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UNIVERSITY OF  
MINNESOTA  
DULUTH

# MASTER of ENVIRONMENTAL HEALTH and SAFETY NEWSLETTER



## 2013 Northern Regional Safety Day Duluth, MN

The Student Section of Region 5 of the Northwest Chapter met on September 17<sup>th</sup> 2013 for the Northern Area Safety and Health Network presented by the Minnesota Safety Council. The event was an excellent networking opportunity for newly enrolled MEHS students and a chance to interact with a number of different vendors. There were a diverse number of exhibitors representing different entities with shared interests in safety. These included governmental bodies (Minnesota Department of Labor (MNOSHA), organizations (Minnesota Mine Safety Association), and companies like 3M and Braun Intertec.

The first topic of the day was presented by MNOSHA and focused on updates in the Globally Harmonized System, Residential Fall Protection Policies and a number of other topics. This section was presented by Jeff Isakson, Supervisor, Greater Minnesota, Minnesota Department of Labor and Industry-OSHA Division. Breakout sessions were available after this introductory meeting, which covered Root Cause Analysis and Human Performance, Global Harmonization System, Boosting Safety in an Ageing Workforce, and FR clothing. Unfortunately attendees had to choose between two topics, this was remedied later, however, when newly acquired insight was shared during a delicious luncheon.

The Safety and Health Network Day concluded with a heartfelt presentation on distracted driving. Alex Balluff and his family presented their personal experience with the issue and the audience was provided with lessons on the importance of impaired driving and the need for education and awareness.

Overall, the 2013 Northern Area Safety and Health Network Safety Day provided excellent learning and networking opportunities. It was truly a great way to start the year for MEHS and ASSE student members alike!

## Editors' corner

Fall semester has come and gone! The semester was packed full of learning opportunities for the MEHS students. Students attended events near and far in order to gain a new perspective on Environmental Health and Safety.

The group was also able to connect with employees of the Environmental Health and Safety field, from a variety of industries, either by attending area seminars, touring facilities, or listening to class speakers. These opportunities gave the class an idea of the different industries that are in need of Environmental Health and Safety professionals and what challenges they might face while working in these industries.

It was the first semester for many students, and that meant making new friends and connections. The group worked well together, and I think I speak for the group when I say our time together thus far has been meaningful.

We do have to say a bittersweet farewell to two classmates. In December, Tim Murphy and Lana Steck graduated from the program and will begin their careers. Congratulations to you both! We'll miss you!



Above: MEHS Students gathered outside of Spirit Mountain Safety Day in Proctor, MN for a group photo.

## ASSE Student Project : Fire Safety Informational Table



In response to the NFPA's Fire Prevention Week in October, the ASSE student chapter decided to run an informational table on the UMD campus for students passing by during the day. Our focus was on the causes of house fires for both on-campus and off-campus students. NFPA's website provided a wealth of information which we shared in the form of conversation, graphs, and handouts. We gave out tips for fire prevention, and educated students on some of the most common sources of house fires. We used this opportunity for public outreach, in hopes that more students will be conscious of fire hazards at their homes or in their dorms. This was also a great opportunity to promote the Masters of Environmental Health and Safety (MEHS) program. We gave out a number of handouts and got to speak with a number of the student body here at UMD. We found it to be a successful and rewarding outreach experience.



### **Pictured Above:**

Max Efelt and Tim Murphy (pictured) along with Jake Lockwood (behind the camera) were some of the MEHS students that helped run the Fire Safety Informational table.

## Special Thanks

Thank you to all of our guest presenters that spoke to our ASSE members about job and internship opportunities, workplace expectations, and/or gave Plan B presentations.

- Shawn Helmer, API Group
- Sandy Fouquette, RockTenn
- Steve Danielson, Insitu
- Jordan Cataldo, Plan B
- Emily Vomastek, Plan B
- Seth Sayles, Plan B
- Myriam Trepanier, Plan B
- Lana Steck, Plan B
- Ashley Christian-Koep, Plan B

*Thank  
you*

We thank all of your past presenters and look forward to our guest presenters this spring semester!

### Upcoming Events

March 17, 2014 – March 21, 2014:

- Spring Break

May 6, 2014

- Minnesota Safety Conference

May 17, 2014 :

- Graduation Commencement

## Future Leaders of Safety Conference

The members of the ASSE Northwest Student Chapter from the UMD Masters of Environmental Health and Safety program were proud participants of ASSE's 2013 Future Safety Leaders Conference. The conference was held on November 7<sup>th</sup>, 2013 through November 9<sup>th</sup>, 2013 in Schaumburg, Illinois. In total the chapter was able to send three members to Schaumburg, Illinois for this three day event. As key note speaker, Dr. Mike North, The Millennial Engineer, discussed the importance of preparing students to successfully engage in and design collaborations that will ensure that the technical solutions they propose have optimal impact. Attendees were also able to participate in and take advantage of:

- Mock Interview Training & Resume Critiques
- Sessions with SH&E recruiters, professionals, and employers
- Unmatched networking opportunities

The organization found this event to be a great learning experience on professionalism in safety and on preparing to become future safety professionals. The group would like to thank ASSE for extending their invitation to the University of Minnesota Duluth's ASSE Northwest Chapter to attend this event and we look forward to sending our future ASSE Northwest Student Chapter members next year.



## Safety Tip : Winterize Your Car

Extreme cold is not just a serious concern for your health. Your home, car, travel plans, and recreational activities are also affected by extremely cold conditions. Your everyday routine becomes more dangerous. To stay safe and healthy during the winter months, the CDC has developed a number of tips to protect you from the extreme cold. These tips include tips on preparing your home and car for winter, safe travel tips, dressing properly, and preparing for storms.

### Prepare your Car:

Dangerous winter travel problems can be avoided in many situations if you plan ahead. Maintenance services should be completed on your car as often as the manufacturer recommends. Also, make sure antifreeze levels are as recommended for your car model. Use winter-mix window wash fluid. Check tire pressures regularly and if your tread looks worn replace the tires. Keep your gas tank close to full as well to prevent ice buildup in the tank and fuel lines. Keeping a winter survival kit in your car is also a highly recommended practice. Survival kits can include:

### **Winter Survival Kit for Your Car**

- Blankets
- Windshield Scraper
- First Aid Kit
- Can and Waterproof matches (melt snow for H<sub>2</sub>O)
- Tow Rope
- Flashlight and Batteries
- Compressed Air and Sealant (emergency tire repair)
- Hand and Feet Warmers
- Collapsible Shovel
- Water, Canned or Dried Foods and Opener
- Jumper Cables
- Road Maps
- Compass
- Tool Kit
- Sand/Cat Litter (added traction on snow/ice)

**More winter safety tips and information can be found at:**

[CDC Extreme Cold Prevention Guide](http://www.bt.cdc.gov/disasters/winter/pdf/extreme-cold-guide.pdf)

<http://www.bt.cdc.gov/disasters/winter/pdf/extreme-cold-guide.pdf>

## Alumni Spotlight

*Name: Tim Murphy*

*Graduated: December, 2013*

*Undergraduate Degree: Sustainable Management*



### **What interested you in the MEHS program?**

I was interested in doing the MEHS program because it seemed like a good avenue towards a fulfilling career with a lot of job prospects.

### **What class did you enjoy the most?**

I enjoyed construction safety, regulatory standards with Harvey, and industrial hygiene...I also found ergonomics to be really interesting. It's hard to pick a single favorite because they are all such varied topics.

### **What do you miss most about the program since graduating?**

I miss the people and the great class discussions!

### **What are you currently doing in the EHS field?**

Currently I am working at Calumet Superior, LLC (an oil refinery in Superior) as a safety specialist. It's definitely afforded me a lot of learning opportunities and I am looking forward to continued professional growth and development there.

University of Minnesota Duluth  
**GRADUATE SCHOOL**



## Alumni Spotlight

*Name: Jean Cranston, Loss Control Specialist, St. Louis County*

*Graduated: May, 2013*

*Undergraduate Degree: Environmental Science*

### **What are your responsibilities at St. Louis County?**

To plan, develop, coordinate and implement effective loss control/safety programs to decrease the frequency and severity of employee injuries. To identify, evaluate and recommend means to control exposures to assess losses, and to minimize the regulatory exposure of St. Louis County.

### **What was the hardest transition for you to make from the classroom to the industry?**

Making the textbook examples that we were taught in class work in real world situations.

### **What challenges do you face daily?**

Implementing written programs is a huge challenge. School focused on writing and developing programs and procedures and training employees on the procedures. Implementing these programs in a way that engage employees is more difficult than finding and using the content needed to develop the programs. It is a challenge, but a fun one, to implement new programs.

### **What do you enjoy the most about your job?**

The wide variety of work involved makes my job interesting. I can work with fall protection and confined space in a construction environment, ergonomics in an office environment, or conduct industrial hygiene studies. I also enjoy seeing results and changing the work environment so that it is better and more conducive for employees.

### **Do you have any advice for this year's graduates?**

Get as much experience as you can in all areas when you start so you have a better grasp of where you want to end up. Don't limit yourself.



**Thanks to all the alumni that have shown their support throughout the fall 2013 semester!**