

# ON THE LEVEL

BALANCING INDUSTRY & ASSOCIATION NEWS

## On The Level - August 2016

**NATIONAL VPPPA**  
SAFETY & HEALTH  
CONFERENCE



PRESHOW OFFER—FREE GLOVE SAMPLES!  
AUGUST 29-SEPT 1, 2016  
VISIT BOOTH 407



### Upcoming Events & Deadlines

[Fill Out the Conference Onsite Registration Form](#)

**Now**

[Overflow Hotels](#)

### Safety & Health News Round-Up

[Man Crushed by Container Worked for Company with Previous Workplace Violations](#)  
(OSHA)

[Worker Laying Sod for Missouri Company Likely Suffered Heat Stroke](#)  
(OSHA)

[Labor Department to Study Paid-Leave Programs](#)  
(OHS)

[Safety Academy Marks Four Decades of Helping Others](#)  
(ISHN)



### In This Issue

#### August

[The Conference is 10 Days Away](#)

[Take a Selfie & Win](#)

[Congratulations to all of the Awards & Scholarship Winners](#)

[Worker Hydration](#)

[Stress & Worker Safety](#)

### The Conference is 10 Days Away

It is not too late to attend the 32nd Annual National VPPPA Safety & Health Conference! If you missed the online registration deadline, you can still easily register for the conference onsite. Go ahead and fill out the [registration form](#) ahead of time to skip the onsite registration lines.

#### Overflow Hotels

The Gaylord Palms is full, but [overflow spaces](#) are available in the [Courtyard Marriott](#) and there will be a shuttle to take attendees to and from the Gaylord Palms during morning and evening hours Monday-Thursday. The schedule can be found [here](#).

[-Back to Contents-](#)

## Take a Selfie & Win

Want the chance to win one of three Amazon.com gift cards? It's as easy as taking a few selfies! Take a selfie with a VPPPA National Board Member and post it to the VPPPA Facebook or Twitter page with the hashtag **#VPPPA32** and your name will be entered to win for each selfie. The more selfies you take, the better your odds of winning! Some opportune times to take selfies with the board are directly after the Annual Meeting of the Membership, the Opening General Session, during receptions or when you're hanging around the registration areas or membership booth in the expo hall. The list and pictures of board members can be found on our [website](#), and can be viewed on the mobile app under the "conference information" icon. We can't wait to see your pictures!

[-Back to Contents-](#)



## Fueling the American Spirit.

## Congratulations to all of the Award & Scholarship Winners

Congratulations to this year's award and scholarship winners! This year we had so many great applicants and the most scholarship entries in VPPPA history. Thank you to everyone who submitted!

### **Safety & Health Achievement Award:**

Candice Williams, Savannah River Nuclear Solutions (SRNS), Aiken, SC  
Michael Young, Savannah River Remediation (SRR), Aiken, SC  
Terry Gray, Newport News Shipbuilding, Newport News, VA  
Chris Holley, Savannah River Remediation (SRR), Aiken, SC  
Ron Whiteman, Newport News Shipbuilding, Newport News, VA  
David Slaughter, GE Healthcare Surgery, Salt Lake City, UT

### **VPP Outreach Award:**

Chevron Phillips Chemical Co, LP-Cedar Bayou Plant, Baytown, TX  
Brenda Wiederkehr, Access Health Systems, Latham, NY

### **VPP Innovation Award:**

Washington River Protection Solutions, LLC

### **VPPPA Safety & Health Outreach Award:**

Mission Support Alliance, Richland, WA

### **June Brothers Scholarship:**

Nicolas Pryor, Midvale, UT

### **Stephen Brown Scholarship:**

Hope Wachtel, Carleton, NE

### **William "Sully" Sullivan Scholarship:**

Amanda Smith, Knoxville, TN

[-Back to Contents-](#)

**ONLINE DEGREES IN SAFETY**

TAKE ADVANTAGE OF YOUR VPPPA  
**10% LEARNING PARTNER TUITION DISCOUNT**

**VISIT US**  
AT BOOTH #709



## Worker Hydration

About 70 percent of planet Earth, and 60 percent of our bodies, are made up of water. An essential nutrient for all living things, water regulates our core body temperatures, carries nutrients to our organs and flushes toxins within us. Since we simply cannot live without it, drinking water and staying hydrated is crucial, especially in extremely hot or cold temperatures. As August comes to a close, the temperatures are still reaching record highs throughout the U.S. Whether you are just walking outside briefly or performing a strenuous task on the job, maintaining a balance and staying hydrated is a necessity. Common symptoms of dehydration include:

- Thirst
- Fatigue
- Muscle cramps
- Nausea, dizziness or confusion
- Excessive perspiration
- Hot, dry skin

Heat-related illnesses can stem from dehydration and can manifest as heat rashes to heat stroke and even death, but many people don't know how much hydration is enough. The recommended amount of water intake is one quart per hour of active work or exercise for the average adult. That is the equivalent of 128 ounces (3.78 liters) minimum every four hours. However, everyone's bodies, work environments and level of physical exertion differs. Prevention is the key to reducing the risks of dehydration - a few simple steps to offer a safe work environment include:

- Have water easily and readily available
- Provide incentives such as reusable water bottles and/or hydration packs
- Set up shelter and enforce breaks for all employees
- Provide appropriate personal protective equipment to help workers keep their cool
- Education and training are key to prevention and preparedness

[-Back to Contents-](#)

## Stress and Worker Safety

When we think of workers' safety and health, we tend to jump to the physical aspects of the field - slips, trips and falls, back injuries and more. However, stress is a concern that can affect any worker in any industry. Some workers carry stress from home into their jobs, while others bring work stresses home with them at night. A stressed worker has the potential to become an unsafe worker, yet many employers don't acknowledge these dangers. A few warning signs of job stress include:

- Trouble concentrating
- Fatigue
- Low morale
- Anxiety or irritability
- Alcohol or drug use
- Overeating or loss of appetite
- Workplace incidents
- Workplace violence

Employers should strive to meet with their workers and approach issues with sensitivity. An open conversation could be the difference between creating a healthy worker and an incident waiting to happen.

[-Back to Contents-](#)



# VPPPA

7600-E Leesburg Pike, Suite 100  
Falls Church, VA 22043

# www.vpppa.org

(703) 761-1146



On The Level is prepared by VPPPA's Communications Department. These reports are for the use of VPPPA members ONLY.

VPPPA, Inc., a nonprofit 501(c)(3) charitable organization, promotes advances in worker safety and health excellence through best practices and cooperative efforts among workers, employers, the government and communities.

To unsubscribe, send an email with REMOVE in the subject line to [Communications@vpppa.org](mailto:Communications@vpppa.org).

[www.vpppa.org](http://www.vpppa.org) | Phone: (703) 761-1146 | Fax: (703) 761-1148 |  
7600-E Leesburg Pike, Suite 100  
Falls Church, VA 22043