Hello everyone,

First and foremost I want to thank everyone who was able to attend our 64th Annual Professional Development Conference April 19th - April 21st. We have a great conference with some really great speakers. Army Ranger Keni Thomas really told an inspiring story of how leadership and teamwork helped him to survive the mission that inspired the movie Blackhawk Down. Dave Mitchell gave an insightful presentation on The Power of Understanding People. Friday Dr. DJ Moran talked about the commitment needed to be successful in anything you do, but especially being safe. Finally we finished up with our award ceremony and a presentation from John Grzywacz that was anything but uneventful.

We had many great people speak during our 34 breakout sessions throughout Thursday and Friday, not to mention the six 4 hour technical sessions that were held on Wednesday. I hope that everyone learned a lot during this time, and had a little fun as well. I can tell you that I learned a lot over these 3 days, both about safety, but how this conference runs. I can tell you that we have already spent a lot of time taking a hard look at the things that went well at our conference, and those that did not. I need your help though in order to get better. We have sent out a link to a survey already and if haven’t filled it out I implore you to do so. Click here to fill out the evaluation.

With our 64th annual Professional Development Conference behind us, we will be starting to plan next year in the very near future. I invite everyone whether you have attended in the past or not to give ideas on what you would like to see at our conference, or share with us speakers you have heard or seen in the past. This is your conference so the input you provide only helps us get better.

Finally, looking forward, I would like to get some feedback from people regarding the potential of The Iowa-Illinois Safety Council hosting a ASP or CSP prep course. I have had few people ask me about this, and I know we have done it in the past. The earliest this could happen at this point in time is early 2018. Please give me a shout if either of these are something that you would be interested in. These are 3-day courses that are very intense. Our feedback from doing this in the past has been great, so if you want more information or at the very least are interested, please send me a message at adam@iisc.org.

Thank you all and take care.
Community Enrichment Award Winner

The Community Enrichment Award recognizes one member organization who has contributed significantly to their local community in areas of safety, health or environmental efforts.

The 2016 Community Enrichment Award was presented to Sukup Manufacturing Company in Sheffield, Iowa at the Annual Awards Luncheon on Friday, April 21, 2017.

Sukup Manufacturing Co. is dedicated to the health and wellness of Sheffield, Iowa. Not only does Sukup enrich the community through financial contributions but also in their community action. Sukup Manufacturing Co. made a substantial financial donation to the West Fork Wellness Center. They designed and fabricated the 30,000 sq ft. steel building, donated raw materials for the building, donated manpower for various tasks, along with a financial contribution. Sukup Manufacturing Co. also provided signage and upkeep to the "Path of Progress" trail in Sheffield, Iowa along with the fabrication and design of a bridge on the trail. They also made a financial contribution and fabrication and design of the sun shelters at the Sheffield City Pool. Sheffield, Iowa has a population of approximately 900 residents and Sukup Manufacturing Co. takes pride in supporting a community they have called home for over 50 years.

The awards committee had a tough decision to make as many IISC members made significant contributions to their communities throughout 2016. Congratulations to Sukup Manufacturing Company!

We would also like to thank the following companies for submitting applications for the Community Enrichment Award:

- Monsanto - Clarion, Iowa
- Hodge - Dubuque, Iowa
- Syngenta - Jefferson, Iowa
- Syngenta - Pekin, Illinois
- Integrated DNA Technologies - Coralville, Iowa
- Flexsteel - Dubuque, Iowa

Does your company make an impact to the community? We want to hear about it! Applications can be submitted as early as August 2017. Awards will be given at the 2018 Awards Luncheon next April in Coralville, Iowa.
The President’s Award is awarded to five member organization applicants who submitted hazard controls. These companies were selected by the IISC Board of Directors President, President-Elect, and Past President for their outstanding contributions with controlling hazards.

Congratulations to these companies for being awarded the President’s Award!

**Colony Brands Peosta Warehouse - Peosta, IA**

**Automatic Container Seal Cutter** - In 2016 Colony Brands, Inc. Peosta cut 2,752 container seals. Employees complained about shoulder and lower back pain due to using an awkward posture and significant force of utilizing bolt cutters. Automatic battery operated bolt cutters were purchased, eliminating both the awkward posture and force required. Colony Brands has had 0 employee complaints since implementation.

**Essentia Protein Solutions - Harlan, IA**

**Added Forklift Safety** - In addition to blue lights being mounted on the front and back of all plant fork lifts, mechanisms were installed in all broth plant fork lifts that monitor the driver’s speed, acceleration, and any potential driving incidents. The fork lift will be disabled if any instance of accidents occur. A supervisor is needed to enable the system once again.

**John Deere Ottumwa Works - Ottumwa, IA**
Upcoming IISC Events

Courses are taught in Des Moines, IA unless otherwise stated.

May 9-12:
Fundamentals of Industrial Hygiene (ASC course)

May 17-18:
Defensive Driving Instructor Development Course

May 18:
Defensive Driving 4 hour course

May 23-26:
SIOUX CITY, IA Safety Management Techniques (ASC Course)

May 24:
Aerial Lift Safety & Train-the-Trainer

May 24:
Crane & Hoist & Train-the-Trainer

May 25:
Lockout/Tagout & Train-the-Trainer

May 25:
Powered Industrial Truck & Train-the-Trainer

May 30-Jun 1:
OSHA 503 Update course for General Industry Outreach Trainers

June 6-9:
MOLINE, IL Principles of Occupational Safety & Health

Spring & Plug Assembly Bench - Process consists of twisting round plugs into the ends of springs to later be attached to Mower Conditioner. Original fixture raised these safety concerns: point of operation guarding while employee tightened springs, vibration force required to tighten plugs, weight of gun and reaction bar. With the revised fixture the employee no longer has the torque gun in hand tightening plug, eliminating vibration and weight concerns. The employee now operates the gun from behind plexi-glass with joystick automation control in the event the plug should fly off or the spring would break.

Monsanto Clarion Soybean Production - Clarion, IA

Wireless Camera Inspection - When loading clean seed into semi trailers, and dumping bulk seed into the dump pit the employees had to use ladders to visually inspect hoppers to make sure they were clean. The Clarion site added wireless cameras above the load out stations and in-bound bulk dump pit. Employees can access the camera from their Ipad and perform the inspections without climbing onto the truck or a ladder. The image is saved and linked the each loads BOL.

Syngenta Seeds, LLC - Jefferson, IA

Receiving Tower Egress Project - The receiving tower at Syngenta in
Jefferson stands 7 stories tall. There are no emergency exits in the receiving tower above the 3rd floor. If a fire were to start on one of the receiving tower lower levels, anyone on the floors above the 3rd floor could become trapped. Rescue would be solely dependent on the Jefferson Fire Department. To ensure our employees safety, a team of site leaders, the Safety Lead, and Syngenta Engineering assembled to do a Process Risk Assessment and launch a capital project to add an emergency egress ladder and emergency exit doors on every other floor giving our employees the ability to safely exit the building in an emergency. In addition, a platform was extended to the cull bin allowing access to the controls without needing to climb ladders.

All hazard control submissions from member companies can be views in the Member's Only section at www.iisc.org.

For more information about Iowa-Illinois Safety Council's award program, click here.

Award Photos Are Now Available!

Awards Photos from the 2017 Awards Luncheon are now available!
Fatalities caused by falls from elevation continue to be a leading cause of death for construction employees, accounting for 350 of the 937 construction fatalities recorded in 2015 (BLS data). Those deaths were preventable. The National Fall Prevention Stand-Down raises fall hazard awareness across the country in an effort to stop fall fatalities and injuries.

What is a Safety Stand-Down?
A Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety. Any workplace can hold a stand-down by taking a break to focus on "Fall Hazards" and reinforcing the importance of "Fall Prevention". It's an opportunity for employers to have a conversation with employees about hazards, protective methods, and the company's safety policies and goals. It can also be an opportunity for employees to talk to management about fall hazards they see.

Who Can Participate?
Anyone who wants to prevent falls in the workplace can participate in the Stand-Down. In past years, participants included commercial construction companies of all sizes, residential construction contractors, sub- and independent contractors, highway construction companies, general industry employers, the U.S. Military, other government participants, unions, employer's trade associations, institutes, employee interest organizations, and safety equipment manufacturers.
Workers' Comp: Tips for Reducing Injuries in Older Workers

Have you noticed that you have more employees who choose to continue working as they near, or even pass, typical retirement age? If so, your company is not unusual; according to the U.S. Bureau of Labor Statistics, 25% of the workforce will be 55 and older by 2020. This can present some risks for your company. As workers age, their sight, hearing and reaction time may decrease, and they are more prone to health issues, such as heart problems and diabetes. Equally troubling, while older workers have fewer on-the-job injuries than younger workers, the injuries they do suffer tend to be more severe with a longer recovery time. And the number of fatal injuries experienced by older workers (55 plus) is 4 times the number of fatalities for workers ages 18-24. These stats may affect the cost of your company healthcare plan and your workers’ compensation insurance premiums. However, while some physical skills tend to diminish with age, older workers have much to offer your company in the form of knowledge and skills.

Managing Safety for Older Workers
Although best practices for workplace safety are the same regardless of the age of your employees, it’s wise to emphasize some aspects with an aging workforce.

1. Hazard Identification (and Remediation) - EMC loss data shows that the No. 1 risk for older workers is same-level falls. Observation and inspection can help you identify potential problems. Since some older workers experience reduced balance or difficulty negotiating changes in elevation, it’s important to keep walking surfaces clear and safe from dangers that may cause slips and falls. Good lighting and contrast is important so those with aging eyes can see where they are going well enough to perform tasks safely. If your older workers frequently use ladders or work on elevated platforms, double-check the equipment to make sure it’s secure.

2. Ergonomics Improvements - Reviewing lifting practices, repetitive motions and techniques for handling materials and equipment is good practice to protect workers of any age, but it’s especially important if you have older employees with less strength, balance and flexibility. Explore ways to avoid or minimize strenuous exertions, purchase equipment that can make jobs safer and easier, or look into modifying work practices. This might involve raising boxes of frequently accessed materials from the floor to waist height.

A few other ergonomic changes might include:

- Adding adjustable workstations that move to accommodate the worker’s height
- Allowing workers to sit rather than stand while performing tasks
- Switching to a larger computer monitor to reduce eye strain
- Scheduling more frequent breaks to give workers a chance to

By 2050, the number of individuals in the workforce who are age 65 or older is expected to grow by 75%, while those who are 25–54 is expected to grow by 2%

—Source: U.S. Department of Labor
3. Wellness Program Implementation - Offering a wellness program may reduce healthcare costs, disability management and sick leave by as much as 25%. Programs may include:

- Helping workers identify and manage health problems, such as diabetes or obesity
- Offering gym access or scheduling pre-shift stretching and conditioning exercises
- Scheduling lunch-and-learn sessions taught by dietitians or physical therapists
- Swapping out vending machine foods with healthier options
- Having on-site health assessments, including hearing and eye testing

Adapting your company culture so older workers can contribute fully to your organization as they age should result in fewer injuries and safety issues, along with improved productivity.

Resource: EMC Insurance Companies - Loss Control Insights

Roadway Safety: Top Things Drivers are Doing That Threaten Traffic Safety

With motor vehicle deaths increasing substantially, the National Safety Council identified some of the top driver behaviors and beliefs that put all roadway users at risk and increase the likelihood of being involved in a crash. Compiled through NSC surveys conducted over the last 12 months, the alarming driver habits and opinions could help partially explain why deaths are rising and underscore the importance of raising awareness, particularly in April which was Distracted Driving Awareness Month.

"Most Americans recognize risky drivers on the roadways, but they are not adopting safer behaviors themselves," said Deborah A.P. Hersman, president and CEO of the National Safety Council. "The notion that bad things happen to other people, but will not happen to us when we are distracted behind the wheel, is akin to playing Russian roulette."

Some of the top distressing things drivers do or believe they can do include:

- 47 percent of drivers believe it is safe to send a text either manually or via voice-dictation systems.
- 45 percent say they feel pressure from employers to check email while driving; however, 44 percent say they have crashed in the last three years while they were either commuting or traveling for business.
- 35 percent of teens - a cohort that has seen an increase in fatal crashes - would use social media behind the wheel.
- 17 percent of teens feel their own distraction may have contributed to a crash.
- 71 percent believe they can have up to 3 drinks before they are
• 33 percent believe it is acceptable to drive with less than four hours of sleep. In fact, drivers who are tired can be as impaired as drivers who are legally drunk.
• 32 percent say new cars can essentially drive themselves.
• 13 percent have driven after using marijuana in the last month.
• Two-thirds of drivers have felt unsafe because of another driver’s distraction, but just 25 percent feel their own distractions have put themselves or others at risk.

Resource: National Safety Council

OSHA: New Resources Available for Safe + Sound Week

To help employers participate and plan events for Safe + Sound week, June 12-18, OSHA has updated its webpage with sample activities, social media resources, and tools. The page also features an interactive map of events occurring across the country. Employers are encouraged to host events and activities that showcase the core elements of an effective safety and health program - management leadership, worker participation, and finding and fixing workplace hazards. Visit the Safe + Sound Week page for more information and to register events.

Source:
OSHA QuickTakes - February 15, 2017 - Volume 16, Issue 4

Jobs Available

Date Posted: 5/1/17
Job Position: Occupational Safety Specialist
Company: University of Iowa
Location: Iowa City, IA

Date Posted: 4/25/17
Job Position: Training Specialist I-Safety
Company: Chicago Transit Authority
Location: Chicago, IL

Date Posted: 4/17/17
Job Position: Safety Manager
Company: Marzetti Frozen Pasta
Location: Altoona, IA
Looking to Turn Supervisors Into Safety Champions?

In order to build a successful safety culture, you need managers who are natural leaders that can inspire others to make safety a priority. The Supervisors’ Safety Development Program (SSDP) helps supervisors achieve these goals. Now there is an online version offered to show supervisors how to incorporate safety practices into their daily management activities. SSDP online has integrated adaptive learning technology measuring the strengths and weaknesses of each student. The curriculum is then adjusted accordingly after questions are answered.

Supervisors will learn how to make informed safety decisions as well as how to:

- Identify and control hazards
- Use proven strategies to promote a safety culture
- Ensure OSHA Compliance and prevent accidents
- Address critical safety and health issues properly
- Conduct safety inspections, incident investigations, safety meetings, and much more.

The more supervisors you train the lower your cost. Get them on the fast track to becoming safety champions. Watch a demo at www.nsc.org/ssdponline.

For more information contact:
Dan at IISC at 515-276-4724 ext. 228 or dan@iisc.org.