



AMERICAN SOCIETY OF SAFETY ENGINEERS

# Central New York Safety

## November Chapter Meeting

Chapter members are encouraged to join us for our November meeting, hosted by the CNY AIHA chapter.

**Date:** Thursday November 17<sup>th</sup>, at 6:30 pm.

**Topic:** Emergency Response Plans and Planning Strategies

**Guest Speaker:** Mike Casler, OSHA CAS

Free reception (Wine/beer/cheese) sponsored by AJ Abrams Co. (<http://www.ajabrams.com/>). AIHA is using the vendor sponsors to facilitate an informal free reception prior to the dinner. Dinner cost will

be \$15.00.

**Location:** The Pastime Club, 1314 N. Salina St, Syracuse.

**RSVP:** Required, please contact Arpad Kolozsvary at (315)479-9216 and his email is [akolozsvary@passero.com](mailto:akolozsvary@passero.com)

## Genesee Valley Safety Conference

The Genesee Valley Safety Conference is pleased to offer a one-day professional development course on "**Hazard Analysis and Risk Assessment**" on December 6, 2005.

The instructors of the course will be Dennis Cloutier, CSP,

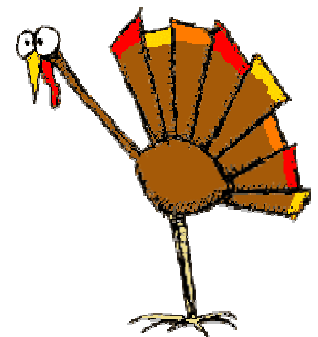
Cloutier Consulting Services, Bruce Main, PE, CSP, president of design safety engineering. Dennis and Bruce are recognized industry experts on risk, and together, have supported hundreds of manufacturing facilities in the US and

Canada, served on several standards writing and industry committees in the US and Europe, published articles, papers, and books; lectured, and advised many people in industry and educational institutions.

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# Chapter Member Published In Professional Safety

Congratulations to CNY ASSE Chapter member **Larry L. Hansen, CSP, ARM** for his recently published article “Beware the Disconnect: Overcoming the conflict between measures and results” in the November issue of *Professional Safety*. Great job Larry!

## AMERICAN SOCIETY OF SAFETY ENGINEERS OFFER SAFETY TIPS FOR WOMEN IN CONSTRUCTION

**November 3, 2005** — As the construction field continues to grow, the ASSE is providing workplace safety tips aimed at helping reduce injuries and illnesses for women in the construction industry.

Both men and women working in construction are susceptible to reproductive hazards, sanitary concerns, muscle strains and lifting issues. However, these issues are not solved the same way for men as for women, notes ASSE member and author Carol Schmeidler, CSP, of Buffalo, NY. In ASSE's *Construction Safety Management and Engineering* book, Schmeidler stated in her 'Safety and Health Issues for Women in Construction' chapter that personal protective equipment (PPE) and clothing are often designed for average-sized men, so equipment and clothing that does not properly fit could reduce its effectiveness in providing protection. So for women, make sure the PPE fits and protects.

As for heavy loads, women construction workers may want to use alternate means such as dragging the load instead of lifting it or using a wheelbarrow or cart to move the load. The average construction worker can lift 30 to 50 pounds, but the actual load capacity can vary from person to person, regardless of gender.

Also alternate methods of completing a task can be helpful such as using a ladder when hammer-

ing nails just out of reach. Unnecessary stretching and awkward positioning to complete a task could result in back strain, muscle aches or even cause a fall if unbalanced.

### Female construction workers may want to consider the following safety tips:

- Always wear the correct size and type of PPE. Equipment that does not fit properly or is not used in the correct manner can further expose workers to hazardous conditions. This includes breathing apparatus, hardhats, hand protection, and much more equipment depending on the potential workplace hazards.
- For heavy lifting jobs, look for ways to make the lift require less force such as using leverage or breaking the load into smaller piles or bundles.
- PPE should not be the only equipment that fits properly, as hammers and many other construction tools are made for different-sized workers, such as those with smaller hands. Remember that equipment is sized differently to better suit a worker, be it a male or female.
- Find a healthy way to manage workplace stress. If one encounters hostility or harassment, it is important to report them to upper management and human resources.
- Maintain your visibility at a con-

struction site by wearing a reflective/bright vest. Individuals smaller in size may not be as visible to other workers, such as those operating heavy machinery and vehicles. Wearing bright visible vests over existing clothing can help increase visibility during adverse weather conditions such as fog or snow, as well as dusk, pre-dawn or other low visibility conditions, especially for flaggers at a work zone.

- During cold weather conditions construction workers should wear ample clothing and thermal gear such as insulated boots with good traction. Frequent breaks may also be advised to reduce the occurrence of frostbite on the hands, feet or face.
- Participate in any available training. Don't be afraid to ask questions and learn as much from the instructors as possible.
- Always wash your hands after working. If hand-washing facilities are not available, carry your own sanitizing wipes.
- Drink plenty of fluids to avoid dehydration. Working in the summer heat or around equipment that emits high levels of heat can increase the need for water/fluids.
- Women working in construction need proper bathroom facilities, just as their fellow male workers. If conditions are not sani-

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# 5 Year Chapter Service Awards

The following Central New York ASSE Members have celebrated / are celebrating their 5, 10, 15, 20, 25 and even 30 years of service anniversaries in the month of November.

**20 years—Kathleen Smith**

**10 years—Frank Strelec**

**5 years—Paul Marek & Brian Mitchell**

Please extend your congratulations to these outstanding chapter members. Each has contributed towards strengthening the safety and health profession through their continued involvement with ASSE.

Members celebrating 5 year anniversaries are invited to attend any of the next three chapter meetings (November—January) and enjoy your meal paid for by the chapter. You are also eligible for a free gift from the chapter. Please contact Chapter President Jeanette Kinsella ([jkrisl@twcnv.nyrr.com](mailto:jkrisl@twcnv.nyrr.com)) for details.

## AMERICAN SOCIETY OF SAFETY ENGINEERS OFFER SAFETY TIPS FOR WOMEN IN CONSTRUCTION, CONT

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tary, women may consider bringing their own supply of sanitizing wipes, hand soap, etc. and in some cases a small portable toilet. Remember it is unhealthy to hold off from using the bathroom facilities, which can lead to infections or other health problems.

- This need for sanitary conditions is even greater for preg-

nant workers, due to the threat of infection and an increased need of bathroom facilities. Hydration and taking rest breaks is important. Report pregnancies to company medical personnel as soon as possible.

- Keep a change of clothes (and shoes if possible) in your vehicle.
- Get enough sleep. Mistakes

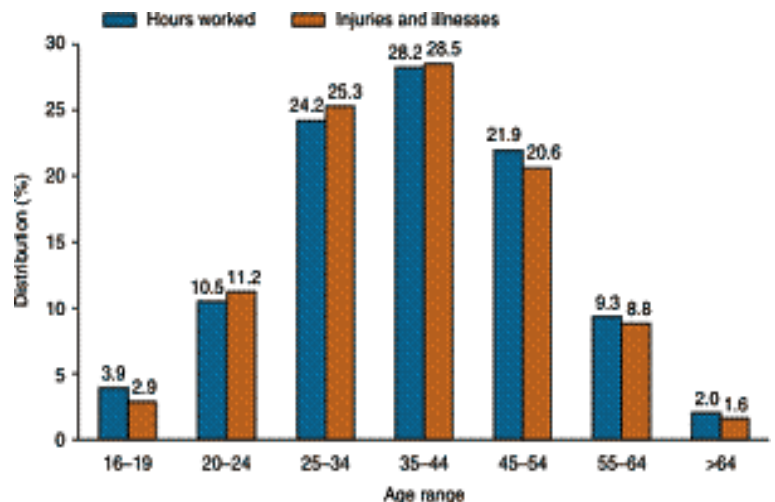
and accidents are more likely to occur when tired, especially in construction where work typically starts early in the day.

- Take care of yourself. If you must have a second job, try to find one that uses different muscle groups. For example, if your construction job requires heavy lifting, your second job should involve little or no lifting.

## AS THE WORKFORCE AGES & LABOR POOL SHRINKS, ASSE URGE EMPLOYERS TO MODIFY WORKPLACE SAFETY EFFORTS NOW

As those born between 1946 and 1964, the large 'baby boomer' generation, ages so too does our workforce while the labor pool shrinks. Currently, workplace injury rates for older workers are the lowest of any age group, but their fatality rate is the highest. To accommodate the aging workforce and to work to reduce fatality rates, businesses should design a safe workplace for this aging, but valuable, workforce, American Society of Safety Engineers (ASSE) note, or be faced with a negative economic impact.

Go to <http://www.asse.org/> for more info....





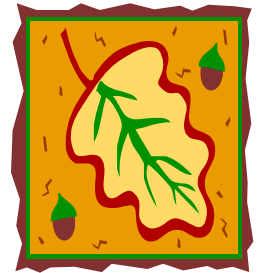
**AMERICAN SOCIETY OF SAFETY  
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***Protecting People, Property, and  
the Environment Since 1911.***

Mailing Address Here...

**We're on the Web**  
**<http://cny.asse.org>**



## **Genesee Valley Safety Conference**

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This course is recommended for safety and health professionals, engineers, equipment designers, construction firm managers, and supervisors who oversee tasks in the industrial workplace.

Identifying hazards and reducing risk are fundamental to reducing and eliminating injuries in the workplace. This course will enable participants to identify hazards and risks in the workplace, determine when risk is acceptable, and effectively communicate risks to management.

Safety by design, risk for main-

tenance and skilled trade personnel, applicable regulations and national consensus standards, and product liability and the legal implications will be covered.

The registration fee for the course is \$150, payable by check to the Genesee Valley Safety Conference. Registration forms must be received by December 1, 2005. The course will be held at Eastman Kodak Company, Kodak Park, Building 328 Multipurpose Room.

This course qualifies for BCSP COC credits and ABIH CM credits.

Please share this course offering with those in the community who may benefit from this training.

Contact Paulette Lantuh at 585-722-6362 or Marcia Sawnor at 585-258-4577 with any questions about this program and for registration information.

