



American Society of Safety Engineers
The Oldest National Safety Organization in the United States

EASTERN CAROLINA CHAPTER

MESSAGE FROM THE PRESIDENT

As always, I enjoyed seeing so many familiar faces at the Eastern Carolina meetings a few weeks back. While the meetings seemed a little lackluster, I was happy to see we (me included) kept those Wait staff busy! Thanks to all that made time to join us. And an even bigger thank you for helping us to develop a plan to move forward as a chapter. It is our hope to continue offering technical meetings going forward. I hope those of you who may have missed the sustainability meetings along with the web-based presentation on their outcomes can visit our website at www.asseec.org and view the event and find it rewarding and informational. Thanks to two of our members who made this possible with providing us with the Global Classroom to provide this information. Thanks Hamid Fonooni and Mike Behm!

As the Eastern Carolina chapter president of an organization like ASSE, I understand all the skills, resources and assets required to successfully compete in the marketplace and deliver goods on time. How it all comes together is the result of planning, communication and execution. It happens by design, not by accident. It takes many people working together. As the current president of Eastern Carolina Chapter, I am the leader. But understand that every member is important. Every member has a job to do. Everyone on the membership rolls has a skill to contribute. As president of EC Chapter, I lead 92 members currently. But I understand that leadership is about ensuring the full participation and encouraging the enthusiasm of all members. Every member matters. We've been able to kick start our membership to revive our chapter.

We currently are starting to review and make changes to our bylaws that will enable us to move forward more efficiently and provide the service to our membership. Along with this to review and make changes to our bylaws that will enable us to move forward more efficiently and provide the service to our membership. Along with this I have begun to separate our membership into zones by their zip codes. We will begin to hold meetings in the following geographical areas to be more inclusive. These areas include Wilmington, Wilson and Greenville. We (the membership) believe as a group holding meetings in these respective areas gives us the best opportunity to provide services as a chapter, a gives the membership the best opportunity to serve their chapter.

We have also requested the members to join the leadership from these geographical areas to help bring a new vision and leadership. It's been said that a good leader inspires others with confidence in him/her while a great leader inspires others with confidence in themselves. This year I want executive committee to really step forward and inspire our membership to completely believe in themselves, to believe in the power of courage, commitment and action. I am asking executive committee members to step forward and take advantage of ASSE's many valuable leadership training tools on line ([Leadership Connection](#)) training can enhance the efforts of member leaders at the chapter level. We must identify leaders among us in our ASSE family (Eastern Carolina Chapter) and then they must cultivate their potential through training.

This year I have been conducting many sustainability meetings. I want to listen to membership, learn from you, motivate you and be motivated by you. As your president, I have the duty to support the ASSE, to listen to your needs, to show you I care, to make your service easier and to help the chapter flourish. That's why I have embarked on the path mentioned above. I will be looking to you for support and participation to make this successful.

If I am unable to visit your geographical meetings, I want you to know I believe in you and your capabilities as ASSE members. Together we can continue to change the lives of many people in eastern North Carolina and the world.

Joseph Wesley Thigpen
President, Eastern Carolina Chapter

CHAPTER OFFICERS 2011-2012

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NEXT MEETING

November 14
Wrightsville Beach
Blue Water Grill
6:00 p.m.

Immediately following the
Wilmington Health and Safety
School planning meeting.

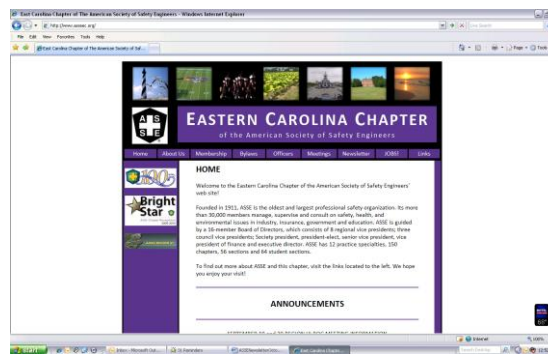
*See page 5 for complete
meeting schedule.*

Treasurer's Report Current Chapter Balance

(As of 8/12/2011)

\$4,014.67

Check Out the EC Chapter Website



The Eastern Carolina Chapter Website has been updated. **Please note the new web address and be sure to update any links to our site.** Take an opportunity to visit the site at www.assec.org and provide comments regarding both content and appearance to Phil Lewis at lewisp@ecu.edu. We want the site to meet the needs and expectations of our members so your honest feedback is very important to us. Please monitor the site for information regarding upcoming meetings and important events. Please let us know how we can continue to improve the services we provide the membership. We look forward to continued success.

East Carolina University MS, Occupational Safety Program

The Master of Science in Occupational Safety (MSOS) prepares graduates for leadership positions in occupational safety and related fields. An academic experience in the design and management of enterprise-wide safety systems is provided. The focus of this Program is in the core discipline of occupational safety (OS). Foundational principles and overarching academic goals of the MSOS program include ensuring effective communications skills, the ability to think critically and problem solving, and to develop applied research skills. The coursework includes analysis of occupational safety and health problems, accompanying problem-solving and decision making techniques, and the application of established principles of accident prevention, control, and reduction in occupational settings.

The overall program goal is to provide the highest quality of academically well trained competent safety practitioners for business and industries as well as government and municipalities in Eastern North Carolina and globally. Since its foundation in 1994, the program has had about 150 graduates with high placement rate within the professional fields identified. The overall program purpose is to continue to satisfy the ongoing demand for academically trained and competent occupational health and safety practitioners by training highly qualified and skilled graduates capable of assuming the day-to-day responsibilities of safety professionals.

The MSOS is offered dually as an on-campus degree and via distance education. Please go to our Program website to learn more: http://www.ecu.edu/cs-tecs/techsystems/ms_occupational_safety.cfm

Our students are always looking for project sites, internships, and mentorship. We invite you to consider enrolling in our Distance Education program and working with our students and faculty.

Thanksgiving Safety Tips



The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- » Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- » Stay in the home when cooking your turkey and check on it frequently.
- » Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- » Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- » Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- » Keep knives out of the reach of children.
- » Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- » Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- » Never leave children alone in room with a lit a candle.
- » Make sure your smoke alarms are working. Test them by pushing the test button.



Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside the kitchen**.

www.nfpa.org/education

Attribution: NFPA Public Education Division. For more information, visit: www.nfpa.org

EASTERN CAROLINA CHAPTER
Member Involvement and Chapter Sustainability Update Meeting

If you were unable to participate in the October Member Involvement and Chapter Sustainability Update Meeting [Click Here](#) to view.

Safety Matters

ASSE is pleased to announce its newest Blog, "Safety Matters" has just launched. This is one of many online offerings from ASSE, focusing on matters that impact Safety, Health and Environmental professionals. The Safety Matters blog features perspective and insights from ASSE on the latest industry news and current events. [Join the discussions today.](#)

National Assessment of the Occupational Safety and Health Workforce

To respond to growing concern and debate over the supply and demand for occupational safety and health professionals in the United States, NIOSH commissioned a [National Survey of the Occupational Safety and Health Workforce](#), released in October, 2011. The [current surveys](#) were designed and implemented by an independent research firm with expertise in survey research design. The effort was guided by a [multidisciplinary advisory task force](#) of occupational safety and health professionals and practitioners. Public comment and input from major stakeholder groups were included in the program development. This is the second assessment of the kind to be conducted by NIOSH. The [first NIOSH assessment and report](#) were undertaken in 1978.

2011-2012 MEETING SCHEDULE

NEXT MEETING

Monday, November 14, 2011

6:00 pm

Wrightsville Beach, NC

Blue Water Grill

Immediately following the Wilmington Health and Safety School planning meeting.

If you were unable to participate in the October Member Involvement and Chapter Sustainability Update Meeting [Click Here](#) to view.

- **November 16th** - Greenville, NC – Lunch Meeting (11:30 a.m. – 1:00 p.m.) at China 10
Topic: Risk Insurance for small, medium and large business
- **December 7th** - Greenville, NC – Lunch Meeting (11:30 a.m. – 1:00 p.m.) at Golden Corral
Topic: Membership Appreciation Luncheon and Society update
- **December 14th** - Wilmington, NC – Lunch Meeting (11:30 a.m. – 1:00 p.m.)
Topic: Membership Appreciation Luncheon and Society update
- **January 18th** - Wilson, NC – Dinner Meeting (6:00 p.m. – 7:30 p.m.)
Topic: OSHA Lock out/Tag out Standard presentation by OSHA representative
- **February 15th** - Wilmington, NC – Lunch Meeting (11:30 a.m. to 1:00 p.m.)
Topic: House Fire Safety presented by American Red Cross and Wilmington Fire Department
- **April 18th** - Greenville, NC – Dinner Meeting (6:00 p.m. – 7:30 p.m.) - Topic: TBA
- **May 16th** - Wilson, NC – Lunch Meeting (11:30 a.m. – 1:00 p.m.)
Topic: Crane Standard presentation by OSHA representative
- **June 6th** - Greenville, NC – Dinner Meeting (6:00 p.m. – 7:30 p.m.)
Topic: Executive Committee Meeting

FLU FACTS

CDC SAYS:

“TAKE 3” ACTIONS TO FIGHT THE FLU

1 Vaccinate

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.
- The 2011–2012 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic.
- Everyone 6 months of age and older should get a flu vaccine as soon as the 2011–2012 vaccines are available.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

2 Stop Germs

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

3 Antiviral Drugs

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
- It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

FLU-LIKE SYMPTOMS INCLUDE:

fever cough sore throat runny or stuffy nose
body aches headache chills fatigue

Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without fever.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information,
visit www.cdc.gov/flu or www.flu.gov
or call 800-CDC-INFO

July 2011
CENTERS FOR DISEASE CONTROL AND PREVENTION

Attribution: U.S. Department of Health and Human Services, CDC. For more information, visit: www.cdc.gov/flu or www.flu.gov

WE NEED YOUR HELP!

If you are interested in serving as a Chapter officer, assisting with Chapter activities, or have suggestions about program topics, format, etc. please contact a current officer (listed on the first page of this newsletter). We want to best serve the needs of our members but we need input and feedback from you to make that happen. Your involvement and active participation in Chapter activities is critical to our success. Please join us at our next meeting and be sure to bring a friend. THANK YOU!



SeminarFest 2010: January 29 – February 4, 2010
www.seminarfest.org



American Society of Safety Engineers
 The Oldest National Safety Organization in the United States
 Eastern Carolina Chapter – Chartered in 1984

c/o Phil Lewis, CSP
 East Carolina University
 Environmental Health & Safety
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