



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

NOSHA News

October 2014

General Membership Meeting

Wednesday, November 19th at the VFW, 312 DeMers Ave, East Grand Forks MN 56721

Our topic will be "Latest Drug Trends" presented by Aeisso Schrage, East Grand Forks Police Department

Ergonomics

The Merriam-Webster Dictionary defines ergonomics as "the applied science concerned with the designing and arranging of things people use in order to improve efficiency and safety." As one can see, this is a broad topic and every part of the body is affected by the ergonomic design of the workplace. Factors that contribute to ergonomic design include:

- The amount of **repetition** involved with the job
- The **duration** of applied force from pushing, pulling, lifting or gripping
- The amount of **force** exerted or the weight of the load
- A person's **posture**, reach and grip positions
- **Heights and distances** to working surfaces, materials and supplies
- Age, physical stature, weight, physical ability

Injuries resulting from poor ergonomic design are sometimes acute, such as sprains, but are often cumulative such as carpal tunnel syndrome. Follow the safety tips below to help improve the ergonomic performance in your work area.

Ergonomic Safety Tips:

- **General:**
 - Stretch the muscles every day before starting work.
 - Know your physical limitations. Do not attempt to perform activities when the work environment is not suited to you.
- **Back and Legs:**
 - Have materials and supplies raised to waist level so bending is minimized. This will help avoid lower back sprains and pulled hamstrings. If bending is required, bend at the knees and use the leg muscles to raise and lower the body.
 - Avoid work conditions where the shoulder blades are compressed. This is common in office environments and tight working areas. Move keyboards away and down to a location where the arms are relaxed and outstretched.
 - Always ask for help if loads are too heavy or awkward.

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Announcements

**Thank You
 To those who attended the
 2014 NOSHA
 Safety Conference!**

We had a great turnout, and got a lot of great feedback from our attendees

Member of the Month



Welcome New Member

Altendorf Trucking!

Northern Region Association of Safety Professionals (NRASP) Annual Safety Conference

November 18-19th
 Ramada Plaza Suites
 Fargo, ND

Visit www.nrasp.com for more info



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• **Arms, Wrists and Hands:**

- When working with power tools or other hand-held objects, avoid situations where the wrist is bent. The force of the arm should be pointing downward or outward.
- Carry loads close to the body with a clear line of sight to the travel path. Avoid carrying loads away from the waist or reaching for extended periods.
- Avoid using tools that vibrate continuously or aggressively, or require prolonged pinching or gripping.

• **Eyes and Neck:**

- Computer monitors should be at eye level and the neck should not be tilted or strained.
- Ensure there is proper lighting in the work areas and computer monitors are positioned to minimize eyestrain.

BOARD MEETING

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

NEXT MEETING November 6

2014 BOARD MEMBERS

Dan Mankie (President)
Cirrus Aircraft

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

Callie Wagner (Treasurer)
Minnkota Power Cooperative

Cindy Holweger (Secretary)
Development Homes

Joe Strang
Valley Dairy Car Wash

Carol Gierszewski
Gierszewski Enterprises

Lyle Ross
Vigen Construction

Dave Opp
Opp Construction

Sally Miskavige
Opp Construction

Tony Vigness
Black Gold Farms

COMMITTEES

Communication Committee/Newsletter
(Tony Vigness)

Visit us at www.nosha.net for the latest updates and announcements!

Education Committee
(Lyle Ross, Tony Vigness)

Upcoming GM Meeting Presentations

November: Aeiiso Schrage, East Grand Forks Police Department – "Latest Drug Trends"

December: Christin Fine, UND EERC – "HAZMAT Shipping"

Membership Committee
(Dave Opp, Eric Pearson)

Special Offer for New Members

New members can receive the rest of 2014 **free** when they sign up for a 2015 membership.

Membership Applications are available on our website, www.nosha.net

Membership inquiries can be sent to info@nosha.net

We Want To Hear From You!

We are always looking for ideas, comments and suggestions from our members. If you have any training opportunities, job postings, ideas for upcoming meeting topics, or suggestions for NOSHA in general, you can contact us anytime via e-mail at info@nosha.net.

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.