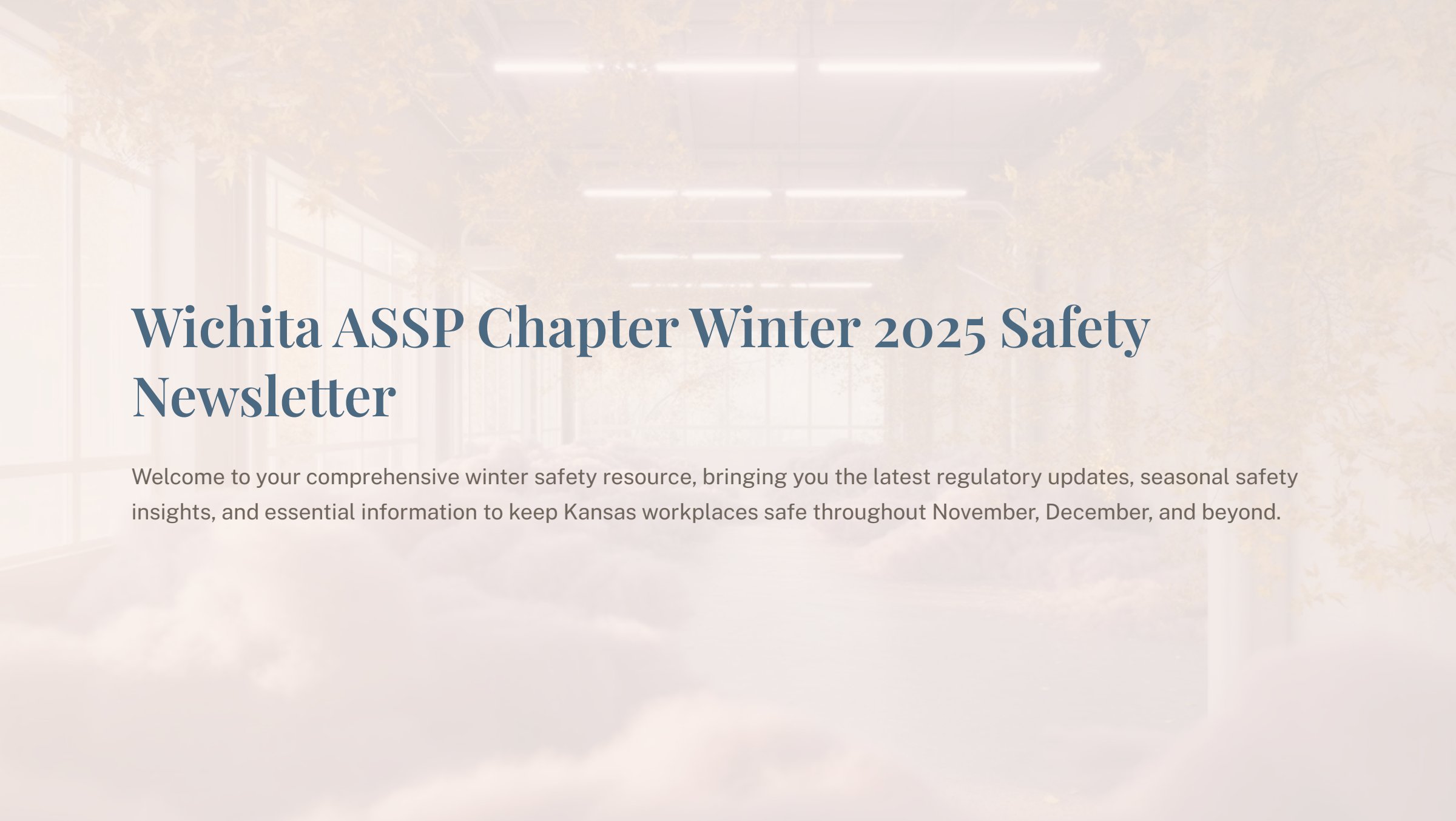




Wichita ASSP Chapter Winter 2025 Safety Newsletter

Welcome to your comprehensive winter safety resource, bringing you the latest regulatory updates, seasonal safety insights, and essential information to keep Kansas workplaces safe throughout November, December, and beyond.

Welcome & November Safety Focus

As the leaves turn and temperatures drop across Kansas, the Wichita ASSP Chapter is proud to bring you this Winter edition of our safety newsletter. November, December, and January present unique challenges that demand our attention and proactive approach to workplace safety. From the subtle but significant impacts of daylight saving time to the hustle of holiday preparations, November is a critical time to reinforce our commitment to creating safer work environments.

Our leadership team has curated essential information covering recent regulatory developments from OSHA and the EPA, alongside practical guidance for the seasonal hazards that emerge during this transitional month. We recognize that safety professionals like you are navigating increased risks from reduced daylight hours, weather changes, and the distraction that often accompanies the holiday season. This newsletter serves as your comprehensive resource to address these challenges head-on.

We're particularly excited to explore some timely topics this month, including the scientifically-documented hazards associated with the time change, Thanksgiving food safety for workplace celebrations, and updated compliance requirements that may affect your operations. Throughout these pages, you'll also find a lighter side to safety with our comical safety corner — because humor can be a powerful tool in keeping safety top of mind. Thank you for your continued dedication to protecting Kansas workers and building a culture of safety excellence.



Seasonal Awareness

November's unique safety challenges



Regulatory Updates

Latest OSHA & EPA news



Holiday Safety

Thanksgiving preparation tips

OSHA Regulatory Updates: What's New This November

The Occupational Safety and Health Administration has maintained an active enforcement and guidance schedule this fall, with several developments particularly relevant to Kansas industries. OSHA's recent emphasis on proactive compliance assistance reflects the agency's continued partnership with professional organizations like ASSP to create safer workplaces before incidents occur. Understanding these updates is crucial for maintaining compliance and protecting your workforce as we move into the winter months.

Enhanced Winter Hazard Guidance

OSHA has released comprehensive updated guidance on cold stress prevention, particularly relevant as Kansas temperatures begin to drop. The guidance emphasizes the importance of monitoring weather conditions, scheduling outdoor work during warmer parts of the day when possible, and ensuring workers have appropriate protective clothing. New recommendations include establishing warming areas and implementing acclimatization protocols for workers not regularly exposed to cold conditions. The guidance also stresses the importance of training supervisors to recognize early signs of cold-related illnesses such as hypothermia and frostbite.

(OSHA Publication 3156, November 2024)

Increased Manufacturing Enforcement

Recent OSHA enforcement data shows heightened focus on manufacturing facilities in the Midwest region, with particular attention to machine guarding, lockout/tagout procedures, and powered industrial truck operations. Wichita's robust manufacturing sector should take note of increased inspection frequency in these areas. Facilities are encouraged to conduct internal audits of these high-priority areas before winter production increases begin.

(OSHA Enforcement Data & Regional Inspection Reports, Q4 2024)

OSHA-ASSP Alliance Initiatives

The ongoing alliance between OSHA and ASSP continues to provide valuable resources for safety professionals. Recent collaborative efforts include webinar series on emerging workplace hazards, updated training materials available free to members, and regional conferences focused on industry-specific safety challenges. The partnership has produced new tools for small businesses, including simplified safety program templates and compliance checklists specifically designed for organizations with limited safety staff. Wichita chapter members are encouraged to leverage these resources through the national ASSP website.

(OSHA-ASSP Alliance Website & Recent Publications)

Staying informed about regulatory changes isn't just about compliance — it's about leveraging best practices and agency resources to build stronger safety programs. The Wichita ASSP chapter encourages all members to review OSHA's latest guidance documents and consider how these updates might strengthen your existing safety protocols as we approach the winter season.

EPA News & Environmental Compliance for Fall



The Environmental Protection Agency has rolled out several important updates affecting industrial operations as we transition into the colder months. Understanding these changes is essential for maintaining compliance and supporting sustainable workplace practices throughout Kansas.

01

Air Quality Management

New EPA guidance addresses seasonal air quality challenges that intensify during winter months. With reduced atmospheric mixing and increased heating demands, facilities must pay special attention to emission controls. The EPA's updated monitoring requirements for particulate matter emphasize the importance of maintaining filtration systems and adjusting operations during temperature inversions common in Kansas during November and December.

[*\(EPA Particulate Matter Pollution Information\)*](#)

02

Waste Management Protocols

Recent revisions to hazardous waste storage regulations include important provisions for winter weather protection. Facilities must ensure secondary containment systems remain functional despite freezing temperatures, and that emergency response equipment is accessible even in adverse conditions. The EPA has also clarified requirements for storm water management during freeze-thaw cycles, which can compromise containment integrity.

[*\(EPA Hazardous Waste Regulations\)*](#)

03

Sustainable Practice Incentives

The EPA's SmartWay and WasteWise programs have announced expanded benefits for participating organizations, including technical assistance for energy efficiency improvements and recognition opportunities. These programs align perfectly with workplace safety goals by reducing environmental hazards while improving operational efficiency. Kansas facilities participating in these voluntary programs report both cost savings and enhanced community relations.

[*\(EPA SmartWay Program; EPA WasteWise Program\)*](#)

04

The EPA's fall outreach initiatives include several no-cost resources available to Kansas businesses. Regional compliance assistance centers offer confidential consultations to help facilities understand how regulations apply to their specific operations. Additionally, the EPA has launched a series of webinars focused on preventing environmental incidents during seasonal transitions — a perfect complement to workplace safety programs. The Wichita ASSP chapter encourages members to explore these resources and integrate environmental compliance into comprehensive safety management systems. As regulatory frameworks continue to evolve, staying informed protects both your organization and the communities we serve.

[*\(EPA Compliance Assistance Resources\)*](#)

The Hidden Hazards of Daylight Saving Time Change

When we "fall back" in November, most people celebrate the extra hour of sleep without considering the broader implications for workplace safety. However, research consistently demonstrates that the biannual clock change creates measurable increases in workplace injuries, traffic incidents, and health complications. For safety professionals, understanding these risks and implementing targeted interventions can significantly reduce injury rates during this vulnerable period.

(U.S. Bureau of Labor Statistics, Injuries, Illnesses, and Fatalities)

6%	3.6	16%
Injury Increase	Days of Impact	Traffic Incidents
Workplace injuries rise by 6% on the Monday following the fall time change, according to multiple studies.	Average number of days required for workers to fully adjust their circadian rhythms to the time change.	Fatal traffic accidents increase during the week following DST transitions, affecting commuting workers.
<i>(Barnes & Wagner, 2009)</i>	<i>(Kantermann et al., 2007)</i>	<i>(Carey et al., 2017)</i>

The science behind these statistics reveals how even a single hour disrupts our circadian rhythms — the internal biological clock that regulates alertness, reaction time, and decision-making. When daylight saving time ends in November, workers experience a phase shift similar to mild jet lag. This disruption reduces cognitive performance, increases fatigue, and impairs the quick reflexes essential for preventing accidents in many work environments.

(Cajochen et al., 2007 - Circadian Rhythm Disruption)

The afternoon darkness that suddenly arrives an hour earlier also creates visibility challenges, particularly affecting construction workers, delivery drivers, and anyone working outdoors or commuting during what were previously daylight hours.

- 1

Pre-Change Communication

Begin discussing the time change at least one week in advance. Send reminders about adjusting sleep schedules gradually by going to bed 15 minutes earlier each night in the days leading up to the change. Educate supervisors about expected impacts on worker alertness and the importance of extra vigilance during the adjustment period.
- 2

Enhanced Supervision & Breaks

Increase supervisor presence and safety observations during the week following the time change. Consider implementing additional breaks or rotating demanding tasks more frequently. Be especially watchful during the afternoon hours when the sudden darkness may catch workers unprepared. Schedule high-risk activities earlier in the day when possible.
- 3

Lighting & Visibility Improvements

Conduct a comprehensive review of workplace lighting before the time change takes effect. Ensure all outdoor pathways, parking areas, and work zones have adequate illumination. Check that emergency lighting systems are functional and that reflective materials on safety equipment remain visible in low-light conditions.
- 4

Individual Sleep Hygiene

Encourage workers to prioritize sleep quality during the transition period. Share resources about healthy sleep practices, including limiting screen time before bed, maintaining consistent sleep schedules on weekends, and avoiding caffeine in the afternoon. Consider providing information about the relationship between sleep deprivation and accident risk.

By acknowledging the real physiological impacts of daylight saving time and taking proactive measures, safety professionals can prevent the predictable spike in incidents that occurs each November. This isn't about coddling workers — it's about applying evidence-based practices to known risk factors. The relatively simple interventions outlined above can protect your workforce during a vulnerable period while demonstrating your organization's commitment to scientifically-informed safety practices.

(National Sleep Foundation - Sleep and Accident Risk)

Thanksgiving Food Safety: Protecting Your Holiday Feast



Thanksgiving brings families and coworkers together over delicious meals, but it also creates opportunities for foodborne illness if proper safety protocols aren't followed. Whether you're hosting a workplace potluck or preparing the holiday feast at home, understanding food safety fundamentals can prevent the 48 million cases of foodborne illness that occur annually in the United States.

(CDC Foodborne Illness Data)

Proper Temperatures

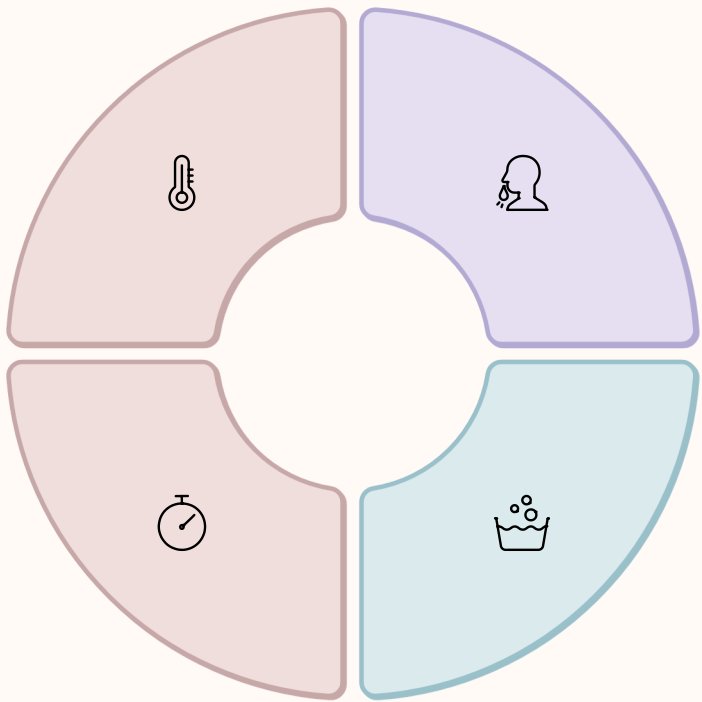
Turkey must reach 165°F in the innermost part of the thigh, wing, and thickest part of the breast. Use a food thermometer — never rely on pop-up indicators alone. Stuffing should also reach 165°F whether cooked inside or outside the bird.

(USDA Food Safety Guidelines)

Time Limits

The "danger zone" for bacterial growth is 40-140°F. Never leave perishable foods at room temperature for more than 2 hours (1 hour if temperature exceeds 90°F). Refrigerate leftovers within 2 hours in shallow containers for rapid cooling.

(FDA Food Safety Resources)



Thawing Safely

Never thaw turkey at room temperature. Safe methods include refrigerator thawing (24 hours per 4-5 pounds), cold water thawing (30 minutes per pound, changing water every 30 minutes), or microwave thawing (follow manufacturer's instructions and cook immediately).

Hand Hygiene

Wash hands with soap and warm water for at least 20 seconds before handling food, after touching raw poultry, and after any potential contamination. This single practice prevents most foodborne illness transmission in home kitchens.

Cross-contamination poses a serious risk during holiday meal preparation. Raw poultry juices contain harmful bacteria like Salmonella and Campylobacter that can contaminate cutting boards, utensils, and countertops. Use separate cutting boards for raw meat and ready-to-eat foods like vegetables and bread. Clean and sanitize all surfaces that contact raw poultry using hot, soapy water followed by a diluted bleach solution (1 tablespoon bleach per gallon of water). Never wash raw turkey — this practice splashes bacteria-laden water throughout your kitchen without actually cleaning the bird.

(CDC Pathogen Information)

1

Workplace Potluck Guidelines

If your organization hosts a Thanksgiving potluck, establish clear food safety expectations. Require hot foods to remain hot (above 140°F) and cold foods to stay cold (below 40°F) using appropriate warming equipment or ice baths. Consider limiting potluck contributions to commercially prepared foods or items that don't require temperature control, like chips and cookies. Post signs reminding employees about proper handwashing before entering the serving line.

2

Storage & Leftover Management

Divide large quantities of leftovers into shallow containers (no more than 2 inches deep) to promote rapid, even cooling. Label containers with preparation dates and use refrigerated leftovers within 3-4 days. Frozen leftovers maintain best quality within 2-6 months. When reheating, bring gravies and sauces to a rolling boil and heat other leftovers to 165°F throughout.

3

Kitchen Injury Prevention

Beyond foodborne illness, Thanksgiving preparation creates increased risk for cuts, burns, and fires. Keep knives sharp (dull knives require more force and slip more easily), use pot holders instead of dish towels, and never leave cooking unattended. Keep a fire extinguisher accessible and ensure smoke detectors have fresh batteries. Emergency room visits spike on Thanksgiving — don't become a statistic.

(CDC Emergency Room Visit Data)

The same principles that guide workplace safety apply to holiday food preparation: anticipate hazards, implement proven control measures, and remain vigilant throughout the process. By following these evidence-based food safety practices, you'll ensure that your Thanksgiving celebration creates happy memories rather than miserable illnesses. Share this information with colleagues and family members — food safety is everyone's responsibility, especially during the high-risk holiday season when large quantities of food are prepared by people who may not cook regularly.

(FoodSafety.gov - General Food Safety Resources)

Seasonal Slip, Trip, and Fall Prevention

November marks a critical transition period when slip, trip, and fall hazards multiply across Kansas workplaces. The combination of falling leaves, morning frost, earlier sunsets, and unpredictable precipitation creates a perfect storm of conditions that contribute to one of the most common — and most preventable — categories of workplace injuries. According to the Bureau of Labor Statistics, falls on the same level account for approximately 15% of all workplace injuries, with rates increasing significantly during fall and winter months. Understanding the specific November risk factors and implementing comprehensive prevention strategies can dramatically reduce injury rates at your facility.

(BLS Occupational Injuries and Illnesses Summary) (OSHA Winter Weather Safety)



Wet Leaves Create Slippery Surfaces

Fallen leaves become incredibly slippery when wet, creating hazards that rival ice. The decomposition process releases oils that reduce traction even further. Establish aggressive leaf removal schedules for all walking surfaces, paying special attention to building entrances, loading docks, and parking areas. Consider using leaf blowers daily during peak fall season rather than waiting for accumulation.



Early Morning Frost Appears Unexpectedly

November temperatures frequently dip below freezing overnight, creating frost on surfaces that may have been dry the previous afternoon. This frost often forms in shaded areas that remain hazardous even after sunny areas dry. Implement morning walk-through inspections before shift starts, treat problem areas with ice melt, and consider installing temperature monitoring systems that alert supervisors to freezing conditions.



Reduced Daylight Conceals Hazards

With sunset occurring before 5:30 PM by late November, many workers arrive and depart in darkness or low-light conditions. Shadows hide uneven surfaces, puddles, and obstacles that would be obvious in daylight. Conduct a comprehensive lighting audit, focusing on pathways, stairs, parking lots, and building entrances. Consider motion-activated lighting for areas with intermittent traffic.

(OSHA Winter Weather Hazards)

Best Practices for Surface Maintenance

Preventing slips and falls requires proactive surface management tailored to November's specific challenges. High-traffic entrances should feature slip-resistant mats that extend at least 15 feet into the building — long enough for multiple footfalls to remove moisture and debris from footwear. These mats require daily cleaning to maintain effectiveness; saturated mats become part of the problem rather than the solution.

(OSHA Walking-Working Surfaces Standards)

Outdoor walking surfaces need frequent inspection and maintenance during November. Repair uneven pavement, cracked concrete, and damaged stair treads before weather deteriorates further. Apply slip-resistant coatings to smooth surfaces like painted concrete or metal plates. Ensure drainage systems function properly — standing water that freezes overnight creates invisible black ice hazards. Mark permanent slope changes with high-visibility paint or tape, and install handrails wherever grade changes exceed standards.

Weather monitoring should become part of your daily safety routine throughout November. Check forecasts each afternoon to anticipate overnight freezing, morning fog, or precipitation events. Pre-treat surfaces before anticipated frost using ice melt products appropriate for your flooring materials (some products damage concrete or vegetation). Maintain adequate supplies of ice melt, sand, and snow removal equipment well before the first serious freeze.

(National Weather Service Winter Preparedness)



Recent Local Incident: Lessons Learned

Last November, a Wichita manufacturing facility experienced a serious injury when an employee slipped on frost-covered stairs during early morning arrival. Investigation revealed that while the company had a snow removal contract, it didn't include frost treatment, and no one had assigned responsibility for monitoring conditions requiring salt application. The facility has since implemented a formal cold weather preparation checklist, assigned frost inspection responsibilities to security personnel arriving before production shifts, and installed heated stair treads at high-traffic entrances. This incident reminds us that preventing slips, trips, and falls requires systemic approaches rather than reactive responses.

(OSHA Incident Database)

Employee education completes a comprehensive slip, trip, and fall prevention program. Many workers underestimate November hazards because they don't perceive conditions as "winter weather" yet. Conduct toolbox talks emphasizing seasonal risk factors, proper walking techniques for slippery surfaces (shorter steps, slower pace, hands free for balance), and the importance of reporting hazards immediately. Encourage workers to wear appropriate footwear for conditions — fashion boots with smooth soles create unnecessary risk. Finally, foster a culture where workers feel empowered to refuse unreasonably hazardous tasks until conditions improve. Prevention of slips, trips, and falls requires constant vigilance, but the payoff in prevented injuries and suffering makes this effort one of the highest-value safety investments your organization can make.

1

Footwear Standards

Require slip-resistant footwear and establish minimum tread depth standards for outdoor workers

2

Warning Signage

Deploy wet floor signs proactively during precipitation, not just after someone notices a hazard

3

Pace Expectations

Remind workers that rushing increases fall risk; adjust time allowances during adverse conditions

Comical Safety Corner: Humor to Keep Safety Top of Mind

Safety doesn't always have to be serious! Research shows that humor can be a powerful tool for making safety messages memorable and engaging. This month's Comical Safety Corner brings you November-themed cartoons and quotes that will make you smile while reinforcing important safety principles. Remember, a workplace where people can laugh together about safety is often a workplace where safety is truly valued.

"I'm thankful for mandatory safety training... said no one ever. But I'm even MORE thankful I still have all my fingers!"

— Overheard at a Thanksgiving potluck

"The turkey isn't the only thing getting roasted this Thanksgiving. Our safety inspection scores are looking pretty crispy too!"

— Safety manager with a sense of humor

Worker 1: "Why did the safety manager bring a ladder to Thanksgiving dinner?"

Worker 2: "To reach new heights of food safety!"

Supervisor: "I noticed you weren't wearing your PPE during that task."

Employee: "Sorry, boss. I was trying to give thanks for all my body parts while I still have them!"

Safety Pro: "What's a turkey's favorite safety equipment?"

Colleague: "His gobble-et... I mean, his hard hat!"



The DST Struggle is Real

When that extra hour of sleep somehow turns into being even MORE tired on Monday morning...



Potluck Safety 101

"I can carry all seven casserole dishes at once!" — Famous last words before a very messy OSHA recordable incident.

"Remember: The only thing that should be 'dead' on your feet this November is the leaves in your yard, not the feeling from improper lifting techniques."

November Safety Wisdom

"Stuffing should only happen to turkeys, not into your schedule. Rushing leads to accidents. Plan ahead and take your time!"

Thanksgiving Truth

"The most dangerous thing about deep-frying a turkey isn't the hot oil — it's Uncle Bob who 'doesn't need to read the instructions.'"

Fall Wisdom

"I'm not saying I slipped on leaves this morning... but I did practice my impromptu interpretive dance routine in the parking lot."

Share Your Safety Humor!

Do you have a funny safety story, joke, or cartoon idea that would brighten your colleagues' day? We want to hear from you! The Wichita ASSP Chapter is collecting member-submitted safety humor for future newsletter editions. Whether it's a clever safety pun, a cartoon concept, or a humorous (but ultimately safe) workplace story, we'd love to feature your contribution. **Email your submissions** to the chapter communications team, and you might see your humor in print next month. Remember, the best safety humor reinforces good practices while making us smile — no mean-spirited jokes or humor that undermines actual safety protocols. Let's keep safety top of mind while keeping things light!

Bonus Challenge: Share one of these cartoons or quotes at your next safety meeting and watch engagement levels soar. Humor breaks down barriers and makes safety conversations more approachable. After all, a team that can laugh together about safety is a team that looks out for each other!

Member Spotlight & Upcoming Events

The strength of the Wichita ASSP Chapter lies in the dedication and expertise of our members. This month, we're proud to recognize several individuals who have gone above and beyond in advancing safety excellence throughout the Kansas safety community. Their contributions remind us that effective safety leadership takes many forms — from frontline observations to strategic program development to mentoring the next generation of safety professionals.

November Plant Tour: Ferrology Inc.

Plant Tour–Ferroloy, Inc.

Ferroloy, Inc. is an iron foundry in Wichita KS. They manufacture ductile iron castings and gray iron castings for agricultural machinery, infrastructure, pumps and valves, transportation equipment and industrial equipment.

They began operations in 1969 and have dedicated themselves to being the best iron foundry in Kansas ever since. They are centrally located in the United States, giving speed of delivery to customers all across the United States.

Join us as Ryan Henderson leads small groups through the facility and answers questions about the foundry and the safety journey at Ferroloy.

Lunch will be provided after the tour.

November 3, 2025



Plant Tour

Ferrology Inc.



Date & Time

November 3rd

10:30 am - 1:00 pm

ASSP National Website!



Member Benefit Reminder

Did you know that ASSP membership provides access to hundreds of hours of free online training through the Safety Learning Portal? Members also receive complimentary access to professional journals, technical resources, and standards development opportunities. If you haven't explored these benefits lately, visit the member portal and discover tools that can enhance your professional practice and support your continuing education requirements. Questions about maximizing your membership value? Reach out to our membership committee chair for a personalized benefits review.

Other Upcoming Chapter Activities

Stay connected with chapter activities by following us on LinkedIn and checking our website regularly for updates. We're always looking for volunteers to help with event planning, newsletter contributions, and committee work. Your involvement strengthens our chapter and advances safety throughout Kansas!

Closing Thoughts & Call to Action



As we approach Thanksgiving and the holiday season, the Wichita ASSP Chapter leadership team wants to express our gratitude for your dedication to workplace safety. The work you do every day — identifying hazards, implementing controls, training workers, and fostering cultures of care — saves lives and prevents suffering. In a field where success often means nothing happened, it's easy to overlook the profound impact of your efforts. But make no mistake: your work matters tremendously.

Review Your Programs

Use this newsletter as a checklist to review your cold weather preparations, DST transition plans, and holiday season safety protocols



Share the Knowledge

Forward relevant articles to supervisors, safety committee members, and frontline workers who can benefit from this information

Apply at Home

Remember that safety principles work everywhere — protect your family with the same care you bring to your workplace



Stay Connected

Engage with your ASSP chapter through meetings, discussions, and networking opportunities throughout the season

"Safety is not just about compliance with regulations or avoiding OSHA citations. It's about ensuring that every worker who shows up for their shift goes home healthy at the end of the day. It's about protecting people's ability to celebrate Thanksgiving with their families, to play with their children, to pursue their dreams. That's the real measure of our success."

As you gather with family and friends this Thanksgiving, take a moment to appreciate the broader safety community that supports your work. The colleagues who answer your questions, share their experiences, and collaborate on solving tough problems make our profession stronger. The Wichita ASSP Chapter exists to facilitate these connections and provide resources that enhance your effectiveness. Whether you're a seasoned safety director or new to the field, there's a place for you in our community.



Connect With Us

Wichita ASSP Chapter
Contact us
Website: www.wichita.assp.org
LinkedIn: Wichita ASSP Chapter



Get Support

Need guidance on a safety challenge? Our chapter members bring diverse expertise across industries. Reach out through our member forum or contact our technical resources committee for confidential assistance.



Contribute

Have a topic you'd like to see covered in future newsletters? Success stories to share? Volunteer opportunities interest you? We want to hear from you. Your involvement shapes our chapter's direction.

From all of us at the Wichita ASSP Chapter: Have a safe, healthy, and happy Thanksgiving!

May your turkey be perfectly cooked, your family gatherings be joyful, your commutes be incident-free, and your workplaces remain safe throughout the holiday season. Thank you for your commitment to protecting Kansas workers. We're honored to serve alongside you in this vital mission.

Stay safe, stay informed, and stay connected.

— The Wichita ASSP Chapter Leadership Team