



St. Louis Chapter Newsletter



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Important Links

- [Chapter Website](#)
- [Chapter Documents](#)
- [Current Job Postings](#)
- [Like Us on Facebook](#)
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Be sure to check out this month's [job openings](#)! Several new jobs in insurance, field safety, and management available!

Chapter Meeting - Monday September 11

Topic: Navigating Conversations Around Substance Use

Speaker: Stacie Zellin, Community Education Coordinator

[PreventEd](#) works to reduce or prevent the harms of alcohol and other drug use through education, intervention and advocacy.

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/september-lunch-meeting-navigating-conversations-around-substance-use/>

Next Chapter Meeting - Monday October 9

Topic: Fire Prevention

Speaker: St. Louis Fire Department

In honor of Fire Prevention Month, the City of St. Louis Fire Department will be speaking about fire prevention at work and at home.

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

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

Register for Meeting:

Pictures From the Brewery

Instead of the typical monthly meeting, in August we were treated to a tour of Anheuser Busch Brewery and a Happy hour to follow. Good times and delicious beer and snacks were enjoyed by all. Special thanks to Mark Steinbrecher and his team for making all of the arrangements and even leading the tour! We all enjoyed our visit and continue to marvel and this wonderful and iconic piece of St. Louis.





Women in Safety and Health (and in Trades)

Our WISH/WISE chapter recently had the opportunity to donate a bunch of brand new women's fit PPE from boots to hard hats to vests to the Missouri Women in Trades (MOWIT). This was made possible by the ever-so-industrious Kathleen Dobson, Safety Director from Alberici. Kathi was at the national convention for ASSP and noted many booths with leftover items. She convinced the vendors to give her the leftovers and she packaged them up, ran to the local UPS and shipped them to St. Louis for distribution to the MOWIT chapter!



Upon delivery to MOWIT, WISH members were delighted to learn that recent MOWIT projects had the women using the tools that had been donated by the WISH/WISE chapter at the last tool drive.

MOWIT said about the donations, "We are so grateful to receive this high-quality PPE designed for women, and all the wonderful tools donated last year. Not only do they make women safer on the job, but they also give women confidence of knowing they look professional and competent. When we use the tools at our Workdays, women also gain the skills needed to grow in their profession. Thank you WISH/Wise!!"

We appreciate our relationship with MOWIT!



Congrats to Chris Hicks!

Congratulations to Past ASSP President, SPY recipient, and friend and mentor to many of us, **Christopher Hicks, MS, CSE** for his appointment to the Saint Louis County's Health and Hospital Advisory Board by the Honorable Sam Page, County Executive and members of the County Council. He is honored to have the opportunity to contribute to the betterment of our community's health and well-being in the State of Missouri and he is looking forward to being able to leverage his background, experience, and skills in order to contribute effectively to this important role serving Saint Louis County. We are so proud of you, Chris!



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. Rows
- 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>

Realistic, Cost-effective Ergonomics for Real People

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

Ergonomics principles should be applied to every possible work area to boost productivity and efficiency, reduce the costs associated with injuries, reduce wasted effort, and to improve human well-being. A cost-effective, practical approach to ergonomics will be more hands-on than theoretical. The process involves anyone who can add value to get the most done with the lowest costs. This frugal, practical approach meshes well with the lean manufacturing philosophy in many workplaces.

Ergonomics, although a science, isn't rocket science. Ergonomics does not have to be complicated. The downfall of the OSHA ergonomics regulation a couple decades ago was mainly due to public indignation over the paperwork burden it would have created. All that documentation would have taken up lots of time at the expense of the time to fix anything in the workplace. Keeping things simple accomplishes a couple of very worthy goals.

Ergonomics becomes accessible to more people when it is simplified. A factory worker with a high school education can be fully involved in an ergonomic program if the ergonomic approach is practical. Lots of companies will tell you their production people are their main asset in improving their work processes. The creativity and experiences which the production team brings to the table can be priceless. They usually have a pretty good sense of what will work and what won't, meaning jobs can be assessed in a time-efficient manner and conclusions can be reached faster.

I've seen some ergo studies in insurance reports and even in "Professional Safety" which spend pages proving why lifting a heavy object is a problem, but then conclude with a single line describing an out-of-the-can recommendation such as "Install a hoist to eliminate manual lifting". The company pays \$6000 to install a fancy new hoisting device. The study then records the beneficial results when employees dutifully use the hoist while being stared at by four or five observers.

This result looks good on paper, but there are thousands of dusty & barely used hoists which were mothballed as soon as the employees could get away with it because they slowed the work down, as hoists generally do. Most supervisors will listen when an employee says "this slows me down! I can't keep up if I use it!" The analysis will come to nothing because the answers were poorly suited to the real world.

To be worthwhile, the end result must be real changes in the workplace based on application of ergonomics principles. Application is where we get the results – application is where the value is added, not analysis. If we can get more results with less analysis, we have reduced the part which added no value.

A realistic, cost-effective approach to ergonomics should invite experienced workers to contribute their knowledge and ideas; to keep the ergonomic process moving forward in a self-sustaining manner with accountability; and to eventually make the need for reinvention of existing equipment obsolete.

Main elements of our ergonomics program include:

1. Training For Everyone - Basic applied ergonomics training should be provided for everyone associated with production, perhaps tailored to the area where the ergo work will take place, light on theory and heavy on practical application. This training might only take an hour or two. A useful class would cover basic ergonomic stresses (force, posture, repetition, etc.) and practical ways to control them. There's not much talk about scientific references, although we inform students that information is out there if they need it. The time required to analyze a task is tremendously shorter using simple "rules of thumb" than going through calculations and looking through data tables.

Employee training on controls for ergonomic stressors should include some practical, less-costly options. For example, instead of buying a pallet lift to reduce bending while lifting, a short stack of extra pallets may substitute or allow for a trial run. Since adjustable equipment may be expensive, the class should include dimensions for fixed equipment (table heights, storage heights, etc.) as cheaper alternatives.

2. Defined Goals and Achievable Measurements - Assignment of specific job duties related to application of ergonomics to processes so everyone knows their ergonomic goals, with corresponding managerial emphasis, involvement and support to make it happen. Management should develop and monitor some leading indicator metrics for ergonomic process performance.

Some of my more proactive clients require supervisors to work with their teams to complete job hazard analyses including ergonomic hazards. The completed JHA document is the metric, and the goal is one job per month. Documented team ergonomics and safety meetings can also double as metrics. Valid contributions can be actively solicited by supervisors; recognized, implemented and rewarded in a timely manner; and also considered in performance evaluations. Most importantly, supervisors watch their teams to ensure adjustable equipment is correctly used and adjusted.

3. In-House Standards - Establishing simple, usable in-house ergonomic standards for new and reinstalled processes and equipment to prevent needless redesign. Redesign and alteration of existing processes is a form of waste, so the long term goal should be to reach a point where it will never be necessary to reinvent solutions.

A good set of ergonomic standards can help continually improve current processes and also make it easier to achieve future improvements. Everything needs to be short, simple, relevant and applicable. Costs of improvements must be reasonable. Very few companies can afford to throw big money at small problems.

There are no government ergonomic regulations in most states, but we can write some simple standards for our own use. These can help eliminate the ergonomics reinvention process by designing ergo into the newer lines. In-house ergonomic standards can include simple rules such as "no hand lifting over 30 pounds, simple lifts only" and "no lifting or repetitive reaching with hands below knees or above shoulders: optimum is elbow height".

4. Consideration of Variations in Body Types - Ergonomics is often referred to as "fitting the job to the worker", but which worker? Many ergonomic references seem to use an "ideal" model of the human body in their illustrations and recommendations. They use a drawing of someone who looks like the captain of the Olympic swim team. Our real employees are often very different from these models. We should accommodate the beefier dimensions of larger people.

Dimensions such as reach distance are thrown off when the "real" person is five foot eight and three hundred pounds. A big belly pushes the worker back and makes achieving a safer reach difficult.

Obstructions between an equipment operator and the farthest point where they must repetitively reach should be minimized, regardless. The dimensions of real people must be taken into account.

The same thing applies to weight bearing equipment like chairs and stools. Most workstation seating (office chairs, ergo stools, etc.) is designed for a maximum weight of 250 pounds. Lots of us weigh more than this. "Big people" chairs can be had with ratings of 350 to 450 pounds, and with the bonus of wider seats, etc. Floor mats are also more important for heavier people who naturally bear more heavily on their feet.

5. Allowances for Different Positions - People need to move around a little while they work. The human body just works better when not confined to a single posture. Leaving a little room to move around and try different postures will help. Footrests and folding armrests for sitting, standing and leaning; sit-stand

stools; and chairs with armrests allow workers some postural options. Discuss the realities of the labor pool when training to help the teams make workstations and work areas better for the workers who use them.

Any company which wants to reach maximum efficiency, productivity, safety, and quality needs to take steps so everyone has the appropriate responsibilities, knowledge, motivation, and resources they will need to apply ergonomic thinking to the process. If ergonomic changes can be accomplished simply, with the least possible bureaucracy and the greatest visible & tangible improvement, then the cost-efficiency of the results is better.

~Bill

DOT Compliance Webinar - Oct 3

Register with [NATMI](#) for a DOT compliance webinar on October 3rd and 4th



NATMI Safety & DOT Compliance Series VIRTUAL ONLY

Presenter: Mike Bohon

REGISTRATION DEADLINE: 9/24/2023

The Safety & DOT Compliance series is three seminars held back-to-back.

**Day 1 (All Day):
DOT Compliance & Safety:**

This seminar focuses on driver qualifications, safety fitness and safety ratings, roadside inspection, CDL requirements, and driver physicals. Master the safety compliance skills necessary to survive a DOT safety audit.

Day 2 Morning:

Hours of Service & Driver Logs: This hands-on interactive seminar provides training on the federal hours of service regulations and the proper use of driver logs. You'll participate in a driver log review and learn to identify inaccurate entries.

Day 2 Afternoon:

Controlled Substances and Alcohol Mandatory Training: This seminar completes the DOT's mandatory supervisor training requirements for Alcohol and Controlled substances. Plus, you'll review the critical parts of the DOT regulations on Alcohol and Drug testing (Part 382 and Part 40).

Costs:

Members - \$305.00 / Nonmembers - \$365.00

Safety & Compliance Day 1 only: Members - \$180.00 / Nonmembers - \$200.00

Hours of Service only: Members - \$90.00 / Nonmembers - \$110.00

Drug and Alcohol Training Only: Members - \$90.00 / Nonmembers - \$110.00

Safety & Compliance Day 1 and Hours of Services Only: Members - \$270.00 /
Nonmembers - \$310.00

[North American Transportation Management Institute \(NATMI\)](#)

Sign up today for the Gateway Regional Safety Conference. Pricing goes up from \$175 to \$185 after July 4th. Find the the conference agenda, exhibitor details, and registration instructions here: <https://sites.google.com/slu.edu/ehsce/home>



ENVIRONMENTAL, HEALTH & SAFETY TUESDAY, OCTOBER 3, 2023 @ SAINT LOUIS UNIVERSITY

GATEWAY REGIONAL CONFERENCE & EXPO

"Building relationships and driving safety in the workplace"

REGISTER TODAY

TUESDAY, OCTOBER 3RD, 2023 @ BUSCH STUDENT CENTER (SLU)

"Conference will include workshops and sessions across a range of EHS-related topics with an emphasis on practical application, targeted improvement, small businesses, and networking."

PRESENTED BY:



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- Name listed in flier
- Name listed in program
- Recognition at event
- (2) attendees included for conference



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NETWORKING SOCIAL HOUR POST-CONFERENCE	→	\$7,500	LANYARDS	→	\$1,000

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Greater St. Louis Safety and Health Conference - Oct 11th

Save the date for the 20th annual GSL Safety and Health Conference in its new home at The Crossing at Chesterfield. Exhibitor registration and sponsorship opportunity details can be found at <https://www.stlsafety.org/conference2023>

The 20th Annual Greater St. Louis Safety and Health Conference

October 11, 2023

The Crossing At Chesterfield

114 Eatherton Rd. | Chesterfield, MO 63005

Keynote Speaker:

Shawn Spiwak

The Power of Communication

In 2008, as an employee of Kansas City Power and Light, Shawn and his crew responded to a power outage in a neighborhood just north of Worlds of Fun in Kansas City. During the restoration, Shawn came in full contact with an electric line that was still energized. The electricity traveled a path from his right elbow to his right knee, down the pole. The fifth-degree burns left his bones with irreparable damage.

Shawn made an amazing recovery with a willpower that was stronger than the 7,200 volts of electricity that traveled through his body that day. He eventually returned to Kansas City Power and Light (now Evergy) where he is now a trainer and now travels to share with companies, first responders, and schools, the power of electricity.

Through his experience, Shawn will share the importance of communication in any role and situation. And how one misstep in communication could save (or cost) a life.

Please Join Our Sponsors



<https://www.stlsafety.org/conference2023>

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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