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August 4, 2006 Lunch Meeting 12 Noon

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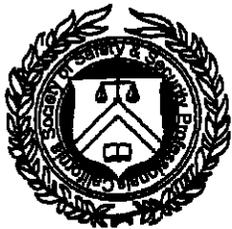
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C S S S P

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 42

August 2006

August Speaker

Special Agent Regina Canale-Miles, FBI will be our speaker this month. She will talk about: Terrorism: The Next Step. Discussion will be focused on a look at terrorism today in the United States and abroad. She will be focusing on cases in California that may affect security in our local area and industry.

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.

Memberships

Members who haven't paid their 2006 dues, please do so. If anyone has doubts on whether or not they paid, if you did not receive a new Chapter certificate of membership, you haven't paid your dues. Contact John O'Toole with any questions.

Our newest Members are:

Linda Edelman
Vanessa Hernandez
Robert Scott Mackay

Safety Trivia

OSHA requires employers to retain OSHA 300 Log, the annual summary, and the OSHA 301 Incident Report for five years following the end of the calendar year that the records cover. Which of these records must an employer update during the 5-year storage period, according to the agency's Retention and Updating rule?

Select One

- A) OSHA 300 Log
- B) The annual summary
- C) OSHA 301 Incident Report
- D) None of the above

President's Message

Dear Colleague:

This month begins my second term as your president. Yikes! I am sure that our sentiments are alike. Our last meeting at Toyota Motor Museum was a great success. My thanks to John O'Toole and Jim Weidner for making it happen. I merely came up with the idea, they put it into action. Many thanks also to Susan Sanborn, the curator of the Museum. She has expressed an interest in joining our Society; I look forward to including her soon.

At our last board meeting it was decided that Scott McKay was to be included as a liaison with Cal State Dominguez Hills. He is in the process of updating the credential programs in safety and security. In that regard, most of you know that one of the principle reasons for the Society is to promote education in safety and security. To that end we routinely provide scholarships to those in need to attend the program at CSUDH. Our current funds for that effort are low. I am launching a drive to raise \$10,000.00 this year to bolster our scholarship effort.

I am calling on all graduates of the program, especially those who received scholarships to help our effort. We need more graduates from the program. Speaking as a lawyer who competes with over 90,000 other lawyers licensed in the state, I can tell you that having more folks in safety and security will not impede your ability to get work! I am asking that the corporations that sponsor members consider donations directly to our scholarship fund. We are a qualified non profit organization, the donations are tax deductible. While I will not solicit my own clients, I am suggesting that members consider asking their employers about supporting our effort.

The next meeting will continue on the security theme, with a potential new member, from the FBI, making a presentation. The following meeting will bring our focus back to safety issues. As always if your want to make a presentation, or have a suggestion of someone you would like to hear, let me know. Until then, be safe and secure.

I look forward to seeing all of you.

Jeff Malek
President

Heat Stress Prevention Tips

With summer in full swing, the Department of Labor and Industries (L&I) is reminding employers to take precautions to prevent heat stress among outdoor workers.

The agency recommends that workers drink plenty of water – even when not thirsty – take regular breaks, wear light clothing and adjust to the pace of the work, among other things.

A worker who begins feeling ill should stop work immediately and take steps to cool down.

"Heat stress is a serious health issue and can quickly escalate to heat stroke, which can cause death". "Everyone who works outdoors in hot weather needs to take precautions."

To avoid heat stress illness:

- Drink plenty of water, even when not thirsty. Sip small amounts often.
- Try to do the heaviest work during the cooler parts of the day.
- Start slower and work up to their normal pace (since adjusting to the heat takes time).
- Wear light, loose-fitting, light-colored breathable clothing such as cotton, and a hat.
- Take regular breaks in the shade.
- Avoid alcohol or drinks with caffeine before or during work.
- Watch co-workers for signs of heat exhaustion or heat stroke.
- In the event that they start feeling symptoms of heat stress (lightheadedness, headache, nausea, dizziness, etc.), stop what they're doing immediately and take steps to cool down. Tell a supervisor.

Some of the signs of heat stroke include no sweating; red or flushed, hot dry skin; rapid pulse; headache; blurred vision; dizziness or fainting; difficulty breathing; pinpoint pupils; unusual behavior; convulsions; and collapse.

If a worker appears to be suffering from heat stroke, get medical help immediately by calling 9-1-1.

Earlier this year, L&I adopted an emergency rule that requires employers with outdoor workers to have a safety plan in place to protect workers from heat-related illness during hot weather, in addition to other rules that require employers to provide drinking water and first aid training.

After the Storm: Weighing in on the OSHA Ergonomic Guidelines

by Katherine Torres

A little more than 2 years have passed since OSHA released its voluntary ergonomic guidelines. The storm that enveloped the process leading up to the release of the nursing home, poultry processing and grocery retail guidelines has ceased. The big question: Have the guidelines produced results?

The controversy started in November 2000, when OSHA released an ergonomics rule that, according to industry representatives, would cost them anywhere from \$20 billion to more than \$100 billion a year. Businesses would be required to slow the pace of production, hire more workers, increase rest periods and redesign workstations or even operations, business representatives claimed. They also argued that such action would "federalize" the workplace.

OSHA, on the other hand, pointed to an estimated 4.6 million workers over a 10-year period who would be spared repetitive motion injuries if the ergonomics standard was allowed to stand. The agency estimated repetitive stress injuries, such as carpal tunnel syndrome and tendonitis, cost employers as much as \$20 billion per year in workers' compensation costs, and estimated total savings from the standard would amount to \$9.1 billion per year. It was not to be.

When Congress repealed the ruling in March 2001, labor organizations were dismayed. The unions, along with powerful figures in Congress, pressured OSHA and the Department of Labor to develop an effective, alternative plan for reducing workplace injuries related to poor ergonomic design or work practices. After months of brainstorming and head scratching, they did.

The plan: A new, flexible ergonomics plan that focused on industry-specific guidelines in lieu of regulations. The first set of guidelines, developed for nursing homes, was released in 2003, and subsequent ones developed for poultry processing and the grocery retail industry were released in 2004.

The new plan drew immediate condemnation from the labor sector, and Sen. Edward Kennedy, D-Mass., called the effort a collection of "small, symbolic gestures designed to protect big businesses." This time, OSHA was not backing down.

Present Day

Today, the question of whether the guidelines have had a substantial impact on the industries they were designed to help still is not entirely clear, as injury rates for workplace musculoskeletal disorders (MSDs) have been decreasing substantially for all three industries for over a decade.

Since the guidelines were issued about 2 years ago, companies that did not have some of them already in place in their programs probably spent a good part of 2005 doing so, so they only have had the additional year to look at results.

Another reason why it is difficult to assess the impact of the OSHA voluntary guidelines is because 2005-06 data from the Bureau of Labor Statistics on MSDs such as back sprains and carpal tunnel syndrome is not yet available.

"Vague Language"

Many critics of the OSHA guidelines have pointed out that the language used in the guidelines is very vague. Mary Matz, an ergonomics consultant with the Department of Veterans Affairs and one of the consultants for the nursing home guidelines, says since there is new technology now available, the language can use some tweaking. "Somehow new information needs to be included and made available to those who read the document online," she says.

Matz, despite having helped OSHA devise the guidelines – which mirror the guidelines VA already has in place – says the guidelines probably would be more beneficial if they were enforced. Another concern she has is that although the nursing home guidelines do mention they are applicable to other clinical areas, she says she believes such a guideline should encompass all health care organizations that provide direct patient care.

"Although injury statistics point to nursing homes as higher risk than others, pain and discomfort due to patient handling is found universally throughout most clinical areas in health care organizations," she says.

"It is no mystery that because of ergonomics, the injury rates have gone down," she says. "I'm not sure the OSHA guidelines alone have been responsible for the increased interest and commitment to improving ergonomic safety, but I do see increased awareness of the problem by many, but certainly not all or even enough."

Machine guards ward off danger

Guards provide physical barriers that prevent access to hazardous areas. They must be secure and strong, and workers should not be able to bypass, remove, or tamper with them. Guards should not obstruct the operator's view or prevent employees from working. There are basically four kinds of guards:

- *Fixed*: Includes fences, gates, and protective covers for blades, presses, and all moving parts.
- *Interlocking*: Disengages the machine's power source when opened or removed.
- *Adjustable*: Provides a barrier that can be adjusted to many different operations.
- *Self-adjusting*: These barriers move according to the size or position of the work piece.

Injury Statistics

Recent statistics show that almost 1.3 million injuries required a worker to miss at least one day of work. The good news is, workplace injuries have been declining for at least a decade, and the Occupational Safety and Health Administration expect the trend to continue.

Running into or getting whacked by an object is the most common threat. Then you have your litany of slips, trips and falls, followed by transportation accidents, exposure to harmful substances and repetitive motion injuries. (Fun fact: You are close to five times more likely to be injured by a violent attack by another person than by a fire or explosion.) Just about every body part is at risk, backs especially; for whatever reason, toes enjoy the most protection.

The most frequent injuries are sprains and strains, followed by bruises and contusions, cuts and lacerations and fractures. (Amputations, most prevalent in manufacturing jobs, account for just 0.6 percent of all injuries.)

Oddly enough, a seemingly low-impact injury like carpal tunnel syndrome, while not nearly as commonly reported as sprains and strains, sidelines workers for a median of 28 days (a tie with fractures).

OSHA issues fines of up to \$70,000 for each repeat or willful workplace safety violation, and has slapped companies such as BP, Samsung and US Steel with multimillion dollar fines. In 2005, the agency levied its largest penalty ever, spanking BP for \$21 million after an explosion at its Texas City, Texas refinery killed 15.

Median days of work missed by injury

Carpal tunnel syndrome: 28

Fractures: 28

Amputations: 25

Tendonitis: 13

Multiple traumatic injuries: 9

Sprains and strains: 8

Heartburns: 5

Bruises and contusions: 4

Cuts and lacerations: 4

Chemical burns: 3

Source: United States Department of Labor, Bureau of Labor Statistics

Safety Trivia Answer

A. OSHA 300 Log