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August 6, 2004 Lunch Meeting 12 Noon

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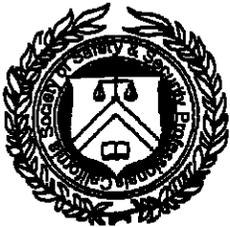
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CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 30

August 2004

August Speaker

CSSSP is proud to present outstanding speakers at our bi-monthly meetings. These presentations help educate our members and keep them current in their profession.

Mr. Paul Simmonds is Director of Corporate Sales for Magna Carda, Inc., headquartered in Newport Beach, California.

Paul has an international engineering and manufacturing background working with innovative products and technical solutions. Magna Carda provides "Secured Card Solutions" that use encrypted biometrics for identification systems.

Since September 11, government agencies and major corporations are increasingly looking for technologies that will provide safer and more secure workplaces. An obvious part of any solution involves fast, accurate and reliable identification. Mr. Simmonds will discuss Magna Carda's turnkey solutions that address these concerns.

June Speaker

Mr. Joseph M. Kaplan, President of the Los Angeles Safety Council highlighted the recent changes in the National Safety Council's move and opening of its new offices at 600 Wilshire Blvd. Suite 1263. Mr. Kaplan inducted the Chapter's new Officers for the 2004-05 year.

New Members

Raul "Butch" Diaz
Oscar Hernandez

Joan Kolic

Membership Update

This will be the last reminder for this year to pay you dues and renew your membership. We will be dropping names off the mailing list after this month. Please contact John O'Toole to update your membership dues.

President's Message

For those members who do not know me, my name is Linda Hunter and I am now the president of the California Safety & Security Professionals, CSSSP, for the year 2004 through 2005.

Over the past three years as secretary, vice president and president elect of the CSSSP and a graduate of the certificate program in Environmental Safety & Health at Cal State Dominguez Hills Extended Education, I appreciate the acquired skills, knowledge and experience that helped prepared me in becoming a Registered Safety & Security Professional and now president of this organization.

The goals of CSSSP are to promote safety & security in a professional manner, recognize those individuals for their excellent achievements and contributions in safety & security, sharing our resources within our related fields and provide scholarships for members who need assistance in completing the certificate program.

My goal as president of CSSSP is to improve the knowledge necessary to increase our value as safety & security professionals while upholding the standards of our organizational bylaws with the dedication and commitment as my predecessors.

Let's make time for safety by working together so we can influence others with regards to the significance of practicing safe work habits, maintaining healthy workers and nonviolent practices within our country and workplace.

Looking forward to our next meeting on Friday, August 6.

Sincerely;
Linda Hunter

Safety Trivia

What is the ratio of feet off the wall for each foot up the wall a ladder is placed?

Study finds glove use significantly reduces hand injury risk

Each year, more than 1,000,000 U.S. workers receive treatment in emergency departments for acute hand injuries. In fact, the U.S. Bureau of Labor Statistics estimates that approximately 110,000 workers with hand and finger injuries lose days away from work annually — second only to back strain and sprain.

To better understand the risk factors for hand injuries and to help reduce their occurrence, researchers at the Liberty Mutual Research Institute for Safety, in collaboration with colleagues at the Harvard School of Public Health, conducted a study of occupational acute hand injuries. Researchers examined seven potential changing risk factors in the occurrence of acute traumatic hand injury at work. The study found that the risk of hand injury was significantly elevated when:

- Equipment, tools, or work pieces did not perform as expected.
- Workers used a different work method or performed an unusual task.
- Workers were distracted and rushed.

Further, the results indicate that glove use significantly reduced hand injury risk by 60 percent. Occupational category, job experience and safety training were found to alter several of these risks.

The study, co-sponsored by the National Institute for Occupational Safety and Health, revealed the most common occupational acute hand injury was a laceration (63 percent), followed by crush injury (13 percent), avulsion (8 percent), puncture (6 percent), fracture (5 percent), contusion (1 percent), and dislocation (0.1 percent).

Hours of Service for Drivers Changing

The United States Circuit Court of Appeals for the District of Columbia has vacated the Federal Motor Carrier Safety Administration's (FMCSA) hours-of-service regulations that went into effect January 4, 2004.

The decision sends the hours-of-service regulations back to FMCSA for review.

Under the court's rules of procedure, FMCSA has 45 days to review the decision and decide whether to seek other legal remedies. During that period of time, the current hours-of-service regulations remain in effect.

FMCSA will advise federal authorities and state law enforcement partners of their responsibility to continue enforcement of the current regulations.

The order is the result of a lawsuit filed by Public Citizen, Citizens for Reliable and Safe Highways, and Parents Against Tired Truckers.

Healthy eating habits for drivers

There are many types of driving jobs – all of which present certain health and safety challenges and obstacles for drivers. But it is the over-the-road (OTR) driver who may experience the most difficulty in overcoming the physical problems of maintaining health on the road. That also means major difficulties in trying to lead a safe and healthy life “on the road”. Why?

The lifestyle of a typical OTR driver is often characterized by:

- Lack of proper rest and very irregular sleep patterns,
- Long periods of boredom,
- Stress of being away from home for long periods of time, and
- Long periods of inactivity (sitting behind the wheel) followed by periods of strenuous activity (loading and/or unloading).

Diet – snacking can be a good thing!

- Replace potato and other salty chips with carrot chips. Carrots are a great source of carotene, and natural calorie buster that also speeds the body's metabolism.
- Replace fries with celery sticks. Celery is loaded with minerals that help energize the glandular system producing weight-gain-deflecting hormones.
- Replace cookies, donuts, and other kinds of “cake” foods with melon slices. Melons are a high-energy food and are loaded with vitamin C.
- Replace candy and other high-sugar foods with apples, bananas, or dried fruit. These are good alternatives to sweets, keep well, and can limit the amount of fat and calories the body's fat cells absorb.

Carpal tunnel and the ADA

The Americans with Disabilities Act (ADA) has been protecting people with disabilities for more than a decade. Title I of the ADA governs employment activities in regard to individuals with disabilities. One of the components of such protection deals with the definition of a disability. The ADA has a three-part definition of "disability." It is not the same as the definition of disability in other laws, such as state workers' compensation laws or other federal or state laws that provide benefits for people with disabilities and disabled veterans. Under the ADA, an individual with a disability is a person who has:

- A physical or mental impairment that substantially limits one or more major life activities;
- A record of such an impairment; or
- Is regarded as having such impairment.

The first part of this may come into question when dealing with carpal tunnel: Does carpal tunnel limit one or more major life activities?

The ADA does not provide an exhaustive list of what is considered a major life activity; however, some examples include:

Walking	Speaking,
Breathing	Seeing
Hearing	Caring for oneself
Working	

The Equal Employment Opportunity Commission, which enforces the ADA, has indicated that, in general, a person will not be considered to be substantially limited in working if he or she is substantially limited in performing only a particular job for one employer, or unable to perform a very specialized job in a particular field.

Consider the Supreme Court case in which an employee claimed to be disabled from performing her assembly line job by carpal tunnel syndrome and related impairments. After being terminated, she sued her former employer for failing to provide a reasonable accommodation, as required by the ADA. The Supreme Court found, in this case, that carpal tunnel was not a disability under the ADA's definition because the condition did not substantially limit a major life activity; in this case, working.

The condition rendered the employee incapable of performing some of the tasks of her job, but did not limit her from working. Her inability to do specific manual work in her specialized job was not sufficient proof that she was substantially limited in performing manual tasks. The case serves to emphasize the importance of taking ADA situations on a case-by-case basis. The high court ruled that carpal tunnel was not a disability in this particular case; however, that does not necessarily mean that the disorder could not be a disability in a different case.

The following factors help determine whether a person is substantially limited in working:

- The type of job from which the individual has been disqualified because of the impairment;
- The geographical area in which the person may reasonably expect to find a job;
- The number and types of jobs using similar training, knowledge, skill, or abilities from which the individual is disqualified within the geographical area; and/or
- The number and types of other jobs in the area that do not involve similar training, knowledge, skill, or abilities from which the individual also is disqualified because of the impairment.

An employee must demonstrate that he or she is disabled, and courts must decide whether someone is disabled on a case-by-case basis.

For employers, this means there is no one-size-fits-all response to a given ADA situation involving carpal tunnel, or any musculoskeletal disorder. They must each be taken individually, and assessed based on the specific facts, as indicated by the Supreme Court decision

Driver Fatigue Concerns

It's important to recognize the warning signs:

- Difficulty focusing, frequent blinking or heavy eyelids.
- Trouble keeping your head up.
- Yawning repeatedly.
- Trouble remembering the last few miles driven.
- Missing exits or traffic signs.
- Drifting from your lane, tailgating, or hitting shoulder rumble strips.
- If you do become drowsy while driving, NSF warns you not to test the fatigue, even for a few miles. Stop driving! Remember these other tips:
- Pull off the road in a safe, well-lighted area, drink a caffeinated beverage or energy drink.
- Take a 15-20 minute nap. It takes about 30 minutes for the caffeine to work, so taking a nap while you wait for the caffeine to kick in can also help restore alertness.
- Don't try tricks such as opening a window or blasting a radio to improve alertness. They won't work!

Safety Trivia Answer:

The base of the ladder should be one foot away from the wall or other vertical surface for every four feet of height to the point of support.