



January 2024 Newsletter

PRESIDENT'S LETTER

I hope you had a GREAT Holiday Season! We have a GREAT Safety Season planned out for first Quarter!

First up is a Contractor Pre-Qualification Roundtable on January 12th, then training on Flammable Liquids, Storage, and Flame Arrestors on February 9th, and then SOMETHING NEW – Breakfast and Best Practices On February 13th. We are going to have a morning meeting to see if you that can add value to what you do! Check it out! It might work better with your schedule. Then in March, we are doing a Plant Tour of Poynter Sheet Metal.

Did I mention that Terry Bradshaw is coming????

Terry Bradshaw is the keynote speaker at this year's Indiana Health and Safety Conference which starts on Monday, February 26th – PLEASE ATTEND! He should be very entertaining and a great kick-off to this World-Class event. The Indiana Health and Safety Conference is truly a world-class event and worth your time. Lots of training and networking for everyone. It's a blast – and you and your company could enter the Governor's Workplace Safety Awards and maybe win – and for all you students out there – THERE ARE SCHOLARSHIPS Available – you just need to apply....next year – this year is done, but believe it or not, we have a hard time getting students to apply for our scholarships. So, if you know one that is majoring in EHS – check out our website for details.

The registration for all these events is on our Website. Please Join us – it's going to be a lot of fun.

Lastly, I do want to thank everyone who gave us questions for the Annual OSHA Update with IOSHA Insafe – and to those that came. We like the Q&A format – and it seems that so do you – so we'll keep that going.

I look forward to seeing all of you. Again, our sole purpose is to add value to what you do. We'd like to hear from you and what kind of things you would like to see or learn.

I appreciate everything you do to protect people, property, and the environment.

See you soon!

Mark Frye, President

UPCOMING EVENTS

January Chapter Meeting Friday, January 12, 2024



Join us next Friday at ABC of Indiana as we hear from several different safety professionals about pre-qual systems!

Topic: Contractor Pre-Qualification Roundtable
Speaker/Host: Multiple Safety Professionals
Venue: Associated Builders and Contractors (ABC of Indiana)

Head over [HERE](#) to register for this event!

HUGE THANK YOU

to our Lunch Sponsor:



If attending in-person, we will eat lunch 11:00-11:30AM.

If attending virtually, the presentation will begin at 11:30AM.

Address: 5001 N. Shadeland Ave., Indianapolis, Indiana, 46226, United States

Join Zoom Meeting

[https://us02web.zoom.us/j/89374131848?
pwd=RUg5dDZsK2gyNGdFaTY3cUtYSnQ2dz09](https://us02web.zoom.us/j/89374131848?pwd=RUg5dDZsK2gyNGdFaTY3cUtYSnQ2dz09)

Meeting ID: 893 7413 1848

Passcode: 842429

2024 Chapter Meeting Calendar

As you plan your Continuing Education and networking for 2024, mark your calendars for the monthly CI-ASSP Chapter Meetings. Please remember to sign up for your free ticket at www.centralindiana.assp.org/events each month. This ensures we have a seat for you and lunch for all attendees.

- Click on "View Details" button for the month.
- After reading the topic, speaker/host, venue, scroll down below the map to "Tickets".
- Adjust the quantity to "1" and click "Register Now".
- A screen with Attendee Information will appear.
- Please fill in the information including if you will be attending In Person or Online.
- Click "proceed to finalize registration"
- If you have successfully RSVPd, you will receive an email "Your Event Registration Details" from ASSP

NOTE: All topics may not be available for Online Attendees.

If your company would like to host a meeting or sponsor a lunch, please reach out to Ginger.Dayton@atipt.com. If you have a speaker to recommend, let Ginger know.

2/9/2024:

Topic: Flammable Liquids, Storage and Flame Arrestors

Speaker: Ryan Griffin with Market Force

Venue: RMS Safety

[Register here!](#)

2/13/2024

Breakfast & Best Practices

Speaker: Jeff Fox
Venue: First Watch - Avon

[Register here!](#)



3/8/2024

Tour: Poynter Metals
Venue: Poynter Metals, Greenwood

4/12/2024

Topic: Mental Health
Venue: Safety Resources, Inc.

5/10/2024

Topic: AI & Data Analysis
Venue: BCSP

6/14/2024

Topic: Respiratory Protection
Venue: TBD

7/12/2024

Topic: Behind the Scenes of Safety and Health on a College Campus
Venue: Purdue University

9/13/2024

Topic: IH Services
Venue: Fishers Department of Public Works

Check out our [EVENT CALENDAR](#) for more info on these upcoming topics!

2024 Safety and Health Conference & Expo



Discover new strategies for compliance to build a safer workplace at the 2024 Indiana Safety and Health Conference & Expo, presented by the [Central Indiana Chapter of ASSP](#) and the [Indiana Chamber of Commerce](#) in partnership with [INSafe](#) and the [Coalition for Construction Safety](#). Mark your calendars and plan to join us!

[You can register here for this event!](#)

The Governor's Workplace Safety Award and the Everyday Safety Hero Award applications are now open and due January 12, 2024. For more information visit [DOL: GWSA Home \(in.gov\)](#). The Governor's Workplace Safety Awards Luncheon will be on Wednesday, February 28 12:00-1:30PM.

NEWS

~Pulling Back the Curtain~ **The People of Our Chapter**

We would like to introduce to you the people who work so hard to make our chapter a success. We have chapter officers, board members, and chair members who work throughout the year to organize our events and bring the latest information and technology in safety to our chapter members. Each month we will be highlighting one of our amazing volunteers!

Ginger Dayton - Meeting Chair



Ginger Dayton is an integral part of our Central Indiana ASSP chapter (for over 35 years!). If you enjoy our monthly meetings, you have her to thank! She heads up finding the topics, venues, speakers and coordinates all the details! Ginger is an Indiana State University graduate and holds a BA in Environmental Health as well as a MS in Safety Management and Community Health. She is the Corporate Safety Director fo ATI PT and

Worksite Solutions. Ginger has built a strong and loving family over the past 30 years of marriage - resulting in 3 daughters, a son-in-law and 2 grandchildren. Ginger makes monthly trips to visit her grandkids to ensure that distance doesn't hinder family bonds. Born with red hair, her parents unknowingly were ahead of the times, naming her before "being a Ginger" became a popular term. She enjoys scrapbooking, sports (Colts, Cardinals and Cubs), reading, festivals and taking her loyal companion, Bentley, to explore the beauty of Indiana State parks. Ginger has visited 39 of the 50 states, and has England, Greece and Australia on her bucket list. Ginger recommends a book she recently read *Great Leaders Make Sure Monday Morning Doesn't Suck* by Erik Harkins. Make sure to give a shout out to Ginger at our next chapter meeting!

10 Cold Weather Workplace Safety Tips



Published by [RitzSafety](#) on Dec 20, 2023

As we make our way through the winter months, we are met with an array of challenges that come with the cold. Challenges such as high costs for businesses from disrupted supply chains to road conditions stopping employees and customers getting to your location. Then there's slips, trips, and falls, already some of the most common workplace injuries, escalate during winter months along with other cold weather injuries, such as frostbite, hypothermia, and more, causing an increase in workplace injuries, harming employees and leading to employer costs of \$120,000 per injury. Those that work outside in the cold most, or all, of the time, such as construction workers, utility line workers, agricultural workers, and many others, are even more susceptible to these cold-related injuries.

In summary, cold weather can be quite dangerous to both employer and employees, but the good news is, the hazards it comes with are both manageable and foreseeable. Paying attention to these challenges and putting in place proactive safety measures is the best way to help protect you from injuries, days lost, and other disruptions, as well as reduce worker's compensation claims and costs to business.

Follow these 10 cold weather safety tips to prepare for the hazards winter brings and ensure you are doing all you can to stay safe at work.

1. Provide adequate cold-weather training

Employers should ensure they provide training to all employees regarding cold-weather hazards. Cover topics such as:

- Safe work practices for cold weather
- Dressing appropriately for cold weather
- Recognizing and treating cold stress injuries
- Identifying dangerous winter environmental and workplace conditions
- Eating and drinking for cold weather work

You can hold [training sessions](#) to go over these topics, or even introduce them into your meetings in the winter months. As an employee, you should engage in this training as much as possible and ask any questions you have so you know what to do in certain situations.

2. Develop cold-weather plans and procedures

Along with providing training to employees, employers should also create procedures for cold-weather situations that may arise and on the following:

- Possible emergencies and how to respond to these incidents and injuries efficiently
- Documented safe working practices
- Plans to record any cold-related safety incidents and use after-action reports to review and make any changes necessary
- Telework opportunities if workers cannot come into work due to unsafe conditions

Share these plans and procedures during training sessions and have documented versions available somewhere with easy employee access. Creating plans like these allow you to react quickly if a problem does arise and help you work towards making changes to prevent further incidents.

3. Dress appropriately for cold weather

Keeping yourself warm while working in the cold protects you from cold-related injuries such as hypothermia and frostbite. It's recommended to wear 3 different layers of clothing with an additional outer layer to protect against the elements if necessary to ensure you stay warm, without compromising on being able to work efficiently.

- Inner Layer – Wear clothing that wicks moisture away from the skin and allows for ventilation.
- Middle Layer – A light layer that absorbs sweat and promotes insulation.
- Outer Layer – Wear a heavier insulating layer that helps trap heat inside.
- Optional Last Layer – Wear a windproof and waterproof layer that helps protect you from the elements.

To learn more about the right clothing to choose to protect yourself from the cold, check out our [Winter Workwear Guide](#).

4. Always wear a hat

Along the lines of layering up and dressing appropriately, be sure to always wear a [warm hat](#) while working out in the cold. 30 – 50 percent of our body heat escapes through the top of our heads, the complete opposite of what we want to happen while working out in the chilly conditions. Wearing a hat can

help to retain your body heat. Additionally, wearing a [balaclava or facemask](#) can help protect your face from injuries such as frostbite.

5. Wear Hi-Viz or heated gear

While we are talking about the best things to wear in the winter season, another good option to keep in mind is wearing [high visibility clothing](#) and heated gear. Winter weather is unpredictable. One minute it may be clear, and the next wind and snow have created whiteout conditions, severely limiting visibility. Preparing for this and wearing a high visibility outer layer can help ensure you are still visible even in these conditions. Wearing battery powered heated gear can also help provide additional warm and a continuous heat source while you're working.

6. Schedule work according to the weather

While this may sound obvious, pay attention to daily weather forecasts, and schedule your work and tasks during the warmest parts of the day. This allows you to work outside during the warmer hours instead of in the cold. Keep your schedule flexible for unexpected changes in weather and if the need arises to completely re-schedule work entirely due to severe weather.

7. Know the symptoms of cold stress and cold-related injuries

Becoming familiar with the symptoms of cold stress and other cold-related injuries can help make sure you are staying mindful of your physical condition and know when you should take a break and warm up before the condition worsens.

Keep on the lookout for cold stress symptoms such as:

- Reddening skin
- Tingling
- Pain
- Swelling
- Leg cramps
- Numbness
- Blisters

8. Maintain a winter emergency or cold weather safety kit

Providing these kits for employees or creating your own cold weather safety kit you can keep in your vehicle while working out on the job or somewhere that is always available when you need it can be very beneficial. The following is a list of ideas for items to include in your cold weather kit.

- [Foil](#) or [wool blankets](#)
- Chemical hot packs such as [feet and hand warmers](#)
- Extra dry [clothing](#), including [socks](#), a [hat](#), and [gloves](#)
- [Thermometer](#)
- [First Aid Kit](#) and information on treating cold-related injuries
- Ice scraper
- Snow brush
- Shovel
- [Flashlight](#)

- [Extra batteries](#)
- Road maps
- Jumper cables
- Road [flares](#) or [reflective warning triangles](#)
- Snacks
- [Bottled water](#)
- Spare cell phone charger
- Rechargeable battery pack

9. Keep in contact with employees

With the uncertainty of winter weather and injuries it can cause, it's a good idea to keep in contact with all your employees at all times as they complete outside, potentially remote, work. Being able to reach out to them with updates and changes in weather conditions or plans as well as providing a way for them to reach you regarding emergencies or questions they have is extremely important. Some apps can also help you monitor employee locations, which can help with locating employees in emergency situations.

10. Keep work areas free of snow and ice

While this may not always be completely possible depending on the weather conditions and place of work, it's in best interest to try and keep the areas where you are working free of slippery snow and ice that can cause slips, trips, and falls. Follow this quick checklist to help you reduce fall-related injuries.

- Pay attention to where you are walking, at all times
- Spread salt on paved surfaces that become iced over
- Keep work areas free of clutter and move trip hazards out of the way
- Keep work areas in good working condition
- Provide adequate lighting that ensures all potential hazards are clearly visible
- Put up temporary [signs](#) and [barricades](#) to mark potentially slippery areas
- Use railings where possible in areas such as stairways
- Wear proper [footwear](#) with good traction or [traction cleats](#)

[Reach out to our experts today](#) for help finding the perfect cold weather workwear and equipment that will help you keep you and your team safe this winter!

Picture Roundup!

Here are few pictures to enjoy from recent meetings of our university sections as well as from our December meeting!



Mark Frye presenting Past President plaque to Greg Anderson



December Chapter Meeting at the Rathskeller



IU Safety Watch Meeting



ISU Safety Meeting

Career Opportunities

[Safety Advisor – Indianapolis](#)

December 29, 2023

[Safety Advisor \(Kokomo, IN\)](#)

December 29, 2023

[Site Safety Representative \(Indianapolis\)](#)

March 2, 2023