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October 7, 2005 Lunch Meeting 12 Noon

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C S S S P

California Society of Safety & Security Professionals Los Angeles County Chapter

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October Speaker

Our speaker this month is Det. Tony Gonzalez, with the Terrorism Early Warning Group. He is the TLO Coordinator. Det. Gonzalez has been a Deputy Sheriff for 18 years. He has worked in the Custody system, Patrol units, Gang Unit, School Liaison unit, and in 1996 became a Detective. He has worked Burglaries, Assaults, Robberies, Hate Crimes, Domestic Violence and Sex Crimes. He joined the terrorism unit two and half years ago and has worked in intelligence, criminal and currently Terrorism Liaison Officer Program.

August Speaker

Ms. Diane Visencio, MPH, BSN, RN, and PHN spoke on Bioterrorism Education and Training.

New Lunch Meeting Prices

The cost for members to join the lunch and meeting has increased as follows:

Members in good standing (paid memberships) - \$15.00; Members with unpaid memberships - \$20.00; Visitors - \$20.00.

Calling for Articles

All members are encouraged to submit articles for inclusion into future newsletters. If you have a (n) topic for the newsletter, please submit them to Peter Gin at: petergin@earthlink.net.

Dear Fellow members:

I hope everyone has been as busy as I since our last meeting. The type of services that our group is focused upon has never before been in such high demand. I am, of course, speaking of the disaster of Katrina. As many of you know I am a Rotarian, having served as President of a local club, and Assistant Governor, and Special advisor to the Governor.

I currently am raising money for the Orphans of Phuket after the disaster there. My contacts in Thailand have offered assistance to us here in the US. Our local Rotary District has raised \$75,000.00 in two weeks, with a goal of \$100,000.00. That money is going directly into the hands of needy folks, no middle persons, no overhead in the fundraising. I know that many of the clients and firms that our members represent and work for have similar projects. In addition to announcing those efforts, I invite everyone to share with us either a related story, or a disaster plan that they have reviewed or drafted. Let's focus on this issue in our work, and in our meeting.

Our speaker is in keeping with this theme, as started by our last speaker: the threat of terrorism. I believe that you will find him and his talk highly educational, and informative. I encourage you all to come, and to bring several colleagues to the meeting. It seems that while we are planning for the dastardly deeds of man, Mother Nature can be just as big a threat to our safety and security. If we prepare for one, we will be prepared for both. It is clear that as a nation we are not prepared for either. Let's see if we can help! Cheers, I look forward to seeing you all there on Friday.

Cheers,

Jeff Malek, Esq.

OSHA Proposes Changes to Electrical Safety Standard & NFPA 70E

On June 15, 2005 OSHA proposed new and revised electrical safety rules that should be of concern to every employer governed by OSHA standards. Under the proposed rules, OSHA would complicate the highly controversial area of multi-employer worksite liability. The rules would require communications between the host employer and the contractor regarding the existence and correction of contractor violations of OSHA standards. These written communications, which could be requested by OSHA inspectors, could make it easier for OSHA to impose liability under the multi-employer worksite doctrine. The proposed rules would also permit OSHA to cite a contractor for failing to enforce safety requirements in the contract with the host employer that go beyond OSHA requirements.

The proposed rules would update the current electrical practices for power generation, transmission and distribution to incorporate recent changes in NFPA 70E related to protection of employees working on electrical equipment from hazards associated with electric arcs. They would also overhaul the construction industry rules so that they generally follow the general industry rules governing power generation, transmission and distribution. Substantial changes in practices and protective equipment could be required if the changes are adopted as proposed.

Meanwhile, there is an internal debate at OSHA as to whether compliance with some aspects of the flame-resistant clothing requirements of NFPA 70E is already required by OSHA's General Personal Protective Equipment Standard. Finally, OSHA is expected to issue and request public comment on the draft of its overhauled and greatly expanded compliance instruction on lockout/tag out shortly.

The Sleep-deprived Employee

The U.S. Department of Labor's Bureau of Labor Statistics reported that in 2003 the average U.S. male slept 8.48 hours in a 24-hour period. The average U.S. female slept 8.65 hours. While both averages surpass the recommended eight hours for adults, recent studies indicate that the vast majority of people are sleeping far less than these averages and not getting enough sleep to maintain optimal health and peak productivity.

Clearly, sleep deprivation causes serious problems in both personal life and the workplace. It often is cited as a primary or secondary cause of industrial and motor vehicle accidents. It also has been cited as a reason for unscheduled absenteeism, which is at a five-year high.

Without adequate sleep, employees have more difficulty concentrating, learning, and communicating.

Problem-solving abilities decline. Sleep-deprived employees can be moody and less tolerant of co-workers' differing opinions, making them more prone to reactionary outbursts and other relationship-destroying behaviors.

Work and relationship problems increase stress levels, which in turn exacerbate sleep problems. Combine sleep problems, added stress, and the anxiety sleep deprivation sufferers feel as they approach bedtime—will I have trouble falling asleep; will I sleep through the night; will I get enough sleep—and the situation can appear hopeless. It's not once diagnosed, most sleep disorders can be corrected.

Determining Your Risk

Although many sleep-deprived people are very much aware that they have sleep problems, some aren't. Some believe they can get by and function at a high level on very little sleep, which is the exception rather than the rule. Answering the following questions compiled from various sleeping quizzes can help you determine if you're getting enough sleep or if you may have a sleep disorder:

- Do you often watch the late show because you can't fall asleep? Or do you frequently wake up during the night and can't go back to sleep?
- Are you often cranky? Or do you have trouble thinking at work?
- Are you experiencing a lot of stress in your life?
- Do you snore?
- Are you sleepy during the day?
- Are you overweight?
- Do you wake up with morning headaches?
- Do you have high blood pressure?
- Do you find it hard to stay awake while driving, watching TV, reading a book, or attending a meeting?
- Do you ever wake up choking, gasping for air, or have a skipping or rapid heartbeat during the night?
- Has anyone watched you sleep and told you that you hold your breath, snort, and often move during sleep?

Answering yes to two or more questions can indicate a possible sleep disorder.

Leaving stress at the office also can help improve sleep. One way to do this is to write down the next day's to-do list at the end of each workday and then put the items out of your mind until you return to work. Easier said than done, but succeeding can help alleviate stress.

Get plenty of sleep to avoid being stressed at work!

By Vicki Bell, Web Content Manager

Many Americans Not Taking Enough Safety Precautions Around Their Homes

ORLANDO, FL, September 20, 2005 — Many Americans are not taking proper safety precautions in their homes, leaving them susceptible to severe injuries or illnesses, according to a recent survey. Of the more than 100,000 people who died from preventable injuries recently, 97 percent were non-work related, according to the National Safety Council

The survey, which was conducted by TNS of New York and sponsored by DuPont in conjunction with the start of this week's World Congress on Safety and Health at Work being held here, revealed that nearly half (46 percent) of U.S. families do not have an evacuation or contingency plan in case of a fire or emergency. Of those that do have an emergency plan, nearly one-third (31.4 percent) have not practiced or discussed it with their families in more than a year.

Thirty percent of the families surveyed do not have a fire extinguisher in their home. The survey also showed that 43.9 percent change their smoke detector batteries only once a year. A troubling 14 percent have never changed the batteries. The National Safety Council recommends that smoke detectors be tested monthly and that batteries be changed twice a year.

"More accidents happen around homes than anywhere else," said Ellen J. Kullman, group vice president – DuPont Safety & Protection, who will deliver the World Congress' closing keynote address on Thursday, Sept. 22. "For years, we have encouraged our employees and partners to create the same safety culture at home that we advocate at work. It's not enough to be safe just at work – safety is 24 hours a day, seven days a week."

The survey was released today in conjunction with the commencement of the 17th World Congress on Safety and Health at Work, an international forum devoted to improving workplace safety including extending effective work-related safety practices into homes. The World Congress, which is held every three years, draws together several thousand key leaders and influencers of workplace safety policy from government, labor and industry to present and discuss emerging safety research, trends, best practices and innovations. DuPont is considered one of the safest industrial companies in the world. According to the U.S. Bureau of Labor's latest available statistics, DuPont has a workplace safety record that is 11 times better than the U.S. industry average.

The survey also showed that Americans are at risk for food borne illnesses or allergies. Nineteen percent of respondents said they "sometimes" wash their hands after using the bathroom, leaving members of the household susceptible to germs that cause influenza and hepatitis. Only 26 percent said they changed their air filters four or more times a year. The American Lung Association recommends changing or cleaning air filters at the start of each season, reducing exposure to allergens and infectious bacteria.

Other survey findings revealed that:

- 50 percent of families do not have non-slip mats in their bathtub or shower. According to the National Safety Council, 70 percent of home accidents occur in the bathroom. Many of these accidents are due to slips and falls from wet surfaces such as tile floors, tubs, showers and other fixtures.
- 45 percent said they did not have a household member trained in first aid.
- 28 percent did not have a first aid kit in their home.
- 58 percent did not have fire resistant sleep products, such as a mattress or blanket.

To help ensure home safety 24/7, DuPont offers these tips:

- Install smoke detectors on every floor of your house. According to the U.S. Federal Emergency Management Agency (FEMA), two-thirds of fatal residential fires occur in homes that did not have smoke detectors.
- Form an evacuation plan with your family in case of a fire or disaster.
- Keep an accessible fire extinguisher in your home.
- Keep a first aid kit in your home and car. Also, learn CPR and other first aid techniques from your local Red Cross.
- Change the filters in your air conditioner and heater quarterly. This will reduce the allergens and dust in your home.
- In the bathroom, keep medicine cabinets locked. Also, install non-slip mats in the shower and under rugs.
- Make sure all stairs in your home have sturdy railings.