



Updates. . . Safety First: Shoe Away Hazards

Pacific Press has a variety of work environments all under one roof, from office work to production and warehouse activities. With different work environments comes different required levels of personal protective equipment (PPE) to provide protection from recognized hazards. For this article, we will focus on shoes. The use of appropriate foot wear in the workplace reduces injuries, and less injuries will cut lost work hours and improve productivity and morale.

While there are many regulations for personal protective equipment and some specific for footwear, OSHA has good reason to enforce these regulations. In 2016, the U.S. Bureau of Labor Statistics reported that approximately 100,000 people suffered occupational foot injuries averaging 10 days away from work.

Although the use of PPE is dictated by OSHA, the American Society for Testing and Materials (ASTM) is an International organization that develops and publishes technical standards for most PPE including safety standards for shoes. There are many areas of safety that ASTM covers for shoe safety including electrical hazards, slip hazards, and crush hazards to name a few. Here at Pacific Press, safety shoe protection is needed to prevent foot and toe injuries from rolling heavy carts, dropped heavy objects, and pallets of product being set down on toes to name a few.

How do you know if the shoes you are wearing are giving you the protection you need? I know everyone always wanted to understand how shoes are tested and rated, so here it is: The latest foot wear standard was released in 2017 by ASTM (updated every 5 years) where they have minimum requirements for footwear performance.

One of the hazards they test for is "impact" or resistance to a falling object onto the foot. A weight of 50 pounds is dropped from approximately 18 inches high delivering 75 ft-lbs to the toe of the shoe. Shoes that meet this testing criteria are labeled "I/75". Another test is a shoe's resistance to "compression" which would indicate protection from a rolling object. A shoe that withstands a force of 2,500 pounds of compression can be labeled "C/75". Most shoes are required to have both impact and compression ratings that will have a non-removable safety toe; a shoe requiring both ratings will be labeled with "ASTM F2413". A typical labeling on a shoe could be the following:

ASTM F2413-17

M/I/75/C/75

Mt/75

What does it all mean? In the line "M/I/75/C/75" the M is for "Male" (F would be for Female), I/75 is impact resistance, and C/75 is for compression resistance. Mt/75 is for metatarsal resistance to 75 pounds of force.

Mike Fifer, Safety Director



Employee Appreciation Food Sale

A reminder that all orders placed during the Employee Appreciation Food Sale can be picked up this week at the ABC. Payment will be due at pickup time.

Employee Updates. . .

New HR Director



We are very happy to welcome **Kirsten Berger** to our Finance Department as our new Human Resources Director.

Kirsten (Kur-stin), formerly Kirsten Russell, wrote a little bit about herself so we can get to know her a little better:

Elliott (my husband) and I have had a whirlwind past few months. We got

engaged, I accepted my current position, left a job I loved, planned a wedding, got married, and moved to Boise to start a new life together and job with you all here at Pacific Press. We are so grateful to now be settled down and in a routine that doesn't involve wedding planning or packing/unpacking!

In our free time, we are outside as often as possible. You can find us running, hiking, mountain biking, road biking, paddle boarding, and playing tennis or pickleball. We also enjoy hosting and cooking for friends and family. We've been trying our hand at gardening and love plants (I'm sure my office will soon be filled with them).

Elliott owns a business working from home as a web developer and web marketer. I am originally from Nashville, TN, but moved to the greater Seattle area of Washington state when I was in high school. I attended college at Southern Adventist University, and transferred to Walla Walla University after completing a task force dean year at Auburn Adventist Academy.

After college, I looked for a job that would give me business exposure. Luckily, God had a plan for my head and heart and I ended up working in Human Resources for the Washington Conference and absolutely love the career. Shortly after I started, the HR director resigned and I took on the role as director—getting the “business exposure” I was looking for really quick. I love this field because it allows me to learn about each employee's background and skills and how each person has something unique to contribute to create a healthy, happy, and efficient workplace.

I am so excited to be here, serving you, at Pacific Press. Please stop by my office; I'd love to get to know you.



Dateline . . .

September

- 23-26 Pickup Orders—Employee Appreciation Food Sale
- 25 PAYDAY
- 30 Chapel—Scott Cady, SWE

October

- 7 Chapel—
- 9 PAYDAY
- 14 Chapel—United Way
- 21 Chapel—Dr. Dennis Plubell, NPUC Education Director
- 23 PAYDAY
- 28 Chapel—Mike Fifer, Safety



The Season of Fall

We've entered Fall
So come one and all
In praising our Savior and King;

For the colors that appear
On the earth, so dear,
And the joy that
All of these bring.

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