

LABOR N.C.

For all NCDOL Employees
March 2017

From the Commissioner

The unusually mild winter we've had over the last several weeks, with a few cold days peppered in here and there, reminds me of two things. First, of the heightened importance of safety in our workplaces, particularly in agriculture, where the coming growing season will kick into higher gear this month.

But before the seeds are planted, we like to take time out to recognize those farmers who are creating ideal living quarters for their migrant workers. In February, I attended both of our 23rd annual Gold Star Growers meetings held at the N.C. State Fairgrounds.

At this year's meetings, a total of 145 growers were awarded the Double Gold Star Grower Award, and a total of 89 were awarded the Single Gold Star Award. Double Gold Star Growers are eligible for self-inspection of their housing in the upcoming year, and I want to commend Regina Cullen and her team of inspectors for the job they continue to do. During the meetings, we presented the 2017 Hudler Safety Training Award to Ron Wright, a senior leaf manager with R.J. Reynolds Tobacco Company in Winston-Salem. Wright is the first non-grower to receive the award, and it is well-deserved.

The second thing the warmer weather, and the coming of March, reminds me of, is that our safety awards season is just around the corner. One of my favorite parts of being commissioner is getting out and recognizing those private and public businesses throughout the state that achieve and maintain exceptional safety records. Eursula Joyner, safety awards coordinator, has scheduled 30 banquets for the coming months and I look forward to attending each one. We will officially kick the season off on Thursday, March 23, in Lincolnton.

I'd also like to take a moment to individually recognize Jane Gilchrist, who is leaving us to serve as the general counsel for the N.C. Department of Public Safety. I'd like to personally thank Jane for all the great work she did during her six years at NCDOL as our general counsel. I wish her the very best in her new role.

But I am equally pleased to welcome back Jill Cramer as our new general counsel. Jill is currently an assistant attorney general in the A.G.'s Labor Section, so we have worked with her for many years on labor law issues. She also brings with her years of service in the General Assembly, the private practice of law and was OSH's regulatory counsel in the mid-1990s. Please make sure you meet Jill after she comes on board March 1.

We are indeed approaching the changing of the seasons. It is never the wrong time of year to highlight safety in our workplaces, and it's also never a bad time to recognize those who are going above and beyond the requirements. As we continue to do both, I am looking forward to seeing many of you at our events across the state. Keep up the good work.



Employee News

- Congratulations to Don Kinney, Boiler Safety Bureau, who received a passing score on the final examination for the Authorized Nuclear Inspector Supervisor Course given on Feb. 10. Don is qualified to supervise authorized inspectors who work in ASME shops that are fabricating parts for nuclear power plants.
- Our condolences to Carla Rose, Legal Affairs, on the death of her brother, Feb. 21.

Job Changes

- Brent Wood, from business and technology applications analyst to information technology manager, Information Technology, Raleigh.
- Gwen Williams, from accounting technician to administrative officer, Budget, Raleigh.

Separations

- Jane Ammons Gilchrist, general counsel, Legal Affairs, Raleigh.

Retirements

- Harold Wagner, Jr., elevator inspector, Elevator, Durham.



Harold Wagner interviews with TWC News during the 2016 N.C. State Fair. Harold retires from NCDOL Feb. 28 with 25 years of service.



Jane Gilchrist gets a chuckle out of a caricature she receives on her last day at NCDOL, Feb. 28, 2017. Jane will serve as the general counsel for the N.C. Department of Public Safety starting March 1.

Upcoming Birthdays

3-1 Griselle Negron Alvarez	3-16 Doris Kester	3-23 Richard Parker
3-2 Antonio Green	3-17 Jason Holtz	3-24 Ken Darnley
3-4 Deidre Duncan	3-17 Horace Dozier	3-25 Darrell Dye
3-5 Lauren Norton	3-18 Dannette Christman	3-27 Shirley Curtis
3-6 Vaughn Rizzo	3-19 Avram Siegel	3-28 Houssam Atassi
3-8 Jamie Frame	3-20 Andy Sterlen	3-29 Michael Saye
3-9 Pam Short	3-21 Jesus Mendoza	3-30 Art Britt
3-10 Chris Jasion	3-21 Robert Martin	3-30 Nancy Hall
3-11 David Bullock	3-21 Felicia Hoover	3-31 Gary Hardin
3-11 Lee Peacock	3-23 Dafang Zhao	3-31 Harjeet Singh
3-15 Sybil Bray	3-23 Carrie Boring	

Photo courtesy of Mary Katherine Pegram

State Employees Combined Campaign

By JOHN LUCKADO, NCDOL SECC DEPARTMENT EXECUTIVE

I had the privilege to attend the State Employees Combined Campaign (SECC) Statewide Recognition Luncheon on Feb. 22, 2017, at The Stockroom at 230.

Many thanks to all of you who contributed to last year's SECC.

In 2016, SECC volunteers raised \$3.9 million in pledges and gifts. Also, the generosity of Department of Labor (DOL) employees and retirees resulted in total contributions of \$7,280. Your continued support of the SECC helps to ensure North Carolina charitable services are available to individuals and families in need.

The 2017 SECC kicks off in August for all DOL employees. Your generosity can make a powerful and positive impact locally, nationally, and globally!



Photo courtesy of John Luckado

John Luckado, NCDOL SECC department executive, shows off his Volunteer Appreciation Award.

Chili Cook-Off a Tasty Success

Eleven of NCDOL's best crockpot chefs took out their spice racks for the department's 2nd Annual Chili Cook-Off held at the Old Revenue Building on Feb. 20. Many of the recipes featured non-traditional ingredients and clever dish names for the event, which is fast becoming a popular annual event. Third place went to Rose Gray-Shindler with her *Grab E*Bol*A Tombstone*, while second place was awarded to Kevin Beauregard's *Classic Chili*. Carrie Boring was the winner with *Netflix and Chili*. Special thanks to Sarah Beth Koonce, Adriana Jordan, the Employee Recognition Banquet Committee and everyone else who attended or worked to make it a success.



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NCDOL staff members enjoy sampling the different chili entries during the 2nd Annual Chili Cook-Off.



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Winners of the chili cook-off show off their gold, silver and bronze spoons at the ORB. (L-R) Carrie Boring, Kevin Beauregard, Rose Gray-Shindler.

Miles for Wellness Has Begun

Miles for Wellness is a virtual, team-based walking initiative by and for the state employees of North Carolina. The purpose of Miles for Wellness is to encourage and support employees to increase their level of physical activity, with the goal of 10,000 steps, or the equivalent of 5 miles, achieved most days of the week. According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things you can do for your health.

Registration for the Miles for Wellness Challenge 15: St. Paddy's Day Trail has begun. All materials and the link to register electronically are available <http://oshr.nc.gov/state-employee-resources/benefits/wellness/miles-wellness>.

OSH Compliance East, District XI, WELLNESS CHALLENGE

Are there any takers out there? Come on and compete against us in this eight week challenge that begins on March 17.

Let's get some friendly competition going. The real benefit here though is the benefit of getting more active which studies show causes an increase in good health. Also the reward of "Best Team" bragging rights is on the line. More about forming a team can be found <http://oshr.nc.gov/state-employee-resources/benefits/wellness/miles-wellness>.

Go NCDOL Team!

Characteristics of a Team:

1. Any interested state employee can participate. For the purpose of this program only, if an employee is contributing to the State Retirement System, he/she is considered a state employee and eligible for this benefit offered through the Total Rewards Division of the NC Office of State Human Resources.
2. Each team must have a captain.
3. Teams are made of up to 10 state employees. Teams with 10 members are more likely to participate competitively than teams with less members.
4. Team members from various government employers can be on the same team.
5. Each team must have a team name specific to that team. Duplications of team names are not allowed.
6. Each team will be classified throughout the competition in one of these four divisions; Tortoise, Hare, Super Hare, and/or Bionic Hare.
7. Before starting the competition, team members are to sign the Liability Waiver Form and turning it into their team captain to keep throughout the challenge. This waiver must be signed anew for each challenge.
8. Team members can accumulate steps through the use of a pedometer for walking, aerobics, and other activities of daily living, and exercise conversions for those activities that would not register on a pedometer; i.e., swimming, cycling, weight lifting, etc.
9. Team members report their steps weekly to their team captain for recording purposes.



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Commissioner Cherie Berry joins Regina Cullen and the ASH team at the 23rd Annual Gold Star Growers meeting held at the N.C. State Fairgrounds Feb. 2.

What's New @ Your Library

By NICK VINCELLI, LIBRARIAN

New Print Titles

- *Associate Safety Professional Exam Study Workbook* (2017). Span International. 2017
- *Guidelines for Mechanical Integrity Systems* American Institute of Chemical Engineers, 2006
- *NFPA Journal* (Jan.-Feb. 2017). NFPA, 2017
- *Professional Safety* (Feb. 2017). ASSE, 2017. Donated by OSH Administration.
- *Safety+Health* (Feb. 2017). NSC, 2017. Donated by OSH-ETTA.

Online FYIs

- *Boiler Safety: Cool Jobs*
<https://www.youtube.com/watch?v=oK11axdeNGg&t=30s>
- *Electric Power Generation, Transmission and Distribution: Fall Protection Requirements*
<https://www.osha.gov/Publications/OSHA3874.pdf>
- *Electric Power Generation, Transmission and Distribution: Minimum Approach Distance, Information Transfer and Training Requirements*
<https://www.osha.gov/Publications/OSHA3873.pdf>
- *Fentanyl: Preventing Occupational Exposure to Emergency Responders*
<https://tinyurl.com/j72hawx>
- *Importance of Root Cause Analysis During Incident Investigation*
<https://www.osha.gov/Publications/OSHA3895.pdf>
- *NIOSH Research Rounds* (February 2017)
<https://www.cdc.gov/niosh/Research-Rounds/resroundsv2n8.html>
- *National Ladder Safety Month*
<http://www.americanladderinstitute.org/page/laddersafetymonth>
- *Recommended Practices for Anti-Retaliation Programs*
<https://www.osha.gov/Publications/OSHA3905.pdf>
- *Seasonal Flu*
<https://www.osha.gov/dts/guidance/flu/index.html>