



## Ergonomic Process Development Headlines December 9th Meeting

### *Meeting Topic– Prevent Soft Tissue Injuries with Your Ergonomic Program*

**SPEAKER:** Alison Heller-Ono

Alison Heller-Ono is the new Ergonomics Manager for the County of Monterey. She previously was the founder, President and CEO of Worksite International since 1993. Alison received her BA in Biology in 1984, followed by her MS in Physical Therapy in 1987 and worked as a clinical physical therapist until 1996 helping work-injured patients get back to work. During this time, she discovered her true passion was injury prevention and helping injured workers return to work and educating employers on how to prevent and manage injuries more effectively. Alison became a board Certified Industrial Ergonomist (CIE) in 1996 as well as a Certified Disability Analyst (CDA) by the American Board of Disability Analysts. Ms. Heller-Ono is also credentialed as an Ergonomics Program Education Specialist, a designation awarded to her by the Oxford Research Institute, a national certification board in ergonomics.

Ms. Heller-Ono speaks nationally and internationally on workers' compensation, work injury prevention and management, ergonomics and the ADA. She is the author of "Your Guide to Developing an Ergonomic Process", "Your Guide to Office Ergonomic Furniture and Accessories", and has authored over 35 articles on ergonomics, work injury prevention and management. She has also served as an expert witness for workers' compensation and ADA cases in California.



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This presentation demonstrates how to launch and deliver an ergonomics process from scratch, or when other processes have failed. Participants will gain a first hand account of how to establish a baseline, gain management buy-in, build an ergonomics committee for strategy and ongoing process development, and recruit in-house evaluators.

This powerful presentation will provide participants with the tools, skills and knowledge they need to:

- Establish a baseline and determine the internal health of the organization
- Identify the leaders and stakeholders that will successfully help drive the process
- Identify waste and inefficiencies in the current process
- Track and measure data to ensure successful outcomes.



## Like the Movie, a Very Good Year for SHE Practitioners

By Tyler Nguyen, President-Elect

California's Division of Occupational Safety and Health (DOSH) increased its on-site inspections in the first half of 2008 by 16% over the comparable period in 2007, resulting in citations for more than 11,000 violations, an 8.5% rise over the first six months last year, according to statistics released by the Division.

DOSH conducted 5,403 such inspections, versus 4,658 in the comparable six months of 2007. The inspections were fairly evenly split between accident, complaint and surprise inspections.

Of the 11,157 alleged violations, 22% were classified as serious. Construction had the highest number of inspections, followed by manufacturing and services. But manufacturing had the highest number of alleged violations, followed by construction, then services.

On the flip side of inspections, safety professionals are in high demand to manage workplace programs that promote safety and at the same time prevent and reduce unnecessary accidents. At the national level and despite an economic downturn that approaches panic levels, safety professionals appear to be cautiously optimistic that their expertise is recognized and compensation will remain stable. National Safety Council's Safety + Health magazine published a November 2008 salary survey which provided the following demographics:

*Salary*—nearly 17% of respondents earn between \$70K and \$80K per year

*Title*—managers made up the largest percentage of respondents, 54%

*Industry Breakdown*—32 % are employed in the manufacturing industry followed by 21 % in construction

*Experience*—18% have worked in the safety and health field for 11 to 15 years

*Age*—the majority of respondents (29%) were between 46 and 52 years old

*Bonus*—59% of respondents will receive a bonus in 2009

*Education*—nearly 41% of respondents had a four-year degree

Locally, Greater San Jose ASSE Jobs Coordinator Mr. David Krack publishes and updates a jobs listing on a monthly basis. A quick courtesy view of the listing indicates that there are demands for SHE professionals at all level of the spectrum. Entry level, mid-level, and journey level positions are all well-represented. Speaking of entry level jobs, yours truly has been working with three San Jose State University students in the field of occupational health and industrial engineering. One of the many questions the students wanted to know was the jobs market and how high the demand is for people like them who will be entering the workforce in the coming year.

At the other end of the spectrum, we are fortunate to have members such as Dr. Jon Moldestad, a journeyman practitioner whose career spans over 30 years in the safety, health, and environmental engineering and management in the Bay Area. Doctor Moldestad advised yours truly that his work these days are composed nearly 100% of serious accidents reconstruction and expert witness testimonies. Attending his presentation at San Francisco ASSE Construction Specialty meeting on November 18th, my take-aways include the facts that:

- Safety is criteria dependent. There is no such thing as a “safe” worksite, operation, process, or condition. The definition of “safe” depends on what your criteria are; therefore this hawks back to deployment and maintenance of the three Es: engineer out the hazards, educate your workforce, and enforce the rules and work practices to correspond with your required criteria.
- Now, more than ever, safe professionals are in high demand as companies look to our expertise to help them control costs, promote public relations in the community, and maintain efficiency and profitability.

Be aware of your surroundings and be safe through the holiday season with your loved ones. It indeed has been a very good year.



## Most Expensive Accidents in History

By Glenn Demby, Esq. , [www.SafetyXchange.org](http://www.SafetyXchange.org)

The greatest cost of accidents is injury and death. Human life is beyond monetary value. But property losses can also be devastating and crippling to a business. What are the 10 most expensive accidents in world history, in terms of property loss and measured in dollars? Keep reading.

### 10. SINKING OF THE TITANIC, 1912: \$150 Million

This figure reflects just the value of the ship, not the insurance claims, litigation costs and other indirect costs as a result of the sinking. The Titanic cost \$7 million to build. That's \$150 million in today's dollars.

### 9. TANKER TRUCK EXPLODES ON GERMAN BRIDGE, 2004: \$358 Million

A tanker truck hauling 32,000 liters of fuel collides with a car on the Wiehl Bridge. The truck crashes through the guardrail and falls 90 feet off the A4 Autobahn. The resulting explosion destroys the bridge.

### 8. CALIFORNIA METROLINK CRASH, 2008: \$500 Million

A Metrolink commuter train crashes head-on into a Union Pacific freight train in Los Angeles this September. 25 people are killed. The liability costs of the resulting wrongful death lawsuits are expected to reach \$500 million.

### 7. B-2 BOMBER CRASH, 2008: \$1.4 Billion

A B-2 Stealth bomber crashes shortly after taking off from an air base in Guam this February. It's the most expensive aviation accident ever. The good news: The two pilots are able to eject safely.

### 6. Exxon Valdez, 1989: \$2.5 Billion

The costs of cleaning up the world's largest oil spill (10.8 million gallons) were driven up by the fact that the spill occurred in a reef accessible only by boat and helicopter.

### 5. Piper Alpha Oil Rig, 1988: \$3.4 Billion

The worst off-shore oil disaster killed 167 and completely destroyed a 300-foot platform.

### 4. Space Shuttle Challenger Explosion, 1986: \$5.5 Billion

The explosion of Challenger 73 seconds after takeoff will be remembered most for the psychological damage it inflicted on the national psyche. But the costs of replacing the equipment and investigating the incident also left a mark.

### 3. Prestige Oil Spill, 2002: \$12 Billion

One of the 12 tanks on the Prestige oil tanker explodes during a storm off the coast of Spain. The Spanish, Portuguese and French governments all refuse to let the damaged ship harbor. The tanker ultimately splits in half and dumps 20 million gallons of oil into the sea.

### 2. Space Shuttle Columbia Explosion, 2003: \$13 Billion

Columbia is destroyed in re-entry over Texas by an explosion resulting from a hole in its wing that took place during launch 16 days earlier. All aboard are lost. The \$13 billion price tag doesn't even include the cost of replacing the shuttle.

### 1. Chernobyl, 1986: \$200 Billion

Damage had to be cleaned up, people had to be resettled and compensation had to be paid out to the victims. Nobody knows exactly how much the world's worst nuclear accident cost. \$200 billion is considered a fairly conservative figure.

Note: SafetyXChange would like to thank our friend, Gary Swiatowy, for sending us this list.



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**Greater San Jose Chapter**

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# ASSE

## HOLIDAY TOYS DRIVE



Your executive committee, on your behalf, is sponsoring the annual Toys for Tots program in conjunction with our December 9th, 2008 luncheon meeting. A toy goes a long way in bringing a ray of sunshine and joy to children during the holiday season. The United States Marines Corp have been instrumental in this effort year in and year out and we are glad to count them as a partner.

Good News and Win-Win! Bring a new unwrapped toy valued at \$20.00 or more for a child (boy or girl, ages 4 to 16) and receive your Chapter Meeting Lunch FREE.

Paying for your meal and donating a gift at the same time is also highly recommended. Check donations are also accepted. Please make the check payable to U.S. Marine Corp Toys for Tots Program.

Representatives from the San Jose Office of the U.S. Marines will be on hand during the noon hour to facilitate and accept members' donations.

Be sure to register on-line to reserve your seat in advance and to help us with the accommodations as the hotel needs an accurate count beforehand.





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# Happy Holidays!



Norma Martinez explains the finer points of the Feds takeover of Freddie Mac and Fannie Mae and residential lending practices to ASSE members and attendees during the November 11th meeting of the Greater San Jose Chapter.