



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Granite State Chapter

THE GRANITE STATE CHAPTER: NEWSLETTER JANUARY 2021

President's Message

Hello Granite State Members!

The 2020-2021 Executive Board and I are excited to get this year rolling. COVID has presented many challenges for everyone over the last year including our E-Board, however we are excited to provide virtual meetings and networking events throughout the coming months. As of right now we are not able to meet in person and probably will not be able to for some time. However once we are able to meet in person again, we will surely will continue our normal technical meetings and networking events.

The last year has been a strange year for everyone, especially safety professionals. We had been tasked with running pandemic plans, implementing new PPE requirements, and trying to keep our workforce healthy, on top of our normal EHS duties. For many of us all we have talked about is COVID, our meetings over the coming months will feature topics that will not include COVID or dealing with the pandemic, because like all of us many of you are probably burnt out about COVID.

Our first event will be held on Tuesday January 26th at 6pm on Zoom. We will be holding a networking event and will be playing safety jeopardy (there will be prizes for the top 3 winners). Our next event will be on February 17th at 6pm on Zoom, Jaime Evans, CHT from Turner Construction will be presenting on Behavioral Health in Construction.

Please check out the granite state website for upcoming events, job postings, and other society news. Our E-Board's contact information can be found on the Chapter Officers page.

Please reach out to the E-Board with ideas, feedback or if you are interested in presenting at one of our meetings.

We are looking forward to the coming months and getting to see you all face to face hopefully soon!

Thank You,

Danielle Cobleigh

Upcoming Meetings

When: Tuesday January 26th, 2021

Time: 6pm-7pm

Where: Zoom

Topic: Networking & Safety Jeopardy

When: Wednesday February 17th, 2021

Time: 6pm-7pm

Where: Zoom

Topic: Behavioral Health in Construction

Speakers: Jaime Evans, CHT

When: Saturday March 6th, 2021

Time: 11am-12pm

Where: Zoom

Topic: Safety in Your Home

Speakers: Justin Deflumeri





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Teleworking & Ergonomics

By Courtney Simone, CSP

The measures taken to protect our community from exposure to COVID-19 have forced us to move from office-based workers to home-based workers. Within home offices, you may find yourselves in less than ideal computer work settings. While at the office you may have access to ergonomic chairs, adjustable tables and large monitors. This equipment allows you to comfortably work in a seated position. Teleworking from home may offer you a soft cushy couch, but puts the rest of your body at risk of injury due to poor prolonged posture. While the couch, bed, or Lazyboy chair may seem like a comfortable workstation option; using these for an extended time will result in non-neutral postures and potential musculoskeletal discomfort.



Below are some useful Ergonomic tips to maintain healthy working conditions while at your home computer while teleworking.

While ultimately getting a set up at home with a desk and good ergonomic chair would be ideal, there are some simple things you can do in your home without having to invest in new chairs and desks. Consider investing in an adjustable task chair, desk, and external monitor if telework may become more permanent.

> GENERAL TIPS:

- Try to find a location that allows you to maintain neutral positions for neck, legs, arms, and wrists.
- Avoid sitting on a bed or couch. Create space at a desk or table that can be dedicated for computer use.
- Sit so your head and neck are upright and in-line with your torso, not bent down or tilted back.
- Your upper arms are perpendicular to the floor, not stretched forward or angled backward
- Your forearms, wrists and hands form a 90-degree angle with your upper arms
- Your thighs are parallel to the floor and your lower legs are perpendicular to the floor
- Your wrists and palms are not resting on sharp edges

> CHAIR

- Use a good, supportive chair if possible. If you don't have a good chair available, use pillows or cushions for added support and/or a rolled up towel as low back support as well as a tool to raise your sitting height to better match the height of your table
- Kitchen tables can be too high for computer work; use a pillow to raise yourself up on your chair.
- Don't let your feet dangle; use something to support your feet if you are sitting on a high countertop height stool.

> MONITOR & KEYBOARD/MOUSE

- Use monitors, keyboards, and mice, rather than relying solely on a laptop.
- Position the monitor in a way that the top of the monitor is slightly below eye level, so you can view it with a slight downward gaze. In addition, place the monitor at about an arm's length distance.
- If you are on a phone or conference call, stand up! Use that time to change postures and get the blood flowing.
- Use a headset, speakerphone, or microphone/voice activation. Use computer audio for conference calls.

> BREAKS

- Take frequent breaks (every 30-40 mins) This helps to restore blood circulation, improve warmth, decrease eye strain and increase mental focus for your tasks Take frequent breaks away from your work area to drink water, eat lunch, and change your posture.
- Change your position every 20 minutes. This should help to relax the muscles that have been in contraction mode.

> LIGHTING

- Position your computer at a 90-degree angle from any windows. Use room and task lighting as needed.



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Meet the Granite State E-Board



President

Danielle Cobleigh
EHS Generalist at Raytheon Technologies

KSC Grad Year: 2017

Fun Fact: I can write with both hands

Reason for Joining E-Board: "To stay involved with Safety Professionals around the state and to get to work with the student section at KSC"



Treasurer

Laurie Raymond
EHS Engineer II at Millipore Sigma

KSC Grad Year: 2019

Fun Fact: I like to watch jail/prison shows

Reason for Joining E-Board: "To network and leverage experiences from more tenured safety professionals but also to give ack and to help guide individuals new to the safety field."



Secretary

Michelle Wiltshire
Laboratory Safety Specialist at University of New Hampshire

KSC Grad Year: 2015

Fun Fact: Rescued two Pit bulls

Reason for Joining E-Board: "To stay connected and network with other KSC Alumni and other professionals in the area."



Communications & Social Media Chair

Courtney Simone, CSP
Safety Specialist at Portsmouth Naval Shipyard

KSC Grad Year: 2014

Fun Fact: Favorite Flavor of Ben & Jerry's is "The Tonight Dough"

Reason for Joining E-Board: "I joined E-Board right after college. I was heavily involved with the student section during my time at KSC, and I wanted to continue to being my leadership and ideas to help foster the OSH professional community both locally in NH/New England as well as nationally."



Delegate

Justin DeFlameri
Owner of Optimal Safety Inspections

KSC Grad Year: 2011

Fun Fact: I can eat two large pizzas in one sitting

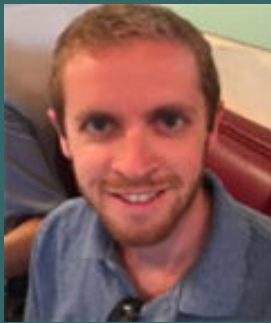
Reason for Joining E-Board: "To help mold and guide safety professionals"



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Meet the Granite State E-Board



Delegate

Jeff Slark
EHS Manager, Velcro USA Inc.

KSC Grad Year: 2013

Fun Fact: I enjoy restoring old ski boats

Reason for Joining E-Board: I joined to help professionals by connecting them to a wide array of resources and information."



Delegate

Samantha Wooten
Belknap County

KSC Grad Year: 2022

Reason for Joining E-Board: "I joined the E-board after becoming involved with workplace safety advocacy due to my father suffering a fatal workplace accident."



Newsletter Editor

Holly Elliot
EHS Manager at Bristol Myers Squibb

KSC Grad Year: 2013

Fun Fact: I have two dogs, Kobe & Kix

Reason for Joining E-Board: "I joined the E-Board to become more involved in the chapter and to stay connected with other safety professionals."



Awards Chair

Sam Despina
Environmental Compliance Project Manager, GZA GeoEnvironmental, Inc.

KSC Grad Year: TBD

Fun Fact: In my spare time I am flipping a house with a few long time friends.

Reason for Joining E-Board: "I joined the E-Board to meet other EHS professionals in NH."



Student Section Liaison

Andrew Sellers
EHS Supervisor at Millipore Sigma

KSC Grad Year:

Fun Fact: Loves to fish



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Granite State Membership Anniversaries

5 Years

Brian Donovan
Timothy Lombardi
Wesley Salmons

10 Years

Douglas Laplante
Jeffrey Perkins
Joshua Hudson
Ryan Lavoie

15 Years

Elliot Alexander
Mark Ewing
Monica Panait
Bruce Roger

20 Years

Bruce Briand
David May
Eric Clouthier
Micheal Knott
Richard Lamont

25 Years

Richard Schleckser

30 Years

Denise Kilmartin
Douglas Pearson
Eric Brett
Robert Adams

35 Years

Ronald Blanchette

40 Years

Stephen Larson

45 Years

James Sievert

Granite State Safety Professional of the Year 2019-2020 Justin DeFlumeri

The Granite State Chapter of ASSP would like to recognize Justin DeFlumeri for winning the 2019-2020 Safety Professional of the Year Award. The Safety Professional of the Year Award is awarded annually to a Granite State Chapter member who demonstrates outstanding achievement in the occupational safety and health field while also advancing the OSH profession overall. Since graduating from Keene State College (KSC) in 2011, Justin has advised 7 different student groups from KSC with their senior project and



given the students an opportunity to experience working in the safety field. He has advanced the Granite State chapter of ASSP through his work on the Executive Board to attract new memberships from "front line" workers as a Chapter Delegate. Additionally, he hosted the first ever joint chapter meeting between Boston and the Granite State ASSP chapters and presented *How to Make Safety Fun For Your Employees*. Justin is currently pursuing his Masters Degree in Occupational Safety and Health from Keene State College.

Granite State welcomes these new members in the last year!

- Alec Boucher
- Alex Faubert
- Benjamin Olson
- Brian Bethel
- Bruce Godfrey
- Cameron Eddy
- Camila Castro
- Chris Hamilton
- Christopher Ywoskus
- Christopher Chapman
- Dianna Souza
- Erik Ingersoll
- Greg MacKay
- Ian Tate
- Jenna Deshaies
- Jennyflore Salvant
- Joellen Racicot
- Jude LaFontaine
- Karen Long
- Kevin Swank
- Kyle Carignan
- Kyle Murdock
- Mark Foster
- Matthew Hardy
- Mayble Reyes
- Michael Santostefano
- Michael Woodbridge
- Michaela Curley
- Nicholas Tomich
- Nicolas Ramirez
- Paige Ayotte
- Richard Barrow
- Richard D'Ermilio
- Russel Kramer
- Sage Bedard
- Stephanie Cavanagh
- Tiffany Hammer
- Timothy Nawrocki
- William Liberato



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January is National Radon Action Month

Learn about Risk From Radon

You can't see, smell or taste radon, but it could be present at a dangerous level in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

Take Action During January

1. **Test your home** - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive.

- Learn more about [testing your home](#), including how to obtain an easy-to-use test kit.

2. **Attend a National Radon Action Month event in your area** - Look for radon events in your community.

3. **Spread the word**

4. **Spend time during National Radon Action Month encouraging others to learn about radon and test their homes.**

- Tell your family and friends about the health risk of radon. Encourage them to test their homes.
- Plan an activity EXIT in your community to help raise awareness.
- Write an op-ed or letter to the editor using samples from the event planning resources.
- Attract media attention by working with a local official to get a radon proclamation.
- View or order EPA's free radon publications.

5. **Buy a radon-resistant home** - Read more about radon-resistant new construction, "[Building Radon Out: A Step-by-Step Guide to Build Radon-Resistant Homes](#)".

- Build Green: It's Easy to Build New Homes Radon-Resistant ... "The good news is you can build your customers a safer, healthier, radon-resistant home. The techniques to prevent radon from entering a home are practical and straightforward for any builder. It's an inexpensive way to offer families a benefit that could reduce their risk of lung cancer. And it's a smart way to build trust between you and your customer." *Fuad Reveiz, Member of the National Association of Home Builders*



Photo: <https://www.lamacchiarealty.com/testing-for-radon-in-massachusetts/>

Visit <https://www.epa.gov/radon/national-radon-action-month-information> for this information and more on Radon



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Look for Us on Social Media

Facebook- American Society of Safety Professionals Granite State Chapter

Twitter- @gscASSP

Instagram- @granitestateassp

LinkedIn- ASSP Granite State Chapter

Check out our websites for updates

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



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Check out trainings opportunities offered by ASSP

https://store.assp.org/PersonifyEbusiness/Events/ASSPEducationalEventsCalendar?_ga=2.218216602.2039974013.1610972346-946721503.1592936848



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Check out trainings opportunities at the OSHA training Center

<https://oshaedne.com/course-schedule/>



Check out these EHS Job Opportunities in NH!

- EHS Specialist @ Amazon in Nashua
- EHS Manager @ Alene Candles in Milford
- EHS Specialist @ Lonza in Newington
- EHS Manager @ Precision Castparts in Northfield
- HSE Coordinator @ Michaels Corp in Pembroke
- EHS Manager @ OSRAM in Hillsborough
- EHS Intern @ Merrimack Manufacturing in Manchester



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2020-2021 Granite State E-Board Contact Info:

Danielle Cobleigh- President

Contact: danielle.cobleigh@collins.com

Laurie Raymond- Treasurer

Contact: laurie.raymond@milliporesigma.com

Michelle Wiltshire- Secretary

Contact: Michelle.wiltshire@unh.edu

Courtney Simone, CSP- Communications & Social Media

Contact: courtneysimone14@gmail.com

Justin DeFlumeri- Delegate

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Jeff Slark- Delegate

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Samantha Wooten- Delegate

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