

# The Pulse

THE OFFICIAL HEALTH & SAFETY PROGRAM ENEWSLETTER  
 NYS-PUBLIC EMPLOYEES FEDERATION—VOLUME 1, ISSUE 1, NOVEMBER 2009  
[VISIT OUR WEBPAGE](#)

## “The Pulse” Has Been Launched

### Special points of interest:

- “The Pulse” Has Been Launched”
- Trainings offered by H&S Dept.
- Featuring Occupational Stress Training
- Committee Corner
- Workers Compensation Report

Editor: Kathy D’Arminio

Graphics: Mario Bruni

### Inside this issue:

Training Offered	2
Featured Training	2
H&S Committees	3
Workers Compensation Report	3
Committee Corner	3
H&S Department	4
Important Links	4

### By President Brynien

Let me first congratulate Kathy D’Arminio and PEF’s network of Health & Safety activists on launching “**The Pulse**”. It is only fitting that PEF has a dedicated newsletter to workplace safety and health, given our strong commitment to improving our members’ work environments. Along with job security, nothing is more important. Our goal is simple; we want our members to be able to return home from work each day as healthy as they were when they went to work. We have been the leaders in workplace violence prevention,



winning passage of the strongest workplace violence prevention law in the country. This law ensures that our members, the real experts, will be involved in designing their agency’s comprehensive workplace violence prevention programs. We have developed major initiatives on indoor air quality, office ergonomics, safe patient handling, and a myriad of other job hazards. And yet, we cannot rest on our laurels. There are still worksites where we must form health and safety committees. We must strengthen our existing committees, especially the



President Kenneth Brynien ones that are struggling. We will continue to be a leader on new and emerging issues such as workplace bullying and H1N1 [swine flu].

This newsletter will be a forum for sharing health and safety ideas, strategies, successes, and even tribulations. A strong union is one that is mobilized, activated, educated, and communicates, communicates, and communicates some more.

## **TRAINING OFFERED BY PEF H&S DEPARTMENT**

The PEF Occupational Health & Safety Department offers a variety of informational and expert courses on safety and health topics as well as programs tailored to address job hazards at specific work-sites. The following are some of the many training programs we offer. Please contact us to schedule a training that suits your needs.

[Click here](#) to view the description of the training and to view and/or print the Fact Sheet on trainings offered.

**Office Ergonomic Direct Training**

**Ergonomic Advisor Training**

**Emergency Preparedness and Response**

**Hazard Mapping**

**Health & Safety Committees: Getting Results**

**Indoor Air Quality**

**Infection Control and Barrier Precautions Certification Training**

**Infection Control and Barrier Precautions – Train-the-Trainer/Update**

**Influenza: Past, Present and Future**

**Public Employee Safety & Health Program [PESH]**

**Resolving the H&S Impacts of Occupation Stress**

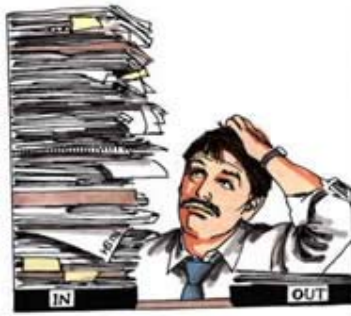
**Safe Patient Handling**

**Tuberculosis [TB]/Bloodborne, and Infectious Disease Awareness Training**

## **FEATURED TRAINING—OCCUPATIONAL STRESS TRAINING**

**A TRUE SIGN THAT THIS TRAINING WAS GREAT; MANY PEOPLE THAT WERE UNABLE TO ATTEND HAVE ALREADY REQUESTED THAT THIS TRAINING BE OFFERED AGAIN TO GIVE THE REST OF THE STAFF THE OPPORTUNITY TO GAIN INSIGHT INTO OCCUPATIONAL STRESS.**

Jackie is a PEF steward for Div 183 & is an AC1 at NYS OASAS McPike ATC



*By Jacqueline M. Gibson*

While there are an abundance of services available from the Health and Safety office of PEF; one that has the caliber and value of a priceless diamond is the Occupational Stress training that was offered by Geraldine Stella.

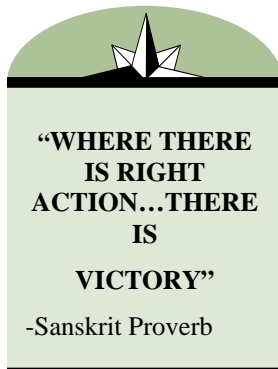
While at the Health and Safety conference in March 2009 I had the opportunity to attend a small sampling of this training. As I sat in the chair and listened to Geraldine Stella and Shawn Bobb discuss the nature, impact and solution to Occupational Stress I realized that all agencies had their problems but all problems could be addressed.

I immediately came back to my work location and recommended the training to management and they were very supportive of the idea to address the stress issues that come from the workplace.

Geraldine worked with management, our EAP coordinator and myself to get a feel for the agency prior to the training; she showed a sincere interest in offering insight and assistance in dealing with and addressing our agencies occupational stress.

The training was amazing; it offered the staff the opportunity to present their issues of stress in a safe healthy and productive manner. The staff felt they were able to work together to show the root of the stress and the healthy ways to work together.

A true sign that this training was great; many people that were unable to attend have already requested that this training comes back to give the rest of the staff the opportunity to gain insight into occupational stress.



The Official Health & Safety Program eNewsletter

## H&S Committees in Each Facility

As the PEF Chair Article 18 Joint Statewide Health and Safety Committee, my goal has and continues to be to assure that our agency Health and Safety Committees have the support to guarantee their success.



It is additionally extremely important that we have Health and Safety Committees on the ground floor—in each of our facilities.

If you do not have an active H&S Committee in your facility, please contact me at

518-257-6983 or e-mail me at [kdarminio@pef.org](mailto:kdarminio@pef.org)

## 2008-2009 Worker's Compensation Report



The NYS Department of Civil Service has released the 2008-2009 Workers' Compensation Annual Report for State employees. This is the 2<sup>nd</sup> report required under legislation proposed by

PEF during the Stop Workplace Violence Campaign that mandates an annual reporting of workers' compensation experience. H&S Committees can find valuable information in this report on the number of lost workdays due to worker's compensation claims in their agencies.

**To view this report in full, please visit our web site at:**

<http://www.pef.org/healthandsafety/index.htm>

## Committee



C  
o  
r  
n  
e  
r

## OGS H&S Expands

As of June 2009 the OGS PEF Statewide Division 179 has 789 members. Most of these members are located in the Capital District area. Robert Gamache; Council Leader of Division 179 and Executive Board Member states that 'OGS/PEF has an agency wide Health and Safety committee. This committee is co-chaired by PEF member Vince Morrison. They meet on a quarterly basis and have found that this is a great forum to discuss their safety issues for their members. One of the great things that have evolved from this committee is the creation of local H&S committees in the Buffalo, Bronx and Catskill region'. Vince notes 'that this has helped address the issues out in the field offices. We can then discuss our issues with management and recommend solutions that will improve safety for our employees at the remote locations. This approach seems to be working and members are happy to provide input that makes their workplace safer. If they are unable to resolve these issues they are then presented at the agency level H&S meetings. Our local H&S Chairs are Owen Byrne in Bufflao, Mark MacDougall in [Adirondack] Malone and Anthony Brunson and James Williams in the NYC area and Kevin Doyle in Mid State. Owen Byrne (Western region) has been very active in Health & Safety and has brought many issues to Albany. He has been able to provide assistance to field offices outside his region. Owen has spearheaded an effort to bring AED's to the field offices.

Vince has been able to take advantage of trainings offered by PEF Health and Safety. Vince was able to attend the Indoor Air Quality training PEF offered through funds from Article 18 and the Department of Labor Hazard Abatement Board grant. Gamache states that Indoor Air Quality should be everyone's concern, but particularly in Design and Construction. "This was particularly helpful to our HVAC engineers. We look forward to expanding on the available training programs. that PEF has to offer."

**Public Employees Federation's Health & Safety Department**

**[www.pef.org](http://www.pef.org)**

*The Department answers technical requests, conducts site visits, facilitates joint H&S committees, provides education and training on H&S issues.*

**Albany H.Q. - (800)-342-4306 or (518) 785-1900 x254**

**Jonathan Rosen, Director: [jrosen@pef.org](mailto:jrosen@pef.org)**

**Kathy D'Arminio, Article 18 Statewide H&S Committee Chair: [kdarminio@pef.org](mailto:kdarminio@pef.org) or 518-257-6983**

**Geraldine Stella, Health & Safety Specialist: [gstella@pef.org](mailto:gstella@pef.org)**

**Matt London, Workplace Violence Prevention Coordinator: [mlondon@pef.org](mailto:mlondon@pef.org)**

**Kristina Willbrant, H&S Assistant/Conference Coordinator: [kwillbrant@pef.org](mailto:kwillbrant@pef.org)**

**Crystal Bruno, Administrative Assistant: [cbruno@pef.org](mailto:cbruno@pef.org)**

**Jenna Laboda, Administrative Assistant: [jlaboda@pef.org](mailto:jlaboda@pef.org)**

**New York City - (800) 522-8700 or (212) 227-3132 x511**

**Shawn Bobb, Health & Safety Specialist: [sbobb@pef.org](mailto:sbobb@pef.org)**



**NYS—Public Employees Federation**

**[visit our webpage](#)**

**EDITOR: KATHY D'ARMINIO**

**GRAPHIC ARTIST: MARIO BRUNI**

**[Click on Each Link or Picture Below](#)**

**[Agency Health & Safety Chairs](#)**

**[Agency Health & Safety Committee Minutes](#)**



**Photos from IAQ Training held 11/9/09 & 11/10/09**

Left Top: Chris Ryan, OFT works on the small group activity

Left Bottom: Trainer Howard Bader (l) and GOER H&S Dir. Larry Enoch (r) discuss the training

Right Bottom: NYSNA H&S Dir. Tom Lowe presents his group's action plan

