



## St. Louis Chapter Newsletter



### In This Issue

- [Scholarship Golf Tournament](#) - June 9
- [Next Chapter Meeting](#) - July 10
- [Going to Safety 2023?](#) - Next Week
- [Calendar of Events](#)
- [Mid Missouri Section News](#)
- [WISH/WISE News](#)
- ["In-House Ergonomics Standards"](#) - Bill Kincaid
- [Anheuser Busch Tour](#) - August 10
- [STL Safety Council Safety and Health Conference](#) - Oct 11
- [Chapter Board Contacts](#) & [Committee Chairs](#)

### 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](#)!

---

### [Scholarship Golf Tournament - June 9](#)

**Registration may close at any time - only a few spots remain!**

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



## 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>

---

### **Future Chapter Meeting**

**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/>

---

## Going to Safety 2023?

If you're going to San Antonio for ASSP's Safety 2023 conference, let a [board member](#) know, or share your plans on our [LinkedIn](#) group, and look for your fellow chapter members.

For UCM alumni and friends, they're hosting an event on Tuesday, June 6th. Connect with Tom Metzner on his mobile at (913) 484-1770 or meet up at 430 E. Commerce St. from 5 to 7pm.



UCM's Department of Occupational Risk and Safety Science invites you to join alumni and friends during the ASSP Safety 23 Conference and Expo!

### **UCM Safety Sciences Alumni Night**

**5–7 p.m. Tuesday, June 6, 2023**

**Casa Rio, 430 E. Commerce St., San Antonio**

UCM Safety Sciences Alumni Night  
5–7 p.m. Tuesday, June 6, 2023  
Casa Rio, 430 E. Commerce St., San Antonio

Please share with all of our alumni and friends. We hope to see you there.

---

## 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 is taking a break over the summer and will begin meetings again in September:

- 09/20/23 is on **Cave and Mining Safety** with David Attebery at D. Rowes
- 10/18/2023 is on **Fall Prevention** at Columbia Safety and Supply.

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

---

## **WISH/WISE News!**

Our St. Louis WISE/WISH group recently received the highest recognition from ASSP when we received the **Platinum Award of Distinction**. CONGRATULATIONS! We remain proud of all of the successes our chapter has achieved and the friendships and networking we have experienced.

The Women in Safety Excellence had an amazing presentation by Kelli Young and Cindy Long of American Family Insurance in May. The topic was "Insurance 101" and it was hosted by Woodard Cleaning and Restoration and a tour of their beautiful new facility preceded the lunch and learn. Stay tuned for more WISE events coming soon!

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

---

## **In-House Ergonomics Standards**

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

In a previous article we talked about the essentials of a practical, basic ergonomics program. In my opinion, having a set of in-house standards makes ergonomics easier for everyone involved. These standards are culled from the multitude of credible sources out there and condensed into a short, accessible list which ergonomics teams, engineers, supervisors and employees can understand and use. Along with some very basic tools, such as a fishing scale and a tape measure, anyone who has some good standards will find ergonomics easier to handle.

In-house standards are at the top of my list of important elements of an ergonomics program, even if I listed them fifth in the last article. To develop our in-house standards, first we need to look at what we know about the effects of physical demands on the human body. Here are some of the basic philosophies behind injury prevention through ergonomics.

1. Deep bending to lift, or even repetitive stooping when not lifting anything, will nearly always result in back injuries if done over the long term.
2. Reaching above the shoulder will nearly always result in shoulder injuries if done repetitively. Reaching with the hands more than about 12 inches from the rib cage can do the same thing if done for the majority of the cycle time.
3. Bending slightly, or reaching upward slightly can cause lower back and shoulder problems if done for majority of the cycle time.
4. Forceful hand movements will cause hand and wrist disorders in some portion of operators, especially when there is pinch grip, twisting, direct pressure on the palm, or rapid manipulation of small parts. Any motion that can be eliminated should be if it can be done in an economically practical way.

5. Repetitive lifting has to be kept to a very low weight limit or it will cause back injuries.
6. Making someone exclusively do the same small task over and over will result in some injury when the work is forceful or requires awkward postures of any part of the body.

And so on. Knowing these "rules" are pretty reliable I came up with a list of suggested ergonomic in-house standards to take the place of the absent government regulations. This list is aimed at manufacturing, but could be adjusted for other professions such as some construction trades.

#### Postures:

1. Limit repetitive reaching to <12 inches from front of rib cage (for heavier workers will require shorter distance – 8" to 10" - from foremost obstruction to hand destinations)
2. No lifting to load or unload pallets (or repetitive reaching for controls) with hands below knees or above shoulders - optimum: lifting and repetitive reaching at elbow height (35 – 45 inches)
3. When assembling parts or loading fixtures, work at elbow height (between 35" and 45")  
(Discrepancy with #2 related to % of cycle time spent in posture)
4. Elbows at sides while working: work height of fingers same as elbow height
5. Parts and fixture all on the same plane
6. Hand tools: handles 1" – 1 ¼" diameter, 5" – 6" long, rounded ends, lightweight materials where feasible, knurl or coat for grippiness (aluminum, polycarbonate, etc. can usually be used for handles with steel inserts used for tool shafts or tips)
7. Locate initiation switches at a height (elbow height is optimal) and angle that allow straight wrists and fingers when using (optimum angle adjustable)
8. Operator touchscreens and monitors at about 55" - 65" from floor level – optimum height and angle adjustable

#### Forces (should be as minimal as practical)

9. No manual moving of drums other than empties
10. No hand lifting over 30 pounds, simple lifts only
11. Limit initial forces to < 40 lbs, sustained push/pull forces to <20 lbs when moving pallet jacks or carts
12. Assembly push force no more than two pounds
13. Pinch grip less than 2 pounds, briefcase grip less than 10 pounds, for any grip >10 seconds
14. Foot pedal force less than 10 pounds
15. Springs set by machine not by hand
16. Any in-process container lifted by hand is better with handles

#### Repetition:

17. Initiation switches use optical sensors rather than spring loaded buttons
18. Initiation switches mounted on individual pods if necessary to minimize obstruction of common mounting box
19. Engineer out flipping motions/dishrag hand motions where feasible
20. Suspend tools close to point of use, positioned at angle of use, tool torque controlled by suspension, minimum force required to move to point of use.
21. Tools and equipment expose hands of operators to only minimal vibration
22. Primary operator protection light curtains, muted during non-hazardous portions of cycle; initiation by single hand or foot switch, "trip" better than "controls" where controls not required for protection.

~Bill

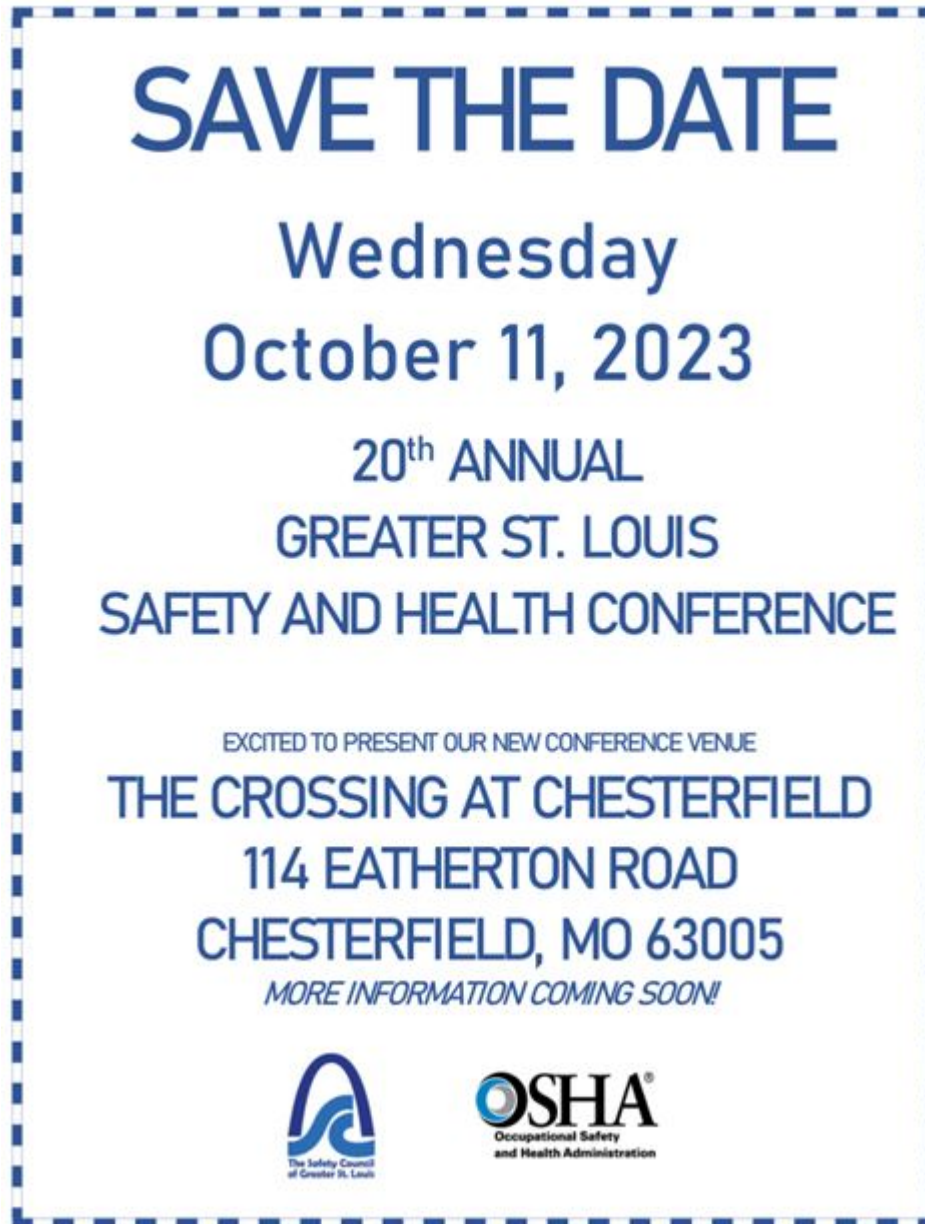
Join us for a unique tour of the Anheuser Busch Brewery! [Tickets Available Now!](#)





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

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



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

---

**St. Louis Chapter Executive Board Contacts**

**President** - Dennis Pivin - [summersetdennis@gmail.com](mailto:summersetdennis@gmail.com)

**Vice President** - Nate Richardson - [nate.richardson.safety@gmail.com](mailto: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.