April Newsletter

- Chapter Meeting
- Officer Installation Banquet Survey
- ASSP Responds to COVID-19
- Mental Health Resources
- 2020/21 Chapter Year Venue Change
- Mobile Elevated Work Platforms PDC
- Women in Safety Excellence Symposium
- President's Letter
- Nominations Committee
- Oregon Construction Industry Suicide Prevention Task Force
- Upcoming Events
- Job Openings
- Congratulations!
- Chapter Election Results
- Conferences
- 2020 SPY Award
- Welcome New & Renewed Members!
- Share the Value of an ASSP Membership
- ASSP Communities

APRIL CHAPTER MEETING

Update: Due to COVID-19, this month’s meeting with Andrew McHill is a no-cost webinar event. See dial in instructions below. This webinar is limited to 150 people, Pre-registration is recommended & helpful to us so we know numbers expected. This is a joint meeting with Pacific Northwest Chapter of the American
The Science of Sleep and Daily Rhythms – How Sleep Habits and Time of Day Affect Your Health and Well-Being
April 9, 2020 | 11:30am - 1:00PM

Andrew, McHill, Ph.D.

HOW TO JOIN WEBINAR:

Please join my meeting from your computer, tablet or smartphone. https://global.gotomeeting.com/join/984098613
You can also dial in using your phone. United States: +1 (571) 317-3122
Access Code: 984-098-613 New to GoTo Meeting? Get the app now and be ready when your first meeting starts: https://global.gotomeeting.com/install/984098613

Andrew, McHill, Ph.D., Oregon Institute of Occupational Health Sciences, OHSU

Dr. McHill graduated with a Ph.D. in Integrative Physiology with a specialization in sleep and circadian physiology from the University of Colorado Boulder. After graduating, he completed an NIH funded post-doctoral fellowship at the Brigham and Women’s Hospital and Harvard Medical School within the Division of Sleep and Circadian Disorders and joined the Oregon Institute of Occupational Health Sciences in Dr. Shea’s Circadian Laboratory in 2016 as a visiting post-doctoral fellow. In September 2017, he became a Research Assistant Professor within the institute. Dr. McHill is interested in understanding the contributing mechanisms by which circadian misalignment (i.e. shiftwork or jetlag) and insufficient sleep leads to adverse metabolic health and poor cognitive performance outcomes.

REGISTER

Our May Chapter Meeting will most likely be moved to an online format as well. Please keep an eye on the chapter website for more information.
Officer Installation Banquet Survey
Hillsboro TopGolf

Every year, in the May-June timeframe, the Columbia-Willamette Chapter of ASSP holds its Officer Installation Banquet. Before the entertainment, a brief ceremony recognizes the successes of the previous year while acknowledging and thanking the volunteers that made things happen for the Chapter throughout the year and officially passes the baton to the next group of elected leaders. This special meeting is always FREE to members.

Since October, this year's banquet has been scheduled for May 29th at TopGolf in Hillsboro. Due to the events of the past few months, however, that date must obviously be re-evaluated since it is doubtful our lives will be back to any form of normalcy by then.

Admittedly, summer is a terrible time to schedule something like this with vacations and other competing events, many of which we hope will return as scheduled. Nonetheless, the Executive Board would like to hear from you. What is your schedule looking like this summer?

Please complete the survey below to let us know if you intend on going and what dates you know you will NOT be available.

Thanks so much for your participation.

https://assecwc.survey.fm/officer-installation-banquet-survey

ASSP RESPONDENS TO COVID-19

During this unprecedented time, ASSP will provide resources that help you and your organizations respond effectively to the pandemic. Read our article The Safety Professional's Role in Planning for a Pandemic and listen to the recording of our March 24 coronavirus Q&A session.
• View our COVID-19: Legal Issues for Safety Professionals webinar with Adele Abrams, Esq., CMSP.
• Earn CEUs through free access to 330 recorded sessions from Safety 2019. Visit our store and use code LEARNFREE.
• Listen to our latest podcast with Mike Serpe to learn about assessing your workers' COVID-19 risk level and discover what steps you can take to protect them.
• Join and contribute to the COVID-19 discussion in the ASSP Community.
• Read our latest articles:
  - 10 Free Resources to Help You Better Manage Stress
  - OSHA Guidance on N95 Shortage
  - Safety News You Need: Business Continuity
• Submit your COVID-19 question for an upcoming ASSP webinar, podcast or article.
• Please check ASSP’s website regularly for updates.

ASSP President Diana Stegall: A Message to Chapters

MENTAL HEALTH RESOURCES

LINES FOR LIFE | BEHIND THE LINES

We Care About Your Health

It's normal to feel anxiety and uncertainty about a widespread health concern in our community like COVID-19, and to be upset or anxious about changes and interruptions to everyday life.

All of our crisis lines are operating as usual, and seeking support over the phone is a great way to practice social distancing.

If you or a loved one are experiencing a mental health crisis,

• call the Lifeline at 1-800-273-8255

If you are 55 or older and feeling isolated or just want to have a friendly conversation,
Taking Care During Crisis

It's important to manage anxiety, cope with uncertainty, and stay grounded in truth as the situation unfolds. Here are some tips for taking care during this difficult time:

- 7 Science-Based Strategies to Help Cope with Coronavirus Anxiety
- CDC Tips for Mental Health and Coping During COVID-19 (includes a section for parents about how to support children)
- Reach out to your mental health provider(s) or call our lines for extra support.

Finding Reliable Information

Keep in mind that limiting information-seeking may be beneficial to your mental health.

- Consult trusted sources for the best information - we recommend our partners
  - Oregon Health Authority
  - Centers for Disease Control
- Avoid sensational news reports.

2020/21 CHAPTER YEAR VENUE CHANGE

Ernesto’s Italian Restaurant
8544 SW Apple Way, Portland, OR 97225
MOBILE ELEVATED WORK PLATFORMS PDC

Update: Due to COVID-19, this PDC is being pushed back to a future date. More information will be available soon.

Mobile Elevated Work Platform
User W/ Train the Trainer course presented by Genie

Genie® Lift ProTM Operator Training Courses are designed to help prepare participants in the safe and proper use of mobile elevating work platforms (MEWPs).

Participants will receive the latest training curriculum required for operator qualification. The course covers the responsibilities of all parties associated with the operation of mobile elevating work platforms (as outlined by ANSI A92.24-2018 and CSA B354.8:17) and Telehandlers (as outlined by ANSI/ITSDF B56.6, CSA B335 and OSHA 1910.178), hazard recognition and avoidance, pre-operation inspections, function tests, workplace inspections and safe operation.
Participants who successfully complete the program will receive a certificate of completion and Genie Lift Pro Operator card. Genie Lift Pro courses meet ANSI, OSHA and CSA requirements for operator training. Courses are conducted at your facility with an eight-person minimum requirement. Genie Lift Pro Operator Training classes are four hours in length each. Participants may elect to attend only one product family if desired.

**PRICE:**
User W/ Train the Trainer (8-hours) | $600

**WHEN:**
[New Date TBD]
Meeting: 7:00 am – 4:00 pm

**WHERE:**
Sunbelt Rental Yard
7626 NE Killingsworth Street
Portland, OR 97218

**INSTRUCTOR:**
Scott Owyen
Senior Training Manager
Terex Aerial Work Platforms

**REGISTER**

**WOMEN IN SAFETY EXCELLENCE SYMPOSIUM**

*Update: Due to COVID-19, the WISE Symposium is CANCELLED. If you would like more information on ASSP Columbia-Willamette Chapter's WISE please reach out to Paula Jones: PAUJON@saif.com*
Please join us on April 10th for the ASSP ColumbiaWillamette Chapter’s inaugural WISE (Women in Safety Excellence) symposium. We are very excited to offer the opportunity for women in the safety profession to collaborate with prominent safety leaders.

During the symposium you will have the opportunity to explore topics such as how to impact safety culture in male dominated workplaces, women’s role in safety and diversity, mental wellness for women, and a panel discussion to encourage you in your role as a female safety leader.

Vendors specializing in women’s workwear and PPE will also be showcasing some of their products. Best of all, this in an opportunity to connect with like-minded professionals and expand your network of contacts. Our WISEguy friends are always welcome to join us!

**Speakers | Emily (Yueng-hsiang) Huang**
PhD Associate Professor, OHSU

**Deborah Zwetchkenbaum, M.A.**
Assistant Director, Crisis Line Program
Lines for Life

**Christina Linicome MSM**
SAIF Diversity and Inclusion Director

**Panelists | Melissa M. Diede, CSP, ALCM**
Leslie Kantor, MSOS, CSP, ARM
Chris Miller, CSP, ASP

**Registration |** [https://cwc.assp.org/events/](https://cwc.assp.org/events/)
During the time of COVID-19 a lot has changed within our daily lives. It was just over one month ago that we all went to work daily and our children were attending school as normal. Looking back a bit further most people did not know what the term social distancing meant and how to practice this form of mitigation. The term shelter in place was for large scale storms, earthquakes, or radiological disasters, not for infectious disease. So much has changed and with this change we have adapted to this “new normal”.

One of the new normal items for many of us is work from home and the use of virtual meetings. Our chapter, like many companies, has chosen to move to virtual meetings for the near future in an effort to both flatten the curve and to remain resilient. Looking over the number of registrations for this month’s meeting it carries with it a pleasant surprise. It is the largest membership meeting that I can remember. In this case the new normal created change within the chapter that led to giving more members an opportunity to attend the meeting. This is encouraging in that even when life returns to normal down the road and we are able to have in person meetings again, which we definitely will, it gives the chapter options to consider. Maybe that means we have a few special meetings a year that are just in web format or maybe when the next snow day threatens to cancel the meeting we have new options to consider.
All the Best,

Royal Willard, CSP, President ASSP CWC

CHAPTER ELECTION RESULTS

Vice President
Jimmy Gibbons

Secretary
Terra Wheeler

Treasurer - Elect
Rob Dahl

House Delegate
Katelynn Smith

House Delegate
Kerry Byun

Delegate at Large
Peche Barteaux
Delegate at Large
Peri Periakaruppan

CONTINUING OFFICERS

President
Mark Frisco

President - Elect
Dede Montgomery

Treasurer
Ed Hoeffliger

1st Past President
Senior House Delegate
Royal Willard
OREGON CONSTRUCTION INDUSTRY SUICIDE PREVENTION TASK FORCE

Oregon Construction Industry Suicide Prevention Task Force

The Northwest is experiencing a construction boom, but the Construction Industry is encountering another challenge - a staggering rate of suicides. Construction workers take their lives more than any other industry in America.

Please join Construction Industry leaders for the first meeting of the Oregon Construction Industry Suicide Prevention Task Force to discuss and strategize ways to reduce suicides and support mental wellness. This group will lead efforts to take action to prevent suicide and promote mental wellness on the job site and to meet this growing health and safety crisis.

WHEN:
CANCELLED April 1 - Portland SAIF Offices, Lake Oswego, OR
May 6 - Online Meeting TBD

WHERE:
Portland SAIF Offices
Two Centerpointe Dr. 5th Floor Conference Room,
Lake Oswego, OR. 97035

RSVP:
Judy Cushing
Project Lead / Lines for Life
judycpdx@gmail.com
503-318-6586

UPCOMING EVENTS
ASSP CWC Mobile Elevated Work Platform PDC

- RESCHEDULED, Date TBD - Sunbelt Rentals, Portland, OR

ASSP CWC WISE Symposium

- CANCELLED - SAIF Offices, Lake Oswego, OR

Upcoming Chapter Meetings

- April 9 - CWC Chapter Meeting | The Science of Sleep and Daily Rhythms: How sleep habits and time of day affect your health and well-being | FREE WEBINAR
- CANCELLED April 14 - Santiam Section Meeting | Respiratory Protection – Brandi Davis, Oregon OSHA
- CANCELLED April 16 - Mt. St. Helens Section Meeting | Washington State DOT Safety Issues
- May 12 - Santiam Section Meeting | Threat Assessment/De-Escalation – John Van Dreal
- May 21 - Mt. St. Helens Section Meeting | Silica Compliance for general industry Washington DOSH

Oregon Construction Industry Suicide Prevention Task Force

- CANCELLED April 1 - Portland SAIF Offices, Lake Oswego, OR
- May 6 - Online Meeting TBD

Construction Safety Summit

The 4th Tuesday of each month | Please check with Provider for current meeting info

www.constructionsafetysummit.com

- April 28 - Panel - Managing the Gray in Safety
- May 26 - Excavation

ASSP Foundation | Scholarships and Grants

- April 1 - Awards Announced

JOB OPENINGS
Certified Safety Professional
Company | AJ Custom Cabinets

We are a custom cabinet shop located in Vancouver, WA. We are seeking a full time Certified Safety Professional to join our team.

Occupational Safety Consultant
Company | Oregon OSHA

This position is with the Oregon Occupational Safety and Health Division (Oregon OSHA). Oregon OSHA is responsible for assuring safe and healthful working conditions for Oregon workers through promulgation and enforcement of Occupational Safety and Health Regulations, and by providing consultation and education to employees and employers.

This position is represented by the Service Employees International Union (SEIU).

Sr Safety Mgmt Consultant (Regional)
Company | SAIF - Bend, OR

Our senior safety management consultants help employers in a broad range of industries—from manufacturing to health care to high tech—create a clear vision of a high-performance safety culture, then give them the tools they need to achieve it.

We’re looking for someone who can communicate effectively with all levels of an organization to influence change. Our ideal candidate will combine strategic and tactical expertise with strong technical skills in risk assessment, loss trend analysis, and business risk consulting. We offer a pay-for-performance salary structure, excellent benefits, and the opportunity to improve workplace safety for thousands of Oregonians.

If you’re a relationship builder, complex problem solver, collaborator, and talented presenter—and you’d like to help us make Oregon the safest place to work—please apply today.
Is your company looking for a qualified Safety Professional? Contact Brian Clarke, CSP by email, by phone at (360) 601-4365, or by fax at (360) 687-5984 to have your opening posted here.

Recruiter - Please contact Brian Clarke when posting is filled to have your post removed so we can keep only available positions active on the site. Thank You.

CONGRATULATIONS!

Congratulations to our very own Royal Willard on the appointment of incoming Region 1 Vice President!
Did you recently achieve a new certification? Do you know of someone who deserves recognition? Send us an email.

2020 SAFETY PROFESSIONAL OF THE YEAR AWARD

2020 “SPY” AWARD
CHAPTER SAFETY PROFESSIONAL OF THE YEAR

NOMINATIONS ARE CLOSED -
Winner will be announced at our May Chapter meeting.

In general, the professional deserving of recognition as a leader in safety will have contributed to the establishment, improvement, and/or advancement of the safety profession in the Columbia-Willamette Chapter geographical area including Mt. St. Helen's and Santiam sections.

2020 Regional “SPY” AWARD
CHAPTER SAFETY PROFESSIONAL OF THE YEAR
Paula Jones, CSP, ASP, CIT

“Paula Jones is one of the finest safety and health professionals I have ever known. Paula brings a level of passion, professionalism, and ability to motivate and influence others that is rarely seen in other safety and health professionals.”

From Letter of Recommendation for Region SPY
Chuck Easterly
Former Director
Safe and Healthy Workplace Center
SAIF Corporation

CONFERENCES

2020 Puget Sound ASSP Professional Development Conference
May 7, 2021 | Ellensburg, WA

The annual Puget Sound PDC has been rescheduled to Friday, May 7, 2021.
In response to the rapidly changing circumstances associated with COVID-19, the ASSP leadership team and the Puget Sound PDC Planning Committee have made the decision to reschedule the 2020 Puget Sound ASSP PDC. While we looked forward to welcoming everyone to Ellensburg, protecting the health of meeting attendees and their communities and workplaces is paramount.

In terms of logistics, all current registrations will be rolled over to the 2021 PDC in Ellensburg on Friday, May 7, 2021.

Our top priority is protecting the health and well-being of ASSP members in our region as well as our local communities. As we all adapt to the new realities this situation is creating, please continue to follow the latest guidance from organizations like the Centers for Disease Control and Prevention and World Health Organization, as well as information from our local health and government authorities. Be sure to check ASSP’s website frequently for updates as well.

Thank you for your support of the Puget Sound PDC.

If you have any questions, please call Erika May at 661-472-6591 or email safety@pugetsoundpdc.com.

Northwest Safety & Health Summit by Region X VPPPA
May 18-20, 2021 | Boise, ID

Due to the current health situation with COVID-19, the Region X VPPPA has cancelled the 2020 event in Boise.

Mark your calendar for the next Northwest Safety & Health Summit on May 18-20, 2021, at the Three Rivers Convention Center in Kennewick, Washington.

WELCOME - NEW & RETURNING MEMBERS!

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.

SHARE THE VALUE OF AN ASSP MEMBERSHIP

Share the Value of an ASSP Membership
Refer 2 Friends: Receive FREE Annual Membership Renewal
You know that being a member of ASSP can be a game changer in a safety professional's career. For this month only, we are increasing the rewards for referring your friends or colleagues to ASSP through our **Member-Get-A-Member program**. When you refer two of your peers in the month of February*, you'll receive a one-year membership renewal when they join ASSP as a full member.

Use our **Refer-A-Friend tool** to invite them today and help them connect with a community of great people who provide great resources. The more members you recruit, the more rewards you can earn!

Refer A Friend Today

LOG-IN TO ASSSP COMMUNITIES

Members from around the world are logging into the ASSSP Community and starting to generate discussions on a variety of OSH-related topics. ASSSP Community allows you to establish yourself as a digital thought leader at a society-wide level. This is your opportunity to share relevant content to the safety community, participate in groups within your interests and industry, and grow your connections. Log in today and join the conversation!

To log-in:

1. Log-in with your ASSSP website username and password
2. Upload a profile picture so other safety professionals know who you are.
3. Check that all the information is current on your profile and update it as needed.
4. Visit the How to Use ASSSP Community for helpful tips and tutorials.