

# ASSP



# GRANITE STATE CHAPTER

## OCTOBER 2021

|  |            |
|--|------------|
| <b>President's Message.....</b>                                      | <b>2</b>   |
| <b>News and Events.....</b>  | <b>3-7</b> |
| <b>KSC Student Networking<br/>    Event.....</b>                     | <b>3</b>   |
| <b>Don't Ignore the Pain of a<br/>    Sprain or Strain!.....</b>     | <b>4-5</b> |
| <b>DOT Hazardous Materials<br/>    Shipper Security Planning....</b> | <b>6</b>   |
| <b>NH Professional Development<br/>    Conference Details.....</b>   | <b>7</b>   |
| <b>E-Board Contact Info.....</b>                                     | <b>8</b>   |

## UPCOMING MEETINGS AND EVENTS

### **New England Professional Development Conference**

*Go to pg. 7 for more details*

**Location:** Equinox Golf Resort & Spa,  
Manchester, VT

**Date:** Nov. 15th & 16th, 2021

### **How to Convince Others that Safety is Important**

**Date:** December 1st at 12pm EST

**Speaker:** Jim Kaufman from Lab  
Safety Institute

**On Zoom**

## DONATE TO THE GRANITE STATE SCHOLARSHIP FUND FOR KSC STUDENTS

<https://granite-state-assp.square.site/>



# President's Message

## Hello Granite State Members!

The Granite State E-Board and I are excited to share some chapter updates with you all!

On September 30th the Granite State Chapter attended the Keene State Job Fair and held a networking event that night with the student section of ASSP at Ramuntos in Keene. We had a great time getting to talk with students and meeting some of the new professors in the safety program at Keene State. Please see age 3 for more info.

The Fall Scholarships for Keene State students opened on October 15th and will close on November 15th. The Granite State will be offering (1) \$250 & (1) \$500 scholarship to Keene State Safety Majors. If you would like to donate to the scholarship fund please reach out to me and I can provide the link to the scholarship fund page.

We currently are in the works of planning events and meetings for the coming months.

On November 15th & 16th the New England Area ASSP PDC will be taking place in Manchester VT. More information on the event can be found on page 7.

If you are interested in speaking at one of our meetings this year, please reach out to any of our E-Board members our contact info can be found on page 8.

Please check out the Granite State ASSP website and our social media platforms for the most up to date information in upcoming events!

Thank you,  
Danielle Cobleigh

## Granite State Welcomes our New Members From September!

James Bennett  
Jared Drew  
Jackson Ramalhinho

Calvin Hunter  
Samantha Loch  
Andy Torres

Paul Mercier  
Ethan Russell  
Dominic Scarponi

## ASSP Granite State Membership Anniversaries!

**10 Years**  
Lonnie Guin

**25 Years**  
Brian Duplessis

**Thanks for your commitment and congratulations!**

## Look for us on Social Media!

**Facebook:**  
American Society of Safety Professionals Granite State Chapter

**Twitter:**  
@gscASSP

**Instagram:**  
@granitestateassp

**LinkedIn:**  
ASSP Granite State Chapter

# News & Events

## Check Out our Websites for Updates!

<https://granitestate.assp.org/>

## KSC Student Networking Event

Author: Danielle Cobleigh - ASSP Granite State President

On September 30th the Granite State chapter attended the Keene State Safety Job Fair and then later that day held a networking event with the KSC ASSP Student Section at Ramuntos in Keene. We were able to present the student section with a \$500 check from Region 8 ASSP. We would again like to thank Ed Zimmer the Region 8 Vice President for the generous donation to the student section.

We had such a great time getting to know the students and professors of the program. The Granite State raffled off 10 student memberships and paid for the student section e-board memberships. We are looking forward to working with the student section and the professors and cant wait to have another event with the students. The Granite State chapter would like to thank Professor Abdul Balogun, the student section advisor for his hard work and dedication in working with the student section.

Look out for a Highlight of the Student Section E-board in the November Newsletter!



## Job Openings Near You!

- EHS & Security Leader @ GE in Hooksett
- EHS Coordinator @ Astronics in Lebanon
- Research EHS Manager @ UNH in Durham
- EHS Supervisor @ Hubbell, Inc. in Littleton
- EHS Specialist II @ Hologic, Inc. in Londonderry
- EHS Specialist @ Weston Food US in Manchester
- EHS Intern @ Markem-Imaje in Keene
- EHS Manager @ Avery Dennison in Concord
- HSE Manager @ Teledyne in Portsmouth
- EHS Coordinator @ Alene Candles in Milford
- Area EHS Manager @ Walmart in Raymond
- EHS Manager @ Uline in Sugar Hill
- EHS Specialist @ Calpine in Londonderry
- Regional EHS Manager @ Pitney Bowes in Manchester
- EHS Specialist @ Turbocam in Barrington

# Don't Ignore the Pain of a Sprain or Strain!

Author: Courtney Simone - ASSP Granite State Communications & Social Media Chair and Nominations & Elections Chair

## WHAT ARE SPRAINS AND STRAINS?

A **sprain** is caused when a person places excessive demands on a joint, which is the place where two bones are connected to each other by a ligament. This extra stress on the joint can cause the ligaments to stretch or tear, the more severe the tear to the ligament the more severe the sprain.

A **strain** is a tearing of a muscle caused by overexerting or pulling a muscle. Although any ligament can be sprained, some areas of the body are more likely to be injured than others. Knees, ankles, wrists, and fingers are likely candidates for sprains since we typically place more force on these joints.

## HOW DO SPRAINS AND STRAINS OCCUR?

Any type of physical activity can lead to sprains or strains, although certain scenarios are more common than others. Sprains and strains can happen suddenly or develop over the course of days, weeks or months. When a worker is exposed to causative risk factors, they are more likely to develop a sprain / strain. There are two general categories of risk factors; ergonomic risk factors and individual risk factors. The more risk factors a worker is exposed to, the greater the likelihood of an injury occurring.

## ERGONOMIC RISK FACTORS:

### Excessive Repetition:

Many work tasks and cycles are repetitive in nature, and are frequently controlled by hourly or daily production targets and work processes. High task repetition, when combined with other risks factors such high force and/or awkward postures, can contribute to the formation of MSD.

### Excessive Force:

Many work tasks require high force loads on the human body. Muscle effort increases in response to high force requirements, increasing associated fatigue which can lead to Musculoskeletal Disease (MSD).

### Awkward Posture:

Awkward postures place excessive force on joints and overload the muscles and tendons around the effected joint. Joints of the body are most efficient when they operate closest to the mid-range motion of the joint. Risk of MSD is increased when joints are worked outside of this mid-range repetitively or for sustained periods of time without adequate recovery time.

### Other Environmental Factors:

Weather-cold and hot can have an effect on muscle groups and contribute to sudden / acute soft tissue injury.



## INDIVIDUAL RISK FACTORS:

### Poor Work Practices:

Workers who use poor work practices, body mechanics and lifting techniques are introducing unnecessary risk factors that can contribute to MSDs. These poor practices create unnecessary stress on their bodies that increases fatigue and decreases their body's ability to properly recover.

### Poor Overall Health Habits:

Workers who smoke, drink excessively, are obese, or exhibit numerous other poor health habits are putting themselves at risk for not only musculoskeletal disorders, but also for other chronic diseases that will shorten their life and health span.

### Poor Rest & Recovery:

MSDs develop when fatigue outruns the workers recovery system, causing a musculoskeletal imbalance. Workers who do not get adequate rest and recovery put themselves at higher risk.

### Poor Nutrition, Fitness, and Hydration:

For a country as developed as the United States, an alarming number of people are malnourished, dehydrated and at such a poor level of physical fitness that climbing one flight of stairs puts many people out of breath. Workers who do not take care of their bodies are putting themselves at a higher risk of developing musculoskeletal and chronic health problems.

### No Recognition of Early Signs & Symptoms:

Many MSDs develop over the course of time. At the first signs of excessive fatigue/discomfort, the worker has an opportunity to recognize the early signs and symptoms and proactively use recommended injury prevention tools and principles. Not recognizing early warning signs leads to a reactive approach – and it's only a matter of time until these signs and symptoms develop into a musculoskeletal injury.

## A Prevention-focused Approach to Sprains and Strains in the Workplace

When it comes to sprains and strains, prevention is of course, better than treatment. Sprains and strains are a painful (and unnecessary) experience that we want to prevent from happening. To do that, you need a comprehensive prevention process to systematically identify and remove the risk factors present in your workplace and workforce through the use of controls. There are two primary types of controls; ergonomic controls to reduce/remove ergonomic risk factors and individual controls to reduce/remove individual risk factors.

## ERGONOMIC CONTROLS:

**Engineering Controls:** eliminate or reduce awkward postures with ergonomic modifications that seek to maintain joint range of motion to accomplish work tasks within the mid-range of motion positions for vulnerable joints. Proper ergonomic tools should be utilized that allow workers to maintain optimal joint positions.

**Administrative Controls:** include work practice controls, job rotation and counteractive stretch breaks.

## INDIVIDUAL CONTROLS:

Just like putting controls in place to reduce ergonomic risk factors, you can put controls in place to reduce individual risk factors. We call them "individual controls" and they control individual risk factors while also empowering individual workers.

**Education and Training:** Employees should be trained on all aspects of human performance, including ergonomics, MSD prevention principles and individual health and wellness. Formal classroom training and one-on-one follow up ensures the message is getting through.

**Early Intervention:** The early warning signs of future injuries are present in your workforce today. Early intervention is a proactive strategy designed to discover early warning signs of MSDs and prevent the early warning signs from developing into an injury.

# DOT Hazardous Materials Shipper Security Planning

Author: Al Parise - ASSP Granite State Membership

Most industrial facilities, either because of the products they produce or the wastes they generate, ship hazardous materials off-site. These hazardous materials, as defined by the Department of Transportation (DOT) are given a strict and comprehensive set of rules on how classify, package, prepare, and offer for shipment in an effort to increase safety and reduce the potential for a release to the environment. However, for certain shippers, the DOT has determined that the risk of transport is so great they must take additional steps to prevent disaster from occurring. You may have had quick discussions on this process during your DOT Hazmat Shipper refresher training, but this article will expand on the concept of a DOT Security Plan.



Located under 49 CFR 172 Subpart I, the DOT security plan applies to shippers who offer above certain quantities of hazardous materials Classes in a single container, such as highly flammable liquids (Class 3 packing group I or II) or materials which are poisonous by inhalation. These thresholds also apply to your shipping vendor as well, who will be required to develop their own DOT Security Plan to cover their role in the transport of these materials. At first glance the requirements of the plan seem simple, however the requirements in Subpart I can be initially misleading. While some components are typical bread-and-butter programmatic requirements (descriptions of training, schedule for program review, job titles and their responsibilities under the program), facilities are also required to conduct an assessment of risks associated with the storage and preparation for transport of materials covered by the program.

This assessment of risks can be, depending on your facility and the materials being shipped, an exhaustive and convoluted process. If you are familiar with the Process Hazard Assessment requirements of the OSHA Process Safety Management or EPA Risk Management plan, you will understand the level of complexity this can entail. The DOT expects you to evaluate every aspect of the storage and shipment preparation of your hazmat, such as visitor access, site fencing, identification verification, container management, and loading procedures. Using that assessment, your Security Plan should then be developed to address the risks identified. As with any PHA, a diverse team with appropriate expertise will ensure the process is effective at identifying concerns to be addressed.

Developing a DOT security plan can be a daunting task, but with the right team and a little determination, it can be done. For further reading, the DOT has compiled an informational brochure on creating a Security plan at this link:

<https://www.phmsa.dot.gov/training/hazmat/security-requirements-brochure-english>

A final note, DOT Security plans have some shared jurisdiction with the Department of Homeland Security, who also may review your program, not just the DOT!

**UNH Job Openings:**

**UNH Laboratory Safety Specialist**  
<https://jobs.usnh.edu/postings/43610>

**UNH Laboratory Safety Manager**  
<https://jobs.usnh.edu/postings/43560>

# NEW ENGLAND AREA PROFESSIONAL DEVELOPMENT CONFERENCE



**When:** November 15th & 16th, 2021

**Where:** Equinox Golf Resort & Spa  
 3567 Main St  
 Manchester, VT 05254  
[Click here](#) for more information

**Reservations:** Call the Reservation Department, M-F 9AM to 5PM at 877-854-7625  
 Cut-off Date: Friday, October 16 at 5PM

**NE PDC Venue Survey PLEASE VOTE!**  
<https://region8.assp.org/neapdc/>

**Schedule:** Subject to change  
[NE PDC Schedule](#)  
[PDF Download](#)

**Exhibitor/Sponsor Registration**  
[Exhibitor/Sponsor Registration Link](#)

## Upcoming ASSP Educational Events

[Click here](#) to view ASSP's educational calendar and for class registration!

- Building a Resilient & Sustainable Asset Safety Program**  
 Oct. 21, 2021  
 11:00 AM - 12:00 PM CT
- Safety Management II**  
 Oct. 21, 2021 - Nov. 18, 2021  
 4-weeks, every Thursday  
 90-minute online meeting  
 6:00 to 7:30 PM CT
- Corporate Safety Management**  
 Oct. 21, 2021 - Nov. 18, 2021  
 4-weeks, every Monday  
 90-minute online meeting  
 6:00 to 7:30 PM CT
- Enterprise Risk Management for Safety Professionals**  
 Oct. 21, 2021 - Nov. 18, 2021  
 4-weeks, every Thursday  
 90-minute online meeting  
 from 6:00 to 7:30 PM CT
- Internal OHSMS Auditing Using ISO 45001**  
 Oct. 24, 2021 - Nov. 21, 2021  
 5-weeks, every Tuesday  
 90-minute online meeting  
 6:00 to 7:30 PM CT
- Effective Fall Protection Programs**  
 Oct. 27-28, 2021  
 2 days - 8:00 AM to 4:30 PM CT
- Assessing Risk Plays a Key Role in Preventing Serious Injuries and Fatalities (SIFs)**  
 Oct. 27, 2021  
 11:00 AM - 12:00 PM CT
- Building Employee Engagement for a Strong Safety Culture**  
 Nov. 1, 2021  
 8:00 AM - 4:30 PM CT
- Lean Six Sigma Tools for Safety Professionals**  
 Nov. 2, 2021  
 8:00 AM - 4:30 PM CT

# Looking to Join ASSP ?

# E-Board Contact Information

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## **Ed Zimmer, MS, CSP**

### **Region 8 Vice President**

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## Training Opportunities:

### **Offered by ASSP**

[Click Here for Courses from ASSP](#)



### **Offered OSHA Training Center**

[Click Here for Courses from OSHA](#)

