Crist Wagner, RSSP
President/Programs
Keystone Law & Justice
714-539-3495
omercrist@aol.com

Jim Weidner, RSSP
President Elect
Basic Safety Services
626-523-6053
jjweidner@ca.rr.com

Violet Pisani
Secretary
CAL/OSHA Consultation
818- 901-5121
vp@hq.dir.ca.gov

John A. O'Toole, RSSP, FIAE
Treasurer/Membership
General Safety Services
323-258-2771
otoole47@adelphia.net

Peter Gin, RSSP, FIAE
Newsletter
Lockton Insurance Brokers
213-689-4203
petergin@earthlink.net

Joann Blayney, RSSP
Public Relations
Safety Dynamics Group
562-981-5335
joannb8041@aol.com

Linda Hunter, RSSP, FIAE
Webmaster
Zee Medical
714-847-8852 ext 234
lhsafenet@aol.com

Vincent J. Takas, RSSP, FIAE
Nominations/Awards
The Walt Disney Company
818-553-4318
vincent.j.takas@disney.com

Charles A. Merriam, RSSP
Sgt. at Arms
Reaching Higher Risk Management
909-738-0651
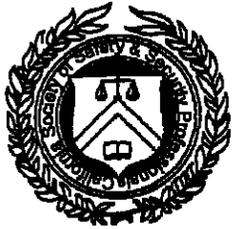
Scott Mackay
University Liaison
CSUDH
310-243-2425
smackay@csudh.edu

Joseph M. Kaplan
Corporate Scholarships
President Emeritus, NSC
310-652-1932

Byron Jamerson, RSSP, FIAE
CSSSP Training Institute
323-258-2771
jammo70@hotmail.com

Andrew Asaro
Scholarship Raffle Chair
562-864-9755

Dan Leiner
Vice President/Placement
Cal/OSHA Consultation
818-901-5755
dleiner@hq.dir.ca.gov

December 7, 2007 Lunch Meeting
12 Noon

California State University, Dominguez Hills
Extended Education Building
1000 E. Victoria Street
Carson, California 90747

Mandatory Confirmation w/John O'Toole
By 12/4/07 @ (323) 258 – 2771

CSSSP – Los Ángeles Chapter
2272 Colorado Blvd. Ste. 1368
Los Angeles, CA 90041
(323) 258 – 2771
www.csssp.com

C S S S P

California Society of Safety & Security Professionals
Los Angeles County Chapter

Volume 50   December 2007

December Speaker

Our own CSSSP Member Chief Harlan "Lamb" Lambert with All States K-9 Patrol/Explosives & Drug Detection will be our guest speaker.

Chief Lambert is retired from the Santa Ana Police Department. He is certified by P.O.S.T in bomb and Drug Detection and is licensed by ATF and DEA.

Come and hear about his area of expertise and be informed of ways this agency can assist your business.

October Speaker

Ms. Astra C. Townley, MS, ARM, CSP, with Liberty Mutual Insurance Company, discussed how risk management interfaces and supports the health, safety and security professions.

Memberships

John Quagliani - Professional Member
Osiris Y. Ayoola – Student Member
Wanda Kay Arns – Student Member

Scholarships

Jared G. Williamson   Elizabeth Blanchard

REGISTERED SAFETY and SECURITY PROFESSIONAL

Buck C. Toler   Diana N. Cucuk-Brkic

Professional members, who would like to apply for the REGISTERED SAFETY and SECURITY PROFESSIONAL (RSSP) designation, please contact John A. O'Toole, RSSP Chairman for details. c/o: john@generalsafetyservice.com or 323-258-2771.

President's Message

I recently read an article from an old discarded magazine that was published back in 1938. It seems that a group of crooks were targeting some items of interest that ended up causing the town of Scranton, Pennsylvania some concern. Sturdy public and private buildings, and other structures in and around Scranton, for some strange reason or another, were collapsing. Many citizens were killed or injured by falling into these large crevasses. Alarming cave-ins were occurring all over the city and surrounding areas.

Such an article peaked my interest given that I am now teaching a class called "Terrorist Acts and Natural Disasters." I wondered what could bring such havoc in Scranton and its suburbs. At first glance, in California, we would probably diagnose these sink holes as just that, sink holes.

However, when I viewed the photographs, I noticed that the town looked like it had been hit by a hurricane or a tornado. As I got further into the article, I found out that the origin of this disaster was not an act of God but an act of man.

It seems that this city, literally a sinking city, was dormant above the veins for which, to close to a century, was the life blood of its existence. Scranton is located in the coalmining belt of Pennsylvania and as the mines were abandoned, the mining operators needed support beams to shore up the new mines being created. They outsourced that task to scavengers to take the beams from the abandon mines. These unscrupulous characters were known as "Pillar Robbers." Removal of these pillars and beams caused the mine tunnels to eventually collapse and the end result was death, injury and damage to property.

Getting to the point. It never ceases to amaze me where the source of business and private losses come from.

This is by far the most astonishing of them all.

"I have yet to see it all"

Crist Wagner, CPP, RSSP, CFE

Eyestrain and your computer screen: Tips for getting relief

Although not associated with long-term consequences, eyestrain resulting from computer use can be bothersome and uncomfortable — and may cut your work short. Minimize computer-related eyestrain by following these tips.

Your eyes hurt. Your head aches. And there you sit, peering at your computer monitor. If you're one of the many people who use computers every day — either for work or personal use — you may experience eyestrain as a result.

Eyestrain: Signs and symptoms
Common signs and symptoms include:
- Sore, tired, burning or itching eyes
- Watery eyes
- Dry eyes
- Blurred or double vision
- Headache and sore neck
- Difficulty shifting focus between monitor and paper documents in your work area
- Color fringes or afterimages when you look away from the monitor
- Increased sensitivity to light

Eyestrain associated with computer use isn't thought to have serious or long-term consequences, but it's disruptive and unpleasant. Though you may not be able to change the nature of your job or all the factors that can cause eyestrain, you can take steps to reduce the strain.

New habits can help relieve eyestrain

A few simple adjustments in how you work or surf the Internet can give your eyes a much-needed rest.

Follow these simple tips to reduce eyestrain:

Take eye breaks. Throughout the day, give your eyes a break by forcing them to focus on something other than on your screen. Try the following exercise: Hold a finger a few inches in front of your face; focus on the finger as you slowly move it away; focus on something far in the distance and then back to the finger; slowly bring the finger back toward your face. Next, shift your focus to something farther than eight feet away and hold your eyes there for a few seconds. Repeat this exercise three times, several times a day.

- **Change the pace.** Try to stand up and move around at least once every hour or so. If possible, lean back and close your eyes for a few moments. At the very least, try to give yourself a five-minute rest every hour. Do other work, such as phone calls or filing, during this time.
- **Blink often to refresh your eyes.** Because many people blink less than normal when working at a computer, dry eyes can result from prolonged computer use. Blinking produces tears that can help moisten and lubricate your eyes. Make a conscious effort to blink more often.
- **Consider using artificial teardrops.** Available over the counter, artificial tears can help relieve dry eyes that result from prolonged sessions at the computer.
- **Practice relaxation.** Ease muscle tension with this relaxation exercise: Place your elbows on your desk, palms facing up; let your weight fall forward and your head fall into your hands; position your head so that your eyebrows rest on the base of your palms, with your fingers extended toward your forehead; close your eyes and take a deep breath through your nose; hold it for four seconds, then exhale. Continue this deep breathing for 15 to 30 seconds. Perform this simple exercise several times a day.
- **Get appropriate eyewear.** If you wear glasses or contacts, make sure the correction is right for computer work. Most lenses are fitted for reading print and may not be optimal for computer work. Glasses or contact lenses designed specifically for computer work may be a worthwhile investment.

Put your workstation in order

Take some of the strain off your eyes by making sure your desk space is set up in an appropriate and eye-friendly way.

Adjust your monitor. Position your monitor directly in front of you about 20 to 28 inches from your eyes. Many people find that putting the screen at arm's length is about right. If you need to get too close to read small type, consider increasing the font size.

- Keep the top of your screen at eye level or below so that you look down slightly at your work. If it's too high or too low, it can lead to a sore neck.

If you have your monitor on top of your central processing unit (CPU), consider placing the CPU to the side or on the floor.

- And if you wear bifocals or trifocals, keep in mind that you may have a tendency to tilt your head backwards so that you can see through the lower portion of your glasses. To adjust for this, consider lowering your monitor a few inches or buying glasses designed for computer work.
- **Position your keyboard properly.** Place your keyboard directly in front of your monitor. If you place it at an angle or to the side, your eyes have to focus at different distances from the screen, a tiring activity.
- **Keep reference materials nearby.** Place reading and reference material on a document holder beside your monitor and at the same level, angle and distance from your eyes as the monitor is from your eyes. This way your eyes aren't constantly readjusting.
- **Check the lighting and reduce glare.** Bright lighting and too much glare can make it difficult to see objects on your screen and strain your eyes. To check glare, sit at your computer with the monitor off. This allows you to see the reflected light and images. Note any intense glare. The worst problems are generally from sources above or behind you, including fluorescent lighting and sunlight.
- If possible, place your monitor so that the brightest light sources are off to the side, at a right angle to your monitor. Consider turning off some or all of the overhead lights. If you need light for writing or reading, use an adjustable desk lamp. Close blinds and shades and avoid placing your monitor directly in front of a window or white wall. Use a glare-reducing screen to minimize glare from overhead lighting. Finally, adjust the contrast and brightness on the monitor to a level that's comfortable for you, making sure the letters on the screen are easy to read.

Also wipe the dust from your computer screen regularly. Dust on the screen cuts down on contrast and may contribute to glare and reflection problems. But if you're like most people, making a few simple adjustments can help keep your eyes rested and ready.

Tips for Eye Protection Training

Get them to wear eye protection. OSHA regulations tell you when eye protection is required, but they don't tell you one of the most important (and least obvious) parts:

How do you get employees to use the eye protection you provide? It isn't easy. It takes a combination of persuasion, positive reinforcement, close supervision, and maybe a little discipline.

- *Explain the need.* Identify each eye hazard employees face on the job and explain specifically how a particular type of safety eyewear protects them against this hazard.
- *Point out that OSHA requires it.* Make sure your employees understand that the requirement is mandated by law. The company could be cited and fined if employees don't use eye protection required by OSHA regulations.
- *Dramatize the consequences of failing to use required eye protection.* Tell some horror stories or miracle stories about how employees' eyes have been injured because they weren't wearing eye protection or their eyesight was saved because they were. Show them a piece of damaged eye protection that saved a worker from an injury, if you can. Or show them a video that dramatizes the importance of wearing eye protection. Gore is good here. It shocks employees and shakes them out of complacency.
- *Help employees recognize that eye protection gives them more control over their own safety.* People like to feel that they're in control of their own destiny. The simple act of donning appropriate PPE in the face of particular hazards gives them that extra measure of control.
- *Lead by example.* Always use required eye protection yourself in the work area and require visitors to use it, too--even if you're just passing through an "Eye Protection Required" work area. The example you set for your employees is always a powerful motivator.

Make sure they use the right kind. For example:
- Safety glasses to protect against impact
- Safety glasses with side shields to protect against flying particles
- Ventilated goggles to protect against chemical vapors and dust
- Goggles with a face shield to protect against chemical splashes, molten metals, or sparks
- Welding goggles with special lenses to filter out harmful light radiation
- Wearing the wrong kind of eye protection can be almost as bad as not wearing any eye protection.

Check for a good fit and good condition. Eye protection needs to fit right or it can't do the job it is intended to do. Loosely fitting goggles, for example, could let in harmful chemical vapors that could burn the eyes. Gaps between the face and the side shields on safety glasses could allow a tiny particle to hit the eye. And eye protection that's damaged or worn out can't do the job either. Scratched or pitted lenses make seeing hard and could lead to an accident. Stretched straps or bent frames mean the eyewear won't fit right and could expose the eyes to hazards.