this-compensable/>

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**Join Us on LinkedIn**

The ASSP St. Louis Chapter has a LinkedIn Group and is available for public search!

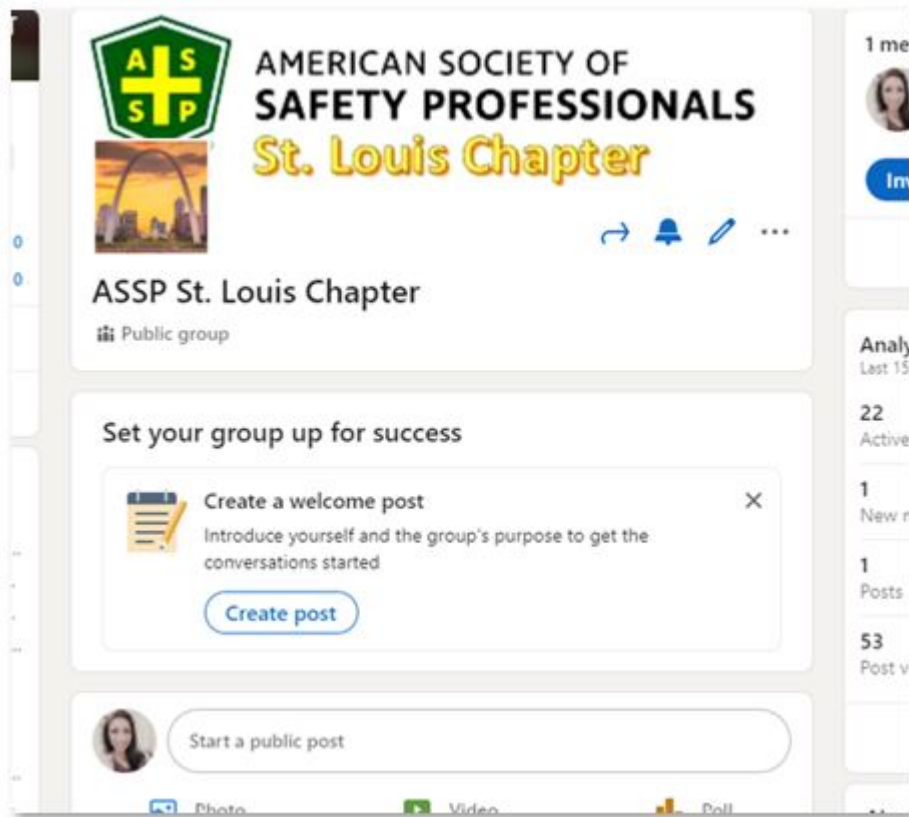
Join us here: <https://www.linkedin.com/groups/14209287/>

Special thanks to ASSP Member Emily Felton for stepping up and volunteering to be the Social Media Chair, and to get this group going. We can't do anything without our volunteers! Thanks, Emily!!

**You** can support Emily and our local chapter by using this site to:

- Share safety trends and relevant articles
- Post job openings
- Let others know if you're looking for a position
- Recognize local groups or individuals supporting safety
- Ask questions of your peers

We look forward to this being an interactive page. Please join and please invite others!



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### Calendar of Events

**Take a look at what's coming up! Mark your calendar now.**



# ASSP ST. LOUIS CHAPTER EVENTS 2023



**Sybergs on Dorsett (unless otherwise stated)**  
**Networking: 11:00-11:30 - Lunch: 11:30-12:00**  
**Announcements & Speaker: 12:00-1:00**



Sharida Mitchell - Territory Account Manager  
Mallory Safety & Supply

**Monthly Meeting - April 10th, 2023 11:00 am to 1 pm**  
**Building a Safety Culture - Getting the "Buy-In"**



Dr. Hobbs, (L) St. Louis Orthopedic and Sports Medicine  
Dr. Minges (R) Orthopedic Spine Surgery - Joint Presentation  
**Monthly Meeting - May 8th, 11:00 am to 1 pm**  
**"Neck/Shoulder Syndrome in the Workplace"**



**Annual Golf Tournament - June 9th, 2023 - 7 am to 3 pm**  
**St. Peters Golf Club, 200 Salt Lick Rd, Saint Peters, Missouri 63376**



Chris Archer, Attorney at Law - Archer & Lassa, LLC.  
**Monthly Meeting - July 10th, 2023 - 11:00 am to 1 pm**  
**"Is this compensable?" Test your knowledge and judgement on real fact patterns decided recently by the courts.**



**AB Tour!!! - No Meeting! - August 10th, 2023 - 3 PM to 5 PM**  
**Happy Hour w/Food & Beer - 5 PM to 7 PM**  
**Must Register - \$20.00/person (non-refundable)**



Stacie Zellin, Community Education Coordinator  
Prevent+Ed  
**Monthly Meeting - September 11th, 2023 - 11:00 am to 1 pm**  
**"Navigating Conversations around Substance Use"**



In honor of Fire Prevention Month the City of St. Louis Fire Department will be here  
**Monthly Meeting - October 9th, 2023 - 11:00 am to 1 pm**  
**"Fire prevention at work and at home"**



Mike Toledo, Electrical Services Specialist  
Guarantee Electric  
**Monthly Meeting - November 13th, 2023 - 11:00 am to 1 pm**  
**"Electrical Safety is not just for Electricians"**



Maryanne Heuer Martin, CSP. Compliance Assistance Specialist (L)  
Bill McDonald, Area Director, OSHA - St. Louis Area Office (R)  
**Monthly Meeting - December 11th, 2023 - 11:00 am to 1 pm**  
**Annual OSHA Update**



**<https://stl.assp.org/event/>**



Always find the latest events at <https://stl.assp.org/>



**The Mid Missouri section provides networking and training opportunities for the professionals working in and around Jefferson City and Columbia.**

Mid-Mo has a lot of exciting meetings planned for this year, to be held at D. Rowe's Restaurant in Columbia, MO:

- May 17th, **Suicide Prevention & Mental Health** Presented by Matt Cowell, Director of Safety at Emery Sapp & Sons, Inc (Rescheduled from January)

If you are interested in participating in these meetings or joining the Mid-MO mailing list, please reach out to [Paul Krewson](mailto:Paul.Krewson@emerysapp.com) or opt-in here: <https://mailchi.mp/b33f8ed3f931/assp-midmo>

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## **Ergonomics: It's Not Rocket Science**

~Bill Kincaid, P.E., CSP, CIT

Ergonomics is not rocket science and should be a part of everyone's thinking: engineers, managers, supervisors and production operators alike. And it's **not** just for office environments or manufacturing. I've seen good, basic ergonomic ideas implemented in hospitals, in distribution centers, and on construction sites.

*Ergonomics in construction? If you've ever watched a crew of electricians bend over hundreds of times a day to pick up conduit sections and small parts laid out on a floor, when setting the supplies on a couple of sawhorses and a sheet of plywood would have eliminated almost all back strain, then you've seen great ergo opportunities in construction.*

Sometimes I get the feeling ergonomics as a field is supposed to be the domain of the safety and industrial hygiene world. It's not, even though some of us in our profession are good at it. It started as part of the industrial engineers' portfolio and spread to safety. Which is fine, because if it hadn't, I wouldn't have had the opportunity to work on ergonomics inspections with Dr. David Cochran, a P.E. under contract with OSHA who had great expertise to share. He showed me good ergonomic work makes work better, easier, more efficient. Injury prevention is often a side benefit, but is not the only benefit or even the main one.

I've never seen a legitimate ergo improvement which worked against safety, by the way.

Being a natural heretic and skeptic, when I do my own ergonomic survey work as a safety consultant, I don't focus entirely on injury prevention. In my past automotive industry ergo work, a plant manager told me my redesign work in just a couple cells saved them \$400,000 a year due to increases in productivity and efficiency. Which was fantastic, until I studied the before-and-after repetitive motion and strain injury rates in those two cells. They also shed almost all their usual carpal tunnel claims. When this plant exported the list of improvements to their other plants, the company's workers' comp payouts for repetitive motion and other soft-tissue disorders fell to 20% of what they had been in recent years.

It still is a success story I tell to clients and prospects. Often, some in the room will get a little bored when the safety guy is talking about an improvement in injury rates, but the 33% improvement in efficiency and the 79% increase in productivity gets them every time.

I took the lessons learned and made them into various lists of ergonomic ideas to be shared. Ideas are great, but application is where we get the results. The straightest route to application is usually the best. Everything needs to be short, simple, and sweet (sweet meaning both relevant and applicable) to make it happen with least cost. Every meeting we have, every document we generate, every management presentation we prepare, costs us both real time and real money, and like any other investment had better be necessary and provide a positive return.

The companies I've worked with which had the most success made it easy for their people to integrate ergonomics into their daily routine and culture. My clients may note the absence of an emphasis on documentation, elaborate before-and-after documentation, multi-level approvals, multi-disciplinary teams



and other big-company favorites among my basic recommendations. These things are dandy additions if you have lots of time and layers of bosses who need to be impressed, but I never do those things if I can avoid them.

The essential elements mesh very well with 5-S, Lean, Kaizen, etc. The line where ergonomics ends and these processes begin becomes blurred when we're doing it as part of our culture, our daily routine. These elements are:

1. Basic applied ergonomics training for everyone associated with the operation we're targeting, perhaps tailored to the individual job classifications. For employees to contribute to the ergo effort, they need to know something about it.
2. Establishing simple, usable in-house ergonomic standards for new and reinstalled processes and equipment. This is hugely important because simple, usable ergonomics standards are hard to find in the vast world of information we have access to, so writing up a short list is very helpful. (I have a list of suggested in-house standards for manufacturing which will make an easy follow-up article for next month!) If a set of in-house ergo standards were the whole ergo program, much of the problems would go away. That's how important standards are.
3. Assignment of specific job duties related to application of ergonomics to processes. Who is going to make this happen? It's very easy to just shove the training materials onto a bookshelf with all the other unused training references, forget what they said in the training and move on. It has to be a DUTY if it's going to get done.
4. Proper managerial emphasis, involvement and support to make it happen. Again, this needs to be pushed. Everything important which happens comes from the top, **not the** Safety Manager. If the boss doesn't appear to care, why should anybody care?
5. Finally, let us not overlook the advantages of searching for any possible ergonomic work done by others in the specific trade.

It was gratifying to find there were trade organization ergo guidelines for hospital sonographers and grocery stores, and that my own ergo suggestions covered everything they covered. I spent a lot of time developing them, so to find those trade organizations, people who really knew those jobs, came to the same conclusions I did was like getting their approval for the results of my work.

It would have been better, though, if I had found those guidelines **BEFORE** doing all the work to re-invent those particular wheels, not after. Instead of spending many days watching people at work and researching every aspect, I could have just forwarded a link. Get your Googler going; it is a blessing for the lazy.

Any company that wants to reach maximum efficiency, productivity, safety, and quality needs to take steps so that everyone has the appropriate responsibilities, sufficient motivation, and the resources they will need to apply ergonomic thinking to the process. This is more important for repetitive processes which we see across many industries and trades. If it can be accomplished simply, with the least bureaucracy and the greatest visible and tangible improvements, the cost-efficiency of the results will be better.

~Bill

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**Safety and Health Conference - Oct 11th - Save the Date**

Be sure to take note of the NEW VENUE for this event!

# SAVE THE DATE

Wednesday  
October 11, 2023

20<sup>th</sup> ANNUAL  
GREATER ST. LOUIS  
SAFETY AND HEALTH CONFERENCE

EXCITED TO PRESENT OUR NEW CONFERENCE VENUE

THE CROSSING AT CHESTERFIELD

114 EATHERTON ROAD  
CHESTERFIELD, MO 63005

*MORE INFORMATION COMING SOON!*



<https://www.stlsafety.org/>

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## St. Louis Chapter Executive Board Contacts

**President** - Dennis Pivin - summersetdennis@gmail.com  
**Vice President** - Nate Richardson - nate.richardson.safety@gmail.com  
**Secretary** - Krista Hyde - kristahyde@kristahyde.com  
**Treasurer** - Mae Patrick - stlassptreas20@att.net  
**Past President** - Steve Williams - swilliams@frenchgerleman.com

## Mid-Missouri Section Officers

**President** - Mark Woodward - mwoodwar@mem-ins.com  
**Vice President** - Paul Krewson - paul@peakergo.com  
**Secretary/Treasurer** - David Attebery - david.attebery@labor.mo.gov

## Chapter Committee Chairs

**Website** – Dave Callies – dcallies@kelpe.com

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

**PDC Chair** – Dennis Pivin – summersetdennis@gmail.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*

**Newsletter** – Dan Bembower – dan.bembower@usi.com

*Publishes and distributes the chapter newsletter to all chapter members*

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

*Recognizes member achievement through chapter awards*

**Scholarship** – Rob Miller – robertmiller91@yahoo.com

*Promotes student scholarships & continuing education scholarships for members*

**Golf Scholarship**

Jesse Taborsky – jesse.taborsky@crbusa.com

Nick Zahner – nzahner@murphynet.com

*Organizes and runs the annual golf tournament supporting local safety focused students*

**Programs** – Patte Ackermann, PT – ackermap@ssm-select.com

*Plans the program time and needs for presentations & coordinates schedule*

**Social Media** – Emily Felton – emilyfelton101@gmail.com

*Maintains online social accounts promoting discussion with local membership*

**Women In Safety Excellence (WISE) Coordinators**

JaNola Rigsby – jrigsby@qualsafesolutions.com

Patte Ackermann, PT – ackermap@ssm-select.com

*Organizes the WISH events to promote the community of Women in Safety & Health*

Please contact a board member or committee chair with comments or if you would like to participate in any of the chapter activities.

If you do not wish to receive these emails, please [click here](#)  
to unsubscribe from ASSP St. Louis Chapter messages.

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