Message From the Executive Director

Hello all,

I would like to start by inviting you all to our upcoming seminar dealing with substance abuse in the workplace: **IT'S COMPLICATED: Substance Abuse & Marijuana in the Workplace.** This is a one-day conference sponsored by Corteva Agriscience and the Iowa-Illinois Safety Council on September 25th. We have a variety of speakers lined up to provide information on substance abuse in Iowa and what to expect as marijuana becomes more and more common. Truly a great value for $35 and includes continental breakfast and lunch. For more information, or to register click here.

Another issue that we need to be more and more aware about, especially as our family members are active in extracurricular activities are concussions. When many of us think about concussions, we think football, but concussions can happen many different activities.

- 10% of all contact-sport athletes sustain concussions yearly
- Football injuries associated with the brain occur at a rate of one in every 5.5 games
- 5% of soccer players sustain brain injuries
- The head is involved in more baseball injuries than any other body part; almost half of injuries involve a child's head, face, mouth or eyes
- An athlete who sustains concussion is 4-6 times more likely to sustain a second concussion

If your child gets hit on the head, do not assume he just had his bell rung or she was just dinged. Concussions are very serious and always require medical attention. More information on concussions and sports can be found at at [NSC.org](http://NSC.org).

Finally, I would like to introduce our newest team member, Christine Reed, MS, CHCM. Christine is the new Iowa-Illinois Safety Council Director of Training and Program Development.

With over 38 years extensive experience as an industrial hygienist and safety consultant, Christine has worked with many large and small corporations assisting them with implementing, reorganizing and auditing their safety and health programs. Christine is a 21-year military veteran with management and supervisory experience which led to incorporating and training on the best practical applications for workplace evaluations. This made her an exceptional fit in the civilian world when working with the Nebraska Safety Council as the Sr. EHS & IH Consultant bringing with her an incomparable background of knowledge and experience that led to successful consultations for implementation of individualized safety and health programs for many companies. Christine is an Authorized OSHA Outreach Trainer for...
Christine officially starts September 30th, but she is available to answer questions if they are more immediate by emailing iiscadmin@iisc.org. Christine also gives us some great experience and some flexibility to teach some courses we were not able to do in the past, especially in regards to the SSH Certificate, including OSHA 521 (OSHA Guide to Industrial Hygiene), OSHA 2225 (Respiratory Protection), and OSHA 2015 (Hazardous Materials). These courses are now on our training calendar for 2020 so be sure to check them out on our website.

We look forward to her starting very soon and there is also more exciting news coming from the Training Department, so stay tuned!

Adam Lathrop
Executive Director
Iowa-Illinois Safety Council

Now is the Time to Start Thinking About Your 2019 Safety Awards Submissions!

It's that time again! Get a head start on the safety award process and get your submissions ready to be sent in. Award submissions can be sent it now until Feb 14, 2020. February might seem like a long ways away but it will be here before you know it!

Recipients will receive their awards at our Professional Development Conference & Expo during the Awards Luncheon on April 24, 2020 in Dubuque, Iowa.

Available Awards:
- Community Enrichment Award
- Hazard Control Recognition Award
- President's Award

For more information about each award and how to submit for an award, visit our website at www.iisc.org/safetyawardsprogram

Questions? Please contact:
Dan Culbertson
Iowa-Illinois Safety Council
dan@iisc.org | 515.276.4724 ext 228

REGISTER NOW! Substance Abuse & Marijuana in the Workplace
September 25, 2019 | 8:30 am - 3:00 pm
DuPont Pioneer Auditorium (Corteva)
Johnston, IA

It’s Complicated: Substance Abuse & Marijuana in the Workplace
A one-day conference sponsored by the Iowa-Illinois Safety Council

Topics:
- Drug Addiction Can Happen to Anyone
- Public Safety Implications of Iowa’s Evolving Drug Trends
- The Medical Marijuana Paradox
- Iowa Cannabis Legislation - What’s on the Horizon and What Can We Learn From Other States?
- Medical Marijuana in the Workplace

Click here for more information & to register online

Upcoming Events You Need to Know About

Networking Breakfast - Managing Safety Across Generations
September 17, 2019 | 7:30 - 9:00 am
IISC Office - West Des Moines, IA

Register Online

OSHA 503 - Update for General Industry
September 18-20, 2019 | 8:00 am - 5:00 pm
IISC Office - West Des Moines, IA

**Outreach trainers are required to attend an OSHA 503 course every four (4) years to maintain their instructor status**
**Substance Abuse & Marijuana in the Workplace One-day Conference**  
**September 25, 2019 | 8:30 am - 3:00 pm**  
DuPont Pioneer Auditorium (Corteva) - Johnston, IA

[Register Online]

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**Lunch + Learn - Using Engagement to Power Your Safety Program**  
**October 2, 2019 | 11:30 am - 1:00 pm**  
Birchwood Fields Learning Center  
Davenport, IA

[Register Online]

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**Thank You to Our Sponsors!**

We'd like to take a moment to thank some of our 2019 Sponsors. Adam Lathrop (IISC Executive Director) and Nancy Hankinson (Director of Membership) are currently making the rounds delivering sponsorship plaques!

The Iowa-Illinois Safety Council is a 501(c)3 non-profit organization and if your company is interested in becoming a sponsor you can learn more at [our website](#).
Loss Control: Using Technology for Better Ergonomic Outcomes
There’s a lot happening in the realm of ergonomics according to EMC Senior Risk Improvement Innovation Specialist Steven Shaffer. “Over the past 70 years we have collected a lot of data on the capabilities of humans, both mentally and physically. This has given us a good understanding of the limits of human performance. So, we pretty much know when a work task can be hazardous and how to change the task to fit the worker,” he says.

New technology is making this data collection easier. “An ergonomist doesn’t have to sit and watch a worker to gather information,” Steven says. Instead, wearable measurement devices and artificial intelligence (AI) can do the measuring and reporting. New technologies also provide easy-to-access and very effective training methods. Here are some updates he is excited about.

**Wearable Devices**

There are several types of wearable devices that capture ergonomic information including:

- App-based devices such as cell phones and smart watches
- Exoskeletons
- Standalone wearable devices
- Shirts, vests, helmets and other article of apparel

These devices can measure the environment around an employee or check on postures and other behaviors. Several examples of wearable technologies in real life situations include:

- Accelerometers that track slips, trips and falls
- Football helmets to assess and track impacts sustained by players
- Wearables that measure one or more items such as posture, number of steps, calories burned or other behaviors
- Exoskeletons that are strapped on to provide assistance with tasks, such as helping to bend or twist

**How These Tech Tools Help**

These high-tech devices are always on. This allows the
technology to watch and learn how the task is performed and
draw on previously collected ergonomic data to help assess a
task. If a task is being performed in an unsafe manner, the
device can note that instance and generate an alert to the
worker or supervisor.

This is useful information to help prevent injuries. “We’re
unable to watch everyone all the time to see that they are safe,”
Steve says. “Wearing a sensor is like having a guardian angel
watching over you. With a machine watching, it’s possible to
identify problem areas that may not be readily apparent. An
employee may not take the time to record a near-miss, but a
machine will note and record those close calls.”

Once you know about a problem area, you can sort out what is
going on and get to the root cause. Is there a slip/trip hazard in
the area that has gone unnoticed or ignored? Is the lighting
bad? Have bad habits crept into lifting techniques? Does an
unrecognized repetitive task exist?

Other Innovations

**Training.** Instead of forcing employees to sit through a full-day
ergonomics class, a series of 3-minute YouTube videos can
provide the same information in an easily managed time frame.
Each video can be shown at a scheduled training meeting or
assigned to individual employees.

In addition, a supervisor can send links of appropriate reading
materials or videos to targeted employees who need to learn a
technique or who require additional knowledge. A good source
of ergonomics materials and training videos is the Loss Control
page on the EMC website. OSHA and NIOSH also offer useful
training materials.

**Protection.** One example of a newer protection is an
exoskeleton for welders, which provides padding to keep them
safer while welding. This exoskeleton extends the time that
welders can perform their jobs before taking a break.

Another example is computer software to help prevent eye
strain with a feature that adjusts the computer screen’s color to
the optimal setting for day or night lighting.

And yet another protective device involves sensors that let the
wearer know if there are risk factors such as toxins, high noise
levels or extreme temperatures in the environment.

**In the Pipeline.** Cameras are already installed in many
workplaces. These cameras could be used to look for hazards
and observe workers’ postures, lifts and other potentially
dangerous behaviors. Al can use these cameras to learn to
watch for repetitive tasks and take note when an employee
performs a hazardous task, or hazardous conditions arise in the
work area. The machine can then alert the worker or a
supervisor of the danger.

*Resource: EMC Loss Control Insights*

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Roadway Safety: IIHS Researchers Find Little
Benefit From Knee Airbags
Airbags are essential, lifesaving devices that have prevented tens of thousands of deaths. More airbags, one might assume, would provide even greater protection.

That isn’t always the case, a recent IIHS study shows. One increasingly common type of airbag — the knee airbag — has a negligible effect on injury risk and, in fact, may even increase it in some cases, researchers found.

Knee airbags usually deploy from the lower dashboard and are intended to distribute impact forces to reduce leg injuries. They may also help reduce forces on an occupant’s chest and abdomen by controlling lower body movement.

To find out if knee airbags improve safety, IIHS researchers examined both crash test data and information from real-world crash reports.

For the first part, they looked at injury measures from more than 400 frontal crash tests conducted as part of the IIHS vehicle ratings program to see if injuries were less likely when vehicles were equipped with knee airbags.

To look at real-world outcomes, they compiled crash reports from 14 states and compared injury risk in vehicles with knee airbags with risk in vehicles without knee airbags.

Knee airbags had only a small effect on injury measures recorded by dummies in IIHS driver-side small overlap front and moderate overlap front crash tests. In the small overlap test, knee airbags were associated with increased injury risk for lower leg injuries and right femur injuries, though head injury risk was slightly reduced. The airbags had no effect on injury measures in the moderate overlap test.

In the analysis of real-world crashes, knee airbags reduced overall injury risk by half a percentage point, from 7.9 percent to 7.4 percent, but this result wasn’t statistically significant.

“There are many different design strategies for protecting against the kind of leg and foot injuries that knee airbags are meant to address,” says Becky Mueller, an IIHS senior research engineer and co-author of the paper. “Other options may be just as, if not more, effective.”

One reason some manufacturers have been installing knee airbags is to help vehicles pass federally mandated tests with unbelted dummies. It’s possible that knee airbags would help unbelted occupants in real-world crashes. The IIHS study didn’t
look specifically at crashes in which people weren't using seat belts, and dummies are always belted in IIHS vehicle ratings tests.

Resource: NETSWork e-Newsletter

OSHA: Silica Standard

OSHA is requesting information from the public on additional engineering and work practice control measures to protect construction workers from silica exposure.

Resource: OSHA QuickTakes | Volume 18, Issue 15

Jobs Available

*Members Exclusive Benefit!*

If your company is interested in posting a "position available" on IISC's website for safety, health and environmental professionals at no cost, please send the job information to iiscadmin@iisc.org.

Please send the URL if the job information is available online or pdf or word document. You must be a member of NSC/IISC.

New Members

- Kinze Manufacturing
  Williamsburg, IA

- JCG Land Services
  Nevada, IA

- The Dana Company
  Clive, IA

- State of Iowa Dept of Public Works
  Johnston, IA

- Thermomass
  Boone, IA

- Window World
  Des Moines, IA

Member Benefits

What Steps Should an Organization Take to Buy an AED for its Premises?

The AED should be placed for use within an AED program that includes these elements:

- Training of all users in CPR and operation of an AED (this can be achieved through the NSC CPR/AED Course).
- Physician oversight to ensure appropriate maintenance and use of the AED. (Required in Illinois)
but not Iowa)

- Notifying local EMS of the type and location of AED(s).

The Iowa-Illinois Safety Council can help you with the selection and training for your AED use.

For more information contact:
Dan Culbertson
dan@iisc.org | 515-276-4724 ext. 228

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**IISC Executive Sponsors**

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Learn more about the IISC Executive Sponsor program

The Iowa-Illinois Safety Council is a 501(C)3 non-profit organization.