

# SAFETY MATTERS

## President's Message



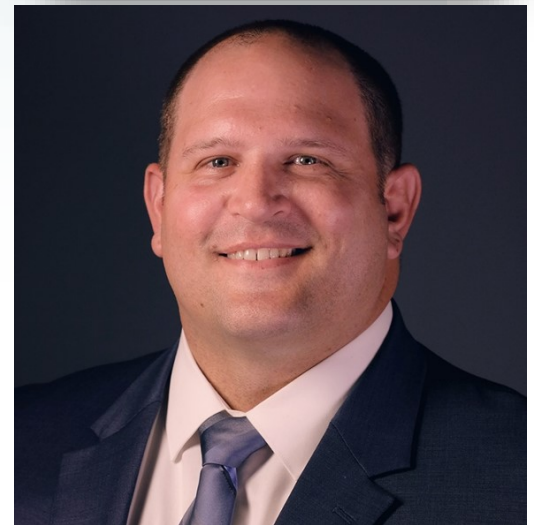
Wow! What a chapter year 2018-2019 was! The OKC Chapter is very lucky to have a really strong membership and a tremendous executive committee! I cannot believe that this year is over, it has flown by.

The OKC chapter has operated at a Platinum Level again! This will be the 3rd consecutive year we have accomplished this level of operation. It is not easy, it requires the chapter leadership to plan out the year, organize and execute the plan. The most important thing is having the volunteers to execute the plan, with the great people volunteering it is no surprise that our chapter is a success.

It has been an honor to serve the chapter and work with the great people on the executive committee.

Thank You.

Thank You,  
Cody Vinyard, CSP  
ASSP OKC Chapter President



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

### Inside this issue...

Platinum Status.....	2
Chapter Officers.....	3-6
Heat Illness Prevention Plan...	7-11
Chapter Meeting.....	12
ChapterWise.....	12
Exec. Comm. meeting.....	13
Sponsors .....	14



**PLATINUM LEVEL CHAPTER**  
2016-2017

Congratulations to our chapter for receiving Platinum status for the year 2018! Way to go!! Paul Turner (2017-2018 president) and Cody Vinyard (2018 -2019 president)



# 2019—2020 Chapter Officers



President – Patrick McGrew

Patrick McGrew is a Senior Safety Specialist for Continental Resources, Inc. focusing on HSE Training, Emergency Management and DOT Regulations Mr. McGrew has 20 experience in the Environmental and Safety field serving multiple industries including manufacturing, pipelines and the exploration and production of oil and gas. Patrick received his degree in Industrial Safety from the University of Central Oklahoma in December of 1998. He has served on the OKC ASSP Exec Board since 2014 as the Treasurer, Delegate, President-Elect and now serves as the President. Mr. McGrew was the Professional Development Conference Chair for the April 2019 PDC and Co-Chair of the OKC Leadership Conference in 2016. Mr. McGrew received his CHMM in 2003 and his CSP in 2014.



President Elect – Adam Roberts

Adam Roberts is the Environmental, Health & Safety Technician for Nortek Air Solutions plant in Okarche, OK where he is responsible for maintaining training programs and records, new hire orientations, safety walkthroughs and inspections, and the hearing conservation program. He has been in this position since February 2014 which helped in the completion of UCO's Industrial Safety BS program and the Adult Education M.Ed. program. He has been a member of ASSE since 2014 when he joined as a student member at UCO.

# 2019—2020 Chapter Officers



Treasurer – Shawn Helton

Shawn Helton currently serves as a Senior Health & Safety Coordinator for Enable Midstream Partners. He has 8 years of experience in the safety industry and has worked in the manufacturing and oil & gas sectors. Shawn holds a B.S. in Environmental & Safety Management from Northeastern State University and has earned the designation of Certified Safety Professional (CSP). He is presently enrolled in a graduate program at Southeastern Oklahoma State University seeking a M.S. in Occupational Safety & Health.



Delegate – Sean Hickey

Sean Hickey is a Sr. Health & Safety Field Coordinator for Enable Midstream Partners. Sean has over 15 years of experience in the construction, mining, transportation, and oil & gas industries.

He received his B.S. in Fire Protection and Safety from Oklahoma State University in 2002. Sean has also been a Certified Safety Professional for over ten years.

Sean has held several positions in the OKC Chapter of the ASSP through-out the last decade including treasurer, president-elect, president and delegate. He was also the OKC Chapter Safety Professional of the Year in 2014.



# 2019—2020 Chapter Officers



Delegate – Mark Huddleston

Mark Huddleston is a Senior Safety Representative, covering Capital projects, Utility Technical Services, and Contractors for Oklahoma Gas and Electric. Mark has twenty years of safety experience with an extensive background ranging from food processing, utilities, to manufacturing. Mark specializes in safety, process safety management, and risk management.

He received his Bachelor's degree in Industrial Safety with an emphasis in Sociology from the University of Central Oklahoma in May 1999. Mark graduated with a Master's degree in Adult Education with an emphasis in Industrial Safety from the University of Central Oklahoma in December 2002.

Mark has represented the Oklahoma City Chapter as a chapter's delegate off and on for the last ten years, as well as, co-chaired the Sporting Clay Event from inception. Mark has also served as chapter secretary, president-elect, and president of the chapter for 2008/2009 year.



Secretary – Stephen Simpson

Stephen Simpson has served as the ASSP Newsletter Editor in 2018-2019. He has 8 years of experience in the Environmental, Health, and Safety field serving the Oil and Gas Industry and Electric Utilities. Stephen has been a member of ASSP since joining as a Student in 2010- 2011 graduating from the University of Central Oklahoma with a Bachelor's in Industrial Safety. He attended Southwestern Oklahoma State University where he earned a Master of Business Administration in 2015. He received his Certified Safety Professional designation in 2016 and is honored to serve on the OKC ASSP Executive Committee.

# 2019—2020 Chapter Officers



Delegate – Diana Edwards

Diana Edwards is the Sr. Asbestos Coordinator for OGE. Previously Diana was the Director of the Oklahoma Department of Labor's Occupational Safety and Health Division. She has over 30 years of experience in the safety and health field. Diana has a Masters in Occupational Safety and Health Management. She is a member of ASSE and currently serves on the Executive Committee.





## Heat Illness Prevention Plan

▶ Water / Rest / Shade  
(OSHA- NIOSH Heat Index App)

▶ How it affects you?

You may be more susceptible  
to a heat related illness  
based on the following:

**Level of Acclimatization**

**Age**

**Weight**

**Degree of physical fitness**

**Prescription medications, Drugs,  
Alcohol, and Highly Caffeinated  
drinks**



Download the App today  
to get the real time and  
location specific heat  
index.





# HEAT STRESS Risk Factors

Workers should be aware of the many factors that can impact the risk of heat illness.

All photos by ©Thinkstock unless otherwise noted.

## Environment

- High temperatures, especially with high humidity, which makes sweating less effective
- Direct sun exposure
- Lack of wind or breeze to cool the body; however, when ambient conditions are higher than body temperature, warm airflow can actually *increase* heat gain
- Proximity to engines or other hot equipment



## Activities

- High exertion
- Not enough rest breaks
- Repeated strenuous days in the heat
- High motivation to push through discomfort from heat strain



Photo by NIOSH

## No Acclimatization

- New employees
- Experienced employees returning from time away from the heat
- Acclimatized workers who experience a sudden change in worksite temperature, such as heat waves or mining in a new area



## Dehydration

- One of the most important risk factors



## Prior Heat Illness

- Increases the risk of heat illness in the future



## Other Factors

- Age over 60
- Non-breathable clothing or personal protective equipment
- Alcohol use in the past 24 hours

## Medications

Heat tolerance can be affected by medications taken for

- cold, allergies, and congestion
- muscle spasms
- blood pressure
- urine production (diuretics)
- high blood pressure
- diarrhea
- dizziness/vertigo
- psychosis
- depression



## Health Conditions

- Short-term illnesses, such as diarrhea, vomiting, or respiratory infections
- Chronic conditions, such as diabetes and heart disease
- Being overweight or obese
- Poor physical fitness



A worker may be affected by many risk factors at the same time. Talk to a healthcare provider about your personal risk factors.



## Points to Remember

- **Acclimatization is critical**

Lack of acclimatization is a major factor in heat-related deaths on the job

- **Hydration is critical**

Dehydration greatly increases the risk of heat illness

- **A recent illness can temporarily lower your heat tolerance**

- **Be aware of other personal risk factors for heat illness**

Prior heat illness

Certain medications

Certain health conditions

Alcohol use within 24 hours of working in heat

## Case showing hazards of heat illness even in acclimatized workers

A 27-year-old employee with two years' mining experience was coming to the end of a 12-hour shift at a mill in Arizona when he experienced muscle cramps and vomiting from dehydration. Although he did not lose consciousness, he missed two days of work due to the incident. The employee had been taking medication for high blood pressure.

### Lessons Learned

Young, healthy, and experienced—anyone can get heat illness! This incident may have been related to the employee's high blood pressure medication. Multiple factors together, such as certain medications, a recent illness, or repeated strenuous days in the heat, can increase the risk for heat illness.



Photo by ©Thinkstock

# HEAT STRESS Work/Rest Schedules

Using work/rest schedules can decrease the risk of heat illness

## Sample Work/Rest Schedule for Workers Wearing Normal Clothing\*

The NIOSH work/rest schedule is based on air temperature, with adjustments for direct sunlight and humidity. It may not be applicable to all worksites. Other work/rest schedules are available, some of which are based on Wet Bulb Globe Temperature.

See reverse for temperature adjustments for the NIOSH work/rest schedule and examples of light, moderate, and heavy work.

Temperature (°F)	Light Work Minutes Work/Rest	Moderate Work Minutes Work/Rest	Heavy Work Minutes Work/Rest
90	Normal	Normal	Normal
91	Normal	Normal	Normal
92	Normal	Normal	Normal
93	Normal	Normal	Normal
94	Normal	Normal	Normal
95	Normal	Normal	45/15
96	Normal	Normal	45/15
97	Normal	Normal	40/20
98	Normal	Normal	35/25
99	Normal	Normal	35/25
100	Normal	45/15	30/30
101	Normal	40/20	30/30
102	Normal	35/25	25/35
103	Normal	30/30	20/40
<b>104</b>	<b>Normal</b>	<b>30/30</b>	<b>20/40</b>
105	Normal	25/35	15/45
106	45/15	20/40	Caution
107	40/20	15/45	Caution
<b>108</b>	<b>35/25</b>	<b>Caution</b>	<b>Caution</b>
109	30/30	Caution	Caution
110	15/45	Caution	Caution
111	Caution	Caution	Caution
112	Caution	Caution	Caution

### Things you need to know:

- Continuous work in the heat is not advisable—you must take rest breaks periodically to allow your body to cool down.
- A variety of work/rest schedules are available that can be adapted to your worksite. Relying on self-pacing alone may not be sufficient.

### Example

A worker performing heavy work in 104 °F temperatures should work for 20 minutes and rest for 40 minutes.

### Example

A worker performing moderate work at 108 °F should use extreme caution! The risk for heat injury is high in this situation.

\* From NIOSH Criteria for a Recommended Standard, Occupational Exposure to Heat and Hot Environments, <https://www.cdc.gov/niosh/docs/2016-106/pdfs/2016-106.pdf>. **Assumptions:** workers are physically fit, well-rested, fully hydrated, under age 40, and environment has 30% humidity and perceptible air movement.

# HEAT STRESS Work/Rest Schedules

## Temperature Adjustments for this Work/Rest Schedule

Adjust the temperature in the table based on:

Environmental conditions	AND	Humidity
<ul style="list-style-type: none"><li>• Full sun (no clouds): Add 13 °F</li><li>• Partly cloudy/overcast: Add 7 °F</li><li>• No shadows visible, in the shade, or at night: No adjustment</li></ul>		<ul style="list-style-type: none"><li>• 40% humidity: Add 3 °F</li><li>• 50% humidity: Add 6 °F</li><li>• 60% humidity or more: Add 9 °F</li></ul>

### Example Adjustment

Conditions at a mine are 90 °F, with partly cloudy skies and 50% humidity. Adjust the table as follows:

Add 7 °F for partly cloudy skies and 6 °F for 50% humidity, to arrive at 103 °F.



## Examples of Work at Different Intensity Levels

### Light work

- Operating equipment
- Inspection work
- Walking on flat, level ground
- Using light hand tools (wrench, pliers, etc.). However, this may be moderate work depending on the task
- Travel by conveyance

### Moderate work

- Jack-leg drilling
- Installing ground support
- Loading explosives
- Carrying equipment/supplies weighing 20–40 pounds
- Using hand tools (shovel, fin-hoe, scaling bar) for short periods

### Heavy work

- Climbing
- Carrying equipment/supplies weighing 40 pounds or more
- Installing utilities
- Using hand tools (shovel, fin-hoe, scaling bar) for extended periods

## Case Study: Use of Work/Rest Schedule

A crew was shoveling ore out from under the primary conveyor at a surface mine in Arizona in August. The high temperature that day was 113 °F. The crew was rotating in 10-minute shifts and hydrating between shifts. Coworkers noticed signs of heat illness in two employees, and they were transferred to the medical station for evaluation. From there they were sent to the hospital, where they were given IV saline and released home. Both employees recovered after rehydration at the hospital.

### Lessons Learned

In extreme heat, even a work/rest schedule may not eliminate the risk of heat illness. In this case, use of work/rest schedules, frequent hydration, and team monitoring helped keep this situation from becoming even more serious. Without those safety precautions the workers could have potentially suffered more severe heat illness, possibly including heat stroke, which is life threatening.



## ASSP-OKC Chapter Meeting Schedule for 2019-2020!

Date	Location
9/13/19	FTTC Reno Campus Room A1020 B, 11:30am-1:00pm <b>Speaker: Safety Skills</b>
10/11/19	FTTC Reno Campus Room A1020 B, 11:30am-1:00pm <b>Speaker: OSHA</b>
11/ 1/19	Quail Ridge Sporting Clays— 2401 S. McCloud Rd (HWY 102 North) McCloud, OK 74851
12/13/19	Moore Norman Technology Center, 11:30am— 1:00pm <b>Speaker: Lisa Robinson</b>
01/10/20	FTTC Reno Campus Room A1020 B, 11:30am-1:00pm
02/14/20	FTTC Reno Campus Room A1020 B, 11:30am-1:00pm
03/13/20	FTTC Reno Campus Room A1020 B, 11:30am-1:00pm
04/09/20	FTTC Rockwell Campus – <b>PDC Rooms (Main Room –Three Breakout)</b>
05/01/20	FTTC Reno Campus Room A1020 B, 11:30am-1:00pm <b>(Tour Tentative)</b>
06/12/20	FTTC Reno Campus Room A1020 B, 11:30am-1:00pm

### 2019 OKC ChapterWISE Meetings & Events

Q3 meeting is going to be held at UCO on 9/16 in the afternoon.

Q4 will be held at OSC on 11/21 from 3-430pm.

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/>



## ASSP-OKC Executive Committee Meeting Schedule for 2019-2020!

Date	Location
<b>09/05/19</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>10/3/19</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>10/24/19</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>12/5/19</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>01/02/20</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>02/06/20</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>03/05/20</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>04/02/20</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>04/30/20</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm
<b>06/04/20</b>	Francis Tuttle Rockwell, Room D2845—1:30pm to 3:00pm

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



## Stay Connected to ASSP-OKC

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-



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newsletters, mem-  
ber referral,  
meeting notices,  
forms, and much  
more!

Protecting People, Property, and Environment in Oklahoma since 1975