



May is National Mental Health Month. More Information on page 4.

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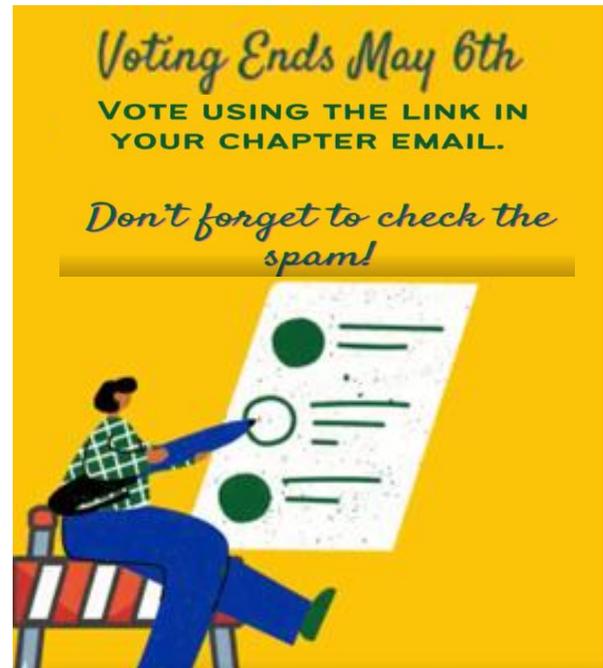
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CHAPTER ELECTIONS

2025 ELECTION SEE PAGE 6



UPCOMING EVENTS

Mar 6	Chapter Election Deadline
May 12th	May Chapter Meeting
June 13 th	Night at the Ballpark
Sep 17-19	Region VI PDC

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



GOLD LEVEL CHAPTER
2023-2024

MONTHLY MEETING

APRIL

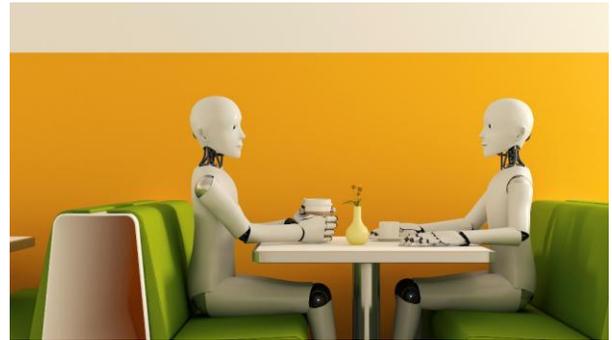
Although we did not hold a meeting for the month of April, we do sincerely hope there was plenty of time to link up with your local safety community and participate in elections. We will see you in May!



FREE LUNCH IS ON US

Come join Mountain Valley ASSP for a lunch time membership drive. May 12, 2025 Noon-1:30pm at Shakers in Roanoke, VA

REGISTER NOW mountainvalley.assp.org

An illustration of a salad bowl, a drink with a straw, and a sandwich.

UPCOMING MEETINGS

REGISTER AT [Events – ASSP Mountain Valley Chapter](#)

May 12th, 2025: Noon-1:30pm EST

Address: 1909 Valley View Blvd NW, Roanoke, Virginia, US, 24012

Details: Who says there's no such thing as a free lunch? Mountain Valley ASSP will be hosting a lunch membership drive in May. \$20 maximum, does not include alcohol.

June 13th, 2025: 6:30pm-8:30pm EST

Address: Bank of the James Stadium, 3180 Fort Ave, Lynchburg, Va, US, 24501

Details: It's time again for the Mountain Valley ASSP Annual Night at the Ballpark! Friends and family are welcome. Tickets will be made available for pick up the day of the game. A \$7 concession voucher for hot dog, chips, and a drink are included in the price of your ticket. Please register before June 2, 2025, so we can have an accurate head count for the game.

UPCOMING EDUCATION

THE OSHA EXPLORER: TIPS & TRICKS FOR NAVIGATING THE OSHA WEBSITE EFFICIENTLY

Date: May 15, 2025, from 11:00 am To 12:00 pm CDT

Format: Webinar

Credits: 0.1 Continuing Education Units

Register at <https://my.assp.org/event-information?id=a0IUJ000002ANYTYA4>

Course Description

OSHA update sessions are always a conference favorite, offering a broad industry overview. But what if you could go deeper and access the same information given to OSHA compliance officers? Our experts, former compliance safety and health officers turned industry leaders, will guide you on an investigative journey to uncover key resources available to you on the OSHA website. Gain insights to refine your company's risk profile, improve your internal audits and prepare for an OSHA compliance visit. Bring your questions and get an insider look at all the valuable information you can find — once you know where to look!

What You Will Learn

- Access lesser-known sources of information on the OSHA website to enhance your compliance knowledge.
- Identify and apply key resources to prepare for an internal audit or an OSHA compliance visit from a compliance inspector's perspective.
- Integrate OSHA resources into your personal plan for ongoing professional development.
- Locate, analyze and interpret previous inspection records, citations and OSHA data to assess compliance trends and risks.

Speakers



Jill James, MIS. Chief Safety Officer, HIS - Jill James brings more than 30 years of experience in environmental, health and safety (EHS), including 12 years as an OSHA senior safety investigator. Her diverse background spans healthcare, education, biotech, life sciences and the poultry industry. At HSI, James leverages her expertise to drive product development, thought leadership and regulatory insights. She created the Supervisor Safety Tip video series and hosted the Accidental Safety Pro podcast for seven years — one of the first podcasts dedicated to EHS professionals. James holds a master's in industrial safety from the University of Minnesota, Duluth, and a bachelor's in community health education.



Todd W. Loushine, Ph.D., P.E., CSP, CIH - Todd Loushine is an award-winning professor with more than 15 years of teaching experience and more than 30 years in the safety profession. His expertise spans from fundamental OSHA compliance to advanced EHS data analysis and research. Loushine began his career as a compliance safety and health officer with Minnesota OSHA, and he continues to bridge theory and practice. In 2023-24, Loushine put his experience to the test by working part-time as a safety manager, ensuring his teaching remains grounded in real-world application. With a systems-based, data-driven approach, he integrates cutting-edge research with practical solutions, keeping his work relevant to today's evolving safety landscape.

SAFETY MINUTE

MENTAL HEALTH AWARENESS

As safety professionals, and workers, we do our best to prioritize physical health on the job and promote the best practices that help reduce work related injuries. However, impacts on employee health are not always physical. Psychological strain can lead to serious outcomes, even manifesting physically. This May is National Mental Health Awareness Month, and we feature two great resources for additional information. The National Safety Council (NSC) contains valuable information on “Prioritizing Employee Mental Health” and the Professional Safety Journal (PSJ) features the “The Emotionally Naked Truth About Suicide in Construction” article by Anne Moss Rogers. Check out both at the links highlighted below along with a few key quotes and take aways.



[Prioritizing Employee Mental Health - National Safety Council](#)

“Mental distress has long been a hidden issue in the workplace. Employees are often unaware of the resources – if any – available to help them, while employers may be unaware of the effects mental distress has on safety and their bottom lines.”

“Encouragingly, organizations see a return of \$4 for every dollar invested in mental health treatment in improved health and productivity. Supporting treatment alone, however, is not enough. Employers should prioritize protecting employee mental health and safety on an equal level as physical safety.”

“Key actions to take include:

- Understanding how workplace conditions and culture can impact employee mental health and, in some cases, create or enhance employee mental distress
- Ensuring leaders, managers and supervisors prioritize employee mental health and wellbeing, work to prevent mental distress, and support employees experiencing mental distress
- Ensuring human resources develops robust, compassionate, and clear policies, programs, and procedures to prevent mental distress and support employees experiencing mental distress
- Providing employee education and increasing awareness on mental wellbeing and distress, as well as awareness of workplace resources, supports and policies”

[The Emotionally Naked Truth About Suicide in Construction](#) [by Anne Moss Rogers](#)

“In the construction industry, five times more workers die by suicide than they do from work-related injuries (OSHA, 2022). While not all safety professionals work in construction, this industry has one of the highest suicide rates compared to other industries, and it has twice the total suicide rate for civilian working men.”

“Mental health, often referred to as psychological safety or psychosocial safety, should be an integral part of workplace safety culture. Nothing costs like an incident; safety impacts production as well as profits. It triggers litigation and harms a company’s reputation. Stress affects everyone’s cognitive ability. And all that stress affects mental health.”

“Steps To Suicide Prevention

- **Start the conversation at the top.** Leaders should openly acknowledge mental health struggles, share personal stories, and set a tone that normalizes seeking help.
- **Treat mental health like physical safety.** Identify psychosocial hazards in the workplace just as you would physical ones, and address them proactively to prevent risk.
- **Make space for honest dialogue.** Create a culture where employees can talk about emotional struggles without fear of judgment or job loss.
- **Train to recognize the warning signs.** Educate supervisors and peers to spot signs of suicide risk such as changes in behavior, mood, or work performance.
- **Enable discreet support systems.** Allow workers to temporarily step back from high risk tasks or access support without disclosing personal details widely.
 - Directly ask about suicide when concerned. Don’t shy away from asking, “Are you thinking about suicide?”—it can be a lifesaving question.”

STUDY GROUPS

HELPING EACH OTHER SUCCEED

Are you getting ready to sit for an exam or thinking about a journey towards a new credential? Reach out to us at mountainvalleyasspcomm@outlook.com. Tackling these professional milestones with the help of peers can make the experience memorable and a little less daunting. We are looking to aid in connecting local members to study groups to help build a community chock full of credentials and professional experience.



CHAPTER AWARDS

NOMINEES FOR ROBERT P CALHOUN SERVICE AWARD

This award is special to our local chapter. Created in 2024 and named for one of our own, who gave what seemed endlessly to the chapter, while never seeking any recognition. This award is always open for nominations, a formal process has not yet been developed. Currently, nominees should be submitted to the executive committee for consideration.

NOMINEES FOR SPY

Safety Professional of the year. This award is presented on a chapter, region, and national level. It seeks to spotlight an ASSP member "who demonstrates outstanding achievement in the Occupational Safety & Health (OSH) field while also advancing the OSH profession overall." - assp.org.

We haven't had a chapter SPY in some years and would love to see this award rekindled. Our chapter SPY will also serve as our nominee for the Region VI SPY. We will be streamlining the nomination process to align with the requirements for Region VI SPY & will begin soliciting nominees this summer.



LOCAL ELECTIONS

THE OPPORTUNITY FOR MEMBERS TO SERVE IN A VARIETY OF CHAIR POSITIONS IS CRUCIAL FOR A ROBUST CHAPTER AND ALLOWS SHARING OF RESPONSIBILITIES.

Position	Current Occupant	Nominee
Chapter President	Glenn Hargrove	Incumbent
Delegate	F. Carlton Davis	Incumbent
Programs Chair	F. Carlton Davis	Vacant
Vice President	F. Carlton Davis	Incumbent
Treasurer	Jesse D. Phillips	Incumbent
Secretary (and Newsletter Editor)	Amanda C Sandidge Engstrom	Incumbent
Government Affairs Chair	Bob Drane	Incumbent
Membership Chair	Glenn Hargrove	Incumbent
Communications Chair	Eric Cureton	Vacant
Nominations & Elections Chair	Diana Schwerha	Vacant
Jobs Chair	Jesse D. Phillips	Incumbent
Awards and Honors Chair	Vacant	Jackie Brown (Write in Nominee)
Audit Committee Chair	Vacant	Vacant

Want to know more about a specific position? See the summaries below for additional insight!

Position	Summary
Chapter President	<ul style="list-style-type: none"> • Preside at regular and special meeting of the Executive Committee and the membership. • Represent the Chapter at meetings of other organizations. • Be a member of the Area / Regional Operating Committee. • Provide leadership for programs and activities for the Chapter. • Appoint committees necessary to implement objectives of the Chapter. • Submit an Annual Report of Chapter activities. • Submit the names of Chapter officers and Advisory Group Members
Vice President	<ul style="list-style-type: none"> • Succeed to the office of the President and carry out its duties If the President Is unable to serve. • Assume responsibilities for the work of committees as assigned by the President.
Secretary	<ul style="list-style-type: none"> • Maintain Chapter records. • Record and distribute minutes of meetings. • Notify Chapter members of meetings. • Assume the duties of the Treasurer as necessary.
Treasurer	<ul style="list-style-type: none"> • Maintain all financial records of the Chapter. • Supervise the receipt and disbursement of funds. • Maintain Chapter funds in a depository. • Transmit to Society Headquarters the audited income & expenses. • Submit to the IRS any required tax documents. • Assume the duties of the Secretary as necessary.

Full descriptions are available in the [Chapter Bylaws](#)

Are You Passionate About Safety?

Volunteer with ASSP today.

[Get involved](#)

2025 PDC

REGION VI PDC IN MYRTLE BEACH, NC

REGION VI PDC

MYRTLE BEACH, SC | SEPTEMBER 17-19, 2025



September 17-19, 2025

We invite you to experience the “Biggest Little PDC” in beautiful Myrtle Beach, South Carolina! This annual conference is one of the most sought-after events in the region for safety professionals, offering the opportunity to learn best practices in **Safety, Health, Industrial Hygiene, and Environmental Issues**.

With over **350+ attendees** and **35+ sponsors and exhibitors**, the 2025 PDC promises three action-packed days of networking, education, and innovation. The event will feature **keynote sessions, 30 breakout presentations** across three concurrent tracks, and an **Exhibit Hall** showcasing the latest industry products and services.

Whether you’re a seasoned safety professional or new to the field, the ASSP Region VI PDC provides invaluable resources, networking, and insights to help you grow and stay ahead in your profession. Don’t miss out on this incredible opportunity!

[Want to be a chapter liason? Contact us directly for details and to participate.](#)

LEARN MORE HERE! [ASSP Region VI PDC](#)