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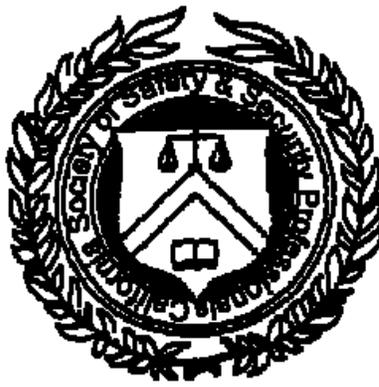
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April 2, 2010 Lunch Meeting 12 Noon

New Location

Lakewood Country Club
3101 Carson Street
Lakewood, California 90712

Mandatory Confirmation w/John O'Toole
By 3/29/10 @ (323) 258 – 2771



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C S S S P

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April Speaker

Mr. Patrick Moffitt is the Senior Environmental Industrial Hygienist with Environmental Management & Engineering, Inc. He will address the Indoor air quality issues in our home and workplace. In the past 10 years, indoor air quality regulations have changed significantly in some areas, while in others they have not changed at all even though the regulations are still in place.

Ms. Letty Rodriguez, Director of Academic Programs, College of Continuing & Professional Education at CSULB will discuss courses that will be available in their Certificate Programs in Health & Safety.

Ms. Cass Ben-Levi, Director of Continuing Education and outreach, Southern California NIOSH Education and Research Center at UCLA will present the schedules of courses in Safety & Security that will be offered.

Announcement

John O'Toole has joined the UCLA faculty in the Advanced Certificate program in H & S. His first class will be Cal/OSHA Law and Citation Appeal Procedures. Class dates are: July 16, 23, 30, August 6, and 13, from 8am to 12 noon. (For more details, please see <http://www.ph.ucla.edu/erc/calosha-law-07-10.php>).

President's Message

It's spring! After a La Niña winter were it appears we had plenty of rain (unfortunately, most of which ran into the ocean rather than replenish our groundwater and dams), I'm looking forward to our nice, sunny spring weather. With all the rain we've had, I hope you did not suffer any water leaks in your home or workplace.

Water intrusion is a major cause of mold growth. After many years of indecision by Cal/OSHA about adopting a mold regulation for the workplace, section 3362 of Title 8 of the California Code of Regulations addresses mold in one sentence: "When exterior water intrusion, leakage from interior water sources, or other uncontrolled accumulation of water occurs, the intrusion, leakage or accumulation shall be corrected because of the potential for these conditions to cause the growth of mold."

There are literally thousands of different types of mold. When mold spores are present in large quantities, they can present a health hazard to humans though research on the health effects of mold is inconclusive. Symptoms associated with mold exposure are watery, itchy eyes, chronic cough, headaches, difficulty breathing, rashes, tiredness, sinus problems, nasal blockage and frequent sneezing.

In the home, mold is usually found in damp, dark or steam filled areas such as bathrooms and water damaged areas. In the workplace, mold is usually in an area that has experienced water intrusion. The best way to prevent mold growth is to prevent moisture buildup or water damage in the first place. Ventilating high humidity areas and immediately cleaning up and thoroughly drying water damaged areas will help prevent mold's growth. This may involve removal of building materials after the source of moisture has been eliminated.

I hope you will join us at our April meeting where Patrick Moffett will provide us with valuable information on mold prevention. As Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure."

As a reminder, the dues notices for this year have been sent out. As you will see, we have adjusted the dues amount for Professional Members to \$ 50.00 and for Student Members to \$ 25.00. It would be appreciated if you would take a few moments and make out a check and mail it in at your earliest convenience. Also, we hope to see as many of you at our April 2nd meeting as possible. Be sure and confirm your attendance with John O'Toole either by email: john@generalsafetyservice.com or telephone: 323-258-2771. We need to confirm with the caterer at least by Monday, March 29th. Again, parking is free.

Dan Leiner
Chapter President

How To Be A Safety Role Model

Make the commitment. In the safest workplaces, management personnel aren't just safety rule-makers and enforcers, they're also safety role models. Employees' behavior on the job is significantly influenced by the way management thinks and acts about workplace safety. If workers believe that managers and supervisors are strongly committed to safety, they will be, too. Showing a strong commitment and modeling good, safe behavior, involves many issues, including:

- Establishing safety as a priority for all jobs
- Making safety-minded decisions
- Providing all the necessary safety equipment and motivating employees to use it
- Investigating accidents thoroughly and correcting the problems you uncover
- Inspecting the workplace routinely and promptly eliminating hazards
- Providing necessary employee training
- Establishing safety committees to get employees involved in solving problems and improving workplace safety
- Welcoming employee suggestions for making the job safer
- Listening earnestly when employees complain about hazards and taking immediate action to correct them

Talk it up. Safety role models also talk about safety—a lot. Management needs to take every opportunity to provide feedback and communicate information about safety to employees. For example, you can place safety posters around the workplace, include items on job safety in your employee newsletter, and provide payroll stuffers and other handouts about safety. You can institute "Safe Worker of the Month" awards and offer incentives for accident-free performance. There should also be plenty of face-to-face communication about safety. For example, if a manager is walking through a work area and sees employees wearing required PPE and following safety procedures, he or she should stop for a minute and praise the crew for being safety-minded. And supervisors should always be talking to their employees about safety and providing feedback on performance—not just at weekly safety meetings or during training sessions, but every day.

Follow the rules. Modeling safe behavior also means that managers and supervisors have to follow all the safety rules themselves. "Do as I say, not as I do" doesn't work on the job any more than it does at home. Remember that employees can imitate unsafe behavior just as easily as they can emulate safe behavior.

So if, for example, workers see a manager walking through an area where eye protection is required and the manager isn't wearing safety glasses, employees are likely to pick up on the negative safety message and figure they don't have to wear required PPE either. Or if a supervisor clears a jammed machine without turning it off, even though the rule says the machine should be shut down first, employees are likely imitate the unsafe, rather than the safe, behavior in the future

Pinch point Accidents: Tips for Prevention

Most examples include workers' limbs caught in manufacturing machinery, but the definition is far broader. Workers injured by falling between a scaffold and a wall, or crushed against a gate when an unattended vehicle slid on ice, are also among this type of accident.

However they happen, pinch point events can be serious. OSHA reports that nearly 7,900 workers suffered amputations from such accidents in 2008. Many others were killed.

To reduce this carnage, OSHA has issued guidance on steps employers can take to avoid these tragedies. And, in fact, protections against pinch point accidents are mandated by several OSHA standards, including those on machine guarding, lockout/tagout, hand and power tool safety, conveyors and concrete construction. Here are some thoughts on how you can meet those standards:

Guarding. The primary defense against pinch point accidents is proper guarding. A machine guard forms a physical barrier keeping the employee out of the hazard area. The hazard is eliminated unless the guard is ineffective or just plain absent.

Especially on foreign-built machinery, there may be no guards or those that are there may be easily removed. Retrofitting at this point is expensive.

Lockout/Tagout. As guards may need to be removed to service machinery, having a process to be sure the equipment is stopped dead is crucial. That's what a well-designed and carefully executed lockout/tagout regimen does.

Secondary Controls. Some processes require employees to routinely enter the "danger zone," often to feed or remove product. In this case, guarding is impossible. The solution then is threefold: Engineering controls such as a two-hand start bar make the worker move to safety just to run the machine; written safety procedures outline the safe way to do things; and training teaches hazard recognition and reinforces using proper procedures.

Vaccinations: Not Just for Infants Anymore

In the United States, many illnesses such as yellow fever, diphtheria, and hepatitis occur far less frequently than they do in other countries. For this reason, they are often overlooked as potential safety hazards for traveling employees.

However, when you send your employees overseas for work, you need to make sure they've taken steps to protect themselves. One of the primary ways to prevent employees from becoming ill while traveling is vaccination.

Employees should know the following when considering vaccination for work-related travel:

- Because most vaccines take some time before they are effective, and some require a series of shots, employees should talk to their health care professional about vaccinations at least four weeks prior to their scheduled overseas travel.
- Employees who are immune-compromised, or who are pregnant or breastfeeding, may not be able to receive certain vaccines. These individuals will need to discuss other precautions and protective measures with their health care professional.
- Prior to visiting their health care professional, employees should review the Centers for Disease Control (CDC) list of the types of vaccinations they may need.
- The following considerations should be heeded:
 - **Required:** Currently the only required vaccinations are yellow fever vaccination for travel to some countries in sub-Saharan Africa and tropical South America (required by International Health Regulations) and for meningitis when traveling to Saudi Arabia during the Hajj (required by the government of Saudi Arabia).

- **Routine:** Employees should be reminded that many illnesses that are rare in the United States are common in other areas of the world. For that reason, they should also review their status on routine vaccinations like measles, rubella, hepatitis B, and chicken pox.
- **Recommended:** The CDC's list of recommended vaccines is meant not only to protect travelers from illness but also to prevent diseases from being spread across international borders. The vaccines recommended depend on the destination country, whether the traveler will be in a rural or urban setting, the season of the year, the level of interaction with the local population, the traveler's age and health status, and other factors.

Because no vaccination is 100% effective, if employees start experiencing symptoms that may be indicative of a disease they may have been exposed to, even if vaccinated, they should contact their health care professional. Also, because some diseases have long incubation periods, employees should not discount suspicious symptoms that occur even several weeks after they return to the U.S.

Tips to Prevent Eye Strain

Eye strain is a very common problem. Whether it is from working on a computer, watching TV, driving or any number of other activities, your eyes can become fatigued and lose focus. Serious eye strain can cause a number of other problems from short term head and neck aches to long term conditions like Myopia. With that in mind, here are 5 simple tips to help prevent eye strain.

Take breaks. When your eyes are tired, take the necessary break so your eyes can refresh.

Reduce glare. Using non-reflective interfaces whenever possible.

Adjust contrast. Keep overall lighting levels at a moderate level. Use task lighting when necessary.

Adjust color. Using the full spectrum of light makes things easier to look at.

Strengthen your eyes. Muscles controlling your eyes need to be exercised just like other muscles in your body. Doing various eye exercises will go a long way to preventing eye strain.