



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS
Great Plains Chapter

2022—Summer Newsletter

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Welcome New Members

April New Members

Aaron Beltz

Timothy Grant

AJ Kutzer

EDF Renewables

Monolith

May New Members

Sohail Ghaemi

Cole Jones

Olivia Reed

Tammell Tolliver

JE Dunn Construction

SMI Safety

OSC Safety Consultants

June New Members

Charles Ball

Shelly Hofeling

Timothy Lerdahl

Shannon Morrissey

Jennifer Sokol

Monolith

Brandsafway

Christensen Lumber

AKRS Equipment

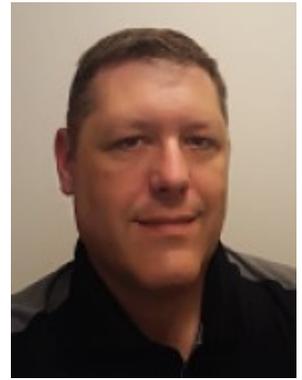
July New Members

Tristan Graff

Turner Construction

Dear ASSP Great Plains Chapter Members,

As I was elected as ASSP Region V Area 2 Director, I was required by ASSP Bylaws to step down as President of the Great Plains Chapter, effective July 1, 2022. Due to timing, we were unable to adjust our slate of candidates in time to meet our Chapter and Regional requirements to hold our Chapter Elections. Our incoming Vice President chose not to step in as President, so according to Chapter Bylaws, the Board can approve a Past President to step in to the role. John Hauser has graciously accepted the position and the Board has approved John taking the role. Thank you, John,!!



Though I will not be Chapter President for 2022-2023, I will continue to assist the Great Plains Chapter Board as needed during the transition. In addition, my new role as Area Director includes working with the Area 2 Chapters, which includes Great Plains, so I will continue to be involved in helping both the Great Plains Chapter and the Board.

Thank you to all who have supported the Chapter, the Board and myself over the past couple of year, especially with all the challenges we faced. We have great people are the board, some who have been involved for many years and several new board members who have stepped up over the past 2 years. I want to thank them as well for all they have done and will be doing for the Chapter. Please continue to support them and the Chapter as they work to grow the Chapter.

Yours in Safety,

Jim Nelson

Jim Nelson, csp

ASSP Region V Area 2 Director

Dear Great Plains Chapter Members,

Let me introduce myself or update those that have known me for years. I will be serving as your Chapter President for the remainder of Jim Nelson's term. Jim will be the Area Director supporting chapters in Area 2 Region V. We wish Jim well and know he will continue to work with our Chapter while assisting others.



Now about me. Claudia and I have been married for 41 years. We have three grown children and two grandchildren. I have been a Chapter member for over 40 years and 45 years in the safety field. I served have served as the secretary and was the president many, many years ago. I received the SPY award in 1984 and 1995. I am the Safety Manager at the University of Nebraska Medical Center and previously served as the assistant safety engineer at St. Joseph Hospital. I served on the Douglas County LEPC since its inception in 1986 and was the chair of the committee for seven years until stepping down at the end of 2020. I also served for several years as the chair of the equipment and training committee for the Omaha Metropolitan Medical Response System, which helped to prepare the Metro area hospitals and plan and prepare to respond to mass casualty events, including those that involved chemicals, radiological and biological agents.

I am the Associate Bethel Guardian of Job's Daughter International Bethel #1 and am the treasurer of Cobia Lodge #631 and the treasurer for the Masonic Temple Board in Council Bluffs.

I serve as the Executive Secretary of the Hearing Improvement Kids Endowment (HIKE) Fund Board. The fund awards grants for hearing aids and assistive learning devices for families whose children cannot purchase them. It is the philanthropic project of Job's Daughter International.

I was elected to serve as Associate Grand Patron in 2015 and the Worthy Grand Patron in 2016, Order of the Eastern Star, Grand Chapter of Iowa. I was recently appointed to a national committee for the General Grand Chapter.

I am grateful for the pledge of support from the Chapter Officers and will work with them to serve our members and keep moving forward.

John Hauser

John Hauser

ASSP Great Plains Chapter President



Suicide Prevention

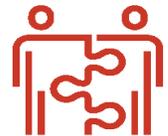
5 Things You Should Know

Suicide is a leading cause of death among working-age adults in the United States. It deeply impacts workers, families, and communities. Fortunately, like other workplace fatalities, suicides can be prevented. Below are 5 things to know about preventing suicide.

1
BE AWARE

Everyone can help prevent suicide.

Mental health and suicide can be difficult to talk about—especially with work colleagues—but your actions can make a difference. When you work closely with others, you may sense when something is wrong.



2
PAY ATTENTION

Know the warning signs of suicide.

There is no single cause for suicide but there are warning signs. Changes in behavior, mood, or even what they say may signal someone is at risk. Take these signs seriously. It could save a life.



3
REACH OUT

Ask "Are you okay?"

If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to reach out to your Employee Assistance Program (EAP), the human resources (HR) department, or a mental health professional.



4
TAKE ACTION

If someone is in crisis, stay with them and get help.

If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the 988 Suicide and Crisis Lifeline.



5
LEARN MORE

Suicide prevention resources are available.

- Call or text the Suicide and Crisis Lifeline at 988.
- Visit the American Foundation for Suicide Prevention (www.afsp.org) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide.



1-800-321-OSHA (6742)
TTY 1-877-889-5627
osha.gov/preventingsuicides



OSHA-4180-07R-2022

Workplace Mental Health and Suicide Prevention

Suicide is a leading cause of death among working age adults in the United States. It deeply impacts workers, families, and communities. There were approximately 1.2 million suicide attempts in America in 2020. Tragically, more than 45,000 of these attempts were fatal. The construction industry has one of the highest rates of suicides among all occupations - four times higher than in the general population. September is Suicide Prevention Month and is an opportunity to raise awareness and provide support in protecting the mental health of America's workers.



According to the National Institute of Mental Health, nearly 1 in 5 adults are living with a mental health condition, such as anxiety, depression, or post-traumatic stress. In June 2020, the Center for Disease Control found that 40% of U.S. adults were struggling with mental health or substance abuse and 11% seriously considered suicide. Work-related stress can have an impact on mental health and, without proper support, could lead to substance abuse and even suicide. Workers in the construction industry are generally at a higher risk for suicide due to work-related stress factors including seasonal/temporary employment, demanding work schedules, and serious injuries, which are sometimes treated with opioids. Not addressing the underlying stressors or injuries can exacerbate mental health symptoms and may increase the risk of substance abuse or even suicide.

By demonstrating their commitment to a safe and healthy workplace, employers can play an important role in reducing stigma and promoting mental health. In return, they may experience benefits such as improved workplace safety, higher morale, increased productivity, reduced turnover, and decreased operating costs.

During Suicide Prevention Month:

Participate in Construction Suicide Prevention Week, see <https://constructionsuicideprevention.com/> for tools, resources, and information about how to plan your own activities and register your participation.

Learn how to develop mental health and safety programs to help workers get the resources they need, which are available at <https://osha.gov/preventingsuicides>.

For example:

- Strive to create a workplace environment that fosters open communication and a sense of belonging.
- Implement a workplace safety and health program that proactively identifies and addresses hazards that could lead to injuries or illnesses.
- Provide resources and programs that promote employee health and well-being and support work-life balance.
- Inform employees of resources and treatment services available for mental health and substance use disorders through employee assistance or health insurance programs, or in the community.
- Provide accommodations and return-to-work assistance for employees seeking treatment or in recovery.

Use and share resources from OSHA and the National Institute for Occupational Safety and Health (NIOSH), such as:

- OSHA. Poster: Suicide Prevention: 5 Things You Should Know. OSHA Publication [4180](#) (English) and [4181](#) (Spanish). OSHA. [Recommended Practices for Safety and Health Programs.](#)
- OSHA. Safety and Health Topics:
 - o [Preventing Suicides](#)
 - o [Long Work Hours, Extended or Irregular Shifts, and Worker Fatigue](#)
- NIOSH. Workplace Safety & Health Topics:
 - o [Opioids in the Workplace](#)
 - o [Workplace Supported Recovery Program](#)

When you work closely with someone, you may sense when something is wrong. If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to get help. If someone is in crisis, stay with them and get help. If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or call 988 for the [Suicide and Crisis Lifeline](#).

Together, we can stop the stigma and address mental health of American workers!



Society Updates

In case you have not seen the following important Items coming out of the ASSP

1. CHAPTER GOVERNANCE BYLAWS

This past March, delegates made the historic decision to transition the House of Delegates to an Advisory Group, amending the ASSP bylaws to effect the change. ASSP has updated all governing documents to reflect this change, including the model chapter bylaws. Per the chapter affiliation agreement, chapters are required to maintain bylaws aligned with the model chapter bylaws. Chapter members will need to vote to amend our chapter's bylaws to bring them into alignment with these updates. Please watch your inbox for an email to review the redline copy of our chapter's bylaws with the proposed amendments and an e-ballot to vote on these changes.

Upcoming Events

ASSP Great Plains Chapter Meeting—September 2022

On Friday, September 16, 2022, we will be holding our monthly chapter meeting. Presenting for this month's meeting with be: Dan Dwyer, Compliance Assistance Specialist with the U.S. Department of Labor – OSHA, Omaha Area Office.

You can register for the event by using the following link: <https://greatplains.assp.org/events/assp-great-plains-chapter-meeting-september-2022/>

Event details are listed below:

TOPIC:	OSHA Update
SPEAKER:	Dan Dwyer, Compliance Assistance Specialist, U.S. Department of Labor – OSHA, Omaha Area Office
DATE:	Friday, September 16, 2022
TIME:	12:00 PM—1:30 PM (CST)
LOCATION:	Centris Community Room, 13120 Pierce St., Omaha, NE 68144
NOTES:	This will be an in-person and live-streamed meeting. Live-streaming starts at 12:15pm. Link to live-streaming will be sent via email 15 minutes prior to start to those who registered.
COST:	Member \$20 / non-Member #30 for in-person (lunch served) / \$0 for live-stream

Upcoming Events

Midwest Resilience and emergency Preparedness Conference

Join the Nebraska Preparedness Partnership at the Lincoln Marriott Cornhusker Hotel in Lincoln,, Nebraska for two full days of resilience and emergency preparedness topics shared by some of the most knowledgeable people in the Midwest.

You will have the opportunity to network, listen to multiple keynotes speakers, and choose from over 30 breakout sessions. Attendance at the conference is free of charge. The conference concludes with a 1/2 day community tabletop exercise. Both public and private sectors are encourage to attend.

Many exhibitors will also be onsite for you to visit with and learn how they can help before, during, and after a disaster

For more details and to register please use the following link: <https://www.neprep.org/event-4764649>
[\[neprep.org\]](https://www.neprep.org)

Event details are listed below:

DATE:	September 26-27, 2022
TIME:	8:00 AM—5:00 PM
LOCATION:	The Lincoln Marriott, Cornhusker Hotel 333 S. 13th Street Lincoln, NE 68508
COST:	Free

Registration ends September 18.



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