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December 1, 2006 Lunch Meeting 12 Noon

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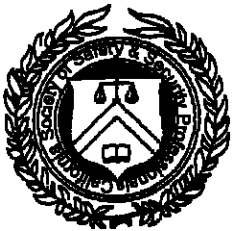
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C S S S P

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 44

December 2006

December Speaker

Mr. Eldwin "Ed" Kennedy, President of Environmental Assistance Group will speak on "The new trends in training on Lead and Asbestos over the internet". Mr. Kennedy is a very dynamic speaker who will give the group insight on the new techniques and procedures in this training technique.

Memberships

Our newest Members are:

Steven C. Wilmes Ken Staffors
Regina Canale-Miles

Linda Edelman will receive her RSSP certificate.

President's Message

Dear Colleague:

As the year comes to a close, I can only think of new and exciting vistas. This has been a difficult year for our county, still embroiled in a war in Iraq, Afghanistan, and the constant threat of violence at home and abroad to our citizens and allies. Our thoughts are with those who have made the ultimate sacrifice, and for their family members who must live without them. It is a great country, made so by its people, not the talking heads and politicians. Our own group is a case in point, a small group to be sure, but one with a big impact on our world.

Professionally, it has been a good year, with new direction and vigor with the Cal State Dominguez program. I want to extend a big thank you to Scott McKay for his help to our group, and to the program. He got me to teach again, and now I find that I will also be teaching at UCI in the spring! Gee, CSUDH, UCI, and my own UCLA! I invite all of you to join in and teach, give back to the community and allow me to go back to the practice of law!

I want to thank everyone on the board that has been of great service to our group. With particularity to John O'Toole, who has been the great driving force for all things connected with our organization and with safety in general, to Peter Gin who has been our wonderful newsletter editor, and to Jim Weidner, Linda Hunter, Joanne Blayney, and Crist Wagner who have assisted on

the board.

WE NEED MONEY

Our goal for this year, (which runs through June) is to raise a minimum of \$10,000.00 to our scholarship fund. Every year our group raises money mostly through the raffle/ticket sales at our meeting. This sum of money is all spent at the end of the year on scholarships. We need to create a fund that is partially self sustaining. I am making a personal appeal to all that have been recipients of a scholarship to make a donation. As we are a qualified non profit, donations are tax deductible. In order to get benefit for the 2006 tax year, the donation must be made in this calendar year. If your employer assists in paying dues, I am asking you to speak to those in charge to make a donation. We are seeking corporate sponsors, so there can be corporate visibility for every donation. The need is great. I am convinced that if all of us make the effort, we can not only meet or exceed this goal, but we will be creating an opportunity for others to enter this profession of safety and security.

Those who have primed the pump with donations are:

Malek & Malek: Jeffrey Malek \$ 500.00
General Safety Services: John A. O'Toole \$ 500.00
Jim Weidner \$ 100.00
Jennifer Keena \$ 50.00

I am hopeful that this list will include all of our members, as well as the names of the corporations that have chosen to support us.

VENUES

Since every seemed to like the Toyota Motor Museum as a venue, it appears that our meeting in the New Year will be in and amongst the fishes at (not in) the Long Beach Aquarium.

Hope to see all of you in December!

Cheers

Jeff Malek
President

How Can I Get My Crew to Take Training Seriously?

It all starts with management. Getting employees to take safety training seriously begins with management taking it seriously. If management's attitude toward training is that it's an expensive nuisance, something the company is just doing because OSHA makes them, employees are going to get the impression that they don't have to pay attention. If management ignores employees' safety concerns, doesn't correct hazards, or fails to provide necessary safety equipment and controls, employees are going to think that management doesn't care about safety. And, if management doesn't care, why should they?

On the other hand, if management promotes a positive safety culture, one that makes employee safety and health a priority, and rewards safe behavior, employees may have a more positive attitude toward safety. When employees and management are on the same side, working toward the goal of a safer workplace is easier to attain. In other words, if safety training is important to you, it will be to your employees also.

Enforcement and reinforcement count, too. Safety rules and policies need to be clearly defined and then consistently enforced. If safe and unsafe behaviors are not specifically spelled out in training sessions, employees might make poor choices when it comes to safety performance. If you're lax about enforcement of safety rules, then your workers are going to think it's OK to break the rules. Remember, reinforcement works hand in hand with enforcement. Employees need to be praised and rewarded for working safely. They need to hear constant positive feedback about safety behavior from their supervisors. And they need to get recognition for paying attention in safety training sessions and using what they learn on the job. Whether it's a pat on the back, a good rating in a performance appraisal, a safe-worker-of-the-month award, an incentive program, or some other form of reward, employees need to know that by taking safety and safety training seriously, they're going to get meaningful recognition for their effort.

Employees who "own" workplace safety take training seriously. When employees take ownership in workplace safety, they come to realize that they are partners in safety, which means partners with the company and with OSHA. They see that by taking responsibility for their own safety and the safety of their co-workers, they have the power to prevent accidents and injuries. The more empowered they feel, the more enthusiastic and involved they're going to be, and the more they'll want to know about workplace safety. And they'll look to safety training as the place to learn what they need to know to protect them on the job.

Try using the following approaches in your safety training program to help encourage your employees to take ownership in safety.

- **Safety committees** provide employees with the opportunity to make suggestions and decisions about how to improve workplace safety.
- **Problem-solving teams** give workers the chance to put their expertise to work to identify and correct hazards.
- **Incident investigation teams** help them understand the causes of work accidents and the preventive measures necessary to avoid future incidents.

Another way to get employees involved in your safety program generally and in safety training specifically is to invite experienced employees to help with training. For example, employees can perform demonstrations in safety meetings or they can help supervisors with the safety orientation of new employees. Not only will the employee trainers begin to take training more seriously, but so will all the other employees who see the most experienced workers buying into and participating actively in the training process.

Training Topics for Fire Safety

Not only do your employees need to know how to respond to workplace fires, they also have to understand how to help prevent them.

Teach workers what to do if fire strikes. All employees should know the essentials for responding effectively in the event of a fire.

1. When you hear a fire alarm:
 - Evacuate immediately using your assigned evacuation route. If that route is blocked, use your alternate.
 - Close doors behind you as you leave.
 - Help others evacuate if you can do so safely.
 - If you encounter smoke, crawl low under the smoke.
 - Outside the building, move away from exits. Go directly to your assigned assembly area and report to the person who is taking a head count.
 - Remain outside until you are told it is safe to reenter the building.
2. If you discover a fire:
 - Activate the nearest fire alarm.
 - Call 911—don't assume that someone else has already done this.
 - Evacuate the building.

3. If you're unable to get out of the building:
 - Create an area of refuge in a room with windows. Use wet cloth to seal cracks under doors and seal vents against smoke.
 - Don't break windows. Open the window just a crack if you need air.
 - Stay low under smoke, and cover your nose and mouth with a wet cloth.
 - Signal for help by using a phone or hanging something in the window.

If you expect employees to use fire extinguishers, make sure they're properly trained. Make sure they know which extinguisher to use for the different types of fires:

- **A** for fires involving combustibles like paper
- **B** for grease, gases, or flammable liquids like gasoline, oil, solvents, and paint
- **C** for electrical wiring and equipment
- **D** for combustible metals like magnesium or sodium

Also train them to use a fire extinguisher properly by teaching them the PASS technique:

- **P**ull the pin on the extinguisher.
- **A**im at the base of the fire.
- **S**queeze the handle to release the extinguishing agent.
- **S**weep back and forth until the fire goes out.

At the same time you teach employees how to use an extinguisher, make sure they know when to use one and when not to. Portable fire extinguishers are made for small fires only. Employees should understand that if a fire is big or spreading, they should not try to fight it but instead call 911, activate the fire alarm, and evacuate the building.

Remember that preventing workplace fires is always better than fighting them. So don't forget to teach your employees some basic fire prevention strategies this month, too. For example:

- Keep a clean work area, and don't allow trash and other combustible materials to collect.
- Take proper precautions with flammable substances, always using and storing them safely.
- Use and maintain electrical equipment properly, and report any problems immediately.
- Avoid exposing flammable and combustible materials to ignition sources.
- Don't mix chemicals that could react or store them near one another.

How to Avoid "Blackberry Thumb"

Take frequent breaks from your PDA. It's harmful to type for more than a few minutes at a time.

Write fewer and shorter messages; learn to abbreviate your responses.

Try to avoid thumb-typing; use your other fingers to type. If possible, place a support in your lap so wrists are in a more upright position and not flexed or bent.

Do simple exercises, such as the following:

- Tap each finger with the thumb of the same hand. Repeat 5 times.
- Alternate tapping the palm of your hand and the back of your hand against your thigh as quickly as you can. Repeat 20 times.
- Open up your hands and spread fingers as far apart as possible. Hold for 10 seconds and repeat eight times.
- Fold your hands together; turn your palms away from your body as you extend your arms forward. You should only feel a gentle stretch. Hold for 10 seconds and repeat eight times.
- Fold your hands together; turn your palms away from your body and extend your arms overhead. You should feel the stretch in your upper torso and shoulders to hand. Hold for 10 seconds and repeat eight times.

Tips for charging forklift battery

Electric lift trucks are an excellent choice for moving materials inside a facility. They are much cleaner and quieter than trucks propelled by liquid fuels and they don't create a carbon monoxide hazard. Lead and nickel-iron batteries are the most common types.

These batteries present a hazard because they contain corrosive chemical solutions, either acid or alkali. During recharging, a worker may be exposed not only to the acid solution, but to hydrogen gas which is produced during the recharging process.

Charging area

OSHA requires that you have an area specifically designated for charging batteries. Keep it clean and free of any combustible materials and protect the charger to prevent damage.

Battery charging generates hydrogen gas which may present an explosion hazard. Prohibit open flames, sparks, and other ignition sources in the area. When necessary, provide an eyewash station for workers and a hose and floor drain for flushing and neutralizing spilled electrolyte. However, if you use on-board chargers and the battery is not removed from the vehicle, flushing facilities are not required.