



**Keep holiday safety in mind this season with these tips!**

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**EATING FOR GOOD**

**TIPS FROM THE COMMUNICATIONS CHAIR**



With cold and flu season in full swing, it's worth taking a moment to think about how our diets affect our bodies, especially with all the eating that comes with the holidays. Just about everyone now understands oranges and

other citrus fruit contain high levels of vitamin C, but not as many people may be aware of the immunity boosting (and vampire repelling) properties of garlic, thanks to Allin, which supports white blood cell response. Other lesser-known flavor and immune boosters include ginger and turmeric. (continued on page 5)

**UPCOMING EVENTS**

**REGISTER AT [MOUNTAINVALLEY.ASSP.ORG/EVENT](https://mountainvalley.assp.org/event)**

Dec 9	Volunteer Cheers
Dec 12	Free Webinar



**GOLD LEVEL CHAPTER**  
2023-2024

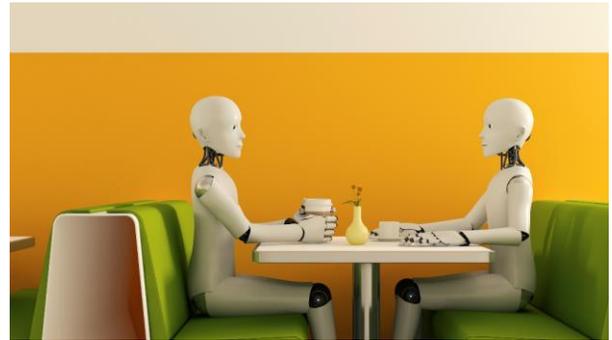
# MONTHLY MEETING

## NOVEMBER CHAPTER MEETING

**November 11 2024**

Our November chapter meeting was held at Billy's in Roanoke VA where we discussed this past year and upcoming plans for 2025.

We highly encourage members to check out the December chapter volunteer event and keep an eye out for upcoming meetings as we look forward to a great 2025!



## UPCOMING MEETINGS

### VOLUNTEER CHEERS

**December 9, 2024: In Person 1-4pm EST**

**Address:** 1025 Electric Road, Salem, Virginia

**Details:** This year Mountain Valley ASSP would like to give back for our annual holiday celebration! The main event will be held at the Feeding Southwest Virginia Salem Quality Assurance facility located behind the food bank but we highly encourage you to sign up at a food pantry or kitchen that is close to you if you are not able to attend.

**Register at:**

<https://feedingswva.volunteerhub.com/vv2/event/fa8fb9b5-e3e0-498c-bb06-f2461ac81191>



**VOLUNTEER Cheers!**

Come volunteer with Mountain Valley ASSP this holiday season!

**12.09.2024**  
1PM-4PM  
FEEDING SOUTHWEST VIRGINIA-SALEM  
1025 ELECTRIC ROAD SALEM, VA

**JOIN US**

For more information and a list of other volunteer locations if you are unable to attend, visit our website at [www.mountainvalley.assp.org](http://www.mountainvalley.assp.org)



The poster features a central illustration of a male volunteer wearing a red cap, a green shirt, and a black apron. He is holding a large red heart. To his left is a green cardboard box with a red heart on it. The background is a gradient of yellow and orange.

# UPCOMING EDUCATION

## FREE WEBINAR: HOW CONSENSUS STANDARDS ELEVATE JOINT-EMPLOYER WORK ENVIRONMENTS

Date: December 12, 2024 from 11:00 a.m. To Noon CT.

Format: Webinar

Credits: 0.1 Continuing Education Units

Register at [https://my.assp.org/nc\\_upcomingevents](https://my.assp.org/nc_upcomingevents)

### Course Description

As organizations increasingly rely on contractors and temporary workers, it's time to rethink safety strategies. Explore how consensus standards can provide a dedicated, consistent approach to navigate unique risks and vulnerabilities of joint-employer environments. Develop strategies based on best practices outlined in the consensus standards to mitigate risk and improve performance in your operations.

### What You Will Learn

- Explore the history, role and importance of consensus standards in creating recognized frameworks for safety improvement
- Develop an understanding of how to effectively implement this framework through a practitioner's guidance and success stories
- Identify ways to measure organizational maturity and develop cross-functional buy-in.



# SAFETY MINUTE

## STUDENT ARTICLE – BUILDING A CHEMICAL PLANT PROCESS SAFETY CULTURE WHILE MAINTAINING PRODUCTION GOALS

### Introduction

When anyone talks about safety in the workplace, most individuals seemingly roll their eyes and move on. This happens because of the pressure to both be safe and produce product at a high rate. In a perfect world, these things can be done well and congruently. In a real sense, we cannot be 100% safe while working 100% efficiently. When safety factors are introduced, it usually produces a bottleneck. At the end of the day, our people need to go home to their families and the company needs to make money. If either of these things do not happen, we have a problem.

### Contributing Factors to Safety Incidents

In Chemical plants, safety is the number one priority. Many changes happen rapidly in the name of safety. For this reason, MOC's and SOP's get overlooked to be able to keep making product. When there are no written documents for production, it is hard for superiors to hold their employees accountable. Moving on, it is hard for batch makers to be safe when they are not given the proper investment in terms of equipment. Many times, we as safety professionals will make changes without considering the affect it has on employees and the pressure they are receiving to make batches. We often preach safety as the number one priority, but we do not act like it in our actions. Overall, those are the three major things that lead to incidents and a bad culture when it comes to safety.



### Recommendations For Industry

What can we as safety professionals do to create a safety culture while still maintaining production demands? First, we must maintain and update SOP's and MOC's as we make these Building a Chemical Plant Process Safety Culture 3 pertinent safety changes. Secondly, we need to invest into equipment that will make the plant a safer place as well as increase throughput of product. Lastly, we need to place practical production demands on our batch makers. Scheduling should not be putting so much pressure on batch makers that they cannot work safely. If we take these things and implement them into our daily processes and considerations, our chemical plants will be safer and lead to better quality product.



### Conclusion

In Conclusion, not updating MOC's and SOPS, not investing in equipment, and putting production demands over safety lead to safety incidents and a bad safety culture. To fix these issues, we must get back to the basics. We need to be strategic about making changes and consider the affects it has on production and scheduling. We need to uphold our end by updating SOP's. Additionally, we need to invest in our people with equipment that will increase safety and throughput. Lastly, we cannot just preach safety. Safety needs to flow through our actions. Making these changes, we can create a strong safety culture while maintaining production goals. - Evan Eads School of Engineering, Liberty University

# EATING FOR GOOD

## TIPS FROM THE COMMUNICATIONS CHAIR

(continued from the front page) There is no one magic food or nutrient, eating a balanced diet gives the body the best foundation to build its defenses upon. As the in-season produce changes at the local market, here are some fall foods that can help your immune system:

- Kale: You can get 22% of the Daily Value (DV) of Vitamin C from one (1) cup of raw kale, in addition to the power of leafy greens. Leafy greens can help lower inflammation levels in the body that are commonly associated with illness. (Full disclosure – before I wrote this I had no idea kale had a season so thanks for coming along on that journey with me)
- Pumpkin: Not just the spice, actual pumpkin contains lots of carotenoids. Carotenoids are fierce pigments that multitask to keep you healthy. They gobble up harmful free radicals and reduce inflammation—a known culprit in many chronic diseases, including heart disease, colitis and asthma.
- Brussel sprouts: A one (1) cup serving has about 80% of your daily value of vitamin C. There are also lots of ways to prepare them to please the most finicky eater, such as bacon, balsamic vinegar, pork belly, or asiago cheese. Or bacon.
- Butternut Squash: One (1) cup of cooked, cubed butternut squash has over 100% of DV of vitamin A. High in Vitamin C, potassium, & magnesium. Much like pumpkin this vegetable packs a powerful carotenoid punch.
- Apples: One (1) medium apple has 10% of DV of Vitamin C, and is packed anti-oxidants that can help reduce inflammation, as well as plenty of fiber. And sometimes you just have to balance your diet with a slice of apple pie. – Eric Cureton



## Are You Passionate About Safety?

Volunteer with ASSP today.

[Get involved](#)