On The Level - January 2015

Upcoming Events & Deadlines:

**Call for 2015 Conference Workshop Proposals**
Ends: TOMORROW

**VPPPA's Got Talent Voting Round**
NOW - Feb. 23, 2015

VPPPA Membership Renewal
NOW

Safety & Health News Round-Up

**FAA to Require Safety Management Systems**
(*EHS Today*)

**Chem. Local Emphasis Prog. in Neb.**
((OSHA))

**OSHA Regulatory Agenda for 2015**
(*Safety+Health*)

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Vote for VPPPA's Got Talent

Renew VPPPA Membership

Sweet Dreams - Improve Your Sleep

**Last Chance to Submit Workshop Proposals**

Tomorrow, Jan. 16, is the last day to submit your workshop proposal to present at the 2015 national VPPPA conference.

This is your chance to help other worksites stay safe! If you have solved a workplace safety issue, submit your proposal for an opportunity to share your knowledge and expertise.

If you have any questions please contact the Conference & Education Department at the VPPPA National Office by calling (703) 761-1146 or by emailing conference-education@vpppa.org.
Advertising/Sponsorships

For advertising opportunities in "On The Level," The Leader or in conference email blasts, or for sponsorship opportunities at the national VPPPA conference, please contact VPPPA's Advertising and Sponsorship Department at 703-761-1146 Ext. 111 or advertising@vpppa.org.

Donate to the Scholarship Fund

When you renew for another year, consider helping out future generations of safety professionals by donating to the VPPPA scholarship fund. Money will go toward the scholarships listed below:

- June Brothers Scholarship
- Stephen Brown Scholarship
- William "Sully" Sullivan Scholarship
- Annette Eaves Scholarship

Questions? Please contact VPPPA's Membership Department at membership@vpppa.org or by calling (703) 761-1146.

Vote for VPPPA's Got Talent

Who doesn't love watching a good performance?

One of the four finalists for the VPPPA's Got Talent competition will not only get to sing the National Anthem during the 31st Annual National VPPPA Safety & Health Conference's Opening General Session, but they will also get an all-expenses-paid trip to the conference in Grapevine, TX, Aug. 24-27, 2015, including complimentary lodging, airfare and registration.

Vote for the finalist of your choice by visiting VPPPA's YouTube page and watching each perform their version of the National Anthem. Cast your vote for your favorite performance by simply clicking the "like" button, which is the "thumbs up" icon, located directly below the video, on the right. The finalist with the most "likes" will be the winner.

Congratulations to our four finalists!

1. Philip Walker
2. Kathy Hinson
3. Nancy Ivers
4. Annette Eaves

-Renew VPPPA Membership-
It's 2015! Make a resolution to be safer. What better way to stay safe than to continue your VPPPA membership?!

Invoices were mailed out in early December to members who have not yet renewed for 2015. Members who joined in 2014 will receive their invoice on their anniversary date.

If you would like to renew your membership or have any questions, please contact VPPPA's Membership Department at membership@vpppa.org or (703) 761-1146.

Sweet Dreams - Improve Your Sleep

You would think that something that accounts for a third of a person's life and affects productivity, mood and health so drastically would be valued pretty heavily.

However, in the 2013 International Bedroom Poll, it was determined that America gets the least amount of sleep among the six countries studied; about 30 to 40 minutes fewer on work days.

The National Sleep Foundation (NSF) recommends 7-9 hours of sleep a night. How many hours do you get?

The Centers for Disease Control and Prevention (CDC) reports that 30 percent of working American adults do not get at least seven hours of sleep a night. Sleeping six hours or fewer a night, or short sleep duration, can have dire consequences. According to Global Corporate Challenge, 93 percent of poor sleepers are more likely to develop workplace fatigue, a symptom of excessive daytime sleepiness. Daytime sleepiness can lead to a rise in absenteeism and accidents and injuries in the workplace. In addition, according to EHS Today, an estimated 20 percent of vehicle crashes can be attributed to drowsy driving.

Who's more prone to experience short sleep duration? A report completed by the NSF found that employees in the manufacturing sector (34 percent) as well as night shift workers (44 percent) were more likely to develop poor sleep habits. Additionally, those who work more than 40 hours a week (28 percent) are less likely to sleep at least 7 hours.

Can't sleep? Below, NSF offers several suggestions to improve your sleep duration and quality.

1. Exercise regularly
   Several studies have found that people sleep better if they get at least 150 minutes of exercise a week. However, try not to work out too close to bedtime. Because your body temperature rises when you exercise, it's recommended that you complete your exercises at least three hours before bedtime in order to have a proper body temperature before falling asleep.
2. Get into a routine
You should go to sleep and wake up at the same time every day. Setting a sleep schedule will adjust your body's clock and help you fall asleep quicker.

3. Ditch the electronics
Try to avoid watching television, using your computer or using any other electronic device at least an hour before bedtime. The light from the screen can alert and stimulate your brain, therefore making it harder to relax and ultimately fall asleep. Instead, try reading a book or meditating before bed.

-On The Level-