

NC-ASSE Newsletter

ASSE Foundation Scholarships

This year, [ASSEF](#) is offering more than \$105,000 to undergraduate and graduate students and practicing professionals who are seeking to advance their careers and education in safety. This year, graduate students are eligible to receive a second award if the first one was received

as an undergraduate. ASSEF is also offering two scholarships to attend Safety 2008 in Las Vegas, NV. These awards will help cover the cost of registration, airfare, hotel and meals, up to \$1,200 each. Other new awards include the ASSE Diversity Committee Scholarship; the

Central Indiana ASSE Scholarship; the North Florida Chapter Safety Education Scholarship; and the Thomas & Dorothy Reilly Professional Development Grant. [Applications](#) for ASSE Foundation [scholarships](#) and [grants](#) are due Dec. 1, 2007. More information is available at [## NC Dept of Labor Offers Free Online Safety Training](http://www.asse-</p></div><div data-bbox=)

The NC Dept of Labor (NCDOL) will start a web-based training series taught by NCDOL training staff. Participants will need a computer with speakers and a high speed internet connection to participate.

The first classes

will be offered in November. Initially, only a few topics will be offered, the topic selection will expand as the program continues.

The series will be ideal for safety and line supervisors, crew leaders, safety directors, and other management

officials. Participants will be able to interact directly with instructors in real time.

More information regarding the series is available at the NCDOL website: www.nclabor.com.

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The NC-ASSE chapter will be having a roundtable discussion at our upcoming November ASSE meeting which is scheduled for November 8th at 5:30pm at 3111 Buffalo Brothers off Capital Blvd. We are asking all members who are interested in attending to e-mail the board two to three hot topics they would be interested in

discussing. We are also asking members to submit two questions that are related to safety and health they would like to have answered. All topics and questions are due by Monday, October 29th. Topics and questions can be forwarded to ncasse@gmail.com. Please state roundtable questions in the subject line.

During the month of December we will be having our 2nd annual toys for tots drive. This year we are asking members to step forward and bring in one (or more) bicycle safety helmets for the Toys for Tots campaign. Again by bringing in a bicycle helmet, members will earn a free lunch!

Book Review: Health and Safety for Engineers—Roger Brauer

The second edition of Dr. Roger Brauer's book *Health and Safety for Engineers* was published in 2006. It is an excellent overview of the risks and challenges faced by safety professionals in all industries.

The book is written as a text book for a college course, but it is also an invaluable resource for practicing professionals as well. It is particularly helpful for folks preparing to sit for the Associate Safety Professional (ASP) or the Certified Safety Professional (CSP) exams.

Dr. Brauer covers topics related to the legal environment as well as management and engineering and technical issues. Engineering equations are used throughout the technical chapters of the text. These can be helpful when involved in the design or modification of a facility or process line.

Practice problems and study questions are provided at the end of each chapter. This is especially useful for those preparing to sit for one of the safety

certification exams.

It will be helpful to have a basic understanding of physics and engineering principles when reviewing the technical chapters.

While no book can cover all safety topics in significant detail, Dr. Brauer makes a strong attempt at meeting the basic requirements for all safety topics. *Health and Safety for Engineers* is an excellent addition to the reference shelf of any safety practitioner.

- Russell Bowen

Genius is one percent inspiration and ninety-nine percent perspiration.
-Thomas Edison

Carbon Monoxide: Silent Killer

This is a shortened version of an article published in the NC Labor Ledger. The article was written by Steve Sykes.

On February 17, 2007, two employees of a contractor died after overexposure to carbon monoxide. The electrical employees were cutting for a local plant a trench in the floor with an 8-HP concrete saw so that an electrical outlet could be placed in the center of the room. The employees were using the gasoline powered equipment while the plant was open for business. Carbon monoxide gas spread into other plant areas. Other employees complained of nausea, dizziness, headaches and related symptoms.

Even though the effects of carbon monoxide are widely known, deaths and hospitaliza-

tions from exposure continue in North Carolina and throughout the country. The NC DOL has investigated three additional carbon monoxide poisonings in the past year resulting in hospitalization of several employees.

Carbon monoxide is also a killer in homes. This past August, 17 people, including Virginia Tech students were hospitalized after a suspected carbon monoxide leak in their apartment complex.

Heating units should be inspected by a qualified person before every heating season. During power outages, people may resort to alternative heating and cooking sources. Many of these are not safe in an indoor environment.

Here are a few tips to prevent carbon monoxide poisoning:

- Do not operate equipment with an internal combustion engine in an enclosed space.
- Maintain equipment and appliances that can produce CO according to manufacturer instructions.
- Install CO monitors with audible alarms
- Test air regularly in areas where CO may be present.
- Provide education about the dangers of CO.

Employers need to be aware of work being performed by others that may affect the health and safety of their employees.

NCDOL has a number of educational publications available at www.nclabor.com/pubs.htm.

Halloween Safety Message from Prevent Blindness America

CHICAGO (Sept. 28, 2007) – Whether it be witches or vampires, angels or devils, children of all ages will be celebrating Halloween by donning their costumes and heading out to parties or trick-or-treating. Every year, Halloween becomes more and more popular with spending on decorations, candy and costumes rising. And, celebrating Halloween isn't just for small children. In fact, close to 60 percent of 18-24 year olds will be dressing up this year.

That's why Prevent Blindness America has dedicated the month of October as Halloween Safety Month in an effort to remind everyone to keep Halloween safe and fun. "We can keep Halloween safe for everyone by taking a few easy precautions," said Daniel D. Garrett, senior vice president of Prevent Blindness America. "Our vision can be compromised by costume accessories, make-up, or simply by being out at night without proper lighting."

Prevent Blindness America also recommends the following:

- Always wear hypoallergenic or non-toxic make-up. Only adults should apply the make-up to children and remove it with cold cream or eye make-up remover instead of soap.
- False eyelashes and costume make-up can also irritate eyes. It's very important to follow the directions on the product package on how to apply and remove safely.
- Never wear costumes that could block vision such as some masks, wigs, hats or eye patches.
- Make sure that shoes fit well and that costumes are short enough to prevent tripping and falling.
- Take extra effort to eliminate tripping hazards on your porch and walkway such as hoses, potted plants, etc. Make sure jack-o-lanterns are also placed out of the way.
- Look for costumes made of flame-retardant material.
- Avoid props or accessories that have sharp edges or pointed ends such as pitchforks, spears, knives, swords or wands.
- When trick-or-treating, always wear bright, reflective clothing or decorate costumes and bags with reflective tape/patches. Carry a bright flashlight to improve visibility.
- Always accompany children while trick-or-treating. Only go to houses you are familiar with and only visit homes that have the porch light on.
- Carefully examine all trick-or-treat items for signs of tampering before allowing children to eat them. Inspect any toys or novelty items received by kids age 3 and younger as they may pose a choking hazard.

Prevent Blindness America also wants to remind the public that it is illegal to purchase contact lenses without a prescription. Even if the lenses are cosmetic or non-correcting, such as those that look like snake eyes or cat eyes, they are still considered medical devices. Those interested in buying these lenses must go through a licensed eye care professional. Improper use and cleaning of lenses can lead to painful eye infections or even vision loss.

For more information on Halloween safety or contact lens safety, please call 1-800-331- 2020 or log on to www.preventblindness.org.



From the NC-ASSE Executive Committee

Welcome!

