

# ASSP



## GRANITE STATE CHAPTER

# JANUARY 2022

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## UPCOMING MEETINGS AND EVENTS

### **Jeopardy!**

Granite State Chapter is hosting a game of Jeopardy over Zoom!

**Date:** February, 8th at 6:30pm

**On Zoom**

### **Joint Meeting with KSC Student Section**

**Date:** February, 23rd at 5pm

### **Granite State Networking Event**

Granite State Chapter is hosting a Network event in Keene after the KSC Job Fair!

**Date:** March, 3rd at 4pm



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

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

# President's Message

## Hello Granite State Members!

Happy New Year! The E-Board and I are looking forward to getting to see you this year and we are excited to share some chapter updates!

February 8 th at 6:30pm, we will be hosting Safety Jeopardy over zoom, there will be prizes for the winners. Join us for our First Annual Safety Jeopardy event and see if you can beat our reigning champion Courtney Simone.

On February 23rd at 5pm on Zoom we will be having a joint technical meeting with the KSC Student Section, topic TBD. We are looking for a speaker so, please reach out to me if you are interested!

On March 3rd , at 4pm following the KSC Safety Job Fair we will be hosting a networking event in Keene NH, location TBD. We will also be presenting our Fall Scholarship winners with their prizes.

The Fall Scholarship winners have been selected. Melissa Field received the \$500 granite state scholarship and Hailey Haddock received the \$250 scholarship. ASSP Region 8 generously decided to do a scholarship match this year, so Melissa will be receiving \$1000 total and Hailey will be receiving \$500 total. Please see page 3 with more information on our scholarship winners. Donations can be made to the Granite State Scholarship Fund using the link found on Page 1. If you would prefer to write a check please reach out to me using the contact information on Page 6.

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 6.

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 December!

Kristin Tenzin	Nate Howard	Bryce Corey	Megan Ferm
Nicholas Stelmash	Ryan Gryniewicz	Maxwell Cooper	Stephanie Carroll
Michael Martin	Jennifer Freedman	Cameron Boucher	Colin Bourque
Jeffrey Hunter	Tommy Donnelly	Seth Bienvenue	Oshan Airewele

## ASSP Granite State Membership Anniversaries!

**25 Years**  
Thomas Ainsworth  
Thomas Brothers

**40 Years**  
Roland Vance

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/>

# Scholarship Winners!



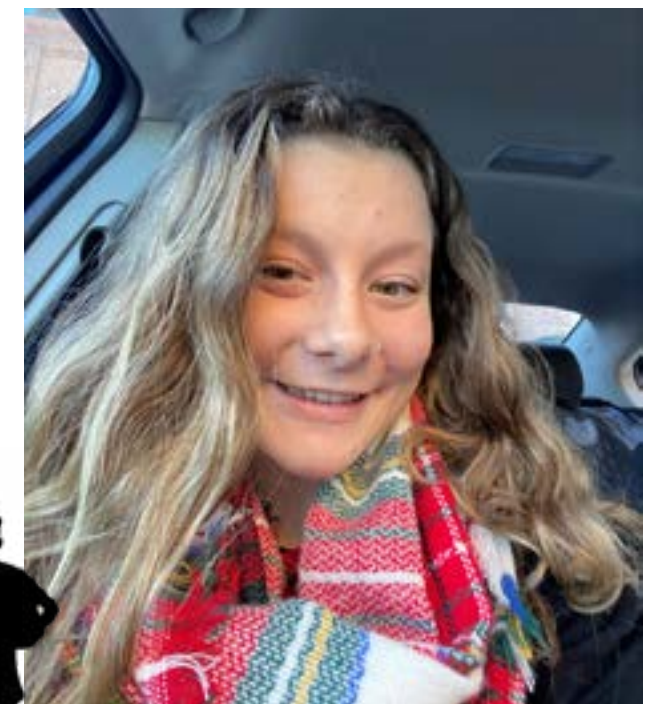
## Melissa Field Scholarship Winner - \$1000

Hello! My name is Melissa Field and I'm from Nashua, New Hampshire. As a senior at Keene State, I'm pursuing a degree in Construction Management and another in Architecture with a minor in Business Management. I started my journey at Keene State focused on helping people through the built environment (Architecture). As soon as they opened up the Construction Management degree, I jumped on it. I found that I love all parts of the building process; from design to construction to safety to close-out. Since the construction industry is so interconnected, I'm so glad I was able to learn multiple disciplines. The concepts and principles I learned in my safety classes allowed me to expand my mindset and apply it to my other courses. Therefore, I'm extremely thankful to the professors who supported me in my journey.

## Hailey Haddock

### Scholarship Winner - \$500

Hi I'm Hailey Haddock. I am a sophomore at Keene State College. I am from Swanzey, NH, not too far from campus. I chose Safety and Occupational Health because I have always strived to help people. I'm also minoring in Environmental Studies as I am very passionate about how we treat our planet. I believe that as a future Safety Professional if I can help the people and then the environment, I will be very proud of myself!



# Portable Fire Extinguishers

Author: Andrew Sellars - ASSP Granite State Treasurer

Fire extinguishers play an important role both at home and in the workplace. Many companies have policies that require all employees to evacuate in the event of a fire and other times organizations may choose to train certain employees i.e. First responders, HAZMAT teams, mechanics etc on the proper and safe use of fire extinguishers. Employees required to use an extinguisher should be trained annually on the safe use of fire extinguishers and should be instructed that their use is for fires generally no larger than a small waste basket size and is not spreading.

## The Main Types of Fires

- Class A** – Fires involving ordinary combustibles such as wood, paper, trash, cloth and plastics
- Class B** – Fires involving flammable liquids and gases such as gasoline, oils, paints, propane, and butane
- Class C** – Fires involving energized electrical equipment including motors, transformers, and appliances
- Class D** – Fires involving combustible metals such as potassium, sodium, aluminum, and magnesium
- Class K** – Fires involving cooking oils and greases such as animal fats and vegetable fats

When using a fire extinguisher, the PASS acronym is used to remind employees or users of the proper technique to safely extinguish a fire. Pass stands for:

- P** – Pull the pin
- A** – Aim the nozzle at the base of the fire from a safe distance
- S** – Squeeze the operating lever to discharge the fire extinguisher
- S** – Sweep at a safe distance sweep the nozzle/hose of the extinguisher side to side until the fire is out. As the fire goes out you may move closer if so to do so. Always watch for any signs of re-ignition.

There are many methods to properly train employees in the safe use of fire extinguishers. It is commonly recommended that companies perform a mix of classroom and hands-on training. This type of training may consist of reviewing the above basic fire and safe use principles and then hiring a vendor to perform a hands-on live fire extinguisher training session. Many companies also decide to purchase these training tools and provide the training in-house, which is especially handy for 24/7 operations. Some of the most popular fire extinguisher training tools used across industry include the Lion Bullex training system, Drager, and Bullseye Digital Fire Extinguisher trainer to name a few.

## For further information on Fire Extinguishers please see the links below:

- <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.157> - General Industry
- <https://www.usfa.fema.gov/prevention/outreach/extinguishers.html> - FEMA

## Training Resources in New Hampshire:

- Monadnock Fire Extinguisher Training: monadnockfireexttraining@gmail.com
- New Hampshire Fire Academy – Division of Fire Standards and Training
- Fire Service Pro LLC – Hudson, NH
- Cintas

## Job Openings Near You!

EHS Specialist @ Laborie Medical Tech. in Portsmouth  
Jr. EHS Consultant @ The Lawson Group in Concord  
Safety Manager @ E.D. Swett, Inc in Canterbury  
EHS Engineer @ Loureiro Engineering in Manchester  
HSE Manager @ CBRE in Concord & Manchester  
EHS Specialist @ Calpine Corp. in Londonderry  
Safety Intern @ CRH in Portsmouth

EHS Specialist @ American Performance Ploymers in Colebrook  
EHS Coordinator @ Alene Candles in Milford  
EHS Specialist @ Protolabs in Nashua  
EHS Intern @ Lindt Chocolate in Stratham  
EHS Specialist (2nd Shift) @ Sig Sauer in Newington  
Area EHS Manager @ Walmart in Raymond

# Winter Preparation

Author: Lindsay Amari - ASSP Granite State Student section Liason

## Winter Preparation:

In cold, wet conditions, common risks include slips and falls and motor vehicle accidents. By taking simple precautions, it can prevent accidents and injuries.

## Preventing Slips:

Areas that may become slick during the winter months require extra caution include stairs, ramps, tile floors, parking lots, and metal parts on equipment.

- Placement of non-slip floor mats and cautions signs in high traffics areas
- Use traction devices that strap onto shoes when conditions require them
- Use the right shoes; anti-slip shoes are essentials in the winter months. The soles on shoes need thin cuts that help disperse water and provide more grip on the ground
- Take shorter steps and walk at a slower pace to have the ability to make quick changes
- Use caution when walking under awnings, buildings, and windows where snow or ice has formed

## Driving Safety:

- Slips can happen when entering/exiting the vehicle by having 3 points of contact will provide more support and stability when getting in or out
- Be aware that the motor vehicle itself may lose traction in uncontrollable circumstances:

- When roads are slick, slow down and leave extra following distance between you and the car in front in case of sudden movements
- If you begin to skid, turn the wheel in the direction your vehicle wants to go. Do not hit the brakes

- Know the weather conditions that you will encounter on the drive and plan ahead
- Keep your vehicles properly maintained and inspect tire tread, brakes, lights, battery, oil level, and windshield wipers
- Assume that roads, bridges, and exits are icy to be prepared
- Keep all lights, windows, and mirror clean for better visibility
- When cleaning snow or ice off your vehicle, ensure the roof of your vehicle is completely cleared off. In the state of NH, it is illegal under the "Jessica Law" not to have your vehicle thoroughly cleaned off <https://courts-state-nh-us.libguides.com/blog/Finding-Jessicas-Law>
- Keep your cell phone charged in case of an emergency

**TOP 6**  
Ways To Get Your Car Ready For Winter

- 1 Change your oil and oil filter.
- 2 Have your batteries checked and charged.
- 3 Check your tires and consider winter tires.
- 4 Inspect all the lights.
- 5 Replace dirty air filters.
- 6 Always carry an emergency kit.

**NUTLEY KIA**

# Looking to Join ASSP ?

# E-Board Contact Information

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### **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](#)

