



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Granite State Chapter

THE GRANITE STATE CHAPTER: NEWSLETTER FEBRUARY/MARCH 2021

President's Message

Hello Granite State Members!

The Granite State E-Board and I are excited to share with you updates for the chapter. We have been busy planning events, writing newsletters, and working with the KSC Student Section.

The next newsletter will highlight the student section's e-board, and articles written by KSC Safety Majors.

In January we hosted our Safety Jeopardy event. See page 5 for the winners.

Last month we got to host a meeting on Behavioral Health & Construction Impact presented by Jaime Evans, CHT.

We are really excited about our upcoming meetings. On March 6th one of our e-board members Justin Deflumeri will be presenting on Sick Building Syndrome, check out our social media for more info. See page 6 for our social media info.

In May, one of Granite State's past presidents Joe Orazio will be presenting on Mental Health, we will communicate a date and time in April.

If you are interesting in presenting at one of our meetings please contact me. My contact information can be found on the last page of this newsletter.

We are excited to keep this year rolling and look forward to seeing you at one of our upcoming meetings.

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

Thank you,

Danielle Cobleigh

Upcoming Meetings

When: March 6th, 2021

Time: 11AM

Where: Zoom

Topic: Is work making you sick?!! It can! Sick building syndrome at the workplace and at home.

Presenter: Justin Deflumeri

When: May (Date TBD)

Time: TBD

Where: Zoom

Topic: Mental Health: How to help Yourself & Others

Presenter: Joe Orazio, MBA





THE GRANITE STATE CHAPTER: NEWSLETTER

FEBRUARY/MARCH 2021

Stormwater Pollution Prevention Plan

Permitting in New Hampshire and Massachusetts

By Sam Despina

The United States Environmental Protection Agency issued a new Multi-Sector General Permit for Stormwater Discharges Associated with Industrial Activity on January 15, 2021 (2021 MSGP), which takes effect March 1, 2021. This permit is applicable to industrial-related stormwater discharges in New Hampshire and Massachusetts. If your facility is an active permittee under the 2015 MSGP or if you otherwise have stormwater discharges associated with industrial activity, then you will likely require coverage under the 2021 MSGP.

The 2021 MSGP requires that permittees complete revisions to the facility Stormwater Pollution Prevention Plan prior to submitting a new electronic Notice of Intent (NOI). To ensure there is no lapse in permit coverage, an NOI must be submitted by May 30, 2021.

If your facility is subject to permitting under the MSGP, you must do the following by May 30, 2021:

- Revise your SWPPP to be in compliance with the new permit;

File a new Notice of Intent to gain permit coverage

- Incorporate the new 2021 MSGP requirements into your SWPPP and your facility compliance programs, which include, but are not limited to:
 - Indicator Monitoring for pH, Total Suspended Solids (TSS), and Chemical Oxygen Demand (COD) for certain sectors;
 - Changes to Benchmark Monitoring thresholds and schedule throughout permit term;
 - Expansion of the Corrective Action requirements to include Additional Implementation Measures;
 - Posting a sign visible to the public of Permit Coverage; and
 - Consideration of structural control measures related to severe storm events; and

Certain industrial facilities may be eligible for a no exposure exemption from NPDES industrial stormwater permitting if all industrial activities and materials are protected by a storm resistant shelter to prevent exposure to precipitation and/or run off. For qualifying facilities, a No Exposure Certification (NEC) may be submitted in lieu of permitting. Each NEC applies to a single facility on a facility-wide basis and must be resubmitted at least once every 5-years. The condition of no exposure must be continuously maintained to remain applicable.

Please visit the EPA website for more information related to the 2021 MSGP: <https://www.epa.gov/npdes/stormwater-discharges-industrial-activities-epas-2021-msgp>. For any questions about the 2021 MSGP or to discuss stormwater consultation services, don't hesitate to contact Ken Boivin of GZA, GeoEnvironmental, Inc. in Bedford, NH at 603-232-8719 or kenneth.boivin@gza.com.





THE GRANITE STATE CHAPTER: NEWSLETTER

FEBRUARY/MARCH 2021

February was American Heart Month

Heart disease is the number 1 killer of Americans.
The term *heart disease* refers to several *heart related* medical conditions.

Prevention is Key!

In most cases, heart disease is preventable.

Adopt a healthy lifestyle, which includes:

- Not smoking,
- Good Nutrition and diet
- Maintaining a healthy weight
 - Controlling blood sugar and cholesterol
- Treating high blood pressure
- Getting at least 150 minutes of moderate-intensity physical activity a week
- Getting regular checkups



Visit <https://www.cdc.gov/heartdisease/prevention.htm> to learn more about prevention.

Know the Symptoms!

Warning Signs of Heart Attack, Stroke & Cardiac Arrest

Heart Attack Symptoms:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Cold sweats
- Nausea
- Lightheadedness

Stroke Symptoms:

- Face drooping
- Arm Weakness
- Speech difficulty

Cardiac Arrest Symptoms:

- Sudden loss of responsiveness
- No normal breath



Learn more about warning signs and symptoms at <https://www.heart.org/en/about-us-shared/heart-attack-and-stroke-symptoms>.



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FEBRUARY/MARCH 2021

March is National Ladder Safety Month

Every step matters: From step stools to extension ladders, make sure you're putting the right foot forward.

Every year over 100 people die in ladder-related accidents, and thousands suffer disabling injuries. Join the American Ladder Institute (ALI) and participate in the fifth annual National Ladder Safety Month February 22 - March 31. This important month was designed to raise awareness of ladder safety and to decrease the number of ladder-related injuries and fatalities.

What is National Ladder Safety Month?

National Ladder Safety Month is the only movement dedicated exclusively to the promotion of ladder safety, at home and at work. Help us bring awareness to the importance of the safe use of ladders through resources, training and a national dialogue.

ALI, the only approved developer of safety standards for the U.S. ladder industry, is the presenting sponsor for National Ladder Safety Month.

ALI believes ladder accidents are preventable, but without better safety planning and training and continuous innovation in product design, we will continue to see far too many fatalities. Please join ALI and its members in sharing this message with the world year-round.

The "why": Every life saved is precious

The goals of National Ladder Safety Month are to:

- Decrease number of ladder-related injuries and fatalities
- Increase the number of ladder safety training certificates issued by ALI
- Increase the frequency that ladder safety training modules are viewed on www.laddersafetytraining.org
- Increase the number of in-person ladder trainings
- Increase the number of companies and individuals that inspect and properly dispose of old, damaged or obsolete ladders
- Lower the rankings of ladder-related safety citations on OSHA's yearly "Top 10 Citations List"

National Ladder Safety Month 2021 will focus on five key themes:

Week One: Choosing Your Ladder

Week Two: Safety Before the First Step (Inspection and Set Up)

Week Three: Safety While Climbing

Week Four: Safety at the Top

Week Five: Ladder Safety Misconceptions

Get your ladder safety certificate today <https://www.laddersafetytraining.org/>

This information and more on National Ladder Safety Month can be found by visiting <https://laddersafetymonth.com/>



THE GRANITE STATE CHAPTER: NEWSLETTER

FEBRUARY/MARCH 2021

Safety Jeopardy Winners

1st Place: Courtney Simone

2nd Place: Jeff Slark

3rd Place: Bill Lorenzen

We would like to thank everyone that participated in Safety Jeopardy, if anyone is interested in the game board please contact Danielle Cobleigh.

Are you interested in presenting at Granite State technical meeting?

please contact an e-board member using the contact info. on the last page.

Are you interested in being part of the Granite State e-board?

please contact an e-board member using the contact info. on the last page.

Granite State Welcomes these new members in the last month!

- Emma Norris
- Gina Chace
- Jonathan Poirier
- Kristin McClary
- Lito Amit
- Madison Dowling
- Sage Bedard
- Wayne Gibson
- Blaise Masumbuko
- Jonah Smith
- Jonathan Podlaha
- Josh Bailey
- Michael Schenk
- Patrick Crealesse
- Ross Birns
- Sean Trodden
- Ted Jenkins



THE GRANITE STATE CHAPTER: NEWSLETTER

FEBRUARY/MARCH 2021

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!

- Senior Safety Advisor @ Eversource in Hooksett
- Federal Safety & Occupational Health Manager @ Forest Service in Campton
- Occupational Safety & Health Faculty Position @ Keene State College in Keene
- Safety & Occupational Health Manager @ Department of Agriculture in Campton
- Safety Manager @ Shirley Parsons in Portsmouth
- Environmental Safety & Occupational Health Specialist @ Dartmouth Hitchcock in Lebanon
- Safety & Compliance Manager @ W3 Global in Portsmouth
- Senior EHS Regulatory Compliance Engineer/Specialist @ GZA in Bedford
- Safety & Training Officer- DPW @ City of Manchester
- EHS Manager @ Watts in Franklin



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FEBRUARY/MARCH 2021

2020-2021 Granite State E-Board Contact Info:

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