

ON THE LEVEL

BALANCING INDUSTRY & ASSOCIATION NEWS

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*)

Connect with VPPPA



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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.

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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

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

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](#)

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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.

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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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