

# NEWSLETTER

BIG SKY  
CHAPTER



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

Big Sky Chapter



2023-2024

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# ASSP President's Message

## Embrace Lifelong Learning

James R. Thornton, CSP, CIH, FASSP, FAIHA,  
2023-24 ASSP President and ASSP Foundation Chair



In the dynamic landscape of OSH, we must recognize the critical importance of continuous learning. As we all experience each day, OSH is not a static field. New technologies, regulations and challenges emerge constantly, demanding that we equip ourselves with both technical expertise and soft skills. Embracing lifelong learning through ASSP and the ASSP Foundation, its charitable arm, can ensure that we remain at the forefront of our profession, safeguarding the well-being of workers and fostering an organizational culture that truly values workplace safety.

### Stay Ahead of the Curve

Our workers encounter a wide range of hazards, and helping our organizations identify and mitigate these risks is driven by our ability to provide technical knowledge and guidance. Staying current on the latest equipment, methodologies, technologies and best practices is crucial for safeguarding our workers.

ASSP provides a multitude of educational opportunities, including webinars, workshops, conference and certificate programs, as well as certification preparation courses. We also publish *Professional Safety* and a selection of technical publications. All of these offerings meet our members at all stages of their careers. From introductory offerings to advanced courses, these resources enable us to continuously improve our technical competencies.

We also publish voluntary consensus standards that capture best practices well beyond what is required in regulatory standards. Implementing these standards can help us guide our organizations' efforts to develop programs that elevate overall organizational performance by contributing to greater productivity, higher employee engagement and better profitability.

### Influence Culture & Success

Beyond being technically proficient, we must cultivate skills to influence organizational culture. These skills, which include effective communication, leadership, problem-solving and collaboration, are equally crucial to our success.

ASSP recognizes the significance of these competencies and delivers a variety of leadership development programs, free learning resources, conference sessions and other education programs to help you strengthen your proficiency. By doing so, you can more effectively communicate with workers, collaborate with colleagues to achieve desired results and influence corporate executives. This will help ensure that safety is a core organizational value.

### Adapt to a Constantly Changing World

The pace of technological advancement and regulatory changes makes lifelong learning a necessity. Embracing a continuous learning mindset enables us to adapt swiftly to new challenges and capitalize on emerging opportunities. The ASSP Foundation plays a pivotal role in supporting this pursuit by offering academic scholarships and career development grants to aid current and future OSH professionals in our educational endeavors.

We also can benefit from opportunities to build our network through our ASSP involvement, whether within a local chapter, practice specialty or common interest group, as a volunteer leader, or through activities such as writing an article, delivering a session or serving on a standards development committee. Each engagement enables us to readily interact with industry peers to share experiences and insights.

### Take the Pathway to Career Excellence

Continuing education and professional development not only enhances our effectiveness but also provides a pathway to career advancement. Employers seek individuals who display a commitment to ongoing learning, recognizing that such individuals bring innovation and adaptability to their roles.

By tapping into ASSP's wealth of educational resources and support, volunteer leadership opportunities and industry connections, each of us can bolster our experience and better position ourselves as key contributors to business success. By embracing this commitment to education and professional development, we can truly make a lasting impact in our organizations and contribute to the advancement of our profession.

# Working together for a safer, stronger future



**Advance Your Career**



**Expand Your Network**



**Grow Your Knowledge**

## Big Sky Chapter

The Big Sky Chapter serves safety professionals in the entire State of Montana, Northern Wyoming and Yellowstone National Park. We provide accessible, face-to-face opportunities for ASSP members to get involved with their local professional community and reach their highest level of performance. By joining our chapter, you'll have opportunities to gain leadership skills, expand your network and grow your technical knowledge to become a better safety professional.

## American Society of Safety Professionals

For more than 100 years, ASSP has been at the forefront of helping occupational safety and health professionals protect people and property. Our global membership of over 37,000 professionals covers every industry, developing safety and health management plans that prevent deaths, injuries and illnesses. We advance our members and the safety profession through education, advocacy, standards development and a professional community.

## Upcoming Events

### **SAFETY Pint Night**

Aug 24 | 5-8pm | Butte Brewery Co

### **Coffee Date with Big Sky Board**

Sept | TBD | Virtual

### **Trench Safety Outreach**

Sept 20 | 8am-5pm | Great Falls

### **Trench Safety Outreach**

Sept 26/27 | 8am-5pm | Billings



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Big Sky Chapter

[bigsky.assp.org](http://bigsky.assp.org)

[Communications@bigsky.assp.org](mailto:Communications@bigsky.assp.org)



# AMERICAN SOCIETY OF SAFETY PROFESSIONALS

## Big Sky Chapter

- TREASURER
- DELEGATE
- PRESIDENT
- COMMUNICATIONS COORDINATOR
- SECRETARY
- PAST PRESIDENT
- VICE PRESIDENT
- STUDENT ADVISOR
- PROFESSIONAL DEVELOPMENT COORDINATOR

# 2023-2024

## Chapter Recognition



**SILVER LEVEL CHAPTER**  
2019-2020



**PLATINUM LEVEL CHAPTER**  
2018-2019



**GOLD LEVEL CHAPTER**  
2017-2018



**SILVER LEVEL CHAPTER**  
2016-2017



**GOLD LEVEL CHAPTER**  
2015-2016



**GOLD LEVEL CHAPTER**  
2014-2015



**GOLD LEVEL CHAPTER**  
2013-2014



**GOLD LEVEL CHAPTER**  
2012-2013

Regional Operating Committee  
Spring 2023  
ColoRADO!



**2022 OUTSTANDING STUDENT SECTION AWARD**



Follow Us on Social Media!



**Join Us!**

Meet & Greet Social  
Event



# **SAFETY PINT NIGHT**

**August 24<sup>th</sup> | 5:00-8:00PM**



**Butte Brewing Co.**



**| 465 E Galena St. Butte |**

**\$1 of Every Pint ordered is donated to the  
ASSP Big Sky Chapter**

*See you there!*



**AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS**

Big Sky Chapter

**Connect | Engage | Network**



# GREAT JOB

2023



**TRENCH SAFETY STAND DOWN**

**June 20, 2023**  
1203 S Church Ave  
Bozeman, MT  
10:00 AM - 12:00 pm

**Schedule of Events:**

- Opening Remarks
- OSHA Discussion
- Safe and Unsafe Trench Discussion
- Questions and Answers
- Fire Department / EMS interaction

**Stand Down Focus:**  
Trench & Excavation

**Hazards**  
Reinforce the importance of using trench protective systems

**Protecting workers from trenching hazards**



MARTEL CONSTRUCTION PARTNERSHIP alliance



**Trench Safety Stand Down**



**01 COMPETENT PERSON TRAINING**

DATE: Tuesday, August 8, 2023  
TIME: 9:00 AM - 11:00 AM  
LOCATION: Paysonville Insurance 4450 Paysonville Hwy, Paysonville, MT 59051, 406.838.8444

**02 QUALITY TRENCH SAFETY TRAINING**

DATE: Tuesday, August 8, 2023  
TIME: 1:00 PM - 4:00 PM  
LOCATION: Sunbelt Rentals Yard 1300 Westgate Plaza, Kalispell, MT 59901

**FOCUS AREAS:**

- Trench & Excavation Hazards
- Protecting workers from trenching hazards
- OSHA Discussion
- Safe and Unsafe Trench Discussion
- Questions and Answers
- Fire Department / EMS interaction

**SCHEDULE OF EVENTS:**

- Opening Remarks
- Discussion with OSHA
- Safe & Unsafe Trench Discussion
- Q & A

Heat Illness Prevention

SUNBELT Rentals PAYSONVILLE SANDRY AMERICAN SOCIETY OF SAFETY PROFESSIONALS

**MORE EVENTS COMING SOON!**



**WATCH NOW**



**Now Offering Trench Competent Person Training!!**



This course covers 29 CFR 1926 Subpart P - OSHA Excavation Standards and applicable state standards for trench excavation safety. Topics covered – Definition of a competent person, specific excavation requirements, requirements for protective systems, soil classifications, sloping and benching, various types of shoring and the selection of protective systems.

Upon course completion all participants will receive a certificate of completion as well as a wallet card that is issued by Sunbelt Rentals and instructor Lance Palmer.

There is a \$75.00 charge for each participant, this will also be billed upon course completion.

If any questions or to RSVP for Competent Person Training please contact Lance Palmer [lance.palmer@sunbeltrentals.com](mailto:lance.palmer@sunbeltrentals.com).





## September Safety Workshop Fatalities at Work: Nightmare on our Roads

Montana State Fund's Safety Management Consultants will safely hit the road this September to present this free safety workshop, **Fatalities at Work: Nightmare on our Roads**.

[Register Now](#)

### Workshop Topic

Infamous characters like Michael Myers, Hannibal Lecter, and Freddy Krueger are exaggerated threats in Hollywood horror films. But out of the theater, we face a real live threat, fatalities at work. Montana tragically loses about 40 people per year to occupational fatalities through events such as slips and falls, contact with equipment, violence, and motor vehicle crashes. In fact, motor vehicle crashes are the #1 cause of work-related deaths in the United States. We want to turn that statistic around. In this workshop we'll examine the fatality at work challenge in Montana, then we'll focus on the hazards of the road, ways to prepare for safe travels and how driving defensively can be the difference between horror and a happy ending.

### Training Dates and Locations:

The free trainings are open to all Montanans. You do not need to be a Montana State Fund policyholder to attend. Trainings run 8:30 am- Noon.

**Glasgow:** Wednesday, September 6 - Cottonwood Inn

**Miles City:** Thursday, September 7 - Sleep Inn & Suites

**Billings:** Friday, September 8 - Hampton Inn West 1-90. Ember Lane

**Bozeman:** Wednesday, September 13 - Hilton Garden Inn

**Helena:** Thursday, September 14 – Holiday Inn Express

**Great Falls:** Friday, September 15 - Holiday Inn Convention Center

**Butte:** Tuesday, September 19 - La Quinta Inn

**Kalispell:** Thursday, September 21 - Hampton Inn

**Missoula:** Friday, September 22 - Best Western Grant Creek Inn



**Interested?** [Register Now](#). If you have questions, contact the [Montana State Fund Safety Group](#).



**IMPORTANT: Check This Out**



## The Value of Education & Certifications by Justin Molocznik

Embracing a lifelong journey of learning is synonymous with being a dedicated safety and health professional. We can all recognize this exists in both a formal and informal process, but to be successful and impactful it remains consistent. What is the value of pursuing education and certification?

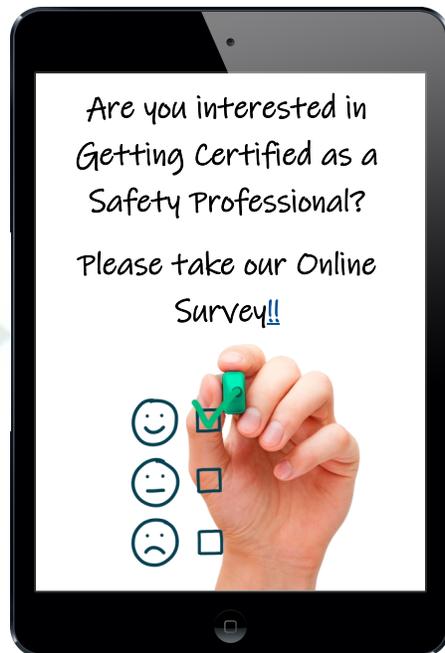
Click [HERE](#) to read more!



Episode 97: Encore Presentation: **How to Navigate the World of Occupational Safety and Health Certifications** ([HERE](#))

ASSP News & Articles: **Should You Go to Grad School or Get a Safety Certification?** ([HERE](#))

ASSP News & Articles: **Working, Specializing and Getting Certified as a Safety Professional: Where to Start?** ([HERE](#))



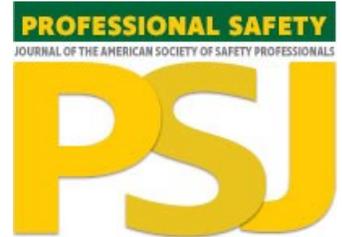
# Worth the Time to Check-Out



## Authentic Leadership & Safety Climate

Learn about the concept of authentic leadership, including safety-related challenges and solutions, and the impact on safety climate.

Read more ([HERE](#)).



## Episode 109: Building an Effective Safety Management System for a Contingent Workforce

Sponsored by Avetta. Scott DeBow, principal of health/safety & environmental at Avetta, discusses effective risk management for the contingent workforce.

Listen ([HERE](#)).



## Episode 111: Creating a More Sustainable Future and Improving Safety and Health

Sponsored by Grainger. Sally Smart and Travis Kruse of Grainger discuss how safety professionals can help their organizations become more sustainable.

Listen ([HERE](#)).



## FREE eBook: How to Calculate a Safety Budget That Gets Approved

Many OSH professionals say that creating a departmental budget is a difficult task, one they often must figure out on their own, with no training or support. If that sounds familiar, this eBook is for you! Get practical advice and step-by-step instructions to create a budget that management will approve!

Download ([HERE](#))



## Episode 110: OSHA Consultation: Helping Businesses on the Path to Continuous Safety Improvement

Todd Schultz, chief administrative officer of the Nevada Safety Consultation and Training Section, shares the benefits of OSHA's On-Site Consultation Program.

Listen ([HERE](#)).



## Don't Miss These!

### **Pandemic Challenges: How to Return to Work Safely**

This course series is developed with funding from OSHA under Susan Harwood training grant and offers guidance on how to effectively advance workplace safety and health by identifying and preventing infectious diseases including COVID-19. The training is led by well-known experts. Consider registering for all courses or select the topic most valuable to you and your team.

Occupational safety and health professionals (OSH) play a key role in bringing employees and contractors back into the workplace following pandemics such as COVID-19. Gain information and review examples of practices OSH professionals can use to help their organization resume operations and safely return people to a traditional work environment. Use practical examples of how to conduct a hazard assessment to create a plan for your workplace to effectively identify and mitigate hazards and return to work safely.

DATE: Thursday, August 17, 2023

TIME: 9:00AM - 12:00PM

Learn More ([HERE](#))



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### **Infectious Respiratory Viruses: Do we need a Workplace Health and Safety Standard?**

Sponsored by Industrial Hygiene Practice Specialty.

This webinar will review the history of an OSHA standard for infectious diseases, starting with the a temporary standard for tuberculosis in the 1990s through the Emergency Temporary Standards for COVID-19.

Dr. Lisa Brosseau from the University of Minnesota, Center for Infectious Disease Research and Policy will review and discuss the small number of state OSHA programs that developed standards for COVID-19 and given what we know today about infectious disease transmission, Dr. Brosseau will discuss whether there is enough evidence to support the development of an infectious disease standard for all workplaces and what such a standard might contain.



DATE: Thursday, September 14, 2023

TIME: 12:00PM

Learn More ([HERE](#))

# SAFETY EDUCATION

Accessible. Practical. Impactful.

When you invest in continuing education, you're investing in yourself. ASSP offers safety education for every level of your career, from Beginner (B) to Intermediate (I) to Advanced (A). ASSP courses are carefully curated to help you exceed safety standards and immediately put what you learn into practice.

Click on a topic to jump to that section:



Compliance



Safety Management Systems



Fall Protection



Risk Assessment & Management



Total Worker Health



Business & Leadership



Certification Prep



Math Toolbox



**How Do You Embark on a Waste Reduction Journey?**

Download Whitepaper [HERE](#)



**Optimizing Contractor Safety Management: Frameworks and Technologies for Managing Risk and Generating Results**

Click [HERE](#)



**See What's on the Mind of Safety Professionals?**

Download Trend Report [HERE](#)

# The Heat Source

Lea este boletín en español aquí.

## OSHA Announces Hazard Alert for Heat

On July 27, 2023, the Occupational Safety and Health Administration issued a heat hazard alert to remind employers of their obligation to protect workers against heat illness or injury in outdoor and indoor workplaces. OSHA uses hazard alerts to provide specific information on safety and health hazards to employers, workers and other stakeholders. An alert describes the hazard and offers recommendations on how hazardous exposures can be eliminated or reduced and what actions employers should take to protect employees.

To read the hazard alert, click [here](#).

# HAZARDALERT

## Extreme Heat Can Be Deadly to Workers

## New Resources for Heat Illness Prevention

OSHA has two new resources available for download.

The first is a "Don't Wait... HYDRATE" Sticker available in English and Spanish. These stickers can be given to workers, placed around the workplace, including on hard hats, and in break areas to encourage drinking cool water. To download, click [here](#).

The second is a "Heat Illness Illustrated Fact Sheet" This fact sheet shows how heat illness can be prevented and actions to take when workers experience symptoms. To download, click [here](#).



## Hot Tips to Stay Safe in the Heat

Drinking enough fluids is one of the most important things you can do to prevent heat illness at work. Drink water before, during, and after work. Post this chart in your workplace and use it to assess your urine color to determine how hydrated you are.

## Dehydrated? Urine trouble.



**Well hydrated**  
No trouble here!  
Maintain hydration.



**Hydrated**  
Drink a little more water  
to stay out of trouble!



**Dehydrated**  
Trouble! Drink water until  
you are well hydrated.



**Severely dehydrated**  
Big trouble!  
Drink water immediately!

**Don't wait to hydrate! Prevent heat illness.**



[osha.gov/heat](https://osha.gov/heat)



## Hot Tips to Stay Safe in the Heat

Workers should be trained to recognize the symptoms of heat illness in themselves and the signs in others. Workers should not try to diagnose the illness itself (e.g., heat stroke vs. heat exhaustion) but instead be able to recognize that it's happening and take immediate action.

Use the infographic below to train your workers to identify the signs and symptoms of heat illness and the actions to take in response to them. Don't wait until it's too late; train your workers today!

### The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1 > CALL 911 IMMEDIATELY
- 2 > COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- 3 > STAY WITH THE WORKER UNTIL HELP ARRIVES



### Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

#### If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



#### Take these actions:

- > Give water to drink
- > Remove unnecessary clothing
- > Move to a cooler area
- > Cool with water, ice, or a fan
- > Do not leave alone
- > Seek medical care if needed



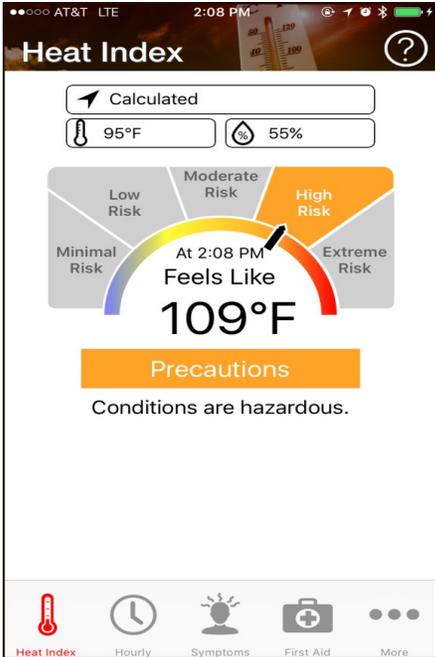
**Heat Illness Prevention**

**Water Keeps You Going.**



**Don't wait to hydrate! Prevent heat illness.** Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.

# More OSHA Heat Resources



## HEAT STRESS Hydration

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration.

**Urine Color Test**

WELL HYDRATED (Light yellow)

HYDRATED (Yellow)

DEHYDRATED (Dark yellow)

SEVERELY DEHYDRATED (Dark amber/brown)

**Hydrate Before Work**

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

**Hydrate During Work**

- Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15-20 minutes.
- This translates to ¼-1 quart (24-32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

**Hydrate After Work**

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones.

**How much water is that?**

1 quart = 1/4 gallon (32 oz) = approx 4 cups

## 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 workplaces. 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
104	Normal	30/30	20/40
105	Normal	25/35	15/45
106	45/15	20/40	Caution
107	40/20	15/45	Caution
108	35/25	Caution	Caution
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 (2016) for a Recommended Standard, Occupational Exposure to Heat and Hot Environments. <https://www.cdc.gov/niosh/docs/2016-106/pdfs/2016106.pdf>. Assumptions: workers are physically fit, well-rested, fully hydrated, under age 40, and environment has 30% humidity and perceptible air movement.

Click on each infographic for more information



## Plan Ahead and Be Prepared

Provide training on heat illness to all workers. Have an emergency plan.

## Work Safely in Heat

Indoor and outdoor workers are at risk for heat illness.

### Heat illness is preventable

- Drink cool water
- Take rest breaks
- Find shade or a cool area
- Wear light-colored, loose-fitting clothing where possible
- Check on each other
- Some equipment can increase your heat exposure

For more information:  
1-800-321-OSHA (6742)  
TTY 1-877-889-5627  
[www.osha.gov/heat](http://www.osha.gov/heat)

Federal law entitles workers to a safe workplace. Workers have the right to speak up about hazards without fear of retaliation. See [www.osha.gov/workers](http://www.osha.gov/workers) for information about how to file a confidential complaint with OSHA and ask for an inspection.  
1-800-321-OSHA (6742) | TTY 1-877-889-5627  
[www.osha.gov/heat](http://www.osha.gov/heat)

OSHA 3422-07R 2023

COMPANY NAME HERE

### Heat-Illness Prevention Plan

This material was produced under grant number SH-05032-SH8 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

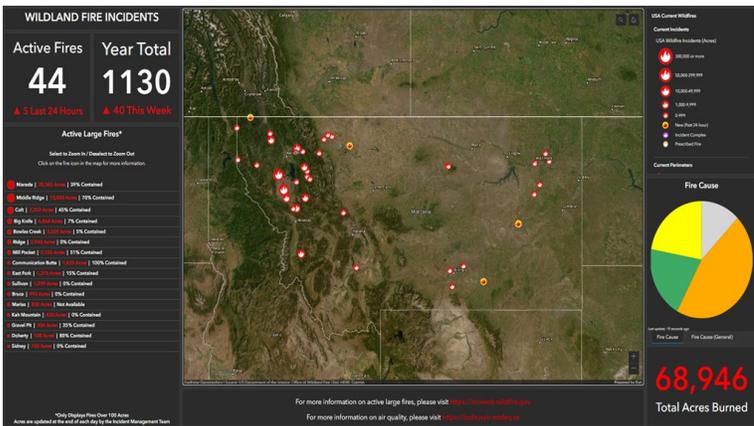


Wildland Fire ([HERE](#))



# EHS Today

Climate change is making it more difficult for organizations to keep workers safe and maintain operations. As a result, businesses must keep updating their wildfire preparedness plans. Click [HERE](#) to read EHS Today's featured article.



**FEMA**  
Preparedness Community: Wildfire ([HERE](#))



Wildfire ([HERE](#))



Click [HERE](#) to view the DNRC Montana Wildfire Dashboard  
Restrictions | Current Fire Info | Preparedness | Prevention | Landscape

Click [HERE](#) To view the Montana Official State Information

**MONTANA DNRC**  
The Montana Department of Natural Resources & Conservation  
Fire Prevention & Preparedness ([HERE](#))



**WILDFIRE SMOKE SAFETY**  
WATCH NOW   
4:37



# SUGGESTION

Suggestions for next newsletter topics or want specific information shared?!  
Please send [HERE](#).



Are you interested in sharing how you got in the Safety & Health field, lessons you learned along the way and/or want to give our readers any advice or tips please click [HERE](#) to complete the [Big Sky Chapter Member Spotlight Questionnaire!](#)