



Hello, Penn-Jersey, and welcome to the new Chapter year December newsletter. In this edition, you'll find information on the following:

- **What's New**
- [Newsroom - Government Affairs](#)
- [OSHA Quick Takes](#)
- [Howard Talks Tech](#)

## President's Message to Chapter

Daylight savings time is upon us providing more light in the evenings and in many industries, extending work hours. Throw Mother Nature's drastic changes in weather into the mix and you have an increased risk of work related injuries. Encourage your teams to "Think" before they act. Encourage robust tailgate/tool-box talks in the morning and following breaks. Spring and fair weather are around the corner, who doesn't want to be safe and injury-free to enjoy it?

Michael McGowan, CHMM  
President, ASSE Penn-Jersey

## What's New

### OSHA News:

#### **OSHA WILL ENFORCE BERYLLIUM STANDARD STARTING IN MAY**

In January 2017, OSHA issued new comprehensive health standards addressing exposure to beryllium in all industries. In response to feedback from stakeholders, the agency is considering technical updates to the January 2017 general industry standard, which will clarify and simplify compliance with requirements. OSHA will also begin enforcing on May 11, 2018, the new lower 8-hour permissible exposure limit (PEL) and short-term (15-minute) exposure limit (STEL) for construction and shipyard industries. In the interim, if an employer fails to meet the new PEL or STEL, OSHA will inform the employer of the exposure levels and offer assistance to assure

understanding and compliance.

### ASSE Local Chapter News:

#### **GET INVOLVED**

**REMINDER...**The Penn-Jersey Chapter is always looking for assistance with the Chapter. Elections are coming up. Becoming engaged in Executive committee with the chapter will help you develop leadership skills that are transferable to the workplace. It will provide you an opportunity to network with other leaders in safety to find solutions to your latest challenges and share best practices. If you are interested in helping out on a committee or potential running for one of the elected positions please let any member of the executive board know. The Chapter is always happy to have more volunteers.

#### **UPDATED BYLAWS**

The bylaws were voted during February meeting and are approved.



Check out the latest [Howard Talks Tech](#) written by our very own Howard Spencer. These articles are perfect discussion starters that are useful in guiding others to safety so please take a moment and explore the collection of topics.



If you are currently signed-up for LinkedIn don't forget to connect with the ASSE Penn-Jersey Chapter network. We have 61 members and counting! Will you be the next member?



Are you always wondering how to support the ASSE Foundation than look no further because we are still selling “I LOVE SAFETY” t-shirts for \$20/each. All proceeds from the sale benefit the ASSE Foundation. Please contact Danielle DiGironimo if you are interested in making a purchase at [ddigironimo@hotmail.com](mailto:ddigironimo@hotmail.com).

## CHAPTER UPDATE

### March meeting:

Technical Meeting: **Targeting Wellness in the Workplace**

Date: March 20, 2018; 5:30 PM

Speaker: **Ms. Debby Schiffer**

Debby Schiffer is an independent contractor currently working with the BURLCO & TRICO Joint Insurance Funds. She creates and produces customized workplace wellness programs for the benefit of municipal employees. This includes but is not limited to the organization of onsite Employee Wellness Fairs, Lunch and Learn presentations, as well as Fitness and Weight Loss Challenges.

In addition to her work with JIF, Debby is an ACE certified Group Exercise Instructor as well as Schwinn and Les Mills indoor cycling at the Virtua Center for Health Fitness in Washington Township. Debby is currently working towards her Masters in Wellness and Lifestyle Management through Rowan University. She is passionate about helping others and strives to motivate them to reach their overall wellness goals.

What makes Debby unique is that she walks the talk and does her best to teach by example. She wants to instill confidence in everyone that they are empowered to make the best choices and enjoy this life journey to find their own well-being. She is only there as the “tour guide” to offer encouragement and support along the way.

## APP OF THE MONTH



With safety moments broken out by industry and common safety topics, our app gives safety officers a quick way. It has some quick trivia as well as discussion starter tips. Option to get the safety moment as powerpoint is also available. This app is free but available for download on iTunes or Google play.

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### Have Something to Share with the Chapter?

Contact our newsletter editor Dhruvi Thaker @ [dthaker@oled.com](mailto:dthaker@oled.com).