

**GREATER CHICAGO
CHAPTER
NEWSLETTER**



MARCH 2006

2005-2006 Executive Committee

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Membership: Mary Abbatacola

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Historian: David Berg *

Management Practice Liaison: Rich Moscato *

Construction Practice Liaison: Paul Kendall *

* Denotes Past Chapter President

**REMEMBER TO VISIT OUR
WEBSITE AT:
WWW.ASSECHGO.ORG
OR LINK TO US
FROM THE
NATIONAL WEBSITE AT:
WWW.ASSE.ORG**

ASSE MEETING NOTICE

TUESDAY— MARCH 14, 2006

**"UNDERWRITER'S LABORATORY TOUR AND
LUNCHEON"**

Each year we try and provide the chapter with a tour of one of our neighboring industries. This year we are pleased to offer a fabulous tour of the Underwriters Laboratory Facility.

Underwriters Laboratories is the trusted source across the globe for product compliance. Benefiting a range of customers—from manufacturers and retailers to consumers and regulatory bodies—they've tested products for public safety for more than a century. For more information on UL, visit their website at: www.ul.com.

Our unique tour will take us through the Fire Protection Section of Underwriters Laboratories and Burn Section for a live demonstration. We will be meeting in the parking lot across from Cucina Biagio (ITW lot), from that point we will take a bus to Underwriters Laboratories. After the tour, the bus will return us back to the parking lot. Lunch will be served upon our return. The Board Meeting will commence immediately following lunch.

Schedule Information:

9:00 am	Registration at Bus
9:15 pm	Bus Leaves
10:00 am	Tour Begins
11:15 am	Depart from UL
12:00 pm	Return to Parking Lot and enjoy lunch at Cucina Biagio's
1:00 pm	Executive Committee meeting (all are welcome to attend)

Cucina Biagio Restaurant, 7313 W. Lawrence, Harwood Heights, IL (708-867-4641). *Directions: From Downtown, take I-90 West (toward O'Hare) to Harlem Avenue, exit South. Go approximately 1 mile to Lawrence, turn right (West) - on left side of street, about 1 block.*

RSVP to 773-894-7065, by March 10th and leave a message that includes your name, company name and phone number or respond directly to your Evite.

Tour and Lunch Pricing:

Advanced Registration:	\$20
Registration at the Door:	\$25
Retired Members:	\$10



In this month's newsletter you will find our slate of candidates for the 2006 / 2007 Executive Board. Come on out and show your support by voting for them at our May 9th meeting. Although our competition is not fierce, all candidates would appreciate your vote of confidence.

The time is now upon us to start identifying candidates for Regional Vice President. If you are interested or know of a potential candidate, submit your name to me at aborzych@roman.com. I will then forward to our current RVP Chris Patton.

We only have four general meetings left for the year. It's not too late to come out and network. Meet with your peers and be heard within your Chapter. This is your Chapter. Make it work for you.



As always, stay safe!

Al Borzych, President—Greater Chicago Chapter

NEW OFFICERS ELECTIONS AT MAY 9TH MEETING

During the May 9th General Meeting for the Greater Chicago Chapter we will be voting on the following list of officers for the 2006-2007 Chapter Year.

2006-2007 EXECUTIVE COMMITTEE OF OFFICERS

Maribeth Anderson	President
Sanobeia Brima	President Elect
Todd Macumber	2nd Vice President
Mark Fifield	Secretary
Jim Smith	Treasurer
Linda Rhodes	Delegate
Marion Synowiec	Delegate

If anyone is interested in serving on the Executive Committee above, please contact Dawn Boisvert at 630-544-6180 or email at: dawnboisvert2003@yahoo.com. Additionally, we are always looking for great people to serve on our numerous committees for the Greater Chicago Chapter, if you are interested in serving on any of the committees, please contact Al Borzych at 630-705-4600, ext. 7184 or email at: aborzych@roman.com.

Some of the great committees that could always use help on are:

- Membership—Current Chair: Mary Abbatacola
- Newsletter—Current Chair: Leslie Batterson
- Asst. Newsletter Editor—Open Chair Position
- Programs—Current Chair: Allan Kaufman
- Scholarship—Open Chair Position
- Governmental Affairs—Open Chair Position as of July, 1 2006
- Web Administrator—Current Chair: Maribeth Anderson
- Asst. Web Administrator—Open Chair Position
- Assistant Financial Secretary—Current Chair: Milton Vicenteno



IDEAS AND ASSISTANCE IS ALWAYS NEEDED!!!!

Can't See The Light At The End Of The Tunnel

How often has an employee complained about their wrist hurting after working at their computer or other repetitive job for long periods of time? "I must be getting Carpal Tunnel Syndrome." Not so, says current research. There is little clinical data to prove whether repetitive and forceful movements of the hand and wrist during work or leisure activities can cause carpal tunnel syndrome. Repeated motions performed in the course of normal work or other daily activities can result in repetitive motion disorders such as bursitis and tendonitis. Writer's cramp - a condition in which a lack of fine motor skill coordination and ache and pressure in the fingers, wrist, or forearm is brought on by repetitive activity. Research is showing that none of these movements cause carpal tunnel syndrome



Carpal tunnel syndrome is caused by the compression of the median nerve in the wrist. This compression may occur because of heredity, body weight, fracture, or even pregnancy -- but not computer use, concludes a new Special Health Report from Harvard Medical School. Carpal tunnel syndrome is often the result of a combination of factors that increase pressure on the median nerve and tendons in the carpal tunnel, rather than a problem with the nerve itself. Most likely the disorder is due to a **congenital predisposition** - the carpal tunnel is simply smaller in some people than in others.

Women are three times more likely than men to develop carpal tunnel syndrome, perhaps because the carpal tunnel itself may be smaller in women than in men. The dominant hand is usually affected first and produces the most severe pain. Persons with diabetes or other metabolic disorders that directly affect the body's nerves and make them more susceptible to compression are also at high risk. Carpal tunnel syndrome usually occurs only in adults.

The risk of developing carpal tunnel syndrome is not confined to people in a single industry or job, but is especially common in those performing assembly line work - manufacturing, sewing, finishing, cleaning, and meat, poultry, or fish packing. In fact, carpal tunnel syndrome is three times more common among assemblers than among data-entry personnel. A 2001 study by the Mayo Clinic found heavy computer use (up to 7 hours a day) did not increase a person's risk of developing carpal tunnel syndrome.

At the workplace, workers can do on-the-job conditioning, perform stretching exercises, take frequent rest breaks, wear splints to keep wrists straight, and use correct posture and wrist position. Wearing fingerless gloves can help keep hands warm and flexible. Workstations, tools and tool handles, and tasks can be redesigned to enable the worker's wrist to maintain a natural position during work. Jobs can be rotated among workers. Employers can develop programs in ergonomics, the process of adapting workplace conditions and job demands to the capabilities of workers. However, research has not conclusively shown that these workplace changes prevent the occurrence of carpal tunnel syndrome.

The bottom line is that this syndrome does not develop from a workplace job. Many other factors provide the symptoms of Carpal Tunnel Syndrome over a long period of time. Worker's comp carriers are now reviewing any claims for carpal tunnel syndrome and many will not pay for these injuries. Yes, there is a light at the end of the tunnel.

Allan Kaufman

Director of The Compliance Resource Center

www.theCRCenter.com



GOVERNMENTAL AFFAIRS UPDATE

If you would like to get immediate email updates of the full text, please contact Todd Macumber, our Governmental Affairs Chairperson. He will add you to the email distribution of all of the latest recaps for both State and Federal, as they are made available.

New Email:
todd.macumber@hubinternational.com

**PLEASE SEND NEWSLETTER STORIES,
PROMOTIONS, SAFETY PHOTO'S,
TECHNICAL ARTICLES OR IDEAS TO:**

Leslie Batterson, Newsletter Editor
at leslie.batterson@saralee.com

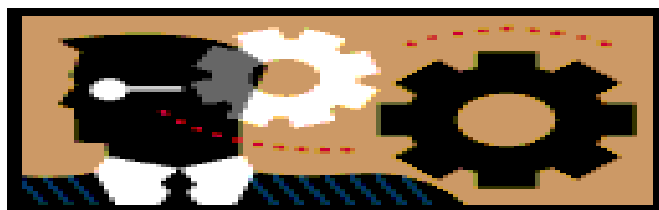
WELCOME NEW MEMBER

Welcome new members to the Greater Chicago Chapter of ASSE. We look forward to seeing you at an upcoming meeting.

Paul Perrino—American Airlines

Edward Karch

Kathleen Hennem—Whole Foods Market



MEMBERSHIP INFORMATION NOTICE

Please note that boundaries for the Greater Chicago Chapter have changed recently, unless you have indicated that you would like to stay in the Greater Chicago Chapter and your office or home is in the suburbs, you may be reassigned to another ASSE Chapter. Please contact ASSE at 847-699-2929 directly to verify your chapter choice or to request any Chapter Changes.

REGISTER EARLY....

Looking for more bang for your educational buck? Look no further than ASSE's [Safety 2006](#), slated to run June 11-14 in Seattle.

Online registration for the annual professional development conference and exposition opens December 15. In addition to 200 concurrent education sessions, the Executive Summit, technical tours, roundtable discussions, and a selection of pre- and post-conference seminars, this year's conference will also feature the 2006 International Fall Protection Symposium, sponsored by the International Society for Fall Protection. Look for your advance brochure in the mail this month.

Sign up now at: www.asse.org for early registration fees...

COME ENJOY ANOTHER FABULOUS PROFESSIONAL DEVELOPMENT CONFERENCE!!

