

# *District One Occupational Safety and Health Seminar and Training Sessions*

## *"It's better to lose a minute in life than life in a minute." - Roy Stover*

Members of CWA Local 1103's Health and Safety Committee participated in the two day CWA District 1 Occupational Safety and Health Seminar and Training Sessions held at the Rye Town Hilton, Friday, March 13 and Saturday, March 14. The primary purpose of the seminar was to better identify local union needs, develop ongoing safety and health networks and coordinate projects with the Union's occupational safety and health activists. The seminar was presented by David LeGrande, CWA National in Washington DC, who is Director of the Occupational Safety and Health Dept and also by Micki Siegel de Hernandez from CWA District 1. Together with CLEAR (Center for Labor Education and Research), NYCOSH (New York Committee for Occupational Safety and Health), CWA District 1 hosted the seminar and many CWA Locals attended.

The first day encompassed an all day training session conducted by Roy Stover of CLEAR from the University of Alabama. The seminar, Emergency Response/Hazardous Materials Awareness Training, focused on recognizing dangerous chemicals in the workplace, assessing the associated risks, and development and implementation of multi agency response plans. It was a comprehensive and interactive learning session. Later in the afternoon, we were taught to recognize and respond to an individual affected by Heat Exhaustion or Heat Stroke. There was an



**Members of CWA Local 1103's Health and Safety Committee Bill Newell, Monica Fonseca, Ed Williams, Carol Finley and Sean Tracey, standing behind Business Agent John Gentile, Mike Zambardino and Mary Beth Morra are all smiles at the Saturday session of the conference.**

Our very own Business Agent John Gentile—and panel member—spoke about the Industry/Sector Changes and their Effects upon Member Occupational Safety and Health which highlighted new technology changes in our various lines of business and the challenges workers face in a new era at work. An environment which potentially endangers our Members and other workers everyday! John voiced concerns related to laser safety glasses, computer work station ergonomics, workplace violence (both employee to employee and client generated violence against our members), green energy, radiation dangers and infectious disease. He spoke about how all of these impact the CWA Local 1103 Members we represent in schools, hospitals and communications.

CWA believes in our ever changing work environments, that safety is an attitude – that we all individually have a responsibility to live safely, both at work and at home. The key to changing our member's safety attitude is through consistent education and reinforcement. We cannot rely on our employer to maintain our safety – we must be safety conscious every day on behalf of ourselves, our coworkers, our families and our community.

**MARY BETH MORRA**  
Chief Steward



**Nyack Hospital Steward Robert Sherlock, Nyack Hospital Chief Steward Tom Stala and Business Agent John Gentile attend the District One Health and Safety Conference.**

*Photo by Carol Finley*

informative and comprehensive session offered related specifically to health care called An Ergonomics Initiative – Safe Patient Handling, which was structured for and attended by our CWA Locals, whose members work in the medical field. CWA Local 1103's Nyack Hospital Chief Steward Tom Stala and Steward Robert Sherlock attended this session.

Vice President Chris Shelton of CWA District 1 kicked off day two. VP Shelton reinforced the importance that all Union members continue to actively promote The Employee Free Choice Act through the CWA letter campaign requesting our legislator's support to pass this bill. He emphasized that we, as Union members reflecting today's American Middle Class, cannot sit idle. VP Shelton encouraged all of us to involve our coworkers, friends and family, in urging their legislators to support this bill. The remainder of the day was spent in open discussions on safety issues affecting all of the CWA Locals represented at this Conference.



**District One Director Health and Safety Micki Siegel de Hernandez and CWA local 1103 Health and Safety Coordinator Ed Williams discuss Power Training.**

*Photo by Carol Finley*