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February 3, 2006 Lunch Meeting 12 Noon

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C S S S P

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 39

February 2006

February Speaker

This month, we have Ms. Linda Edelman, Loss Control Manager for Vons' Safety Department as our speaker. She has over 25 years of retail, manufacturing and distribution safety experience. She has work for a variety of companies including: Market Basket, Ralphs Grocery/Federated Department Stores, and Home Base before coming to Vons.

She has a Bachelors Degree in Safety Management & Engineering Technology from National University in San Diego.

She will be presenting information on creating a Safety Culture at your place of employment.

December Speaker

Special Agent Regina Miles presented information on her work with the Federal Bureau of Investigation (FBI) on anti-terrorism.

New Lunch Meeting Prices

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.

Annual Membership Dues

Membership dues notices have been sent out for the current year. Please take a moment and send in your payment. If you have not received your notice, please contact John O'Toole directly at: otoole47@adelphia.net for more details.

President's Message

Dear Fellow members:

I have been absent from our last two meetings, however, I have not been far away in terms of the goals of our organization. We are on track in offering a CPR class through past President Linda Hunter and crew. This is a wonderful added benefit that will be offered to all our members. More details will be forthcoming.

This month's meeting should prove to be another wonderful event, and furtherance of our year long focus of safety and security issues that face us as professionals in both natural and man-made type of disasters. While we remain concerned for the safety and security of our nation, and the men and women in uniform that are engaged in battle in Iraq, we are also not unmindful of the legacy of disaster and inadequacy in response to the Katrina storm.

Through education and preparation we can be more responsive and hopefully cope with and avoid problems that have plagued the New Orleans area. I recently taught a class on Ethics at UCLA (yes lawyers have ethics) to safety professionals. It is a course that I have taught before. I would like to start a discussion within our group about professional ethics which we can impart to our students and colleagues alike.

I look forward to seeing all of you at our next meeting. Please bring with you some recent safety or security issue to discuss. As always, my best to you all, and Happy New Year.

Jeff Malek
President

The Chapter wished to express our condolences for "Uncle Andy" Asaro, our own Raffle Chair. His wife Mary Asaro passed away on December 17, 2005 at the age of 84.

Avoiding Carpal Tunnel Syndrome at the Keyboard

Many more people use computers than they did just ten years ago. A bi-product of this computer revolution has been an increased occurrence of carpal tunnel syndrome, or CTS. Continued, repetitive movements such as using a keyboard can damage the tendons that run from the hands to the forearms. If not dealt with properly, this damage progresses and causes extensive pain and limited hand use.

Within the hand and wrist there is a collection of bones, tendons and nerves. This area is tunnel-shaped and not very roomy. If you flex your hand over and over again, as you do when you type, you cause these tendons in your wrists to rub against each other, leading to irritation. The irritation results in swelling, and those swollen tendons then press against what is called the median nerve, causing tingling, numbness and eventually significant pain.

Causes of CTS

Several factors can lead to CTS:

- **Genetics** - The smaller amount of natural lubrication you have in those tendons, the greater you are at risk.
- **Health/Lifestyle** - Individuals with conditions such as diabetes, rheumatoid arthritis, hormonal changes (pregnancy or menopause), a high stress lifestyle, or alcoholism are prone to CTS.
- **Repetitive Motion** - Repeated hand and finger flexing causes irritation.
- **Trauma** - Damage to hands or wrists can cause swelling of the tendons.

Preventing CTS

While you can't change your genetics, there are several ways to prevent CTS. By monitoring your body positions and what activities you are doing with your hands, you can function somewhat normally if CTS is already present. But most importantly, you need to learn what proper ergonomics (work place design) and work habits can do to live free of CTS:

- **Chairs** - Wheeled, adjustable height chairs with armrests are ideal.
- **Tables** - Choose a table or desk height that allows your arm to sit at a 90-degree angle to your body. 27 to 29 inches above the floor is recommended.
- **Wrist angle** - Adjust your keyboard height, or use wrist rest, so wrists are aligned with forearms while working. Consider changing your style of keyboard, using a track ball or a different mouse if you cannot achieve this position otherwise.
- **Elbow angle** - Raise your seat height if your arm angle is less than 90 degrees. Lower it if it is more than 90 degrees.

- **Waist angle** - Your waist should be 90 degrees to your legs when seated. If it is less, raise chair height. If the angle is greater, lower the chair height.
- **Feet** - Feet should touch the floor. Use a footrest or different chair if this is not the case.
- **Work habits** - Take a short break every 10-15 minutes. Vary your tasks as much as possible.
- **Stretching** - Strengthen and stretch your hands often.
 - Clench your fists, hold, then spread your fingers out and hold. Repeat.
 - With outstretched arms, repeatedly raise and lower your hands.
 - Rotate your wrists repeatedly.
- **Diet** - Include vitamin B6 in your diet.

Although cases of CTS have increased as office jobs increase, extensive keyboard use does not have to lead to CTS. It's amazing how creating safe work areas can make such a difference. CTS is a serious condition, but fortunately it is preventable.

Hand and wrist movements

Try to avoid hand and wrist movements that can cause pain and other symptoms.

- Keep your wrists straight or only slightly bent. Avoid activities that bend or twist the wrists for long periods of time.
- Take frequent breaks from typing or other repetitive activities to stretch your hands and wrists.
- Avoid doing repetitive movements (hammering, typing, knitting, quilting, sweeping, raking, playing racquet sports, rowing) for long periods of time without rest breaks.
- Avoid holding objects in one position for long periods of time (holding a book or playing cards).
- Watch your grip. Gripping with only the thumb and index finger can stress the wrist. Whenever possible, use your whole hand to grasp an object.
- Reduce the speed and force of repetitive hand movements. Type with a soft touch.
- When working with tools that vibrate (drills, sanders), use specially designed gloves that support the wrist and have vibration-absorbing padding. Take frequent breaks, and switch hands often.
- Do exercises that strengthen hand and arm muscles. However, do not exercise if it causes pain.

EPA proposes new requirements for lead-based paint work

To reduce lead poisonings in children across the country, EPA is proposing new requirements for contractors and construction professionals when working in homes that contain lead-based paint.

Lead is a highly toxic metal that was used for many years in paint. Lead can cause a range of health effects, from cognitive impairment and learning disabilities, to seizures and death. Children under six years are most at risk because their developing nervous systems are especially vulnerable to lead's effects and because of their more frequent hand-to-mouth behavior.

One purpose of this proposed regulation is to prevent the creation of new lead-based paint hazards from renovation activities in housing where children under six reside.

EPA's analysis indicates that renovation, repair, and painting projects in housing that is likely to contain lead-based paint affects more than 1.1 million children under age six annually. In the absence of this regulation, lead-safe practices are not likely to be employed to perform the renovation projects.

EPA is proposing that:

- contractors must be trained in the use of lead-safe work practices,
- renovators and firms be certified,
- providers of renovation training be accredited, and
- renovators follow protective work practice standards. These work practices include posting warning signs, restricting occupants from work areas, arranging work areas to prevent dust and debris from spreading, conducting a thorough cleanup, and verifying that cleanup was effective.

The rules would apply to all persons who do renovation for compensation, including:

- renovation contractors,
- maintenance workers in multi-family housing,
- painters, and
- other specialty trades.

The new requirements would apply to most renovation, repair, or painting activities where more than two square feet of lead-based paint is disturbed.

EPA is proposing a two-phased approach. The first phase would apply to renovations in rental and owner-occupied housing built before 1978 where a child with an elevated blood lead level resides, in rental housing built before 1960, and owner-occupied housing built before 1960 where children under six reside.

The second phase, to start a year after the first one takes effect, would apply to renovations covered in the first stage plus renovations in rental housing built between 1960 and 1978. The second stage also would apply to owner-occupied housing built between 1960 and 1978 where children under six reside.

While the Consumer Products Safety Commission banned lead-based paint for residential use in 1978, more than 38 million homes in the United States still contain some lead-based paint. Two-thirds of the houses built before 1960 contain lead-based paint.

OSHA 300 Log Posting

Beginning Feb. 1, employers must post a summary of the total number of job-related injuries and illnesses that occurred last year, the Occupational Safety and Health Administration (OSHA) announced today. Employers are only required to post the Summary (OSHA Form 300A) -- not the OSHA 300 Log -- from Feb.1 to April 30, 2006.

The summary must list the total numbers of job-related injuries and illnesses that occurred in 2005 and were logged on the OSHA 300 form. Employment information about annual average number of employees and total hours worked during the calendar year is also required to assist in calculating incidence rates. Companies with no recordable injuries or illnesses in 2005 must post the form with zeros on the total line. All establishment summaries must be certified by a company executive.

The form is to be displayed in a common area wherever notices to employees are usually posted. Employers must make a copy of the summary available to employees who move from worksite to worksite, such as construction workers, and employees who do not report to any fixed establishment on a regular basis.

Employers with ten or fewer employees and employers in certain industry groups are normally exempt from federal OSHA injury and illness recordkeeping and posting requirements. A complete list of exempt industries in the retail, services, finance and real estate sectors is posted on OSHA's Web site.

Exempted employers may still be selected by the Labor Department's Bureau of Labor Statistics to participate in an annual statistical survey. All employers covered by OSHA need to comply with safety and health standards and must report verbally within eight hours to the nearest OSHA office all accidents that result in one or more fatalities or in the hospitalization of three or more employees.