



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Maine Chapter

**JULY**  
**2024**  
**Volume 6**

**July is UV Safety  
Awareness  
Month!**

# NEWSLETTER

## Message from the Editor...

The end of June brought my tenure as President of the Maine Chapter to a close and I'd like to thank the entire Executive Committee for their support.

The Chapter wouldn't be possible without the volunteer efforts of the Executive Committee; a viable committee is necessary to enable the chapter to be chartered with ASSP. Without it, the Maine Chapter would likely dissolve and be absorbed into one of the other Region VIII Chapters. As a safety professional with lifelong ties to the State of Maine, I'm proud that we can maintain the chapter and keep it going!

- Kurt

## Protecting Yourself from the Sun

Summer in Maine often means spending a lot of time outdoors and enjoying the long sunny days. After a winter filled with shorter days and cloudy skies the sun can seem like a welcome change.

The problem is, too much sun can expose you to excessive UV radiation which can damage skin, increase eye problems, and weaken your immune system.

Employees who work outside for a living can quickly be subjected to too much of a good thing unless they take precautions to limit their UV exposure.

There are four main ways to protect yourself and employees when working in direct sunlight:

### Sunscreen

- Always wear sunscreen with SPF 30 or higher
- Apply sunscreen liberally and re-apply as necessary

### Clothing

- Wear light-colored, loose-fitting clothing that covers torso, arms and legs
- Wear a wide-brimmed hat to protect head and neck

### Eyewear

- There are sunglasses that block UVA and UVB rays – wear those
- Choose the wrap-around style of sunglasses to prevent rays that reflect and come from the front and side

### Shade

- Limit work in direct sunlight and take breaks in a shaded area

JULY IS  
**UV SAFETY**  
AWARENESS MONTH

# Are you interested in presenting a short 20-25 minute topic at one of our virtual meetings?

We are scheduling the Maine Chapter Virtual Meetings every other month to provide opportunities for chapter members to learn more about their craft. We have a couple speakers lined up but can always use more! A typical presentation lasts 20-25 minutes with time left for questions and comments. We've had speakers discuss work projects, incident investigations, and case studies but we're open to any topic that pertains to safety.

If you are interested in hosting one of these presentations, please reach out to: Kurt A. Kirkland, CSP, CIT at [kakirkland1961@gmail.com](mailto:kakirkland1961@gmail.com) or call my cell (805) 798-0257. I'd love to hear from you!

**Remember: YOU have the power to make the ASSP Maine Chapter what we want it to be!**

## Maine Chapter in the News

For the second time in less than a year, our own Maine Chapter Member Nathan Boutwell, M.Eng., CSP, SMS, CIT, CUSP has had an article published in the Professional Safety Journal. Nate's article, which he co-authored with Robert J. Cornet, Ph.D., and Michelle Mannering, Ph.D. is titled "From Blame To Learning: A Case Study in Changing Safety Culture" and is featured in the Best Practices section of the July 2024 issue of PSJ.

The article outlines the 4-year journey with the safety and health department at a mid-sized U.S. utility as they worked to transform the safety culture from one of "blame, shame, retrain" to one of learning through mishaps. Using a 5-step plan to address the needed change, the safety and health department made measurable gains.

Key lessons learned include:

- When it comes to culture, don't guess. Know.
- What you say matters.
- Deploy change tactics synergistically.
- Begin with the end goal in mind.
- Teach the teachers of the teachers.
- Leverage the safety team.

Congratulations to Nathan and team for a well-written, thought-provoking article that covers one of the more challenging topics that all safety teams face – affecting change to an ingrained culture.



Boutwell, N., Cornet, R.J. & Mannering, M. (2024, July) From blame to learning: A case study in changing safety culture. *Professional Safety*, 69(7), 19-23.



**Here's a chance to feature your business in the newsletter!**

**Do you have a safety-related business you'd like to promote in the monthly newsletter?**

**We want to promote the businesses and interests of the ASSP Maine Chapter members and are offering the chance to do so through our monthly newsletter.**

**Send a copy of your advertisement or promotional brochure and we can add you to the newsletter. Even a copy of your business card will do!**

**There is no fee to do so – we're just looking for opportunities to promote our members and add more content to the newsletter.**

**Interested? Reach out with your questions or promotional material to our email address: [president@maine.assp.org](mailto:president@maine.assp.org)**

Did you or your company do anything to celebrate National Safety Month?

Share your best practices with the Maine Chapter!

SAVE THE DATE  
**SAFE + SOUND WEEK 2024**  
AUGUST 12-18, 2024

Are you or your company planning to participate in OSHA's Safe + Sound Week?

Share your best practices with the Maine Chapter!

### MEET YOUR 2024-25 ASSP MAINE CHAPTER BOARD MEMBERS

<u>President</u>	Barbara Brennan, M.Sc., CSP, SMS, CIT, CHST
<u>Vice President/President Elect</u>	Steven Boyd
<u>Treasurer &amp; Past President</u>	Kurt Kirkland, CSP, CIT
<u>Secretary</u>	Carl DeLong
<u>Member-at-Large &amp; Webmaster</u>	Sean Ryan, CSP, CHSP
<u>Program Chair</u>	Tim McCarty, MSc, CSP, ARM, ALCM, CSSM, CPSI
<u>Member-At-Large</u>	Nathan Boutwell, MEng, CSP, CIT, SMS, CUSP
<u>Membership Chair</u>	Open
<u>Jobs Chair</u>	Open

The Executive Committee/Board typically meets every other month; we maintain all our meeting minutes on the ASSP Maine Chapter website.

To contact your Board Members, go to: <https://maine.assp.org/>

### CALENDAR OF EVENTS

- Jul 11<sup>th</sup> @ noon ASSP Maine Chapter virtual meeting
- Aug 7-9<sup>th</sup> ASSP Safety 2024 - Denver, CO
- Aug 12-18<sup>th</sup> OSHA's Safe + Sound Week
- Aug 21<sup>st</sup> ASSP Maine Chapter Executive Committee meeting
- Oct 15-17<sup>th</sup> 97<sup>th</sup> Annual Maine Safety & Health Conference

Do you know of a safety job that's open? Reach out and let us know so we can post it to the ASSP Maine Chapter website.



**STAY SAFE THIS SUMMER!**

- Use sunscreen
- Take a first aid kit
- Play in shaded areas
- Wear lightweight clothing
- Wear a helmet
- Use insect repellent
- Avoid intense activity on hot days
- Wear sunglasses
- Take breaks
- HYDRATE!**



Please send your questions, comments, suggestions, and feedback and I will respond as soon as I am able. This Newsletter is not possible without the input from the Chapter Membership!

Editor: Kurt A. Kirkland

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