

### Highlight: Dede Montgomery, CIH

Next week, ASSP-OSU is lucky enough to have Dede Montgomery meet us for a Q&A lunch. For some background, here is a reflection after hearing Dede Montgomery speak in the winter of 2018:

Hearing Dede Montgomery share her stories, thoughts, and views on occupational health and safety is of great benefit to any student in the field. Her career advice is very helpful. She reminds us that it is important to ask, “*what do I like?*” and “*what am I good at?*” We should love what we learn now, yet acknowledge that we have no way of knowing what we will find interesting later in life. Dede began her career with a strong environmental focus and found herself drawn to safety after a few years of working at the Environmental Protection Agency. No matter what you decide to pursue, Dede recommends seeking a credential or expertise that will set you apart. For her, it was attaining her certification in industrial hygiene.

Dede has a passion for Total Worker Health. It is important that all public health practitioners, whether in EHS or not, understand the importance of integrating protection from hazards with promotion of prevention. She points out that stress and incivility in the workplace are safety and health concerns. Before hearing her speak last year, I had not thought about the impact of incivility and loneliness on worker health and safety – but it makes sense! When one feels comradery and a sense of belonging, the work gets done more efficiently, completely, and with healthier outcomes for everyone.

Dede can also lend some insight to the future of occupational health and safety. Last year, she highlighted ergonomics and psychosocial health as new, promising additions to the field. Overall, safety and industrial hygiene are “graying fields” that will soon be in need of new professionals. As the workforce trends toward “gig workers” and businesses stop providing the traditional job safety net, new public health practitioners are needed to ensure health and safety for all workers.

- Stephanie Fitch, OSU-ASSP secretary



*Dede Montgomery, CIH*

To do more research on Dede prior to her talk on February 19<sup>th</sup>, visit <https://www.ohsu.edu/people/dede-montgomery/10E8D688F527FE057CB1997C5DCF66C2>

### Oregon Governor’s Occupational Safety & Health Conference (GOSH) 2019



It’s coming up! Please consider joining us for the Student/Early Career Day on **Tuesday, March 5<sup>th</sup>** in Portland, OR. This is a great opportunity to see what’s going on in the field of occupational health and safety here in Oregon.

Register here, it’s free! <https://youngemployeesafety.org/save-date-2019-gosh-student-early-career-day/>

If you plan to attend and want to carpool with ASSP-OSU, please reach out to Jill at [cotej@oregonstate.edu](mailto:cotej@oregonstate.edu).