

From the Commissioner

Another Christmas Open House has come and gone, and I want to thank those who attended Wednesday, Dec. 12. It was a truly great time of fellowship with one another. It is always wonderful to see the Labor Building's halls filled with bikes and toys that we know will bring smiles to faces around our communities.

This year, NCDOL celebrated the 20th annual Toys for Tots drive. I would like to thank Lee Peacock for his continued commitment as the NCDOL Toys for Tots coordinator. The Department of Labor is a better place because of him and his efforts on this initiative over the past 20 years.

I would also like to personally thank Debbie Rogers-Lowery with Compliance Training Associates, who serves on the OSH Advisory Council, and the N.C. Electric Cooperatives for their generous monetary donations this year to the Toys for Tots foundation. This cause is very near and dear to my heart and again I would like to thank each of you for your participation this year and every year.

In other news, the Labor Building's elevator is officially operational. The elevator modernization project that started Monday, Aug. 27, was wrapped up Friday, Dec. 14. It was a long 15 weeks, but we prevailed and now have a beautiful updated elevator for our building.

We've had another productive year here at the department and I hope each of you enjoy a much-deserved break with loved ones. I look forward to working together to accomplish our goals in 2019.



Paul Mott, N.C. Electric Cooperatives, snaps a selfie with Mary Katherine Revels and Natalie Bouchard, Communications, in the NCDOL Toyland during Commissioner Berry's Christmas Open House Wednesday, Dec. 12, 2018.

Employee News

- Congratulations to Merton Cox and Joseph Davis, ETTA, for completing their 500 and 501 Trainer Authorizations. These programs are designed for individuals interested in teaching the construction and general industry safety and health awareness courses.
- Congratulations to Alexander W. "Alex" Geddie on receiving the degree of Master of Science in Biological and Agricultural Engineering Wednesday, Dec. 19, 2018, from North Carolina State University. Alex is the twin son of Ed Geddie, ETTA.

New Hires

- Ira Griffith, health compliance officer, OSH East, Wilmington
- Natalie Bouchard, information and communications specialist I, Communications, Raleigh

Seperations

- David Kasulka, education/training specialist, ETTA, Raleigh
- Jeff Hand, discrimination investigator, REDB, Raleigh

- Daniel Edmondson, inspector, Elevator, Cherokee

Elevator Inspectors Meeting

Commissioner Berry was on hand to present awards during the Elevator Inspectors Meeting at Great Wolf Lodge in Concord Wednesday, Dec. 5, 2018.

*Don
Chapman,
Five-Year
Service
Award*



*Granville
Hayes,
10-Year
Service
Award*



*Robert
Martin,
Inspector
of the Year*



*Tony Pacitti,
Apprenticeship
Completion*



Upcoming Birthdays

1-2 Gregory Greene	1-15 Carlene Harris	1-24 Robert O'Neal
1-4 Rose Morgan	1-16 J.J. Bulluck	1-25 Dee Bryant
1-5 Corey Partridge	1-16 Jermaine Dennis	1-25 Karissa Sluss
1-6 Elnora Russell-Fields	1-16 Kevin Higham	1-26 Lori Burns
1-7 Kirby Atwood	1-19 Kristi Bryson	1-26 George Calvery
1-12 Amanda Carroll	1-21 Paul Sullivan	1-27 Leighton Dowdle
1-12 Gerald Miller	1-23 Crystal Moss	1-31 Tierra King
1-14 Danny Mattfield	1-23 Dawn Beasley	1-31 Michelle Schmitt
1-15 Brandon Carter	1-23 Don Chapman	1-31 Francisco Rodriguez
1-15 Steve Green	1-24 Melissa Bowman	

HUMAN RESOURCES

NEWS FLASH

Increase Your Happiness Quotient!

By TERRI R. HARRIS, EMPLOYEE RELATIONS/EEO OFFICER

Most people believe that success leads to happiness. Actually, the opposite is true; happiness leads to success. When you raise your happiness quotient you raise your potential for success and increased productivity. How do we do that? It's very easy. We can train our brains to think "Happy" by doing some of the tips below:

- **Sweet Talk Yourself.** Each day think about three things you are grateful for at work and say them out loud. You will start training to your brain to notice the good things about your job.
- **Keep a Journal.** If you find yourself worrying about bad news, a scary rumor or a stressful deadline, take a few minutes to write down how you're feeling. Research shows that when we verbalize negative thoughts their magnitude decreases. Write this down too. There's no real way to tell if you've been productive if don't know what you're supposed to be working on. Making a task list will keep you on track to meet your goals. Don't forget to track your goals and pay attention to deadlines.
- **DIY.** Take a little time to rearrange your office or spruce it up with photos of people you love or other images that connect you to the things you love.
- **Magnificent Benevolence.** Being kind and helpful to others enhances our sense of wellbeing. Build a feeling of teamwork.
- **Remember Kindergarten?** Well you can't take a nap at work but getting up and stretching or taking a quick break away from your work area will re-energize you and reduce stress levels. Take your lunch break away from your desk.

We spend a lot of time at work and we are not always going to be over-the-top happy every day but practicing these tips should increase your happiness quotient and the positive impact you have at work.

Inside NC Labor—Episode 2

NCDOL's podcast — *Inside NC Labor* — episode 2 aired Friday, Dec. 14, 2018. Episode 2 features special guest, Labor Commissioner Cherie Berry. Episodes will be featured on the website, www.labor.nc.gov, and also on NCDOL's social media platforms.

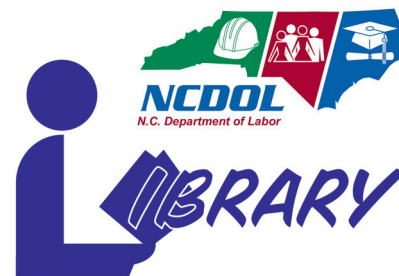


What's New @ Your Library

By NICK VINCELLI, LIBRARIAN

New Print Titles

- *Code of Federal Regulations. 29, Labor* (Parts 1911-End) US GPO, 2017. Donated by the Legislative Library.
- *Crowd Management Safety Guidelines for Retailers...* USDOL-OSHA, 2012.
- *Fire and Emergency Services Safety Officer* Fire Protection Publications (IFSTA), 2015.
- *Hazardous Materials/Weapons of Mass Destruction Response Personnel Handbook* (7th ed.) National Fire Protection Association, 2017.



- *Hazards Associated with Operating Skid-steer Loaders...* (OSHA SHIB 01-12-2009) USDOL-OSHA, 2009.
- *NIOSH List of Antineoplastic and Other Hazardous Drugs in Healthcare Settings, 2016* (NIOSH 2016-161) CDC-NIOSH, 2016.
- *Recommended Practices for Safety and Health Programs* (OSHA 3885) USDOL-OSHA, 2016.
- *Recommended Practices for Safety and Health Program in Construction* (OSHA 3886) USDOL-OSHA, 2016.

New Periodicals

- *Governing* (Dec. 2018) e.Republic Inc., 2018.
- *Professional Safety* (Aug.-Oct. 2018) American Society of Safety Professionals., 2018. Donated by Kevin Beauregard (OSH).
- *Safety + Health* (Sept.-Oct. 2018) National Safety Council, 2018. Donated by Kevin Beauregard (OSH).

Online FYIs

- *Hazard Identification: the Safety Inspection* (Oregon OSHA video)
<https://www.youtube.com/watch?v=vkHIIDtSNik>
- *Keep Officers Safe on the Road* (NIOSH)
<https://www.cdc.gov/niosh/topics/leo/pdfs/KeepOfficersSafeOnTheRoad.pdf>
- *Monthly Labor Review* (BLS)
<https://www.bls.gov/opub/mlr/home.htm>
- *NIH News in Health* (Dec. 2018)
<https://newsinhealth.nih.gov/2018/12>
- *NIOSH Research Rounds* (Nov. 2018)
<https://www.cdc.gov/niosh/Research-Rounds/resroundsv4n5.html>
- *Practice Trench Safety...* (CPWR)—English & Spanish
https://www.cpwr.com/sites/default/files/publications_handouts-and-toolbox-talks_infographics_trench-safety-infographic.pdf
https://www.cpwr.com/sites/default/files/publications_handouts-and-toolbox-talks_infographics_trench-safety-infographic-spanish.pdf
- *Recognizing Hidden Dangers: 25 Steps to a Safer Office* (National Safety Council)
<https://www.safetyandhealthmagazine.com/articles/recognizing-hidden-dangers-25-steps-to-a-safer-office-2>
- *SafeStart Webinars*
<https://safestart.com/webinars/>
- *Safe Guidance for Use: Space Heaters* (National Safety Council)
<https://www.safetyandhealthmagazine.com/articles/17664-safe-guidelines-for-use-space-heaters>
- *Safety + Health* (Dec. 2018-- National Safety Council)
<https://www.safetyandhealthmagazine.com/publications/3>
- *Workplace Violence Prevention Implementing Strategies for Safer Healthcare Organizations* (OSHA & The Joint Commission)
https://www.jointcommission.org/workplace_violence_prevention_implementing_strategies_for_safer_healthcare_organizations_

- *Working in Cold Weather: A Chilling Danger* (CPWR Hazard Alert)
English: <https://www.cpwr.com/sites/default/files/publications/Cold%20Weather%20Web%20HazAlert.pdf>
Spanish: https://www.cpwr.com/sites/default/files/publications/spanish/Cold_Weather_Web_HazAlert_November_2016.pdf

Toys for Tots Selfie Contest Winners



1st Place: Elf'n Hour - Shannon Council, Wage and Hour



2nd Place: San-T-Rex - George Thrower, OSH West



3rd Place: Christmas Candy Coma - Melissa Scally, ETTA

Holiday Celebrations



Financial Services held a holiday luncheon Tuesday, Dec. 18, 2018.



The Charlotte office celebrated the holidays with lots of cheer, good food, good fun and a gift exchange. The holidays are meant for time with family and friends. All of us have many types of family; blood related, church, community and work. We know that we will celebrate with our blood family, but we also like to celebrate with our work family. Commissioner Berry attended the party along with members from Compliance, Consultative Services, Wage and Hour and the Director's Office. From the Charlotte office family to your family, Happy Holidays and Happy New Year!