



MEMBERSHIP MINUTE

by Lisa Christofferson,
Membership Manager

On Friday, October 1 2021 we held a 2021 Utah Safety Council Member Appreciation Event at the Cross-E Ranch in North Salt Lake. We had a great time, had great food, and had a lot of fun. There were pig races, zip lines, a corn maze and a pumpkin patch. We enjoyed finally being able to see some friends, from our member organizations.

We appreciate our members, and we wouldn't be here without them. Their commitment to safety is what inspires us to continue on our mission to save lives.

We look forward to announcing our next member appreciation event, coming in 2022!

2022 Utah Safety Conference & Expo

by John Wojciechowski, President

I am excited to announce the Utah Safety Council will host the 2022 Utah Safety Conference & Expo in an all-virtual format on March 30th & 31st, 2022.

The 2022 Utah Safety Conference agenda will feature 4 amazing keynote speakers, 12 breakout sessions from the best minds in the safety industry. Topics will include Utah cannabis in the workplace updates, an introduction to industrial hygiene, being truck smart not semi-stupid, and the fallacy of thinking you're 10 feet tall and bullet proof. The conference will also feature a Women in Safety reception with a very special guest speaker.

The virtual expo will display all the latest safety technology, services, and products from leading companies in the environmental, health and safety industry.

The Utah Safety Conference is the perfect opportunity for EHS professionals working in government, manufacturing, construction, oil and gas, healthcare, and transportation to connect with their colleagues, learn about the latest advancements in safety, engage with the high-level safety professionals and build your own acumen as a safety professional.

Early bird attendee pricing for the 2-day conference begins as low as \$150. There will also be the option to attend a single day for \$80. Exhibitor booths for the virtual expo start at only \$100. You or your company could also sponsor the conference for as little as \$250!

Registration is open, so visit our website for details at www.utahsafetycouncil.org. If you have interest in being a presenter at a future conference or event, or would like sponsorship information, please reach out to us at the Utah Safety Council at 801.746.SAFE (7233) or safety@utahsafetycouncil.org.

Thank you for your support!



UTAHSAFETYCOUNCIL.ORG
801.746.SAFE (7233)

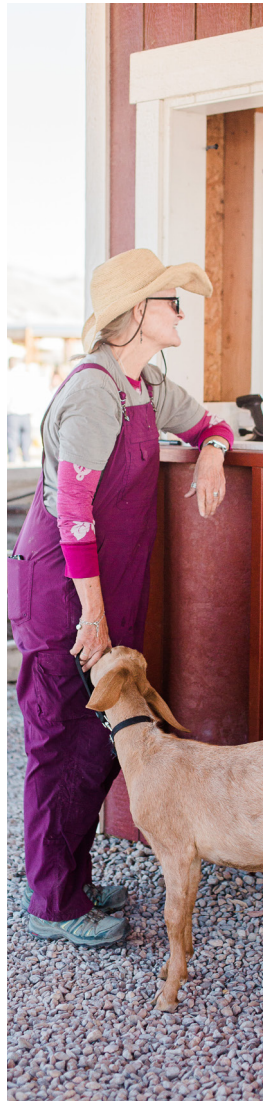
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Membership Benefits

- Streaming Safety Videos
- Safety Media Library
- Members Only Website
- NETS Membership
- OSHA 10-Hour Training
- First Aid, CPR and AED Course
- Member Appreciation Events
- Start With Safety
- Discounts on Occupational Safety Training
- Health & Safety Fair Participation
- Family Safety & Health Magazine
- Monthly Publications and Email Updates
- Membership Recognition on Website
- Exclusive Discounts on Safety Products
- Safety Consulting
- Safety Management Systems for Business Course

USC Member Appreciation Event



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USC Member Appreciation Event



USC Member Appreciation Event



Utah is 6th in the Nation for the Worst Drivers

by Cassie Henson, Office Manager

A recent National study shows that Utah is ranked number 6 for the worst drivers. New Hampshire has the best. They base the study off crashes, speeding tickets, and DUI's. We were worst in the Mountain West, as Idaho came in 7th. The five states that were ranked worse than Utah were:

5. Alaska
4. California
3. Virginia
2. North Dakota
1. Iowa

In 2020, Utah was ranked 22nd for the worst drivers, there were 218 fatal crashes, resulting in 236 deaths. The Utah Highway Patrol had a total of 25 fatal crashes, resulting in 97deaths.

Utah is now the 6th worst. As of October 25, 2021, there have been 228 fatal crashes resulting in 255 deaths statewide. The Utah Highway Patrol has had a total of 113 fatal crashes resulting in 133 deaths. This number has increased significantly. We can do better!

The Utah Safety Council partners with the Department of Public Safety in Driver Education. Our Nationally recognized Defensive Driving and Alive at 25 Programs are courses recognized by the Utah Driver License Division and Courts throughout the State of Utah. Our programs educate drivers from ages 15 and above in distracted driving, aggressive driving, seatbelt safety and more. We also offer these programs for fleet drivers, van, and truck drivers, who drive professionally for their company.

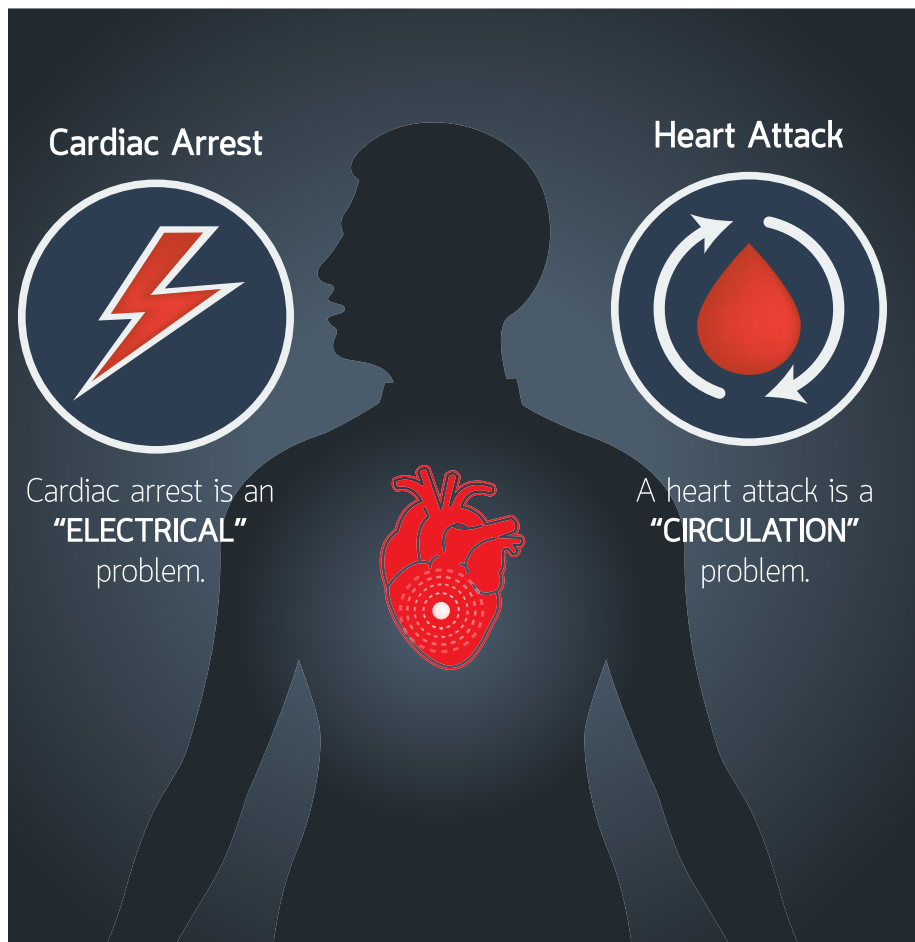
For more information on setting up an onsite course for your company or for details on Defensive Driving in the community, please contact our Traffic Safety Program Manager, Nichole Rilck at nrilk@utahsafetycouncil.org or at 801.746.SAFE (7233).

Source: Fox 13 News <https://youtu.be/usGaMFOH6Kc>
Utah Highway Safety Office



SCA vs Heart Attack

by Kenzee Logue, Emergency Care Program Manager



What is a cardiovascular disease? There are two main types we talk about, heart attacks and sudden cardiac arrest. A heart attack is a blockage of blood flow to the heart muscle.

A heart attack is a medical emergency. A heart attack usually occurs when a blood clot blocks blood flow to the heart. Without blood, tissue loses oxygen and dies.

Symptoms include tightness or pain in the chest, neck, back, or arms, as well as fatigue, lightheadedness, abnormal heartbeat, and anxiety. Women are more likely to have atypical symptoms than men.

Sudden cardiac arrest (also known as sudden cardiac death) is sudden, unexpected loss of heart function, breathing, and consciousness.

Cardiac arrest usually results from an electrical disturbance in the heart. It's not the same as a heart attack. The main symptom is loss of consciousness and unresponsiveness.

Although both are deadly, the death of sudden cardiac arrest is quick and usually happens within 10 minutes.

- Estimates suggest the incidence of EMS-assessed OHCA among children (<18 years of age) is 7,037.
- Survival to hospital discharge was 10.7% among children (8.2% with good neurological function).
- The location of EMS-treated OHCA was at home for 89.5% of children <1 years old, 77% of children 1-12 years old, and 72.9% for children 13-18 years old.
- The most common causes of SCD among young athletes are hypertrophic cardiomyopathy (36%), coronary artery abnormalities (19%), myocarditis (7%), arrhythmogenic right ventricular cardiomyopathy (5%), coronary artery disease (4%), and commotio cordis (3%).
- The incidence of SCD was 0.24 per 100,000 athlete years in high school athletes screened every three years between 1993 and 2012 in Minnesota.
- The incidence of non-traumatic OHCA was 1 per 43,770 athlete participant-years among students 17-24 years old participating in NCAA sports from 2004-2008. The incidence of cardiac arrest was higher among blacks than among whites and among males than among females.

Home Heating Safety

by Aimee Figueroa, Office Assistant

Winter is finally here. As the seasons are changing, most of us will start adjusting the temperature in our homes to warm and cozy versus cool and breezy. As thermostats start rising, The Utah Safety Council wants to remind you of the importance of assuring our equipment is safely installed, operated, and maintained.

During the Fall and Winter months The National Fire Protection Association (NFPA) cites that heating equipment failure is the leading cause of fires. Fires caused by equipment failure is a result of non-cleaned equipment, equipment being placed too close to combustible items, improperly fueled, or contained flaws in construction or design.



If you prefer warming your home with the fireplace or wooden stove always remember, before each season to have your chimney, flue, and vents inspected and cleaned by a certified professional. Use dry, seasoned wood that's cut into manageable pieces. If using synthetic logs, follow manufacturer's instructions. Never break a synthetic log apart and only use one log at a time.

For space heaters or Kerosene heaters, remember to select a heater that's safety tested and certified by a nationally recognized testing laboratory. Choose a model with an automatic shut-off safety feature and a guard around the flame or heating element. When operating assure that the unit is at least 36 inches away from the walls and all combustible materials, including draperies, furniture, bedding, clothing, etc. Make sure the heater is positioned on a level, flat, and nonflammable surface away from water.

For a gas furnace, have a certified professional inspect your furnace each year before the heating season. Make sure the inspection includes the furnace, chimney, vents, and gas lines. As well as cleaning and replacing air filters regularly along with routinely checking for problem signs: stains or rust on vents or chimney; soot or carbon deposits on the inside of the furnace; pilot light keeps going out; or furnace runs constantly to heat your home.

For more tips on Home Heating, please check out our Home and Community Take Safety Home Flyers on the Utah Safety Council Website, [HERE](#).

Workplace Scholarship Program

Apply now for the **Utah Safety Council's Workplace Safety Scholarship Program** and save on the cost of applicable training courses. Receive up to a 50% scholarship if you work for a Utah company with 250 employees or less. Scholarship awards are dependent on availability of funds. Limit one person per company for each class.

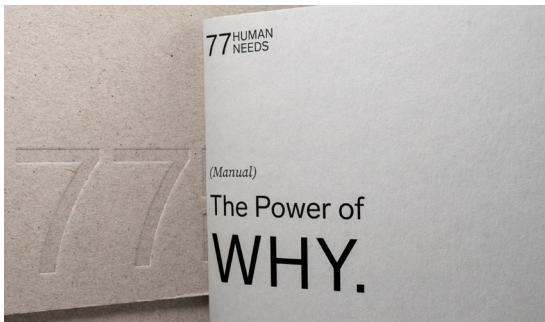


To apply, or for more information, visit our website:
UTAHSAFETYCOUNCIL.ORG or call 801.746.SAFE(7233)



Safety Training with a big WHY.

By Cameron Clark, Occupational Safety Training Program Manager



Everyone has watched a safety video from 1982 whose narrator is so drab you find yourself focusing on a corner of the room just for a hint of entertainment. Why have we all experienced this? All too often safety training is just a box that needs to be checked. When we train in our organizations, we communicate the requirements and expectations for employees. In conducting safety training with a “Just get it done...” mentality, we fall short of nurturing a culture where safety is prioritized.

As the Occupational Safety Training Program Manager, I get the opportunity to meet a wide range of individuals attending our courses from all aspects of

Industry. One of my favorite things when speaking with professionals is having the “WHY” conversation. “Why I am here for training?” One answer I hear often is, “Because my boss made me”. We also get answers articulating a larger goal, “I want to improve a specific process.” “I want to make sure my team gets home at the end of the day.”

This stark contrast presents itself time and time again. Does the “Because my boss made me” person even get anything from training? Of course, they do; but they learn according to their own base philosophy. They are attending the course to appease their employer. They will take the information then implement what is required to avoid the dreaded OSHA inspection and the fines that follow. That training is still valuable, there is still a positive gain for the student but it is limited by the ceiling they are putting on their goal.

Other individuals are attending training to empower themselves as someone who cares for the people they work with, and who may hold some type of sense of accountability to those people. These trainees take information and gain a better understanding how the guidelines and principles taught can be implemented to improve all aspects of their job and organization. These individuals get what they want from training and more, because they came with a bigger appetite and a larger goal.

I didn't attend school to avoid living on the streets. That wasn't my “WHY” at all. I put in the time and effort to better equip myself in a field that I am passionate about with a goal of improving my quality of life. Did I avoid living on the streets? Yes, but that was a corollary result of my larger goal, my larger objective.

When training our staff, are we training to avoid paying a fine, or are we training to create a cultural shift? A safety manager who invests in repositioning the organizations culture to prioritize safety will create an environment where avoiding the fine is an inadvertent result of the pursuit toward a larger objective.

Standards and regulations are tools to help us mitigate risk in the workplace. They rarely will be the thing helps employees go above and beyond. Knowing a code of federal regulation does not cultivate situational awareness, nor does it create a culture where everyone is invested in safety. When you are training, I challenge you to think about the “WHY”. A safe work environment can be that corollary result of a big “WHY” in safety. We don't need to be limited by the goal of just checking off a box.



SAME EXPERT TRAINING, BROUGHT TO YOU.

Utah Safety Council is now offering

WEB-BASED TRAINING

MSHA 8-Hour Surface Refresher

MSHA 24-Hour Surface New Miner

Email safety@utahsafetycouncil.org for additional web-based training

Mine Safety and Health Administration Approved. Click here for more information.

Winter Driving Tips

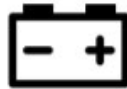
Stock Your Vehicle

Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including:

- Snow shovel, broom, and ice scraper;
- Abrasive material such as sand or kitty litter, in case your vehicle gets stuck in the snow;
- Jumper cables, flashlight, and warning devices such as flares and emergency markers;
- Blankets for protection from the cold; and
- A cell phone with charger, water, food, and any necessary medicine (for longer trips or when driving in lightly populated areas).



Vehicle Safety Checklist



Battery

When the temperature drops, so does battery power. For gasoline and diesel engines, it takes more battery power to start your vehicle in cold weather. For electric and hybrid-electric vehicles, the driving range is reduced when the battery is cold. Have your mechanic check your battery, charging system, and belts, and have them make any necessary repairs or replacements. For hybrid-electric vehicles, keep gasoline in the tank to support the gasoline engine.



Lights

Check your headlights, brake lights, turn signals, emergency flashers, and interior lights. Be sure to also check your trailer brake lights and turn signals, if necessary.



Cooling System

Make sure you have enough coolant in your vehicle, and that the coolant meets the manufacturer's specifications. See your vehicle owner's manual for specific recommendations on coolant. You or a mechanic should check the cooling system for leaks, test the coolant, and drain or replace old coolant as needed.

On the Road



Stay Alert

Keep your gas tank close to full whenever possible, and, on longer trips, plan enough time to stop to stretch, get something to eat, return calls or text messages, and change drivers or rest if you feel drowsy.



Avoid Risky Driving Behaviors

You know the rules: Do not text or drive distracted; obey posted speed limits; and always drive sober. Both alcohol and drugs whether legal or illicit can cause impairment. It is illegal to drive impaired by any substance in all States – no exceptions. Alcohol and drugs can impair the skills critical for safe and responsible driving such as coordination, judgment, perception, and reaction time.

Winter Driving Tips

Safety First: On the Road *continued*



Driving in Winter Conditions

Slow down. It's harder to control or stop your vehicle on a slick or snow-covered surface.



Navigating Around Snow Plows

Don't crowd a snow plow or travel beside it. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently. However, the road behind an active snow plow is safer to drive on. If you find yourself behind a snow plow, stay behind it or use caution when passing.

In an Emergency



What to Do in a Winter Emergency

If you are stopped or stalled in wintry weather, follow these safety rules:

- Stay with your car and don't overexert yourself.
- Put bright markers on the antenna or windows and keep the interior dome light turned on.
- To avoid asphyxiation from carbon monoxide poisoning, don't run your car for long periods of time with the windows up or in an enclosed space. If you must run your vehicle, clear the exhaust pipe of any snow and run it only sporadically — just long enough to stay warm.

Tire Safety

As the outside temperature drops, so does tire inflation pressure. Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, which is listed in your owner's manual and on a placard located on the driver's side door frame. The correct pressure is NOT the number listed on the tire. Be sure to check the tires' air pressure when they are cold, which means the car hasn't been driven for at least three hours. Read through for safe tire tips:

- Regardless of season, inspect your tires at least once a month and before long road trips. It only takes about five minutes. If you find yourself driving under less-than-optimal road conditions this winter, you'll be glad you took the time. Don't forget to check your spare tire.
- You should inspect your tires for any damage or conditions that may require their replacement. Check the tread and sidewalls for any cuts, punctures, bulges, scrapes, cracks or bumps. In case you see any damage, take your vehicle to a tire service professional for further inspection.
- If you plan to use snow tires, have them installed in the fall so you are prepared before it snows. Check out www.nhtsa.gov/tires for tire ratings before buying new ones, and look for winter tires with the snowflake symbol.
- Look closely at your tread and replace tires that have uneven wear or insufficient tread. Tread should be at least 2/32 of an inch or greater on all tires.
- Check the age of each tire. Some vehicle manufacturers recommend that tires be replaced every six years regardless of use, but check your owner's manual to find out.
- For more information on tire safety, visit NHTSA's [Tires](#) page.



Date	December / January Courses	Member	Non-Member
December 11	Community CPR and AED Course	\$45	\$45
December 13	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
December 13	NFPA 70E Electrical Safety 	\$192	\$275
December 14	Contractor Safety Orientation (UITC)	\$75	\$75
December 14	Forklift Trainer Certification Course 	\$560	\$800
Dec. 14-17	OSHA 510: Occupational Safety and Health Standards for the Construction Industry	\$785	\$785
December 15	First Aid, CPR and AED Training	FREE	\$110
December 15	WISH Award Luncheon	\$10	\$10
Dec. 15-17	MSHA 24-Hr New/Inexperienced Metal/Non-Metal Surface Miners 	\$275	\$275
December 18	MSHA - Introduction to Work Environment	FREE*	\$25
December 20	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
December 21	Basic Orientation Plus	\$75	\$90
January 4	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
January 4	Basic Orientation Plus	\$75	\$90
January 5	Slips, Trips & Falls: OSHA Compliance Series 	\$112	\$160
January 5-7	MSHA 24-Hr New/Inexperienced Metal/Non-Metal Surface Miners	\$275	\$275
January 6	Start With Safety, Live Web-Based 60 Minutes - 10:00 AM 		
January 8	MSHA - Introduction to Work Environment	FREE*	\$25
January 10	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
January 11	Contractor Safety Orientation (UITC)	\$75	\$75
January 11	Recordkeeping: OSHA Compliance Series 	\$112	\$160
January 12-13	OSHA 10-Hr General Industry	FREE*	\$140
January 12-14	First Aid, CPR & AED Instructor Course	\$497	\$710
January 14	Trenching and Excavating for the Competent Person 	\$140	\$200
January 18	Basic Orientation Plus	\$75	\$90
January 18	Focus Four Hazards in Construction 	\$112	\$160
January 19	Fall Protection for the Competent Person 	\$140	\$200
January 19	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
Jan. 20-21	OSHA 10-Hr General Industry	FREE*	\$140
January 22	Community CPR and AED Course	\$45	\$45
January 24	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
January 25	First Aid, CPR and AED Training	FREE	\$110
Jan. 25-28	Principles of Occupational Safety & Health 	\$1,200	\$1,715
Jan. 26-28	MSHA 24-Hr New/Inexperienced Metal/Non-Metal Surface Miners 	\$275	\$275
January 28	Forklift Trainer Certification Course 	\$560	\$800
January 29	MSHA - Introduction to Work Environment	FREE*	\$25
January 31	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75

 Interactive, Live, Web-Based Course Option Available