



COLUMBIA-WILLAMETTE  
CHAPTER



## MAY NEWSLETTER



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- May Membership Meeting
- Pacific Northwest Safety Symposium
- Construction Safety Summit
- Oregon RIMS Education Day Conference
- Job Postings
- May is Mental Health Awareness Month!
- Welcome New and Returning Members

## **LETTER FROM THE PRESIDENT**

How quickly time passes! This past year serving as chapter president has been such an honor. Thank you all for your continued participation in this organization. I have enjoyed working closely with chapter officers and committee leaders. Our friendship and trust is something I truly value and is one of the best parts about volunteering. This is our final technical monthly meeting and newsletter issue until September 2022.

June 3, 2022 is our Officer Installation Banquet and Celebration at Top Golf in Hillsboro. Registration is [now open!](#) Please join me as we recognize our Chapter Safety Professional of the Year (SPY); thank our outgoing officers as well as welcome new officers. I'm excited to see everyone in person.

Sincerely,  
Dede Montgomery  
President, ASSP CWC



## MAY MEMBERSHIP MEETING

### ASSP CWC May Membership Meeting | No-Cost webinar

May 12, 2022 | 11:30 am - 1:00 pm

#### OREGON OSHA CONSULTATION: CREATING PROACTIVE SAFETY PROGRAMS

Register in advance for this meeting:

<https://us06web.zoom.us/meeting/register/tZEIfu6prz4tG9MwnRio1MAEiT4c0mksFhn8>

## Description

Being proactive with your safety program is crucial for it to be effective. Have you considered calling OR OSHA to help you look ahead or even just to gauge the status of your existing program? Oregon OSHA consultation provides many no-cost, confidential services. There are a variety of services even including industrial hygiene services, ergonomic evaluations and even training.

The OSHA Consultation services can help you reduce accidents and related costs and help you develop a comprehensive program to manage safety and health. We will also be talking about some important case studies as well as stories of success through partnerships. Add this tool to your business to aid in loss prevention goals and insight into technical information and best practices.

**Presenter: Randy Westmoreland**



## OTHER SECTION MEETINGS

### Santiam Section

**Next Meeting:** May 10, 2022 at 7:10 am – 8:30 am (HYBRID Meeting)

(Note that the Santiam Section will hold technical meetings through the summer. Visit Santiam Section on the website to learn more.)

**Topic:** “Oregon OSHA’s Heat Rule & Wildfire Smoke Rule Update”

**Description:**

This meeting will provide updates to Oregon OSHA proposed Heat rule as well as proposed Wildfire Smoke rule. What has changed since last year?

**Where:**

**In Person** — Comfort Suites, 630 Hawthorne Ave. SE, Salem OR 97301

## **VIRTUAL — ZOOM**

Request the presentation Zoom link here = [santiamsection@cw.assp.org](mailto:santiamsection@cw.assp.org)

### **Presenter:**

Dave McLaughlin, Oregon OSHA Standards & Technical manager

**Dave** started his career in workplace safety and health with the US Air Force in 1987, and has been with Oregon OSHA since 1991, first as a Health Compliance Officer, then as a Technical Specialist in 1996, and has been the manager of the Standards and Technical section since 2019. In addition to writing and revising rules, publications, interpretations, and fact sheets, the Standards and Technical section of Oregon OSHA provides technical assistance to Oregon OSHA field staff as well as employers.

## **Mount St Helens Section (MSHS)**

The Mt. St. Helens section meetings take place on the 3rd Thursday of each month starting at 7:30am and concludes by 9:00am. The meeting is held at the Columbia Inn, 698 NE Frontage Rd, Kalama, WA 98625. Unless otherwise noted, all meetings are held at the Columbia Inn. Members attend free of charge, and are responsible for covering the cost of their own meal. Guests, and potential new ASSP members are always welcome!

Since April 2020, due to COVID 19, monthly section meetings are being held remotely via a web based media platform. For information on how to join in on a future meeting, please contact the section chair or any section officer at the contact points below.

## **OSU Student Section**

Learn more about the student section at Oregon State University by visiting the [webpage](#) or reaching out to its [adviser](#).

# **PACIFIC NORTHWEST SAFETY SYMPOSIUM**



May 12, 2022

Central Washington University  
Ellensburg, WA

Sponsored by Northwest ASSP Chapters and CWU ASSP Student Section

Register: <https://pugetsound.assp.org/events/pacific-northwest-safety-symposium/>

## CONSTRUCTION SAFETY SUMMIT

May 24, 2022

Cuts & Hand Injury Prevention

<http://constructionsafetysummit.com/upcoming-events.html>

## OREGON RIMS EDUCATION DAY CONFERENCE

## Education Day 2022 5 Pines Lodge - Sisters, Oregon

A full day of learning!

**\$195 Early Bird** pricing available now through May 22, 2022

**\$250 Registration Fee** after May 22, 2022

Register: <https://oregonrims.org/event/oregon-rims-e-day-conference-sisters-or/>

## ASSP 2022 SAFETY CONFERENCE IN CHICAGO

Safety 2022 - Chicago, IL  
June 27 - 29

Register: <https://safety.assp.org/>

## JOB POSTINGS

Check out job openings on our website:

<https://cwc.assp.org/current-openings/>

Is your company looking for a qualified Safety Professional?  
Contact Aubrey Sakaguchi, ASP by [email](#), phone **(503) 673-5356** or fax  
**(503) 584-9698** to have your opening posted here.

## MAY IS MENTAL HEALTH AWARENESS MONTH!

## Mental Health is Important

*Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.*

<https://www.mhanational.org/starting-think-about-mental-health>

### **Spread Awareness at Work:**

The National Alliance of Mental Health has infographics and information.

Go to: <https://www.nami.org/Home>

**The Lifeline** is a free and confidential support line for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. **Call 1-800-273-8255** or go to <https://suicidepreventionlifeline.org/>

The **Oregon Senior Loneliness Line: 503-200-1633** Trained volunteers offer support and connection at any time for older adults experiencing loneliness and isolation. Available in multiple languages.

**YouthLine** is a free teen-to-teen crisis support and help line, call: **1-877-968-8491** or **text teen2teen to 839863** <https://oregonyouthline.org/get-help/>

## WELCOME - NEW & RETURNING MEMBERS!

### **ASSP Member-Get-A-Member Program**

<https://www.assp.org/membership/member-get-a-member>



### Need to renew your membership?

Click to view a [video](#) on how to renew on the new ASSP website or [here](#) to be taken to the renewal page.

Working together for a safer, stronger future



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