



COLUMBIA-WILLAMETTE
CHAPTER

October 2022 Newsletter



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LETTER FROM THE PRESIDENT

Greetings Everyone and Welcome to the Fall Season

As your chapter president I would like to thank you for your support during the last few years as we went from in-person meetings to virtual meetings -- and now back to in-person meetings!

It has been great to see new and existing members attending our meetings. For those of you that are still nervous about attending our meetings in person, we will be recording and putting them on our website for viewing.

This past summer has been busy for our chapter. Here's a quick recap of all the stuff we've been up to:

June: The Executive Board Officer Installation was held at Top Golf in Hillsboro with over 35 attendees. It was a great turnout. Thank you Dede Montgomery for her leadership and assistance with coordinating the event - I am honored to follow in her footsteps as president for this upcoming year.



Current Chapter President Jimmy Gibbons
with Dede Montgomery - last year's President at Top Golf.

July: Executive Board (E-Board) had our annual planning meeting in Gresham. Linda Spaulding, our chapters Marketing Chair, and I attended the Portland Business Journal **Healthiest Workers** event.



Jimmy and Linda at the Healthiest Workers event in Portland.

August: The E-Board met to talk about the budget and in **September** we had the first in-person since 2020! This month board

members attended a Regional Operating Conference in Hawaii with several members of our Oregon ASSP leadership.



We have an amazing E-Board this year. As a volunteer run organization, all the hours and work board members put in is amazing and I am so grateful for their generosity.

I look forward to a great year and hope to see you at our next in-person meeting November 10th @ Brix Tavern. I'll also be at the Oregon **GOSH conference** in March 2023 which I helped plan over the past year.

One last thing - this newsletter has changed from monthly to quarterly. We want to get you important information without being repetitive. This also keeps your inbox less cluttered - you're welcome!

Sincerely,

Jimmy Gibbons
President, ASSP CWC



MEMBER SPOTLIGHT

BRUCE POINSETTE



Where do you work and what is your role there?

I am a partner in **G.E.W., LLC**. I assist construction contractors, subcontractors and general industry firms improve their safety culture.

How long have you been working in Occupational Safety & Health (OSH)?

It will be 50 years in 2023. I began my career as a safety compliance officer in the Accident Prevention Division of the Workmen's (now known as Worker's) Compensation Department in 1973. I became a safety consultant for the division in 1982.

In 1986, I joined Liberty Northwest Insurance loss prevention team. In 1989, I became a safety consultant for the Associated General Contractors of America (AGC) and joined G.E.W., LLC in 2013. Concurrent with these positions, I have also been teaching safety management at Portland Community College's (PCC) **Building Construction Technology Department** since 2004.

What do you like most about working in OSH?

When I began my career, I met an apprentice carpenter during an inspection. When I became a consultant that apprentice was now a superintendent. When I went to work for Liberty NW that individual was now the president of his own company and guess who interviewed me for the position I held at AGC?

Safety was a small community. From compliance to consultation, you interact with some of the same people constantly. It is a field that is constantly evolving, and the educational opportunities are great. Treating everyone with respect does pay off and you learn from the people you are working to protect.

Do you have any memorable experiences as an OSH professional you would like to share?

My most memorable experience as a compliance officer was during an inspection at Columbia Sportswear. During the opening conference the owner, Gert Boyle, was giving me a very stern look. I soon found out that wearing a Pacific Trail jacket was not the proper apparel to wear in Gert's place.

Why are you a member of ASSP and what value have you found in being a member?

Membership in ASSP has provided me with the opportunity to learn from numerous professionals and our GOSH conference is great. ASSP publications always provide numerous views on important issues that affect the safety and health of employees in many fields.

UPCOMING PROFESSIONAL DEVELOPMENT OPPORTUNITY: CRANE SAFETY



**Join ASSP Columbia Willamette Chapter and
The Constrution Safety Summit for a Crane Safety Class!**

Registration is now open until November 2 and costs \$75.

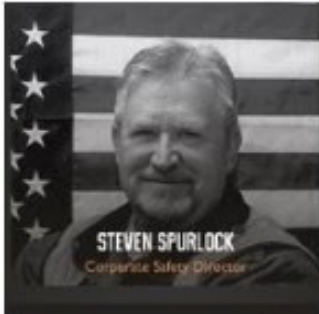
--> Click here <-- to sign up now! Class caps at 30 students.

What: Crane safety fundamentals from **Ness Campbell Crane & Rigging**

When: November 9 / Breakfast and networking 7:45 am / Class 8 - 10 am

Where: NW Scaffold Service's Yard -- 9200 NE Halsey St., Portland, OR

Trainers:



This class is designed to give a detailed overview of what it takes to work with and around cranes. Gain insight into Best Known Methods in crane safety from Ness Campbell Crane & Rigging, who will share their experience and knowledge.

Attendees will develop a knowledge base that will include:

- crane set-up
- inspection
- fundamentals of pick plans
- rigging/signaling basics
- roles/responsibilities and being in the “moment” of crane hoisting

MONTHLY MEETING RECAP

In September **Oregon OSHA's** Interim Director, Renee Stapleton, provided a regulatory update. Topics included:

- **Heat Illness Prevention** and **Wildfire Smoke** rules
- Recent changes to the **Manganese Permissible Exposure Limit (PEL)**



Vice President Brittany Johnson and Renee Stapleton, OR-OSHA

For the October meeting Sarah Berkemeier with the City Of Portland presented *Crime Prevention Through Environmental Design (CPTED)*. A power point copy of the presentation is available on the CWC website.



Vice President Brittany Johnson and Sarah Berkemeier

NOVEMBER 10TH LUNCH MEETING

Basic Ergonomic Fundamentals

In-Person Lunch Buffet @ Brix Tavern Tualatin

November 10, 2022 | 11:30 am - 1:00 pm

-- >Click Here< -- to sign up by November 4th @ 12 pm



Speaker Serafine Lilien will review the basics of ergonomics and why it is important that every company, no matter how large or small, should have an ergonomic program.

Ergonomics is a preventative tool, to keep your healthy employees healthy by understanding, teaching, training, employees to work in a physically safe manner, in every role from office work to construction and everyone in between.

The presentation will cover:

- Understanding musculoskeletal disorders
- OSHA defined risk factors
- Risk reduction – reduce ergonomic risks
- The importance of breaks and resting
- Understanding how to do live and virtual ergonomic evaluations

SCHOLARSHIPS AVAILABLE



The Columbia-Willamette Chapter has two scholarships to support Oregon and Washington residents currently enrolled in university classes.

For Eligibility Requirements and Application Information go to:

<https://cwc.assp.org/scholarships-grants/>

Applications are due no later than December 1, 2022.

CONSTRUCTION SAFETY SUMMIT



Construction Summit meetings are free and open to folks who work in or would like to learn about construction safety.

Check out their meeting calendar [here](#).

MEMBER BENEFITS



Career Opportunities

Time to make a change or find that perfect candidate?
Visit **ASSP's Job Board**

Professional Development

Take advantage of **free webinars, articles, and other learning resources** covering a range of topics from fall protection to total worker health on ASSP's website.

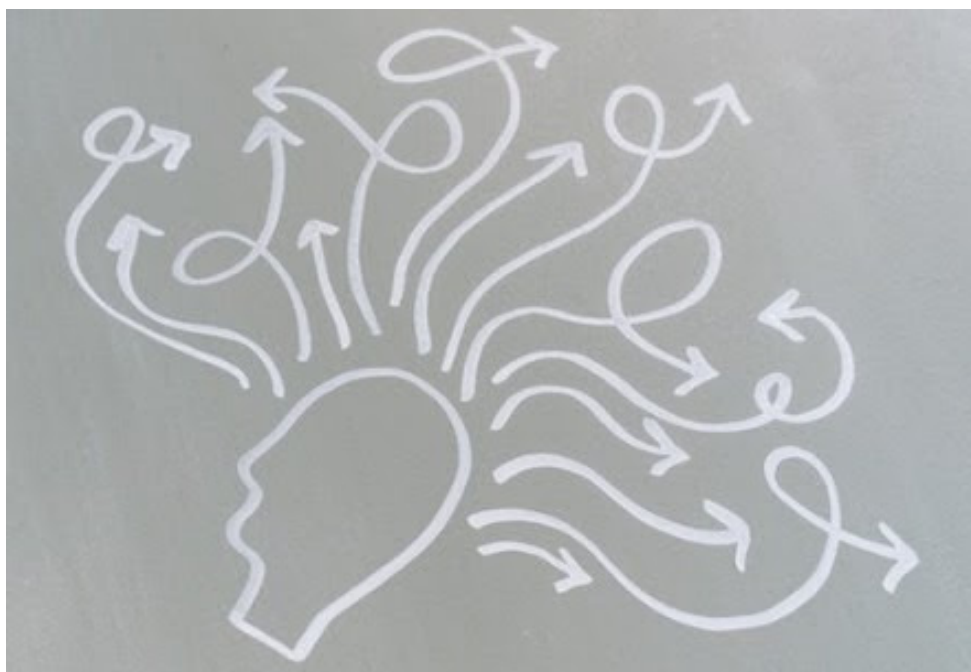
Refer New Members & Get Rewarded

For every new paid member you sponsor from January to December, you will receive an entry in a grand prize drawing for a trip to ASSP's annual professional development conference. This reward includes:

- Full conference registration
- 3 nights hotel accommodations at an ASSP conference hotel
- \$250 AMEX card to use for expenses

****Grand prize not to exceed \$2,000 US. Group memberships excluded.**

MENTAL HEALTH SUPPORT



Mental health refers to our emotional and social well-being.

It 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.

If you or someone you know is struggling or in crisis, help is available!

Text **988** to contact the **National Suicide and Crisis Lifeline**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

