



PO Box 14663  
 Grand Forks, ND 58208-4663  
 www.nosha.net ♦ info@nosha.net

# NOSHA News

May 2014

## General Membership Meeting

Wednesday, May 21st @ the Town House hotel, 710 1st Ave N , Grand Forks, ND 58203

Our topic will be "Tracking Injury Data" presented by Sarah Gratton, Wells Concrete

### HEALTHY VISION MONTH

May is the National Eye Institute's Healthy Vision Month. Here are some eye safety reminders to protect the vision of your employees.

#### 1910.133(a)(1)

*The employer shall ensure that each affected employee uses appropriate eye or face protection when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors, or potentially injurious light radiation.*

How do you decide what eye protection is appropriate to the task being performed? Safety glasses should be used when there is a risk of flying objects, large chips, sand particles or dirt. Goggles are suitable for working with chemicals , hot sparks (use a face shield as well for extreme conditions), fine dust and generally dusty conditions. We often forget that it is equally important to protect our eyes when working *around others* who are performing the aforementioned activities.

Not only is the employer responsible for ensuring that employees use eye and face protection, they are also required to provide it at no cost to the employee.

Should an employee suffer an eye injury, here are some First Aid tips:

#### Specks in the Eye

- Don't rub the affected eye.
- Flush the eye with lots of water.
- See a doctor if the speck doesn't wash out, or if pain or redness continues.

#### Cuts, Punctures, and Foreign Objects in the Eye

- Unlike with specks of dust or metal, be sure not to wash out the affected eye.
- Don't try to remove a foreign object stuck in the eye.
- Seek immediate medical attention.

#### Chemical Burns

- Immediately flush the eye with water or drinkable liquid. Open the eye as wide as possible. Continue flushing for at least 15 minutes, even on your way to seeking medical care.
- If a contact lens is in the eye, begin flushing over the lens immediately. Flushing may dislodge the lens.
- Seek immediate medical attention.

#### Blows to the Eye

- Apply a cold compress without pressure.
- Seek immediate medical attention if pain continues, if you have reduced vision, or if blood or discoloration appears in the eye.

### Announcements

#### SAVE THE DATE!

#### 2014 NOSHA Member Appreciation Picnic

Date: Wednesday July 16th  
 Time: 6 pm to 8 pm  
 Location: Riverside Park Pavilion

Steak, Chicken, Hot Dogs, Salads, Fruit, Ice Cream!

\*See page 2 for details

### Welcome New Members!



### Member of the Month





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## **2014 NOSHA Member Appreciation Picnic**

NOSHA will hold its annual Member Appreciation Picnic on Wednesday, July 16th from 6-8 pm. We invite you to bring your family or co-workers to the Riverside Park Pavilion for a good meal and a chance to mingle with your fellow NOSHA members in a casual environment.

We are seeking donations for door prizes. Please contact Tony Vigness at info@nosha.net if you are interested in donating.

\*\*\*There will be no July General Membership Meeting

## **Win a Chance at \$50.00 in CASH!!!**

Current members: bring a potential new member to the NOSHA Member Appreciation Picnic and get your name in a drawing to win \$50 CASH! Bring a new member who signs up for an annual membership at the picnic and get \$25 CASH instantly!!

Contact **Dave Opp** or **Callie Wagner** for details at [info@nosha.net](mailto:info@nosha.net)

## **114 Texting Citations During April Traffic Stops**

*A press release from the ND Department of Transportation*

**Wednesday, May 7, 2014**—Police departments in seven of North Dakota's largest communities deployed texting and driving enforcement teams during April. With five of those departments reporting, a total of 114 texting and driving citations were issued. A few officers from each department devoted at least two shifts to texting and driving enforcement.

Throughout the month, a national awareness campaign highlighted the dangers of distracted driving. This was also the first texting and driving enforcement supported by funding from the North Dakota Department of Transportation.

The fine for texting and driving in North Dakota is \$100. The ban applies for accessing or sending electronic data while operating a motor vehicle—even while stopped at a stoplight...

...A survey conducted by the Upper Great Plains Transportation Institute in 2013 found that North Dakotans who text while driving are increasing. Texting while driving multiplies the risk of a crash by a factor of 23—more dangerous than driving drunk. Texting while driving is the number one killer of teenagers in the U.S. Learn more at [www.distraction.gov](http://www.distraction.gov)

## **BOARD MEETING**

Board members meet the first Thursday of the month - 6:00-8:00 pm at Muddy Rivers

**NEXT MEETING June 5**

### 2014 BOARD MEMBERS

**Dan Mankie** (President)  
*Cirrus Aircraft*

**Eric Pearson** (Vice-President)  
*CHS (Cenex Transportation)*

**Joe Strang** (Treasurer)  
*Valley Dairy Car Wash*

**Cindy Holweger** (Secretary)  
*Development Homes*

**Carol Gierszewski**  
*Gierszewski Enterprises*

**Callie Wagner**  
*Minnkota Power Cooperative*

**Lyle Ross**  
*Vigen Construction*

**Dave Opp**  
*Opp Construction*

**Sally Miskavige**  
*Opp Construction*

**Tony Vigness**  
*Black Gold Farms*

## **COMMITTEES**

### Communication Committee

(Tony Vigness)

Visit us at [www.nosha.net](http://www.nosha.net) for the latest updates and announcements!

### Education Committee

(Lyle Ross, Tony Vigness)

### Upcoming GM Meeting Presentations

June: Galen Cariveau, Cariveau Workforce Services

"Understanding Generation Y"

July: 2014 NOSHA Membership Appreciation Picnic, Riverside Park Pavilion—No GM Meeting

### Membership Committee

(Dave Opp, Eric Pearson)

### NOSHA News Editor

(Tony Vigness)

**NOSHA** is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals, and ideas to promote workplace safety.