

# AMERICAN SOCIETY OF SAFETY PROFESSIONALS GREATER BOSTON CHAPTER

## Beanpot Winter Newsletter



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## President's Message

*by Shauna Fraser*

Presidents Message:

Happy New Year Greater Boston Chapter! I hope everyone had a happy, healthy, and safe holiday season.

First, I would like to extend a warm welcome to all new GBC members who have recently joined. Also, we would like to welcome the 26 new members who are joining us from the Worcester Chapter after the unfortunate dissolution of their chapter.

Second, our student section is growing and I would like to give a warm welcome to Massachusetts Maritime Academy who are now officially recognized as a student chapter of Greater Boston! They have worked hard over the past year to get up and running, and have been able to become official with 40 student members, congrats! We are very excited to have them on board and looking forward to working with them for upcoming events.

I would also like to acknowledge Mike Sample, Don Delikat, Brian Hanlon and Dave Crowley who worked with Marina Brock of MMA to get the chapter up and running. And to Cesar Morocho, our Student Section Chair who will continue to guide them. Thank you and Great Job!

Third, this year we are working hard to bring our members more in person technical meetings, and socials now that we can all be back together. A couple of upcoming technical meetings will focus on traumatic brain injuries in the workplace and then with 3M on Fall Protection so make sure to keep checking our updated website for more information.

Finally, I would like to introduce Cullen Gustafson as our new emerging professionals member's chair. He will have an active role in engaging with our young members this year.

Please feel free to reach out to myself or any of the executive committee members with questions or comments, as all feedback will help us grow.

Sincerely,

*Shauna Fraser*





# Navigating Winter Hazards in the Workplace *by Miki Alroy*

Winter weather can be dangerous because of the slick roads and surfaces, high gusts, and extreme cold. In workplaces affected by cold weather, employers must reduce these hazards to avoid sickness, accidents, or fatalities.

There are no OSHA standards for working in a cold environment. Employers, on the other hand, have a duty and obligation under the OSH Act to protect workers from hazards. OSHA defines this as cold stress hazards that may or are likely to cause death or serious physical harm on the job.

Extreme cold is a risk for people working in construction, snow removal, utility repair industries, police & fire fighters, delivery and postal services workers. Cold-related concerns don't just apply to outdoor workers. Cold stress can affect those who work in cold stores, refrigerated warehouses, and supermarket frozen food departments. Humans are dangerously affected by cold temperatures, which also affects how well they can function. The body can experience dehydration, numbness, shivering, frostbite, immersion foot, and hypothermia when exposed to cold weather.

Worker exposure to various winter weather-related hazards, such as slips trips and falls on ice, driving in the snow, and clearing snow from elevated surfaces, can occur in addition to cold stress. Cold stress is defined as a drop in skin temperature caused by persistent cold temperatures, which leads to a drop in internal body temperatures. Trench foot (exposed foot to prolonged cold/wet conditions), frostbite (damage from freezing of skin and tissue), and hypothermia are among the most common types of cold stress (body temperature drops below 95 degrees Fahrenheit).

The recent severe winter weather in Buffalo New York in late December 2022 with a death toll of 39 people is also a reminder of how deadly winter weather can be if you are not prepared even outside of the work environment.

According to the OSHA website on winter safety, OSHA advises employers and employees to take the following precautions to avoid cold stress

- **Employers should train workers on:**
  - How to recognize the environmental and workplace conditions that can lead to cold stress
  - The symptoms of cold stress, how to prevent cold stress, and what to do to help those who are affected
  - How to select proper clothing for cold, wet, and windy conditions
- **Employers should:**
  - Monitor worker's physical condition
  - Schedule frequent short breaks in warm dry areas, to allow the body to warm up
  - Schedule work during the warmest part of the day
  - Use the buddy system (work in pairs)
  - Provide warm, sweet beverages, and avoid drinks with alcohol
  - Provide engineering controls such as radiant heaters



Winter Storm Death Toll Rises to 49 — with 27 Victims in Buffalo, New York: 'So Many Bodies', People Magazine, December 27, 2022

## Preventing Slips on Snow and Ice

Employers should clear snow and ice from walking surfaces, and spread deicer, as quickly as possible after a winter storm. When walking on snow or ice is unavoidable workers should be trained to:

- Wear footwear that has good traction and insulation (e.g. insulated and water resistant boots or rubber over-shoes with good rubber treads)
- Take short steps and walk at a slower pace to react quickly to changes in traction

## Preventing Falls When Removing Snow from Elevated Surfaces

Employers should consider options to avoid working on roofs or elevated heights, plan ahead for safe snow removal and must:

- Provide required fall protection and training when working on the roof or elevated heights
- Ensure ladders are used safely (e.g. clearing snow and ice from surfaces)
- Use extreme caution when working near power lines
- Prevent harmful exposure to cold temperatures and physical exertion

## Safe Winter Driving

Winter driving can be hazardous and scary, especially in New England that gets a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency.

The three P's of Safe Winter Driving: **PREPARE** for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

- Practice Cold Weather Driving!
- During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- Steer into a skid.
- Know what your brakes will do: stomp on antilock brakes, pump on non-antilock brakes.
- Stopping distances are longer on water-covered ice and ice.
- Don't idle for a long time with the windows up or in an enclosed space.

## DECEMBER TECHNICAL MEETING RECAP - OSHA 2022 YEAR IN REVIEW/ 2023 OSHA UPDATE

by Jeff Myung

On December 21, 2022 the Greater Boston Chapter of the ASSP hosted a virtual technical meeting featuring Peter Barletta, the OSHA Compliance Assistance Specialist for the Boston South Office. Peter provided a 2021-2022 year-in-review identifying the top OSHA Citations, the incident rates from the Bureau of Labor and Statistics, and the OSHA Regulatory Agenda for 2022-2023, which included proposed rulings and prevention campaigns. Peter is a longtime friend to the Boston Chapter, and we appreciate his time and effort to bring us the trends specific to Region-1 (CT, MA, ME, NH, RI, VT).

Peter also participated in a Q & A session with our members, who emailed questions to the Chapter. The questions were a broad representation of the range of our members from the student chapter to experienced managers. The Chapter would like to thank all that participated in sending in questions. This technical meeting was approved for 0.2 CEUs by the ASSP. For any questions or suggestions for future technical meetings please do not hesitate to contact Jeff Myung at [ASSPGBC@gmail.com](mailto:ASSPGBC@gmail.com)

**OSHA - Top 10 in New England**

**OSHA REGION 1 (CT, MA, ME, NH, RI, VT)**

1. Fall Protection – General Requirements (1926.501)
2. Ladders (1926.1053)
3. Respiratory Protection (1910.134)
4. Fall Protection – Training Requirements (1926.503)
5. Hazard Communication (1910.1200)
6. Scaffolding (1926.451)
7. Inspections, Citations and Proposed Penalties – Abatement Verification (1903.19)
8. Powered Industrial Trucks (1910.178)
9. Lockout/Tagout (1910.147)
10. General Safety and Health Provisions (1926.20)

**MASSACHUSETTS**

Characteristic	Event or exposure(s)						
	Total fatal injuries	Violence and other injuries by persons or animals	Transportation incidents	Fires and explosions	Falls, slips, trips	Exposure to harmful substances or environments	Contact with objects and equipment
Employee status	97	17	21	1	18	30	10
Age and salary(2)	84	15	20	1	15	26	7
Employed(3)	13	2	1		3	4	3
Gender							
Men	9	2	1		2	4	
Women	88	15	20		16	26	
Under 16 years							
to 17 years	1						
to 19 years	3						
to 24 years	2						
to 34 years	18	2	5			5	3
to 44 years	25	4	4			13	
to 54 years	16	3	1		5	7	
to 64 years	22	3	4		6	5	4

## 2023 Rosie's Place Donation

by Mike Sample

At the bequest for the Executive Committee, the GBC donated \$1000 to Rosie's Place to support their mission. The specific request was for gift cards to help their membership get back on their feet. As such, GBC donated forty \$25 gift cards. The ability to support Rosie's Place is a result of our successful fundraising efforts by the chapter. This effort funds our academic scholarships and these unique opportunities to support nonprofits in the greater Boston area. This is the third year in a row the GBC has been able to support Rosie's Place. Please do visit their website to see their activities and consider supporting their mission.

<https://www.rosiesplace.org/> In 1974, Rosie's Place was established as the first women-only shelter in the United State. Previously women would be forced to disguise themselves as men in order to get a meal in the men-only Boston shelters of the time.



**Working together to keep  
our most vulnerable  
populations safe**

**ROSIE'S PLACE**

**ASSP**  
AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS  
Greater Boston Chapter



## GBC ASSP MEMBER PROFILE: CULLEN GUSTAFSON CHAIR EMERGING PROFESSIONALS COMMITTEE

by Miki Alroy & Cullen Gustafson

So Cullen Tell us a little about yourself?

Hello, my name is Cullen Gustafson, and I recently joined the Boston Greater Chapter of ASSP as the Emerging Professionals Committee Chair. I graduated from Keene State College in 2021 with a degree in Occupational Health and Safety, and played hockey all four years for Keene State. Of course, when not keeping people safe on jobsites I enjoy many activities, usually involving family and friends in some way. In the warmer months, or sometimes even cold, I like to golf as much as possible. As far as TV goes, I enjoy watching almost every sport. In the Winter my favorite past time is relaxing on the couch and watching the Bruins. One of my favorite places in town for food would have to be Fat Baby in Southie.

How do you see the Emerging Professionals Committee (EPC) providing value to its members and the Greater Boston Chapter of ASSP?

Being apart of the EPC has significant value to members and GBC of ASSP, which I noticed immediately after joining. I first got introduced to the chapter last fall at an amazing golf tournament. The golf tournament's goal was to raise money for scholarships for local students whose career focus is safety. Immediately I saw the networking opportunities being apart of the chapter and the EPC would bring me and wanted to get involved. Throughout the coming year we are planning amazing networking and professional development events put on by the EPC. It's an easy and great way to meet your peers in the industry and be exposed to great learning opportunities. One of the values to members I think is so significant is leadership roles. Throughout webinars and meetings, you can observe and learn leadership skills from others who most have a very high level of experience. Being part of the EPC also makes you set goals for yourself and help accomplish goals as a team to create success, whether it's in your work setting or with ASSP. Although the most important value we all share among the EPC and all members of GBC of ASSP is safety, and most importantly the safety of others.

In many ways, Young Professionals represent the future of the Society. How is the EPC helping cultivate them and guide them to success?

The EPC is the future of our society for many reasons, one reason being our advance knowledge of technology. Mainly we are the future of our society because the older professionals will eventually retire, yet that's why now we learn from them and get built up while we can to have the same success they have brought to GBC of ASSP.

What kind of challenges are facing the Young Professional community, and how is the EPC helping address them?

Of course, being a fresh graduate from college can be stressful if you do not find a job immediately. Do not panic, there are plenty of resources out there to help you find the success you are looking for, like us here at GBC of ASSP. Some of the challenges of EPC is solving lies with the generational differences and perspectives of the older generation and emerging professionals. We quickly learn from this challenge that great ideas can be put together when both opinions work as a team. If there is any advice I can give to emerging professionals and fresh graduates, is to get involved. The more involvement, the more networking, which will go beyond what you can imagine as a tool in life. The resources are right in front of you, do not be afraid to get involved, GBC of ASSP is more than welcoming, and a great resource for your future!

**The mission of the GBC ASSP Emerging Professionals Committee (EPC) is to be an advocate for and engage young professionals to develop the next generation of leaders in the safety industry. The EPC aims to encourage young professionals through outreach, training, networking and recognition. The EPC provides educational programming, hosts networking activities, promotes leadership and engagement opportunities, and emphasizes recognition of young professionals within the Society.**

**Young professionals include GBC ASSP members who are under the age of 35.**

**The EPC is currently looking for new members and chair positions.**

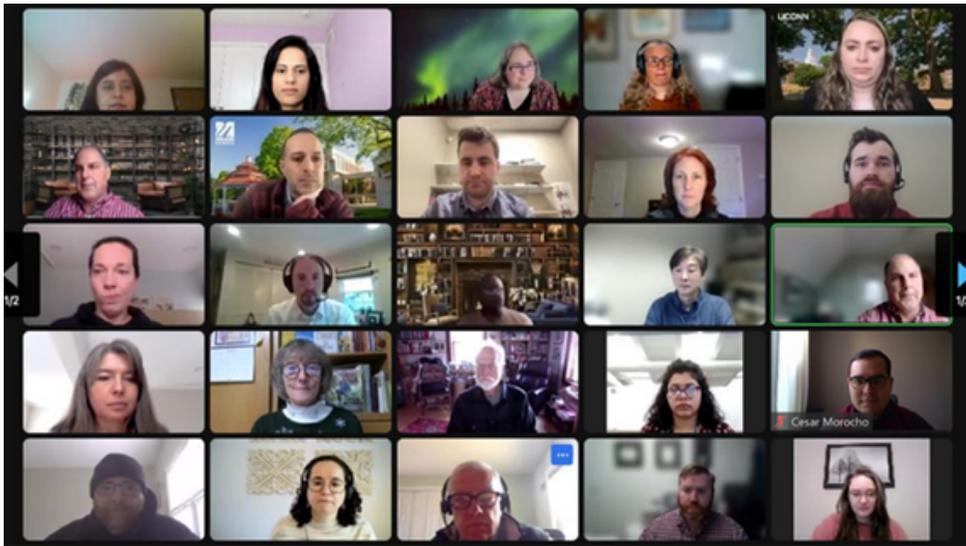
**To get involved and take advantage of these opportunities become a member and join our electronic mailing list by clicking this [LINK](#) and filling out the contact info form. Questions? Email [epc@boston.assp.org](mailto:epc@boston.assp.org).**



## GBC IS “ALL IN FOR SAFETY” AT REGION VIII PDC

by Brian Hanlon

ASSP Region VIII held the 24th Annual New England Area Professional Development Conference on November 8 and 9, 2022 in Warwick, RI. The session started off with a warm welcome from the Region VIII VP, Ed Zimmer and an excellent Keynote offered by Region VIII's own Deborah Roy and Society Past-President 2020-2021 on "One Company's Total Worker Health® Journey: Wellbeing in an Aging Workforce." The Greater Boston Chapter had a great turnout, including several UMass Lowell students. Two GBC leaders shared their stories on making safety personal, with Dave Crowley and Remi Fluette presenting on "Safety From the Heart – Preventing Serious Injuries & Fatalities," and GBC President Shawna Fraser's "Are YOU all in for Safety."



## VIRTUAL UMASS LOWELL OSH RESEARCH RETREAT SYMPOSIUM 2022

by Cesar Morocho

The University of Massachusetts Lowell Student Section of the ASSP Greater Boston Chapter and the Center for the Promotion of Health in the New England Workplace (CPH-NEW) organized a virtual Occupational Health and Safety research retreat via Zoom on January 10th, 2023. This research retreat provided an opportunity for graduate students to present their research.

There were 6 presentations and 39 attendees among students, alumni, faculty, and staff from the University of Massachusetts Lowell and the University of Connecticut (Storrs and Health Center campuses). The virtual program also included breakout rooms to connect students with faculty and professionals; in addition, students asked questions on their possible career direction and receive recommendations from faculty and professionals. The next virtual research retreat is planned for May 2023. If you would like to talk to students and share your professional experience, please send an email to [studentpresident@boston.assp.org](mailto:studentpresident@boston.assp.org).

## News & Views & Upcoming Webinars

by Suzanne Norembrega  
Center for Promotion of Health in the  
New England Workplace (CPH-NEW)



### Supporting Aging Workers: Overcoming Workplace Ageism Webinar

This webinar is part of the ongoing Total Worker Health® Trends: Expert Webinar Series and is scheduled from 1 to 2 p.m. (Eastern time) on Wednesday, Feb. 1, 2023.

Guest Speaker, Gretchen (Gigi) Petery, Ph.D. will discuss examples of common and socially acceptable ageist beliefs and provide evidence of whether or not those beliefs are empirically supported. In addition, we will examine the consequences of workplace ageism to workers, organizations, and society along with management strategies for combatting ageism.

To attend this webinar on Feb 1, please register using the Supporting Aging Workers: Overcoming Workplace Ageism online registration form. [Click here to access the form.](#)

To view this webinar after Feb 10, please visit our [webinar archive page](#).

### CPH-News&Views TOPIC BRIEF Shut Off the Lights? The Duality of Blue Light Exposure

By James Hughes, MS,  
Industrial/Organizational Psychologist,  
University of Connecticut

Humans have always naturally adapted to their environments and leveraged the natural phenomenon around them for survival. One instance of this is the human evolution reaction to blue light.

Blue Light is a section of the visible light spectrum between 380 and 500 nm that has unique impacts on human physiology. Some believe humanity has evolved to react to blue skies, to make us naturally more active during the daytime.

[Click here to read more about minimizing health risks while maximizing benefits of exposure to blue light.](#)

## ASSP GBC FINANCE REPORT

by Mike Sample & Eugenia Kennedy

On January 10, 2023, the Greater Boston Chapter met with Eugenia Kennedy, Treasurer and conducted an 8-year audit of the chapter finances. The purpose of the audit was to document the current state of the chapter finances and provide a statement of completion to the Executive Committee as required in our bylaws. Each fiscal year audit started with a review of the annual finance report and then review of random credits and debits for the running of the chapter. Conducting the audit were Past-Presidents' Don Delikat, 2015-2016, and Mike Sample, 2018-2019 & 2019-2020 who presented their findings to the Executive Committee on January 12, 2023. [To view the full report click here.](#)

### Findings:

- Zero deficiencies were noted in the audit process.
- Every chapter year audited concluded with a correct reconciliation of the accounts.
- Our chapter is in good financial standing with checking and investment accounts to support many future years.
- Current Financial state: \$112,100.
  - o Checking Account: \$37,300.
  - o Two Fidelity Investment accounts: \$74,800.



## GREATER BOSTON CHAPTER - FOUNDATION REMINDER

by Dave Crowley

Last year the GBC increased their funding for the Foundation scholarship to enable us to issue \$2,000 in scholarship annually.

**GET THE MESSAGE OUT** – if you are a student, please consider applying!

Also, the GBC has established funding for Professional Education grants for ASSP members. Last year the GBC Executive Committee increased the PE fund to \$60,000 which enables us to issue four (4) \$500 grant awards on an annual basis. This money is open to apply for and use for attending the PDC, attending an ASSP seminar, or to use for your professional certification. ASSP members can apply at any time. Submit your application NOW!

**IMPORTANT DATES:** Scholarship applications must be in by [Feb. 15, 2023 \(at 11:59 pm, Central Time\)](#).

### IMPORTANT LINKS:

The GBC hosted a webinar on ASSP application tips back in November, this event was recorded > [Click Link Here](#):

For more about the Foundation > [Click Link Here](#)

How you can support the Foundation > [Click Link Here](#)

Scholarship Application > [Click Link Here](#)

Grant application > [Click Link Here](#)

It is important to note that, aside from the funds referenced above, the GBC also issues separate scholarships from the chapter budget. Students should stay connected so they are able to take advantage of these funding opportunities! Any questions, please reach out! Dave C. - (617) 877-2062 [dave.crowley@hphood.com](mailto:dave.crowley@hphood.com)

*Wooten, a devoted Safety Professional. Check out*

## Donate to the ASSP Foundation in Sam Wooten's Memory

Samantha "Safety Sam" Wooten of Belmont, NH passed away on Tuesday, September 13, 2022. Sam was born on March 19, 1987.

Following the tragic loss of her father, Tom Wooten, in a workplace accident Sam dedicated herself to improving workplace protections for public and private sector workers. Sam was a valued and impactful member of the Granite State ASSP Chapter.

Sam worked with legislators to pass several key workplace safety laws and served as a keynote speaker at industry conferences and professional meetings. In the process of pursuing her calling, Sam made a "second family" in the safety community. She made a difference: helping to make the world a safer place. The effects of her dedication in this regard will be a true and meaningful legacy.

Help us reach our \$2500 goal to contribute to the ASSP Foundation in memory of Sam Wooten, a devoted Safety Professional. TO make a donation click [here](#). Check out our progress [here](#).



# EVENTS

# COMING UP IN 2023

# UPCOMING

- FEB 28** 4:00 PM - VIRTUAL TECHNICAL MEETING - TRAUMATIC BRAIN INJURIES IN THE WORKPLACE (PART 1)
- MAR 2** 5:30 PM - EXECUTIVE COMMITTEE MEETING THE LOCAL KITCHEN & DRINKS, WALTHAM MA
- MAR 20** MASS MARITIME CAREER FAIR
- MAR 23** UMASS LOWELL CAREER FAIR
- APR 20** 5:30 PM - EMERGING PROFESSIONALS SOCIAL PICKLEBALL & SHUFFLEBOARD PKL, SOUTH BOSTON MA
- TBD** OSHA CASE STUDY (EARLY SPRING) IN-PERSON TECHNICAL MEETING - DATE/LOCATION TBD
- MAY 18** 5:30 PM - EXECUTIVE COMMITTEE MEETING VIRTUAL
- TBD** 5:30 PM - GBC ASSP CHAPTER SOCIAL LOCAL BREWERY LOCATION TBD
- JUN 5-7** ASSP NATIONAL CONFERENCE SAN ANTONIO, TX
- JUN 20** EMERGING PROFESSIONALS COMMITTEE GOLF CLINIC 5:30 GRANITE LINKS, QUNICY MA
- TBD** FALL PROTECTION SUMMIT - TECHNICAL MEETING MARR & CASTLE ISLAND BREWING, SOUTH BOSTON
- SEP 29** 2023 BOSTON SCHOLARSHIP GOLF OUTING, JUNIPER HILLS GC NORTHBOROUGH, MA TO REGISTER OR BECOME A SPONSOR [CLICK HERE](#)

FOR MORE INFORMATION VISIT [HTTPS://BOSTON.ASSP.ORG/EVENT/](https://boston.assp.org/event/)

