A Message from the President

NOVA Family,

Season’s greetings to you all! As Thanksgiving is upon us, I want to take this opportunity to extend my personal gratitude to you all for your time, feedback, sponsorships, donations, ideas, patience, generosity, and overall presence within our Chapter.

We’ve had an excellent group of presentations to round out the 2015 calendar year! Due to your participation and/or sponsorship at our 2015 Golf Tournament, we were able to raise awareness and funds for the ASSE Foundation which provides education, leadership development, and research for safety professionals in our society.

Continued...
Message from the President cont.

We also partnered with WMACSA to provide two Construction Confined Space Train-the-Trainer classes to members and nonmembers. This training was conducted by MSA and we received fantastic reviews! We anticipate hosting another similar training session in the spring. Our goal is to offer these classes at the lowest rate possible to members to cover the cost of the training. If registrations are large enough, we plan to roll any profit gained into a financial pocket for advancing training within some of our common interest groups such as SPALW, WISE, and/or Young Professionals.

Are you new to the chapter or just simply looking to get more involved with chapter operations? We’re looking for help in many areas but most specifically our Membership Chair division. We’ve realized that most folks hesitate to engage further because they are concerned about the time commitment. However, even if you can’t physically attend the meetings you could execute one or more of these functions at home or in your workplace. If you are a technology guru or social media junkie we would love to have you take the reins in updating and maintaining our Facebook or LinkedIn pages. Already attend the meetings? Snap some photos next time and email them to me at president@nova.asse.org so we can post them online and in our newsletter! Also, if anyone works closely with a public school or organization we are always looking for opportunities to partner with the community and provide safety awareness – creative ideas are ever so welcome!

Please be safe this holiday season and enjoy your loved ones to the fullest! We hope to see you soon!

Sara Hoover,
President

Look for NOVA ASSE on these social networks!
September Chapter Meeting
The monthly meeting was held at the Hilton Garden Inn in Fairfax. We heard a very informative update on the Construction Confined Space Standard from Bruce Donato. The presentation addressed the overall topic as well as insights into the process.

October Chapter Meeting
The monthly meeting was held at Logan’s Roadhouse in Fairfax. We heard a very informative presentation on Soft Tissue Injuries by Benjamin Pace.

November Chapter Meeting
The monthly meeting was held at Logan’s Roadhouse in Fairfax. We heard a very informative presentation on The Top Three Challenges of Women in the Work Force by Jamie Kohler.

Winter Clothing are the key to preventing cold weather injuries. Remember this mnemonic:

- Keep winter clothing Clean
- Avoid Overheating
- Wear winter clothing Loose in Layers
- Keep winter clothing Dry
The National Capital Area Joint Safety Association is an ad hoc group of 9 local EHS&S boards that get together to discuss how to share resources and improve the professions.

The associations represented with their web site:

Alliance of Hazardous Materials Professionals National Capital Chapter (AHMP-NCC) www.nccahmp.org
American Industrial Hygiene Association Potomac Section Potomac) www.potomacaiha.org
American Society of Safety Engineers National Capital Chapter (ASSE-NCC) www.ncc.asse.org
NOVA http://nova.asse.org
Chesapeake Area Biological Safety Association (ChABSA) www.chabsa.org
Environmental Information Association – Mid Atlantic (EIA Mid Atlantic) www.eia-midatlantic.org
Health Physics Society Baltimore Washington Chapter (HPS-BW) http://hpschapters.org/bwc/
Metropolitan Washington Area Occupational Health Nurses (MWAOHN) http://www.mwaohn.org
Washington Metropolitan Area Construction Safety Association (WMACSA) www.wmacsa.com

Look for NOVA ASSE on these social networks!
WISE Update

As we take a turn into the New Year, Jamie Kohler will be handing over the WISE liaison role to Caitlin Harris. Caitlin is young, enthusiastic and motivated to make a difference in our industry. NOVA is very grateful for her involvement and is excited to see her impact in the committee. Working in the construction industry and enjoying every day of it, WISE is a great starting point for her to impact.

Caitlin graduated in May 2015 with a Master's Degree in Environmental Health and Safety from East Carolina University. As a Graduate Assistant working in a Biosafety Level 2 laboratory with Dengue Fever Virus, Dengue Risk Assessment and Transmission was the focus of her thesis. She was also a Graduate Assistant in the Environmental Health and Safety Department on campus, going around to the different labs and clinics and inspecting them for safe practices (chemical and biological safety, ergonomics and toxicology), working with HAZMAT and creating Emergency Evacuation Plans and fire drills. Safety and Construction have always been a passion of hers. Caitlin is now an Assistant Safety Manager at James G. Davis Construction where she is thrilled to have the opportunity to walk onto several jobsites in a week conducting safety audits and speaking to workers about different safe practices dependent upon the job they are performing. NOVA ASSE welcomes Caitlin with open arms!

SPALW Update

The NoVA SPALW liaison, Jorge Otalora, is speaking at a meeting January 21, 2015 about the challenges of the Latino workforce.

Look for NOVA ASSE on these social networks!
This year the ASSE Foundation celebrates 25 years of strengthening the safety profession through education, leadership development and research. For its 25th Celebration the Foundation is challenging all ASSE members, chapters, and regions to give back to the community and support Safety Matters, the Foundation’s signature fund. Donate to the ASSE Foundation today to support your fellow students and professionals – because Safety Matters!

A Dozen Tips to Prevent Hunting Accidents

1. Attend a good hunter safety course.
2. Be physically fit, dress warm, and wear a significant amount of hunter orange clothing, so other hunters can see you.
3. Make sure you are familiar with the weapon you will be using and any safety instructions for it.
4. Do not hunt if you are distracted, overly tired or hurried.
5. Protect against frostbite, hypothermia, and other cold weather injuries.
6. Never mix drinking and hunting.
7. Treat every gun as loaded. Always point the muzzle in a safe direction.
8. Be sure of your target. Never shoot at unidentified noises. Wait until the entire deer, turkey, or other animal is visible, before shooting.
9. Carry your gun properly, using both hands. Make sure the safety is on, the finger is outside the trigger guard, and the muzzle is pointed in a safe direction and under control.
10. Do not load the weapon until ready to fire. Unload the weapon before crossing a fence or climbing into or out of a tree stand.
11. Never hunt alone or without telling someone where you will be and when you will return.
12. Make sure tree stands are stable and will support your weight. Wear your safety belt. Do not sleep while in the stand. Be careful when firing from a tree stand. Use care when climbing into or out of a stand.

Follow these tips and live to hunt another day.
Preparing for Cold Weather Driving

If this year is anything like years past there will be more opportunities for plowing snow, clearing sidewalks, and perhaps more importantly providing fire and ambulance services in inclement weather. These activities can put a strain on employees and contractors hired to do the work. There are even many locations that depend on volunteer fire and ambulance services. The hazards of driving in extreme weather can be identified and intelligent decisions made as to who will drive under what conditions.

Road conditions can change quickly from normal driving conditions to dangerous. Decisions to dispatch vehicles should come from a first line supervisor at first, but as conditions worsen the decision whether to drive or not should come from someone above the supervisor. Some common tips to reduce the dangers of driving in inclement weather include:

- Increase driving times
- Drive below the posted speed limit to maintain traction
- Increase following distances to allow for safe stopping

There are also simple items that should be carried in vehicles out in severe winter weather. This items include:

- Water
- Sand or kitty litter
- Shovel
- Tire Chains
# Current Officers & Committee Members

## Officers

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Sara Hoover</td>
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<tr>
<td>Vice President</td>
<td>Kwasi Koranteng</td>
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<tr>
<td>Treasurer</td>
<td>Jorge Otalora</td>
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<tr>
<td>Secretary</td>
<td>Jamie Kohler</td>
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<tr>
<td>1st Delegate</td>
<td>David Wenzel</td>
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<tr>
<td>2nd Delegate</td>
<td>Pete Courtemanche</td>
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## Committees

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<thead>
<tr>
<th>Committee</th>
<th>Chair</th>
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<tbody>
<tr>
<td>Awards &amp; Honors</td>
<td>Troy Torbett</td>
</tr>
<tr>
<td>COPS Liaison</td>
<td>Fred Fanning</td>
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<tr>
<td>Foundation Liaison</td>
<td>Fred Fanning</td>
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<tr>
<td>Government Affairs</td>
<td>Justin Crandol</td>
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<tr>
<td>MACSC Liaison</td>
<td>Bruce Donato</td>
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<tr>
<td>Membership Chair</td>
<td>Andrew Levitsky</td>
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<tr>
<td>Newsletter Editor</td>
<td>Fred Fanning</td>
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<td>Programs Chair</td>
<td>Kwasi Koranteng</td>
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<tr>
<td>SPALW Liaison</td>
<td>Jorge Otalora</td>
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<tr>
<td>Webmaster</td>
<td>Abdon Friend</td>
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<tr>
<td>Wise Liaison</td>
<td>Jamie Kohler</td>
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Officer/committee contact information can be found [here](#).

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**NOVA ASSE**

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