**The Gold Coast Safety Times**  
*The Newsletter of the American Society of Safety Engineers*  
**Gold Coast Chapter**  

**March - June 2015**

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<td><em>Please note – our newsletter is now published quarterly</em></td>
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*The Gold Coast Safety Times* is published periodically to members of the ASSE Gold Coast Chapter. This newsletter is compiled by the Chapter Secretary based upon contributions from members. To make a contribution to the newsletter or for questions, comments or additional information, contact Kathleen Clair at: katieclair@yahoo.com

Join us on Facebook for updates and other safety related news  
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ASSE Gold Coast Chapter  
Check us out on the web at:  
www.goldcoast.asse.org
Greetings!

This year’s meetings are off to a tremendous start as Andy Esposito gave us a fascinating look at the safety program at US Sugar during the January meeting. The attendees were engaged and the talk was very well received. Once again, our participants appeared to be well fed, enjoying the session and camaraderie, and taking advantage of the learning situation. As I write this article, we are preparing to hear John Harsch and Tim Hancock of Palm Beach County Fire Rescue give a presentation on Fire Safety Inspections for our February meeting.

The Chapter is as strong as ever and we will continue to strive to have first class speakers each month. I would like to thank everyone for participating in the meetings and special thanks to those of you who continue to volunteer their time to participate in Chapter work.

As always, we seek volunteers to help make the Chapter better and continue the progress we have made. Do not hesitate to call or email me so that we can work together move the Gold Coast Chapter forward.

I hope to see you at an upcoming meeting.

Scott Marting CSP, ARM
President, Gold Coast Chapter
561-233-5432
smarting@pbcgov.org
<table>
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<th>Webinar Title</th>
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<td>Slips, Trips and Falls Virtual Symposium - Standards, Systems and Solutions</td>
<td>03/25/2015 at 10:00 AM (EDT)</td>
<td><a href="https://learn.asse.org/products/slips-trips-and-falls-virtual-symposium-standards-systems-and-solutions">Link</a></td>
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<td>Strategies to Getting Attention on Your Safety Messages</td>
<td>04/08/2015 at 2:00 PM (EDT)</td>
<td><a href="https://learn.asse.org/products/strategies-to-getting-attention-on-your-safety-messages">Link</a></td>
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Check out free videos for OHS practitioners at: [http://www.oshrisk.org/videos/](http://www.oshrisk.org/videos/)
Daylight Savings Time

According to the www.timeanddate.com website, the idea of daylight saving time (DST) was first conceived by Benjamin Franklin in 1784 during his stay in Paris as a way to economize the use of candles by rising earlier to make use of the morning sunlight. The invention of DST was mainly credited to William Willett in 1905 when he came up with the idea of moving the clocks forward in the summer to take advantage of the daylight in the mornings and the lighter evenings. His proposal suggested moving the clocks 20 minutes forward each of four Sundays in April, and switching them back by the same amount on four Sundays in September.

DST was first adopted to replace artificial lighting so they could save fuel for the war effort in Germany during World War I at 11:00pm (23:00) on April 30, 1916. Many countries reverted back to standard time post-World War I, and it wasn’t until the next World War that DST would make its return to many countries in order to save vital energy resources for the war.

President Franklin D. Roosevelt instituted year-round DST in the United States, called “War Time” during World War II from February 9, 1942 to September 30, 1945. The law was enforced 40 days after the bombing of Pearl Harbor and during this time, time zones were called “Eastern War Time”, “Central War Time”, and “Pacific War Time”. After the surrender of Japan in mid-August 1945, the time zones were relabeled “Peace Time”.

Daylight saving was first recognized as an energy saving aspect during World War II when Double Summer Time was applied in Britain which moved the clocks two hours ahead of GMT during the summer and one hour ahead of GMT during the winter.
Health Issues

Daylight saving time is now implemented in over seventy countries worldwide and affects over a billion people each year. Many people say that daylight saving time affects their sleeping patterns and body clocks. Drowsiness, headaches and additional stress are among the complaints given by those who feel negatively affected by daylight saving time.

A recent study found that incidences of heart attacks increased significantly for the first three week days after the transition to daylight saving time in the spring. In contrast, there were fewer incidences of heart attacks after the transition from daylight saving to standard time in the autumn. The study found that the most plausible explanation for the findings is the adverse effect of sleep deprivation on cardiovascular health.

Moreover, the study reported that transitions into daylight saving time could disrupt chronobiologic rhythms and influence the duration and quality of sleep, which lasts for many days after the shifts. According to the researchers, the study also provides a possible explanation for heart attacks most commonly occurring on Mondays. This study, titled Shifts to and from Daylight Saving Time and Incidence of Myocardial Infarction, was conducted by Imre Janszky and Rickard Ljungand and was published in The New England Journal of Medicine on October 30, 2008.

Another study, printed in Current Biology in 2007 and titled The Human Circadian Clock's Seasonal Adjustment Is Disrupted by Daylight Saving Time, indicates that the human circadian system does not adjust to daylight saving time and that its seasonal adaptation to the changing photoperiods is disrupted by the introduction of summer time. This disruption may extend to other aspects of seasonal biology in humans.

Possible Health Solutions

Exercise in form of a brisk walk or run can help people adjust to the advanced clocks. Biologist David Glass of Kent State University (cited in ABC News) suggests that a brisk walk or run stimulates the serotonin release in the brain and other types of neurotransmitters that will phase-advance the clock.

Another suggestion is to gain exposure to bright natural light for an hour or two. According to Harvard University Gazette, people can adjust their daily rhythms by sitting in front of "light boxes", which are banks of fluorescent bulbs that emit two to three times more light than found in a typical room at home. This type of light is bright white light.
Other suggestions are: to take low dosage melatonin supplements to boost melatonin levels, as melatonin regulates cycles of sleep and wakefulness (although it is best to consult with a qualified health care professional on this matter); and to eat earlier – tricking the body to think it is later by eating dinner early (and avoiding caffeine and alcohol) may help to fall asleep sooner. On another health note, in March 2008 Health Canada reminded people using medical devices or systems with internal clocks to check that they continued to worked properly during the daylight saving switch.

Examples of medical devices that could be affected by the change include (but are not limited to): implanted pacemakers/defibrillators with sleep modes that can only be adjusted by physicians; holter monitors, used to continuously record heartbeat; and glucose monitors that store data on glucose levels. Though users of these devices may be inconvenienced by the need to reset equipment timers, there is no safety risk to users of these devices, according to Health Canada.

Daylight Savings
Time Begins March 9
Remember to set your clocks forward one hour.

Many Roles, One Goal - Building Safety Together
Starts Sunday May 3rd
http://www.safetyweek2015.com/
**Federal Government Updates**

**OSHA will host second-annual Construction Fall Safety Stand-Down, May 4-15, 2015**

WASHINGTON, D.C. — Every day in this country, construction workers fall. One wrong step and they're tumbling down a steeply pitched roof, sliding or dropping off an unstable ladder, or left hanging from a scaffold. The difference between an unexpected stumble and tragedy is simple: fall protection.

Falls are the leading cause of death in the construction industry, as hundreds of workers die each year and thousands more suffer catastrophic, debilitating injuries. Yet, lack of proper fall protection remains the most frequently cited violation by the U.S. Department of Labor’s Occupational Safety and Health Administration. To recognize this often fatal hazard, tens of thousands of employers and more than a million workers across the country joined OSHA in 2014 for a weeklong Fall Safety Stand-Down, the largest occupational safety event ever held. OSHA hopes to triple these numbers during this year’s Fall Safety Stand-Down from May 4-15, 2015.

"With the economy on the rebound and housing starts on the rise, now is the time to for all of us to renew our commitment to sending workers home safe every night," said Secretary of Labor Thomas E. Perez. "Last year's Stand-Down showed us what employers and workers sharing that commitment can accomplish. Responsible employers understand that safety is not a luxury — it is a necessity."

Building on last year's widespread participation, OSHA has made this year's Stand-Down, a two-week event. From May 4-15, employers and workers will pause during their workday for topic talks, demonstrations and training on how to use safety harnesses, guard rails and other means to protect workers from falls. Underscoring the importance of this effort, industry and business leaders, including universities, labor organizations, and community and faith-based groups, have already begun scheduling 2015 stand-downs in all 50 states and around the world.

"Fatal falls and injuries impact workers in all kinds of jobs across the country; it's a broad problem that takes a terrible toll on workers and their families," said Assistant Secretary of
Labor for Occupational Safety and Health Dr. David Michaels. "Given the tremendous response we've received, it's clear that this is an important issue to a great number of people across this nation. I know it is, to me and all my colleagues here at the department, which is why we are so pleased to work towards preventing these tragedies through innovative and collaborative efforts like the Stand-Down."

The National Fall Safety Stand-Down is part of OSHA's fall prevention campaign, launched three years ago with the National Institute for Occupational Safety and Health, NIOSH's National Occupational Research Agenda and The Center for Construction Research and Training. Additional partners for this year's event include: American Society for Safety Engineers, National Safety Council, National Construction Safety Executives, the United States Air Force, OSHA-approved state plans, state consultation programs, and OSHA Training Institute Education Centers.

"No child should lose a parent, no wife should lose a husband and no worker should lose their life in a preventable fall," said NIOSH Director Dr. John Howard. "The Stand-Down serves as an important opportunity for worksites to recognize the hazards that cause them, train employers and workers how to avoid them so that these senseless tragedies can be prevented once and for all."

OSHA and partners would like to encourage all workers and employers that face fall hazards on the job to participate in this year's Stand-Down. The newly launched National Safety Stand-Down 2015 Web site provides details on: how to conduct a Stand-Down; receive a certificate of participation; and access free education and training resources, fact sheets and other outreach materials in English and Spanish. It will also include a list of stand-down events free and open to the public, as soon as they become available.

Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels signed the agreement prior to his keynote address at the Oil & Gas Safety and Health Conference in Houston, Texas, where more than 2,100 industry representatives, safety and health organizations, and educators gathered to collaborate on ways to improve safety in the oil and gas industry.

"Too many oil and gas industry workers are being hurt or killed on the job," said Dr. Michaels. "These tragedies are preventable and we need to work together to address hazards, prevent injuries and save lives."

The rapid growth of employment in this industry has been coupled with an increase in worker fatalities. In 2013, 112 workers were killed in the oil and gas industry, according to Bureau of Labor Statistics. Most fatalities occurred among workers with less than one year on the job. Workers face a number of hazards such as motor vehicle crashes, fires and explosions, electrocution and exposure to respirable silica.

Through the alliance, the participants will develop fact sheets and videos on the leading causes of fatalities in oil and gas exploration and production, provide OSHA materials and training resources for employers and workers, and support oil and gas safety stand-downs.
Founded in 2003, the National STEPS Network is a volunteer organization that includes industry operators and contractors, industry associations, OSHA and NIOSH representatives, and educational institutions who promote safety, health and environmental improvement in oil and gas exploration and production in U.S. onshore operations. The Alliance participants will also work closely with the National Occupational Research Agenda Oil and Gas Extraction Council, coordinated by NIOSH. The Council seeks to identify and implement strategies to improve workplace practices within the industry.

Through its Alliance Program, OSHA works with unions, consulates, trade and professional organizations, faith- and community-based organizations, businesses and educational institutions to prevent workplace fatalities, injuries and illnesses. The purpose of each alliance is to develop compliance assistance tools and resources, and to educate workers and employers about their rights and responsibilities. Alliance Program participants do not receive exemptions from OSHA inspections or any other enforcement benefits.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America’s working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit [www.osha.gov](http://www.osha.gov).

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**CHAPTER NEWS**

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**A WARM WELCOME TO OUR NEW MEMBERS!**

Mark Rothstein  
Martin St. John  
Melony Brown  
Jason Krebec

If you'd like to learn how you can become more involved as a volunteer with the Gold Coast Chapter please contact Scott Marting at smarting@pbcgov.org.