



## Malama O Pa! Take care, lest you be hurt!

<b>President</b> Neil Y. Yamamoto, CSP, CPCU Kamehameha Schools Work: 523.6221 Email: <a href="mailto:Nyamamoto@members.asse.com">Nyamamoto@members.asse.com</a>	<b>President Elect</b>  <b>Vacant</b>	<b>Treasurer (temporary)</b> Mary Silva, CSP, BSchE Maryl Group Work: 548.2905 Email: msilva919@yahoo.com
<b>Secretary</b> Craig Shoji, CHST Goodfellow Bros. Work: 271.6912 craigs@gbimaui.com	<b>Past President</b> Joanna K.T. Clark, CHST, BSBM Airgas/GASPRO Work: 842.2206 Email: Joanna.clark@airgas.com	<b>Membership Chair</b> John C. Ramos, CSP, PE, ALCM West Coast Construction, Inc. Work: 223.0319/630.6199 Email: JCRamos416@aol.com
<b>Region I Asst. Regional Vice President – Finance, House of Delegate</b> Mary Silva, CSP, BSchE Maryl Group Work: 548.2905 Email: msilva919@yahoo.com	<b>Membership at Large</b> Howard Hendricks, CSP James W. Glover, Ltd. Work: 591.8977 x305 Email: howardh@gloverltd.com	

*Editor: Frederick Nakamura*  
*Email: [Frederick.Nakamura@fcoh.com](mailto:Frederick.Nakamura@fcoh.com)*

### SAVE THE DATE: OSHA HAWAII WORKSHOP

The OSHA Hawaii Workshop will be held at Hale Ikena at Fort Shafter on May 20, 2009. The keynote speaker will be Gwen Fujie and the topic will be “Tongue Fu! Martial Arts for the Mind and Mouth.”

The other topics will include the following:

- HIOSH’s Most frequently cited conditions
- An overview of the Safety and Health Achievement Recognition Program (SHARP) and why every company should be a “SHARP”
- Job Hazard Analysis (JHA) – A rose by any other name
- Evaluation of Safety and Health Management Program using the OSHA form 33
- Welding Health Hazards: What you don’t know might hurt you.
- Worker Health and Safety in developing economics in Asia
- OSHA’s National Emphasis Program – Lead
- Hawaii’s Emergency Response System – From the care perspective
- Changing the perception of the safety professional from that of “The Enforcer to the Enabler”

## **MEMBERSHIP UPDATE**

There are 204 members and 27 student members in the Hawaii Chapter as of March 2009. As another reminder, members are urged to ensure an update of the info in their ASSE Database. Only the Member is authorized to change that, unless ASSE is contacted directly. Also, any member can designate which Chapter he/she want to be affiliated with.

CONGRATULATIONS to Barbara Awo and Gerald Hirata for making the 25<sup>th</sup> Year Anniversary as members of ASSE-Hawaii Chapter!!

## **STUDENT SCHOLARSHIP**

The Scholarship Committee met recently to consider two applications for this FY's scholarship program. They both individuals qualified and we will be awarding them a \$500.00 scholarship.

The 2 individuals are:

1. Thomas Van Der Hout has been at HCC for the Spring & Fall 2008 semesters. He is presently enrolled and carrying 9 credits this semester. He has a overall GPA of 4.0.
2. Obed K. Ladaois already has a AA from KCC, and is currently enrolled at HCC (new in the OSH Program). He is enrolled in 2 courses in OSH (6 Credits).

Improvements to the program had been discussed during a recent meeting of the Scholarship Committee, including an earlier solicitation or notice of the availability of the scholarships, rather than wait until the end of the Fall Semester. The Awards will still be given out during the spring semester. Also, in addition to the regular requirements (i.e., GPA, current enrolment or acceptance into the program, etc.) a one-page essay on a given topic will be required as part of the application. This is an expansion of one question on the current application which asks: "Briefly, why should the Hawaii Chapter of ASSE award you this scholarship?" The application will be revised.

## **SCIENCE FAIR**

The State of Hawaii Science Fair was held during the week of April 5, 2009 at the NBC Hall. Displays were setup by March 6. The judging was completed the next day and awards were given out Wednesday afternoon at 4:30 pm. The ASSE Hawaii Chapter provided 4 Awards of \$100 each for the winners in the various divisions.

## **TRAINING**

Looking for short training session materials? Here is a website that you can check out for ideas. Go to <http://www.thesafetydoctor.com/press.htm>. Here is an example.

## Safe Lift – Safe Back

by Dr. Isabel Perry, “The Safety Doctor”

How often do you lift something? Dozens of times a day? We’re lifting things all day long, from a toothbrush in the morning to bags of groceries, small children, big heavy boxes and furniture. Lifting is such an integral part of everything we do that we tend to do it automatically, without thinking. And that’s when it can become a problem - suddenly we’ve lifted something and our back starts to hurt.

Lifting things incorrectly can cause a variety of injuries to our back and other parts of our body. Back strain, caused by overstretching certain muscles, is the most common type of injury. Lifting incorrectly can also cause a hernia. These types of injuries can be worse if we’re not in good physical condition. Poor posture, lack of exercise, and stress, coupled with incorrect lifting, can be a hazardous combination.

The best lifters in the world are small children. As adults we should emulate the techniques they use automatically. Watch any small child and you will see them:

- ◆ Bend at the knees – they squat
- ◆ Keep the head up – they squat
- ◆ Keep the back straight – they don’t have the agility to bend and lift at the same time
- ◆ Lift with their legs – they don’t have a choice, with their weak arms
- ◆ Hold the load close to their body – if it’s too far away from their body, they can’t get their arms around it
- ◆ Avoid twisting – they fall
- ◆ Find stable footing – they fall
- ◆ Let you know when it’s too heavy – they cry or call out for help

Safe lifting involves learning how our back works and using the right methods whenever we lift something larger than a toothbrush. There are several steps to take every time you are about to lift something:

**Size up the load:** Look it over, decide if you can handle it alone or need some help. Often we look at something that is questionable and lift it anyway, rather than appear weak to others. Keeping up the appearance that you are strong is not worth hurting your back.

**Size up the area:** Before you begin moving things make sure that there aren’t any obstacles in the way. Make sure that you can make any turns without running into another object or stumbling over something on the floor.

**Keep your back straight:** Bend at the knees – not the waist. As we grow, we have a better sense of balance and forget to use our leg muscles to do the work. Bending at the waist will put strain on the back.

**Get a good hold:** Your grip has to be firm in order to move something efficiently. If you don’t have a good hold on the item, it can slip out of your grasp and fall – damaging the item and possibly you as well. Using gloves will also help give you a better grip and keep hands safe.

**Find stable footing:** You will be able to keep your balance better and use your leg muscles more effectively. These muscles are stronger than your back muscles.

**Lift close to the body:** Don’t try to lift something that is away from your body. You won’t be able to get a good grip on it. Reaching may strain your back.

Avoid twisting: Use your feet to change directions. Always move with your whole body. Twisting your upper body to move an object will put additional stress on your back.

Teamwork: It's easier and faster to have a helper in moving things. Be sure to discuss how you're going to lift, and what direction you're going in, and make sure that there are no obstacles. Lift, carry, and lower the object in unison. If you're losing your grip, warn your partner and put the load down, reposition yourselves, and then continue. A moment's pause may save dropping or injury.

A back injury, besides being very painful, can leave you incapacitated for weeks and may even cause permanent damage. Follow the steps for safe lifting, and you will be carrying things for years to come!

Dr. Isabel Perry is an internationally-known safety expert, motivational speaker, author and safety educator. Based in Orlando, Florida, she can be reached at 407-291-1209 or via e-mail at [Isabel@TheSafetyDoctor.com](mailto:Isabel@TheSafetyDoctor.com).

## **OSHA NEW FIELD OPERATIONS MANUAL**

According to Barbara Goto, OSHA's new Field Operations Manual (FOM) is in effect as of 3/26/09. The manual can be downloaded from the OSHA website, [www.osha.gov](http://www.osha.gov). Go to Directives, under the A-Z Index.

## **CHAPTER LUNCHEON**

Our April luncheon Speaker will be Resti Paguirigan from Hawaiian Electric. The topic will be "General Electrical Safety which is applicable in both home and work life".

Unless otherwise noted, the monthly membership meetings will be held at Hale Ikena in Fort Shafter on the third Thursday of each month from 11:00am to 1:00pm. The cost of attending including lunch is \$15.00.

**If you have any suggestions for speakers, please call Neil Yamamoto, President @ 523.6221.**