

ON THE LEVEL

BALANCING INDUSTRY & ASSOCIATION NEWS

On The Level - March 2018

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Now

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VPPPA Member Benefits

Discounts from Columbia Southern University:

Have you taken advantage of the benefits VPPPA members can receive from [Columbia Southern University](#)? VPPPA members, as well as their spouses and children, receive a 10 percent discount on tuition. In addition, members and their families do not have to pay the application fee and also get **free** textbooks. Columbia Southern University offers online degree programs, open enrollment, affordable rates and a flexible learning style designed to accommodate your busy life. You can participate in the associate, bachelor, master or certificate programs in many fields including, business administration, fire science, criminal justice administration, occupational safety and health and more! [Registration](#) for the next term is open now.

Awards & Scholarships:

VPPPA offers a number of programs to recognize the extraordinary efforts of member sites and individuals who go above and beyond in their efforts to improve safety and health for the American workforce. VPPPA also provides scholarships to the VPPPA employees and their children who are pursuing degrees in the safety, health and environmental fields. You can find more information about the specific awards, scholarships and [download application forms here.](#)

Applications for awards and scholarships must be submitted no later than June 1,

2018. Send your applications to the national office via [email](#), mail or fax.

VPPPA

ATTN: AWARD/SCHOLARSHIP COMMITTEE

7600-E Leesburg Pike, Suite 100

Falls Church, VA 22043-2004

Fax: (703) 761-1146

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Contests & Prizes

Roster Contest:

There is no easier way to win a gift card than the VPPPA Roster Contest. Please update the roster that was included in our membership mailing with all of your current employees. After we receive your faxed (703-761-1148) or emailed roster, we will randomly select one prime contact to win a gift card! Send your updated roster to membership@vpppa.org by **July 2**, for a chance to win. If you need another copy of your site's roster, please contact the Membership Department via the email address above or call 703-761-1146. If you have already submitted your site's roster, you are already entered into our random drawing.

Safety+ Registration Contest:

Do you like steak dinners? Be one of the **first 50 people** to register for the 2018 Safety+ Symposium and you could win a **\$100 gift card** to [Old Hickory Steakhouse](#) in the Gaylord Opryland. [Register for Safety+ here.](#)

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Workplace Eye Wellness Month

March is Workplace Eye Wellness Month. Did you know that eye injuries on the job are very common? More than 2,000 people injure their eyes at work each day, and about one in 10 injuries require one or more missed work days to recover. According to Prevent Blindness America, experts say that proper eye protection could lessen or even prevent 90 percent of eye injuries in accidents. A few common causes for eye injuries include:

- Flying objects
- Tools
- Particles
- Chemicals
- Harmful radiation

You can find more information about eye protection and preventing eye injuries [here](#). How do you, or your co-workers, practice eye safety at work? Share it with us on social media @VPPPA.

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Get More Involved in VPPPA

National Board of Directors Nominations:

Do you think you could make a difference in VPPPA? Do you want to get more involved in the association? Join the National Board of Directors. In conjunction with the 2018 Safety+ Symposium, elections are scheduled to be held for VPPPA National Board of Directors' positions. This year there are several open positions. Each position has a term of two years, beginning at the end of the 2018 Safety+ Symposium and terminating at the 2020 Safety+ Symposium.

Please refer to the [2018 Requirements, Duties, Obligations and Responsibilities](#) (PDF) and the [VPPPA Bylaws](#) for further details regarding serving on the

Board. Then fill out the [2018 Nominations Form](#), which includes the Management Letter of Commitment, as well as the [2018 Election Protocols form](#).

Nominations for the National Board will be due on **May 25, 2018**. For any questions, please contact Kerri Carpenter, Nominating Committee Staff Liaison, at kcarpenter@vpppa.org.

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National Nutrition Month

The Academy of Nutrition and Dietetics is hosting a March campaign called National Nutrition Month. The 2018 theme is "Go Further with Food," which encourages us to introduce healthier eating habits, as well as urges us to find ways to cut back on food waste. Small lifestyle changes towards healthier eating can go a long way, and eventually lead to overall better health and safety. The helpful site, eatright.org, shares a few of the key messages that National Nutrition Month aims to share, including:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as [MyPlate](#) encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Are you introducing healthier habits into your daily routine? Tell us how you are participating in National Nutrition Month on social media @VPPPA. You can also find more resources about the campaign [here](#).

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Association Announcements

Safety+ 2018 registration is now open! You can find more information, including the preliminary agenda, pre-symposium workshops, FAQs and more on [our website](#).

[Register Here.](#)



Write for a VPPPA Publication

Have you checked out the [VPPPA Blog](#)? Send us an article regarding any safety or health topic, and we might add you to our blog schedule for 2018.

If you would like to write for a VPPPA publication, or know of someone who is interested, please email communications@vpppa.org. We look forward to hearing from you!

The Leader Magazine

The Summer 2018 issue will focus on English as a second language, and how this can impact the safety and health of workers. Feature articles will be due on **June 8**.

Membership News

If you have any news or pictures from your site that you would like to share (an award, a VPP approval, a member who went above and beyond, etc.), please send it to communications@vpppa.org. We would love to add your updates to the next On The Level newsletter or post it on our social media pages.

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Stay Connected



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.

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