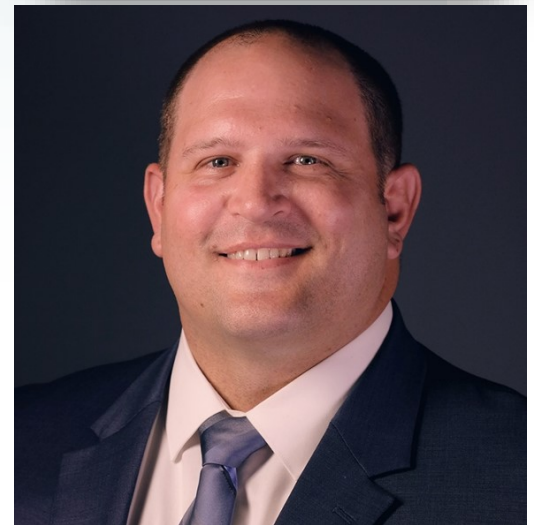


# SAFETY MATTERS

## President's Message



We had a successful PDC this year with some excellent speakers and a wonderful Keynote session about changing culture through incidents by Paul Espenan. With the end of the chapter year approaching us we still have a couple of great technical meetings left for May & June. I hope to see you at the upcoming meetings and the Workers Memorial at the State Capital on 4/30/19.



Cody Vinyard, CSP  
Sr. Safety Professional, OG&E

Thank You,  
Cody Vinyard, CSP  
ASSP OKC Chapter President

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**PLATINUM LEVEL CHAPTER**  
2016-2017



# Workers Memorial Day

## A Day of Remembrance

**April 30, 2019**

Each year, more than 4,600 women and men die as a result of work-related accidents and diseases in the United States. Workers suffer approximately 4 million occupational injuries and illnesses each year. Worldwide we lose one worker every 15 seconds and in the United States approximately 12 to 15 workers die every day due to preventable incidents.

Please join us as we remember those lost to work-related accidents every year on April 30th!

Please make sure and plan to join us on Tuesday, April 30, 2019!  
At 11am on the 2nd Floor Rotunda of the State Capitol!





# ASSP Student Leadership Conference



My name is Faith Looney and I am a junior at UCO studying Industrial Safety. I had the opportunity to attend the Student Leadership Conference in McKinney this past weekend. I am the President of the UCO Student Chapter and was involved in the planning committee for the event and was able to sit in on conference calls and meetings regarding the planning and the scheduling of speakers for the weekend. I was grateful to be included in this because it showed me a side of conferences I had never been exposed to. When we got to the conference, the first thing I attended was a ROC meeting. It was filled with other Presidents from different schools and we were able to talk about the strengths and weaknesses our chapters have and be able to help others to make sure Region III has the best student chapters out of all the regions.

Once the conference started, Regina McMichael kicked things off with a moving story about how she got started in safety and I was so inspired by her story it made me really sit and reflect on why I am where I am. She even went to talk about how women can really thrive in safety and that was a perspective I had never thought of before. She made me realize that caring about people and wanting everyone to go home safe every night was so much more than just a job but a state of mind to couple with a safe lifestyle. The whole weekend was full of knowledge from seasoned safety professionals but also getting to bond with other students and make friendships from all universities. I feel confident in the coming years of my safety profession because I know the students I will eventually fill the workplace with are people that also feel safety is a top value to have in every aspect of life.



# Student Leadership Conference continued

My name is John Sigl. I am a senior at The University of Central Oklahoma in the Industrial Safety program. I would like to thank the Oklahoma City Chapter of the ASSP for facilitating my ability to attend the Region iii Student Leadership Conference. My student membership in the ASSP has been fundamental in preparing me for my future career in safety. While attending the Student Leadership Conference I had the opportunity to listen to Mark Hernandez speak. Mark Hernandez's speech on personal development was one of the most inspiring teachings I have ever been part of. I have never been able to resonate with an inspiration speaker before. His speech was titled "Stand Out". He spoke on developing your own brand. This entails creating a personal development plan to get out of one's comfort zone and trying to better oneself on a core-level. Since attending the conference, I have tried to implement some of his teachings into my day to day life to help me "Stand Out".

I manage The Shack Oyster and Seafood Bar, a bar and restaurant, in Oklahoma City we are located in a very industrial part of town. I have the ability to network with people across many different industries. A lot of my regulars know that I am in school pursuing a degree in safety, but that wasn't something that I shared with everyone. With the knowledge that I have gained from Mark Hernandez I had the confidence to network with almost every professional that sits down at my restaurant. This is something that I was always timid to do in the past. I have had only good reactions from everyone I have talked to. It has also led to a few interviews!!

Thank You,  
John Sigl





# Student Leadership Conference continued

To begin, I wanted to give a genuine thank you to the Region III American Society of Safety Professionals as a whole for giving the students the opportunity to attend the Student Leadership Conference in McKinney, Texas. Also, sending a thank you to Matthew Herron for showing his compassion he has for the students in Region III and presenting useful information over the conference. The selection of speakers was astonishing, and I could not have been more excited to dive deep into their stories and advice. One speaker in particular stood out as compassion for safety, would only begin to scrape the surface of the individual, Mark Hernandez, lives to be. Hernandez explains how attitude plays an importance on the company's culture and your future in standing out. It is a choice to stand out. Learning that "Honoring the Struggle" only pushes one another further in life allowing yourself to grow, opening the door to opportunities transitions to be one of the best successes an individual can endure. The Student Leadership Conference taught me the importance of networking and growing your connections can only help a student in the future, for the future. Being a sponge will only expand your knowledge and create your brand. The wealth of knowledge that I had gained from this experience has been a confidence booster as an individual and as a safety student at the University of Central Oklahoma.

Thank you,

Talun Thomas







# Student Leadership Conference continued

Leadership isn't about standing in front of the row and giving command to people. It's a lot more of deep structure of good value and unity and great character with respect and attracting your surroundings in positive Productive environment. I have learned in the ASSP leadership conference that leader must accept the responsibility and stand up to it fully physically and mentally. Being present and showing care and love to people can make big impact on others. It also would untie misunderstanding and confusion which may lead to error and sometime causing hurt to someone. When leader is presents things tend to work well and by order which mean leader commitment is value to other and inspiring. Leader have ability to change your feeling at workplace to make you feel like family member and value the work you do, a father will always love his family and be there for them, ask them and get to know what they are going through or if there ever needed any support and help. Sometime just a meaningful word can do more than a physical act. I appreciate all people and ASSP Region III for setting up this conference and all their hard work to educate and improve the safety critical thinking in our community and our world. Thank you to all who attended and made the effort to make this conference. It really changed me to stand out and get involved even if I am making small changes, I believe over time adding one rock over another would make a mountain.

Sincerely,  
Ali Alnakhli





# Student Leadership Conference continued

Thank you for allowing us the opportunity to go to the 2019 ASSP Student Leadership Conference in McKinney, Texas. The conference was great. While there, not only did I meet a variety of students from multiple schools, but I had the opportunity to listen and learn from multiple industry leaders. Regina McMichael, Mark Hernandez and Skipper Kendrick all had powerful and passionate speeches about standing up, and standing out, growing, and creating your own brand. Josh Jones gave a great presentation on how to present oneself and land a job from a Human Resources perspective; his advice on how to create and structure our resumes was very helpful. Josh took the time to review my own resume as well. He sat down with me and walked me through the changes he made, and gave me advice on how I could further improve it. Mark Hansen's speech about "Three Things to Know When Starting Your Career in Safety" had mixed reviews in the UCO group, however I loved it. Mark is so cheap! His telling us to unplug our fridge and turn off our water heater to save money was hilarious. His speech was packed with genuinely great financial advice that I think everyone needs to hear. Nolan Miller also gave a great speech about falls and fall protection. Issues with two separate truck hitches prevented us from seeing the drop demonstration, but it proved a blessing in disguise, as it was freezing cold outside, and we ended up using the time to network. Sunday morning, Leslie Stockel from OSU gave an awesome speech on the power of body language. For the rest of the day everyone stood in power stances, and was looking for cues in people's body language that we had just learned from her speech. It was really funny to watch. Overall I really enjoyed the 2019 ASSP Student Leadership Conference, and once again I just want to thank you for allowing the opportunity to attend. Every student from UCO in the Safety Program should attend an event like this at least once during his or her academic career.

Sincerely,

Andrew G. Ritger III



What's New

- "I have rights" poster for workers age 16-24.

young workers

employers

parents and educators

Real Stories

Hazards

Resources

Contact Us

## Young Workers - You have rights!

You have rights on the job, and your employer has the responsibility to provide a safe workplace. OSHA wants you to have a safe and rewarding work experience. This site can help you prevent job-related injuries and illnesses.

OSHA: Young Workers' ...

335 young workers **KILLED** in 2013

Home

<https://www.osha.gov/youngworkers/index.html>

Real Stories

<https://www.osha.gov/youngworkers/stories.html>

Hazards

<https://www.osha.gov/youngworkers/hazards.html>

Resources

<https://www.osha.gov/youngworkers/resources.html>

## Real Stories

Two young workers (ages 14 and 19) were killed at a grain storage facility in the Midwest when they were sent into a grain bin to “walk down the corn.” The grain bin was being emptied, and the workers’ task was to break up clumps by walking on them to make the corn flow out of the bin. The workers were not provided safety harnesses, and the machinery used for evacuating the grain was running. The suction created by the flowing grain pulled them in like quicksand and suffocated them. Workers should never be inside a grain bin when it is being emptied out, because a sinkhole can form and pull down the worker in a matter of seconds. OSHA standards prohibit this dangerous practice. This company ignored that rule as well as other protective safety requirements. In addition, child labor laws made it illegal for this company to employ a 14-year-old to work in a grain silo.







Just one day of your life can change someone else's forever.

Every day seven people die from home fires. Join our growing movement to save lives, like Janette and her son Timothy (above) who safely escaped a home fire after smoke alarms were installed.

April 27

## Tulsa

8:30 a.m. – 3 p.m.  
Tulsa Red Cross Office 10151 E  
11th Street Tulsa, OK 74128  
<http://bit.ly/SoundtheAlarmTulsa>

May 4

## Oklahoma City

8 a.m. – 3 p.m.  
Schilling Park Recreation Center  
601 SE 25th Street  
Oklahoma City, OK 73129  
<http://bit.ly/SoundtheAlarmOKC>

Follow these easy steps to register today:

1. Click on the correct link above and select volunteer now. Click next on the event pop-up.
2. Login to existing Red Cross account or create a new one
3. Once logged in you should be on the event page, scroll to the bottom and select yes or no on fundraising. Click red confirmation button at the bottom of the page
4. Watch your email for confirmation email

*\*(If you do not receive an email please contact [marama.bayles@redcross.org](mailto:marama.bayles@redcross.org))*

## ASSP-OKC Chapter Meeting Schedule for 2018-2019!

| Date     | Location  |
|----------|---|
| 9/14/18  | FTTC Reno Campus Room A1020 B, 11:30am-1:00pm   |
| 10/12/18 | FTTC Reno Campus Room A1020 A, 11:30am-1:00pm   |
| 11/7/18  | Joint Meeting with Tulsa Chapter @ OSU Campus 7:00pm  |
| 12/14/18 | FTTC Reno Campus Room A1020 A, 11:30am-1:00pm   |
| 1/11/19  | FTTC Reno Campus Room A1020 A, 11:30am-1:00pm   |
| 2/8/19   | Joint Meeting with UCO student chapter @ UCO Ballroom A , Nigh University Center, 100 N University Dr Edmond, OK 73034, 11:30am—1:00pm, lunch will be provided , <b>Speaker:</b> Cheri Marcham <b>Topic:</b> Professional Certification |
| 3/8/19   | Tour of MTM in Del City, OK: <b>tour time - 10:00am to 12:00pm, lunch not provid-</b>   |
| 4/4/19   | <b>(will not be having ASSP Meeting)</b> OKC ASSP PDC is being held at Francis Tuttle Rockwell Campus 7:30am-5:00pm   |
| 5/10/19  | Meeting 11:30am – 1:00pm Francis Tuttle Rockwell Campus- Corporate Training, room D1870 (Lunch Provided)<br><b>Speaker</b> – Jerrie Looney – Office Ergonomics  |
| 6/14/19  | Meeting 11:30am – 1:00pm Francis Tuttle Reno Campus room A1020 A (Lunch Provided)<br><b>Speaker-</b> Thomas Brewer, PTSD from Incidents & Injuries at Work  |

### 2019 OKC ChapterWISE Meetings & Events

When: May 14th (3:00pm—4:30pm)

Where: Downing Wellhead Equipment 2101 SE 18<sup>th</sup> Street, OKC 73129 (Contact Jenn for more info)

Speaker: Lisa Teel

Topic: Emergency Preparedness ad Drills to Test Procedures

The small group meeting allows for connections between EOSH professionals to discuss the topic and recent events. This ASSP common interest group meeting is open to both men and women.

**OKC ChapterWISE Local Liaisons contact information:**

**Jennifer Styx:** [Jenniferstyx@downingusa.com](mailto:Jenniferstyx@downingusa.com)

**Betsey Kulakowski's:** [betseyK@oksafety.org](mailto:betseyK@oksafety.org)

For more information about WISE visit:

<http://www.ASSP.org/practicespecialties/wise/>



Thank you to our ASSP-OKC Chapter Sponsors for 2018-2019!



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ASSP—OKC is all over the place. Click on the logos below to join our Facebook group, follow us on Twitter, link up on LinkedIn, and sub-



Visit our website for job postings, newsletters, member referral, meeting notices, forms, and much more!