



APRIL
2020

World Safety Organization NEWSLETTER

COVID-19 Changes the Face of the 2020 WSO Symposium

Due to the potential long-term risks, expected economic impacts, and continued travel restrictions associated with the Coronavirus Disease 2019 (COVID-19) global pandemic, members of the WSO Executive Action Committee have made the decision to alter the format for the 2020 Symposium.

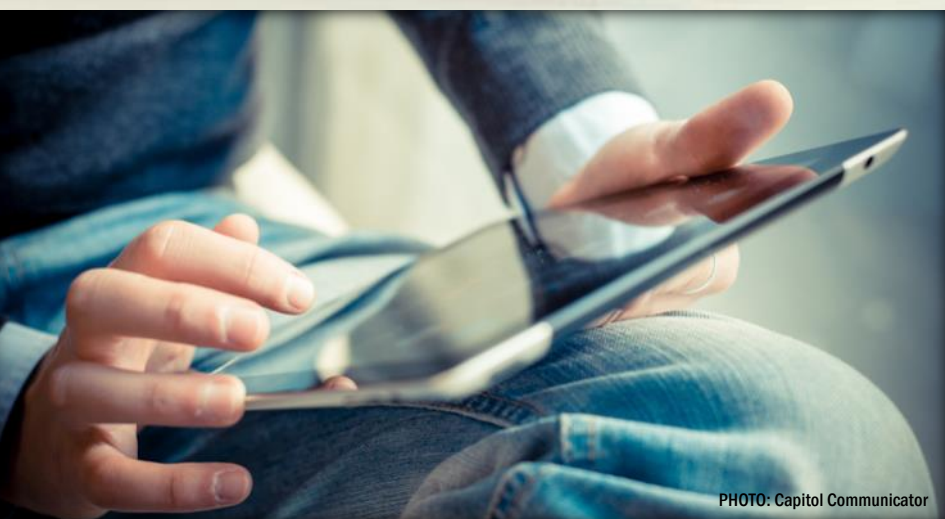


PHOTO: Capitol Communicator

Rather than cancel the event, which was to be held October 5–7 in Las Vegas, WSO is instead transitioning to an online format. Unfortunately, limited resources and staff prevent our ability to host a live-stream event. Instead, we will “host” a video event on our [YouTube Channel](#) for you to share your relevant topics.

If you are interested in participating as a speaker/presenter for our “YouTube Symposium,” please submit an [Online Abstract](#) of your topic. All abstracts submitted will be reviewed, and authors will be notified if the topic is accepted.

The deadline for abstract submission is 15 May 2020. Upon notification of acceptance of the topic, the completed presentation must be submitted prior to 15 August 2020 for approval. Approved video presentations will be uploaded to the WSO YouTube Channel at a date to be announced.

Presentations accompanied by PowerPoint slide shows and/or papers or manuscripts will be published in the Proceedings.

Waiver for WSO-CSI(ML) Candidates

For individuals already holding the WSO-CSI at the Senior Level who wish to upgrade to the Master Level, the usual requirement of making an in-person presentation at a WSO Symposium will be waived with the submission of a video presentation.

The Master Level credential is not based on presentation alone; it also requires demonstrated proficiency in program development, presentation, media choice, points for documentation and paper publishing, and continuity. The WSO-CSI(ML) requires six (6) years verifiable instructor experience and an overall score of 80% from the WSO Review Board.

Symposium speakers who are interested in being evaluated for the WSO-CSI Basic credential must have an active certification application on file. Speakers who are interested in being evaluated for upgrade to the WSO-CSI Senior Level credential should prepare and submit a presentation packet according to the requirements in the WSO Program Booklet (available by request) and notify the WSO Certifications Coordinator.

WSO WMC Impacted by COVID-19

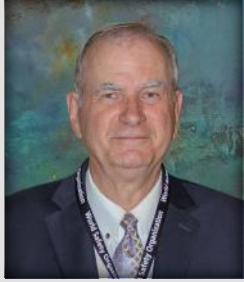
In the past few weeks, an increasing number of U.S. communities have ordered residents to stay at home, except for essential activities, for the purpose of slowing the spread of the coronavirus. As of April 1, WSO World Management Center staff are under such an order.

While this does impact operations to a small extent, we are fortunate that our employees are able to continue the majority of their work from home. You may expect some delays, but we will be “business as usual” for the foreseeable future.

from the desk of

DR. CHARLES H. BAKER

Chief Operations Officer



Like you, all of us at World Safety Organization are watching with great concern as the coronavirus (COVID-19) crisis unfolds.

As we face this challenge together, please know that WSO is here for its members in any way possible.

Though the WSO staff is working remotely for health and safety reasons, you can expect the same level of responsiveness and service from us. Do not hesitate to call or email if there is something you need.

Everything we are hearing leads us to believe that the virus and its aftereffects will be with us for a long time. For this reason we are being proactive in canceling the annual Symposium in Las Vegas this fall. As you have seen or will note in this month's newsletter, we are changing the format for this year to a virtual conference. Details are mentioned on Page 1.

We strongly encourage authors and presenters to submit a paper and presentation/video. On or before the original conference date, we will make the video presentations available in internet format and will publish the papers and slide shows in the Symposium Proceedings. Even though you will not be able to socialize with your colleagues, you will have an opportunity to take advantage of the information presented.

Our primary concern is will always be everyone's health and safety. Hopefully each of us is following recommended safe practice and will get through this pandemic without problems.

Again please let us know if we can be of further help. Be SAFE, and stay well! [CHB]

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WSO Cameroon on 'The News'



Mr. Nyong Clement, Director of WSO National Office for Cameroon, recently responded to an invitation from Equinox TV to share some public safety

measures to be considered in the African context in this sensitive and delicate period of COVID-19.

The public safety measures shared by Mr. Nyong were:

- Apply hand Sanitizer or wash hands after using ATM.
- Plan what you want to buy, and reduce repetitive movement to and from the Market.
- Wash hands frequently.
- Use MOMO for your Njanga operations.
- Isolate yourself and seek medical care if you manifest COVID-19 symptoms.
- Cook and eat at home.
- Exercise more while at home.
- Observe the Government's preventive measures.

>>> [WATCH THE VIDEO](#) <<<

**SUBMIT YOUR
SAFETY & HEALTH
ARTICLE
FOR PUBLICATION TODAY!**

Do you blog?

**Do you write articles
for your company's newsletter?**

**Do you have something relevant
to share?**

**Did your company sponsor
a special safety-focused event?**

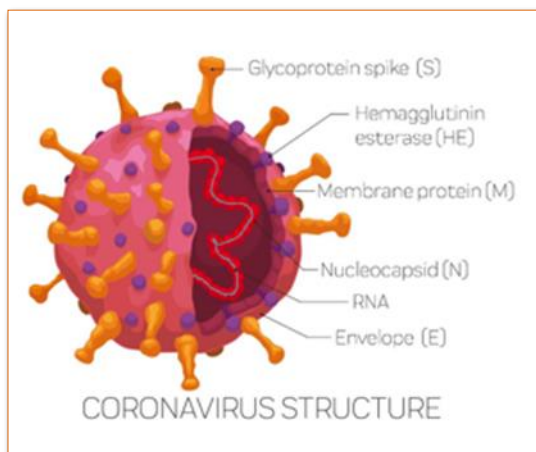
**If so, we would love to feature your content
in a future WSO NewsLetter or TechLetter!**

Just email your article/blog, author(s) byline, brief bio, and photo to us at editorialstaff@worldsafety.org.

Please request a publication release form if required by your employer or co-author(s). Authors/companies will maintain all proprietary rights, and WSO will state where the original content was posted or published, if applicable.

Genetic Engineering Analysis and Behavioral Safety Challenges of COVID-19

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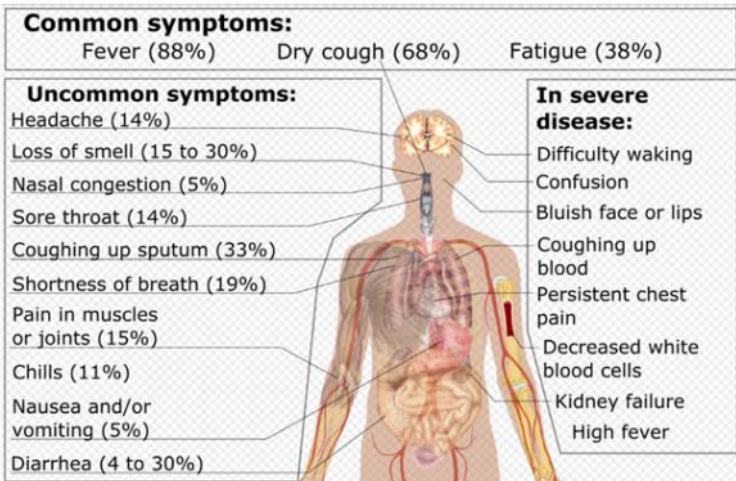


Introduction to CoronaVirus

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease was first identified in December 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally, resulting in the ongoing 2019–20 coronavirus pandemic. Common symptoms include fever, cough, and shortness of breath. Other symptoms may include muscle pain, diarrhea, sore throat, loss of smell, and abdominal pain. While the majority of cases result in mild symptoms, some progress to viral pneumonia and multi-organ failure. As of 5 April 2020, more than 1.2 million cases of have been reported in more than two hundred countries and territories, resulting in over 64,700 deaths. More than 246,000 people have recovered.

The virus is mainly spread during close contact and by small droplets produced when people cough, sneeze,

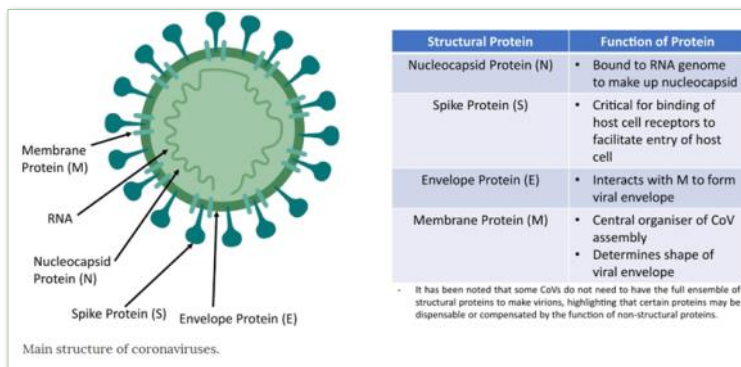
or talk. These small droplets may be produced during breathing but the virus is not generally airborne. People may also catch COVID-19 by touching a contaminated surface and then their face. The virus can survive on surfaces up to 72 hours. It is most contagious during the first three days after symptom onset, although spread may be possible before symptoms appear and in later stages of the disease. Time from exposure to onset of symptoms is generally between two and fourteen days, with an average of five days. The standard method of diagnosis is by reverse transcription polymerase chain reaction (rRT-PCR) from a nasopharyngeal swab. The infection can also be diagnosed from a combination of symptoms, risk factors, and a chest CT scan showing features of pneumonia.



Recommended measures to prevent infection include frequent hand washing, social distancing (maintaining physical distance from others, especially from those with symptoms), covering coughs and sneezes with a tissue or inner elbow, and keeping unwashed hands away from the face. The use of masks is recommended for those who suspect they have the virus and their caregivers. Recommendations for mask use by the general public vary, with some authorities recommending against their use, some recommending their use, and others requiring their use. Currently, there is no vaccine or specific antiviral treatment for COVID-19. Management involves treatment of symptoms, supportive care, isolation, and experimental measure.

Morphology of Coronavirus

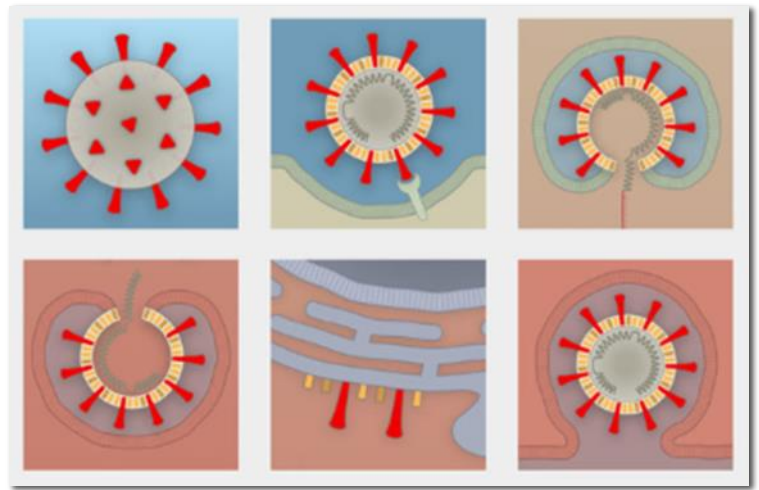
Coronaviruses (CoV) belong to the subfamily Coronavirinae, in the family Coronaviridae of the order Nidovirales. There are four genera: Alpha coronavirus, Beta coronavirus, Gamma coronavirus and Delta coronavirus. It is a single positive-sense RNA virus. Mutation rates of RNA viruses are greater than DNA viruses, suggesting a more efficient adaptation process for survival. The genome codes for at least four main structural proteins: spike (S), membrane (M), envelope (E), nucleocapsid (N) proteins and other accessory proteins which aid the replicative processes and facilitate entry into cells. Figure A summarizes the coronavirus's structure and the function of the structural proteins. CoVs mainly affect birds and mammals. Prior to 2019, there were only six CoVs that can infect human and cause respiratory diseases: HCoV-229E, HCoV-OC43, HCoV-NL63, HKU1, SARS-CoV, MERS-CoV. The last 2 are capable of causing severe respiratory syndrome in humans.



COVID – Cell Hijack Mechanism

The virus is spread through droplets transmitted into the air from coughing or sneezing, which people nearby can take in through their nose, mouth or eyes. The viral particles in these droplets travel quickly to the back of your nasal passages and to the mucous membranes in the back of your throat, attaching to a particular receptor in cells, beginning there. Coronavirus particles have spiked proteins sticking out from their surfaces, and these spikes hook onto cell membranes, allowing the virus's genetic material to enter the human cell. That genetic material proceeds to "hijack the metabolism of the cell. As copies of the virus multiply, they burst out and infect neighboring cells.

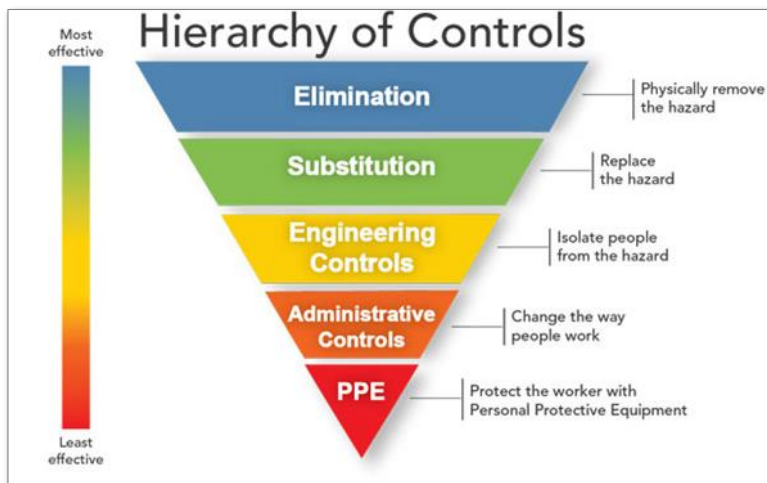
The symptoms often start in the back of the throat with a sore throat and a dry cough. The virus then "crawls progressively down the bronchial tubes. When the virus reaches the lungs, their mucous membranes become inflamed. That can damage the alveoli or lung sacs and they have to work harder to carry out their function of supplying oxygen to the blood that circulates throughout our body and removing carbon dioxide from the blood so that it can be exhaled.



Behavioral Safety Challenges

The COVID genetic engineering analysis and hijack mechanism towards respiratory illness clearly indicates the need for hierarchy of controls to safe guard the public. The common controls to prevent the public as follows:

- Wearing face mask with safe handling and disposal
- Hand washing at regular intervals either with soap and water or 70% Iso Propyl Alcohol based sanitizer
- Maintaining social distance of approximately six (6) feet



The Hierarchy of Control (left) clearly indicates that the administrative controls and personal protective equipment are least effective. The main reason behind is, both these control measures are behavioral based controls. I am currently working as an OHSE Tutor and tried to enforce these control measures to my clients & community. I observed even after delivering awareness campaigns, supervisory, disciplinary enforcements the public community are not effectively following the controls. I developed a Pandemic Behavioral Based Safety Analysis Sheet (PBSAS), available [HERE](#). It may be used to analyze the trends and the techniques you (Social Activist/ OHSE / Public Health care professionals) are adopting within the community (i.e., General Public/Labors, unorganized sectors) in connection with COVID19 control measures.

Conclusion

The genetic engineering analysis of COVID19 is clearly explaining how the spike protein and further hijack process affecting respiratory system. As this kind of pandemic threats can easily affects the general public community, control measures are must for them. But most of the control measures are behavioral based which is acting as a challenge to adhere by the public. Being an OHSE Tutor & Consultant, I attempted effective awareness campaigns, strict supervision and with the controlled crowd I can manage them to follow the control measure. But I was unable to implement the same with the selective public community. I felt the psychological based techniques are required to make the public to follow this kind of pandemic control measures.

Please fill your experience /suggestions with the above mentioned Pandemic Behavioral based safety analysis sheet and email to me, giving further scope for this research.

Tips for Working at Home

Rasib Hussain, WSO-CSM, EurOSHM. Director, AJP Safety Ltd. Vice President, WSO London Chapter. Berkshire, UK



These tips are for anyone currently working from home who *does not* have a home office arrangement.

Recent Coronavirus developments have led to many organizations asking staff to work from home. This should

usually be done with plenty of change planning, but there might not have been time in this case.

Our quick guide is aimed at keeping you comfortable while you carry on working at home.

Main Points

- Sit at a table when you are working, on a chair that gives you good back support. Add a cushion behind your lower back if it helps to increase comfort and support.
- Make sure your forearms are horizontal when typing and supported on the table surface. Use a cushion to increase your sitting height if necessary.
- Make sure your feet are supported. Use a box or cushion if necessary.
- Raise your laptop so that the top of your screen is horizontally in line with your eyes. Use a laptop stand if you have one. If you don't have one, use a stable stack of books or magazines, or a level and stable box, etc.
- With your laptop raised, you will need to use a separate keyboard and mouse. You may also be able to take these home from the office, or have them sent out to you.
- Be conscious about not leaning forward to your laptop screen. Laptop screens are smaller than desk monitors, and details can be harder to see. Keep an eye on your posture.

Wellness Top Tips

Take the opportunity to stand and move.

Remember, if you are working at home, you can stand and walk around less “conspicuously” when you are on the phone! Make good use of that opportunity, especially as your chair may not be as supportive as a good office chair.

Try standing and working for short periods.

Consider standing for short periods at your kitchen worktop with your laptop raised on a box, etc. – making sure your fore-

arms are horizontal when you type. Neck posture is not ideal when working like this, but for brief periods of 5-10 minutes, it can help ease strain on your lower back.

Remember to take frequent rest breaks.

Remember to take frequent rest breaks where you stand and move about. Working at home can cause us to sit for longer periods because there are fewer distractions; it is important to bear this in mind. Use a repeat reminder app like [StandUp!](#) (for iPhone and iPad) or a fitness tracker to give you a nudge to get up and move about!

Stress, Workload, and Isolation

- 1) Keep up communication with colleagues – offer each other support. Working at home can be challenging for some individuals, and you may have coping methods that you can pass on to others.
- 2) As far as possible, try to keep your physical work area separate from home life.
- 3) Aim to stick to clear start and finish times to avoid work merging into home-life time.
- 4) Bear in mind that if you have been asked to work from home on short notice and you and people you live with are not used to it, it can take a while to get used to it – not just you, but others in the household, too.

Things to Definitely Avoid Doing!

Working with your laptop on your lap, on a soft chair/sofa – There is more potential for neck pain and back pain if you do this. If it is unavoidable, make sure you put a firm cushion behind your lower back, and try to raise your laptop on a folder, etc., to increase its height slightly (but not so much that it makes your arms sore).

Sitting at breakfast bar stools – These often do not provide good foot support or lower back support.

Working in bed – Physically and psychologically, this is not ideal.

General Safety

- 1) Make sure cables, etc., don't create trip hazards for yourself or others.
- 2) Avoid leaving laptops plugged in and switched on overnight or when you are out of the house.



www.ajpsafety.co.uk
www.guildfordergonomics.co.uk



Scott's Safety Share: Effective Hand Washing

Submitted by **Scott Masters**, WSO-CSM. Contract Employee, Construction Lead Safety Specialist, Alliant Corporation. Tennessee and South Carolina USA.



With the latest headlines on the Corona Virus spreading throughout the world it is probably worth spending some time on protecting you from infection, not just injury...for both can have debilitating consequences. Experts from every corner of the world indicate that hand washing is perhaps the most effective preventive measure we all can take to prevent being infected with such transmitted diseases.

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. The Centers for Disease Control and Prevention (CDC) recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies.

Washing your hands should involve these 5 scientifically proven steps:

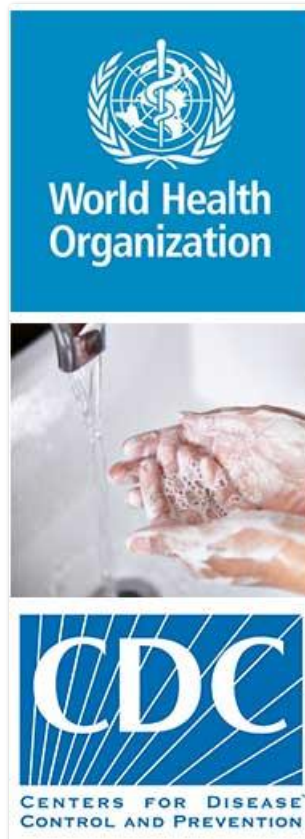
- 1) Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- 2) Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- 3) Scrub your hands for at least 20 seconds. Need a timer? Hum the

- "Happy Birthday" song from beginning to end twice.
- 4) Rinse your hands well under clean, running water. Do not use a basin of water to rinse your hands.
 - 5) Dry your hands using a clean towel or air dry them.

Many are in the habit of using the towel to turn off the faucet or opening the door handle however there is no real scientific proof this prevents additional contamination.

When should you wash your hands? Following are just a few suggestions:

- After returning from any public exposure
- Before, during, and after preparing food
- Before eating food
- Before and after smoking, vaping or smokeless tobacco
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

① Duration of the entire procedure: 40-60 seconds

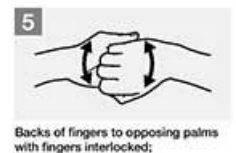


Photo and graphic courtesy of The Centers for Disease Control and Prevention (www.cdc.gov)

DON'T DELAY!



2020 WSO AWARDS

Honoring Outstanding Safety Professionals Worldwide

Do you know an individual, company, corporation, agency, or organization that has had some amazing accomplishments or made outstanding strides in the Safety field? If so, why not nominate them for one of the WSO awards?

The annual WSO Awards are designed to honor individuals, corporations, organizations, and other groups for their concerns in the protection of people, property, resources, and the environment.

A list of the WSO Awards, along with the requirements for each, may be found on our website, or you

may request a copy of the guidelines by contacting the WSO World Management Center by telephone or email:

+1-660-747-3132 | symposium@worldsafety.org

NOMINATE

<https://worldsafety.org/award-nomination-guidelines/>

Accepting nominations
through June 1, 2020

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