



### NJ Chapter Officers

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### NJ ASSP/AIHA Summer Review Course - BEST EVER

certification prep and broad skills  
development course. Registration and course  
information available at;  
<http://www.njaiha.org/events/njaiha-summer-review-course/>



ASSP Region VIII Platinum Chapters and SPY Awards with Aaron Cameron and Shaundree Davis (Region 8), including NJ's own Alex Ruiz (SPY) and Lauren Cranmer, Past President. WTG!

Dear NJ ASSP Community,

Well, it sure was a great year and we had a "high flying finish" with our Habitat Run support, fabulous OSHA Industrial 10 hour course, Safety 2019, and Chapter Platinum Award!

Sincere thanks to past presidents, board and committee members, faithful long-timers, and all the new faces for making this such a great NJ ASSP year! I loved every single minute of it! Thanks for your continuing membership support - and remember...."we are saving a seat for you at our next event!" Heads up! You will want to register early for the October 17<sup>th</sup> meetings at L'Oréal including SWAG BAG and our December 4<sup>th</sup> Holiday Party at Maggiano's in Bridgewater – both will be sell-outs!

Have a great summer, *Louise Vallee*,  
outgoing Chapter President

### Platinum-Lunch-at-Safety-2019!



# The “Ultimate” NJ ASSP OSHA 10 Course



Coordinators Alex Ruiz (left) and Jack Fearing

Over 50 New Jersey Chapter members and guests, including several Board members, assembled recently to participate in the first ever complimentary Chapter OSHA 10 course. The two sessions were held at the Rutgers University REHS office on May 18<sup>th</sup> and June 1<sup>st</sup>. This chapter initiative was planned and coordinated by board members Jack Fearing and Alex Ruiz with the full support and cooperation of the Executive Committee.

The intent of this initiative was to provide a unique career opportunity for the membership to enhance their professional skills and earn a valuable life-long credential at the same time. The response from the membership was overwhelmingly positive. The maximum enrollment allowed by OSHA is 40 students. That number filled up quickly with the online registration process designed by our Webmaster Gina Mayer-Costa. At the start of the first session there was even a waiting list of interested members.

OSHA course requirements limit the instruction to no more than 7½ hours in any one day so a two-day schedule was planned and communicated to interested members. That was Part 1 of the planning. Part 2 was to recruit qualified instructors to assist in the training. The response to that was also tremendous. As a result a “Subject Matter Expert” was identified for each of the ten required modules. The diversity and expertise of the instructor cadre was very unique in conducting an OSHA outreach course whether it be the 10 or the 30. Hence the label “Ultimate” OSHA 10 course. Below is the course outline and the instructors who participated.

## Saturday, May 18, 2019

8:30 – 8:45	Course & Individual Introductions
8:45 – 9:45	Introduction to OSHA – Jack Fearing, CPEA
9:45 – 10:45	Personal Protective Equipment – Joe Schwed, CSP, FMA
11:00 – 12:00 pm	Walking, Working Surfaces – Cristiano Godoy, CHST
12:00 – 1:00	Material Handling – Rob Ortiz, CSP, OHST

## Saturday, June 1, 2019

8:00 – 9:00 am	Hazard Communication – Jon Senchisen
9:00 – 10:00	Blood borne Pathogens – Jean Kristensen, COHN, CPHRM
10:15 – 11:15	Electrical Safety – Bob Sagendorf, CSP, CHST
11:15 – 12:15 pm	Introduction to Industrial Hygiene – Joseph Kapp, CIH
12:15 – 1:15	Emergency Planning – Alex Ruiz, CIH, CSP

1:15 – 1:45  
1:45 – 2:00

Managing Safety & Health – Jack Fearing, CPEA  
Course Summary and Q&A - All

According to Chapter President Louise Vallee, “This first ever Chapter initiative proved to be one of our most successful events in the past several years.” “We certainly took notice of the need to identify and support the career development requirements of our membership and we will continue to provide for them in this and other ways going forward. We are very pleased with the positive feedback from the attendees.



Registration Table

Top row – Alex Ruiz & Jean Kristensen  
Bottom row – Cristiano Godoy & Kari Lyons



OSHA 10 Attendees



## Note from Kari Lyons – NJ ASSP Membership Chair

Hello New Jersey ASSP! I just wanted to say thank you to all of our members for a great year. Thank you for joining or renewing, thank you for coming to our meetings, thank you for engaging in our various activities this year, thank you for volunteering to lead....thank you, thank you, thank you!!!!!!

As we start our new year, I am very excited to attend our planning meeting in June where we will put our focus on YOU! I encourage all of you to get a little more involved this year if you can. If you came to 1 meeting last year try to attend 3 or 4 this year. If you attended several meetings last year maybe consider volunteering in some way this year. If you volunteered last year maybe see how you can volunteer again and “lift” a fellow volunteer to greater heights this year. Whatever level you feel comfortable with we welcome you! This past year was my first year of really being engaged in the chapter after being a member since 2002 and it has been so personally rewarding for me. Thanks to all of you who encouraged me!!!

No matter the level of engagement you are able to give we are very excited to have you as part of our Platinum Level New Jersey ASSP Chapter and wish you a safe Summer and look forward to seeing many of you at our first meeting of the year this Fall.

If you do have interest in getting more involved this year please do not hesitate to let us know!!!!

Kari Lyons – Membership Chair (Note from Louise – Kari has done an extraordinary job this year! Thanks KL!)

## WELCOME NEW MEMBERS FROM KARI AND ALL

May -Michael Marino, Craig Watkins, Vincent Keller, Joseph Kinsella, Courtney Robinson, Brian McDonough, Victoria Newman, Robert LoVerde, Tina Romaniello, Douglas Eberhart, June – LV Davis and Alexis Vitone

# Spotlight Member

## R.A. Jennings SMS – CHST – CUSP – OSHA 500 Trainer



Robert is the safety support manager at Union Paving & Track Unlimited. He has 40 years of experience in the construction industry and with 13 years in construction safety. At age 21 Robert got his California general contracting lic. then got his Florida general contractors and swimming pool builders lic. He has experience working on large scale Civil, Power Plant, Building, Infrastructure, Bridge, Transportation and Rail Projects.

Robert holds a vast amount of safety and training certification. He has also as been recognized with numerous awards such as 2001 builder of the year for Centex homes and 2002 Most valuable team member for Mercedes Homes. Also, Robert is proud to be a member of the ASSP

Robert has held jobs titles of Owner, Superintendent, Lead Builder, Safety Manger, Safety Director. The title he is most proud of is Safety Support Manger. Why he is proud of being safety support manger is because it goes with his philosophy about safety. It is a team effort.

Robert believes safety is simple just do the right thing, in the right place, at the right time, we make it difficult with bad training and poor choices. Robert spends a lot of time on training on changing bad habits and making the right choices. Robert also believes that safety and production go hand in hand and are one in the same. He calls this working SMART.

Robert has a passion for what is does. His high energy and love for getting people to think make his training fun and enjoyable.

What drives Robert? In 2001 Robert had a job site injury and in 2013 his daughter was diagnosed with a brain tumor. All is good now, but those two events changed his life. He wants every worker to go home the way they came to their Family & Friends. You hear him tell his work team someone or something is depending on you, so do the right thing. Often you will see Robert giving a safety talk or training wearing in his signature ball cap and mirrored glasses. His messages usually end with the same words. To word smart you need to plan, communicate and be committed. Think and make the right choices. Most of all, enjoy the treasures life has to offer. (See Robert's Toolbox Talk – last page)



## WELCOME NEW NJ ASSP COMMITTEE MEMBERS!

**Rae Brown – Public Affairs Chair**  
**Alexis Frees – Student Outreach Chair**  
**Christiano Godoy – Hispanic Outreach Chair**

Looking forward to the success ahead!

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# NJ ASSP Tradition

## Supporting Habitat for Humanity 5K Race to Build Our own Sellamu –early finish! WTG!



Sellamu Amirthajothi, Louise Vallee, Rae Brown, and Rob Ortiz at NJ ASSP Sponsor table

Well the tradition continues, local charitable sponsorship while making lots of new friends! Next year the event will be in April –hope you can join us!

## NJ ASSP Chapter Members Safety 2019 Awards WISE Mentoring Program Excellence



Mentee Suyanka Neupaney with Mentor Layne Myles

Alex Ruiz and Louise Vallee

As ASSP WISE Mentoring Program Chair it was my distinct honor to recognize two NJ Chapter WISE members for mentoring excellence. Layne (L’Oreal) is a highly talented safety professional and repeat mentor. She has actively supported the successful development of rising safety professionals and is in BIG demand with our group. Her success has built a leadership path and a strategic compass for others to engage to advance their career journey. Alex (Rutgers) is our FIRST WISE guy award recipient! Alex has long been a powerhouse mentor at Rutgers, for local ASSP Chapters, region VIII, HSP, and WISE. He has motivated and supported the student and young professional population to develop professionally through advancing educational goals and certification and networking with ASSP. Alex is a bridge to the future. Congratulations both! Louise Vallee, ASSP WISE Mentoring Chair

# Congratulations to our NJ ASSP Scholarship Winners!

Ted Brickley and Bernice Shikora Scholarship - Joseph Penta.

Joyce Cunningham Scholarships - Frank and Matthew Gesualdo

Best wishes from NJ ASSP!!!

## CSP STUDY QUESTION

Which of the following is/are used when qualifying drivers? \*

- A  Past safety record
- B  Experience with specific equipment
- C  Driving experience
- D  All of the above

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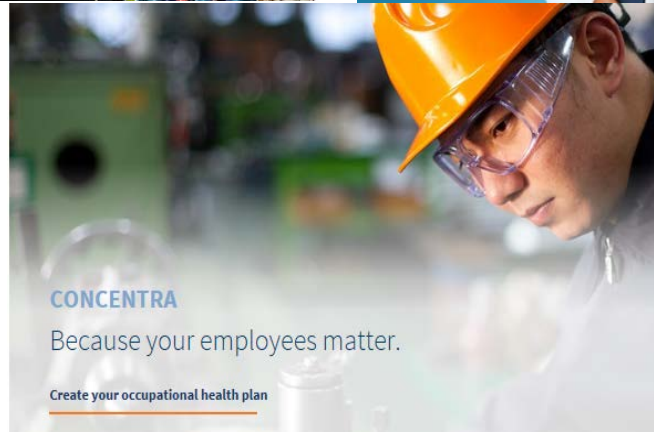
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## NJ ASSP SPONSORSHIP

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Please contact: Louise Vallee, NJ ASSP, [louisevallee7@gmail.com](mailto:louisevallee7@gmail.com) or 908-763-5573. For more information, visit: <https://nj.assp.org/sponsorship/>

# Toolbox Talks from Robert Jennings



## Importance of Communication Safety Talk

date;  
Job-site;  
Supervisor;

Proper communication is crucial for a job to run safely and efficiently. When communication is insufficient or missing totally there can be many negative consequences for employees and the company as a whole. Recognizing the communication tools for work tasks and the work environment is important to ensure the proper messages are being received.

### Tools to Communicate in the Workplace

When someone says communication, the first thing you may think about is speaking words to another person or sending an email. These are just two ways to communicate, but there are many more ways found at work. Some other examples of communication include posters, labels, warnings, bulletins, pictograms, JSAs, DUP, body language, etc. Depending on any number of factors, each of these tools of communication can be very critical to working safe.

### Communication and Doing tasks right

Proper communication and safety go hand in hand. If there is no communication for a given work task, then safety is also missing. Some common tools for communicating a safety message:

- Training is a way to communicate how to do a task and how to do it right and is one of the first methods of communication used when preparing for a work task.
- DUPs are important tools to communicate the steps of a job task, the associated hazards of each step, and the mitigation actions to be able to work safely.
- Safety meetings or toolbox talks discussing work tasks and the associated hazards of the work are very important for work crews. Paying attention to the safety meeting information can protect you during your work task that day or sometime in the future.
- Labels are found on almost every piece of equipment, tool, and chemical in the workplace. Manufacturers put these labels on for a reason. They often relay some of the most important information regarding the hazards and safeguards of that product.

There are many other ways that safety is communicated in the workplace. Verbal communication is also very important. When you see a situation where someone could be hurt or there could be property loss you should always speak up. Have a conversation with the individuals involved in the task to voice your concerns. Involve the right personnel to correct a situation before an injury occurs.

**Communicate on your site who is the right person to get involved**



### Summary

Recognize all the different tools used in the workplace to communicate a safety message. Appreciate the time and resources dedicated to develop and use these tools every day. Embrace the message they are conveying to keep you working safe and efficient. When communication is not used to its fullest potential there can be an increased chance for injury. Always speak up when it comes to doing your job right. What you think matters.

Whats happening on your site : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Communication is one of the key components for a job-site to be Productive & Incident Free (Working Smart ),So supervisors communicate to your Foreman. Foreman communicate with your crew. If you don't understand somethings. Ask a question. Communication is a WIN-WIN For All!**



## **The Sock Story** *by R. A. Jennings SMS-SHST-SJSP*

If any of you have played sports or had a coach of some type you know the difference that person can make to the ones they coach. That person is the driving force behind a team. They bring out the best in everyone around them. I have always been fascinated by great coaches.

Tony Robbins says it best: Great coaches have vision. They can see things better than they are and help other to share in that idea. They can create movement that inspires other, so that they roll up their sleeves and do what it takes to get the job done. Us as safety professionals are coaches just with different titles. I wrote this a while ago; this story can apply to any industry. It just so happens I am a safety guy in the construction industry. PYSOFS was written and sent to all the Project managers, Superintendents and Engineers of the company I work for at the time.

### **Putting your socks on for safety**

I want to share a story with you. A few weeks ago I was having a conversation in our job site trailer with the Super & Surveyor. Someone asked a question is there a left and right sock? Didn't give that question much thought but it brought up a story of Coach John Wooden that I found very interesting. Coach Wooden on day one of practice with the best collegiate basketball players would say, please take off your shoes and socks.

I am going to show the proper way to put them back on. He showed them how to make sure their socks and shoes were on properly, so they would not get a blister and miss practice. If you miss practice, you don't play. If you don't play you can't win. Wooden knew you must take care of the smallest of details. John Wooden understood the importance of the little things in terms of preparing for something bigger.

**How does the sock story relate to safety? It's the small things that get us as a team in trouble.**

1. → Poor house keeping
2. → No fire extinguisher when doing hot work or no inspection tag
3. → Twisting an ankle because you not paying attention
4. → Leaving oxygen and acetylene bottles not stored properly
5. → Rushing
6. → Not asking for help
7. → Using the wrong tool or equipment for the job
8. → Just doing not thinking
9. → Doing things, the same way because we have done it this way forever / Taking short cuts
10. → Poor communication

These are some of the items that contributed to some of the issues and incidents we had in 2014. Everyone reading this is a coach of some sorts. We need to be like Wooden and pay attention to the small things the basics. You guys and ladies are the best (champions) at what you do. Champions use the basics and pay attention to detail to WIN! (Completed task done safely)



**FYI: There is a right and left sock**