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August 1, 2008 Lunch Meeting 12 Noon

California State University, Dominguez Hills
Extended Education Building
1000 E. Victoria Street
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Mandatory Confirmation w/John O'Toole
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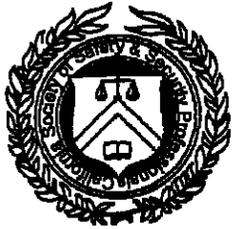
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CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 54

August 2008

August Speaker

Our speaker this month is Heather Houston. She is a Senior Program Coordinator assigned to the Orange County Intelligence Assessment Center. She is the facilitator of and liaison to the Orange County Private Sector Terrorism Response Group; the PSTRG. Members of the PSTRG represent a diverse cross-section of business and industry located throughout the Orange County Operational Area with the common goal of addressing security issues related to terrorism.

MEMBERSHIP UPATE:

As of July 8, CSSSP has a total membership of 132, which includes 97 professional, 22 student, 2 honorary, 4 company and 7 emeritus members. At the August meeting, 10 membership certificates to our most recent student members currently enrolled in the certificate program will be distributed. Of the 132 CSSSP members, we have 40 members that still haven't paid their 2008 member dues and I encourage you do so by at the next luncheon meeting on August 1 or by sending your check to John O'Toole, CSSSP Treasurer.

CSSSP CALENDAR FOR 2008-2009 (August 1 to June 30)

CSSSP Executive Committee Meetings (elected officers and committee chairs) 9/5; 11/7; 1/9; 3/6; 5/1 (Coco's Restaurant - Carson - 9:00 a.m.)

Luncheon Meetings:
8/1; 10/3; 12/5; 2/6; 4/3; 6/5 (CSUDH - Extended Education Building - Noon)

UPDATED CSSSP WEBSITE TO BE UNVEILED AT AUGUST LUNCHEON

During the last year, several members of the Executive Committee have discussed rationale for improving the current CSSSP website. We are pleased to report that the new website will be launched at that August 1st meeting. You might want to check out the current website at www.CSSSP.com. If your company is interested in being a sponsor of the website, please contact one of your elected officers.

President's Message

As your newly installed president, my goals for the year (June to June) are as follows:

1. Make CSSSP your choice for a professional safety organization
2. Continue to be supportive of the CSU DH certificate program
3. Increase awareness of member "specialties" via networking/surveys
4. Maintain membership and recruit new members
5. Award scholarships to "needy" students
6. Develop and implement safety and security training opportunities that support certificate program
7. Adopt "schools" as our main theme for this coming year
8. Assist unemployed members in gaining employment.

Belonging to a professional organization in your specialty area of employment allows members increased opportunities to learn and network with others. The ever expanding roles, rules and regulations within the safety and security realm means few people know everything about all areas. Taking advantage of membership knowledge via networking opportunities (meetings, trainings, calls, etc.) increases the value of an organization, such as CSSSP. To that extent, it is important that CSSSP provide members with a basis of improved data that assists you, the member, with knowledge about others that work in your related field of expertise or who to contact when you need assistance in resolving a problem in an area that you may not have the experience. To begin this process, a member survey is being developed, which will assist CSSSP in gathering member information, putting the info into a useful format and then returned to the membership for their use. Hopefully, this data can be collected and distributed back to the membership by the December luncheon meeting.

Jim Weidner

CSSSP SCHOLARSHIP FUNDS NEEDED

During the year, CSSSP receives applications from members seeking a scholarship. Obviously, we are unable to give everyone scholarships but attempt to support the neediest members with some financial assistance. If you're a member that "benefited" from the scholarship program, we request that you consider making a tax deductible donation to the CSSSP Scholarship Fund. Currently, the scholarship fund has only \$2500 in the piggybank, which doesn't go far in today's economy. If you recall, former CSSSP President Jeff Malek made the scholarship fund one of his goals encouraging members to contribute to the fund with a target of \$10,000. Please help! Checks should be given or sent to John O'Toole, the CSSSP Treasurer.

CSSSP RECRUITMENT BROCHURE BEING DEVELOPED

Executive officers have also talked extensively about the need of a CSSSP recruitment brochure that can be distributed at CAL-OSHA updates, certificate program classes, and other functions. Seemingly a simple task, we hopefully will have one ready for the November CAL-OSHA update. As Scott McKay has told us many times, we are losing recruitment opportunities by not having a brochure that informs potential members about our organization.

GAS PRICES, CARPOOLING, PARKING

During the last Executive Committee meeting, we discussed the potential effects of increased gas prices on attendance at the luncheon meetings. To that extent, we encourage carpooling to all CSSSP functions. Also, a recent e-mail from Jason Vogel regarding the August 8th, CAL-OSHA update, indicated that parking prices on campus have increased from the \$3.00 to \$4.00 (more reason to consider carpooling or parking on the street and getting in some walking exercise)!

AUGUST 1ST LUNCHEON

Completing my first President's Message to you, the membership, brings us back to my overall goals of increasing membership networking. With that in mind, I hope to see many of you at the August 1st meeting. Please confirm your attendance with John O'Toole. We have obtained a wonderful, entertaining speaker...*Heather Houston*.

Tips for Preventing Heat-Induced Illnesses and Injuries

With the mercury rising around the country, the National Institute for Occupational Safety and Health (NIOSH) warns that heat-induced occupational illnesses, injuries, and reduced productivity can occur with excessive exposure to a hot work environment. Heat-induced disorders include transient heat fatigue, heat rash, fainting, heat cramps, heat exhaustion, and heatstroke. Aside from these disorders, heat poses the threat of injuries because of accidents caused by slippery palms as a result of sweating, fogged-up safety glasses, and dizziness. Severe burns can also occur as a direct result of accidental contact with hot surfaces and steam.

NIOSH has assembled a number of handouts and other resources with information on heat-induced occupational illnesses, injuries, and reduced productivity, as well as methods that can be taken to reduce risk.

The Centers for Disease Control and Prevention (CDC) also provides helpful tips as to how individuals can avoid heat-related illness. That advice includes:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him or her how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors, and if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heatstroke. Infants and young children, of course, need much more frequent watching.

How to Protect Employees from Injury

by Colleen DeBaise

MAINTAINING A SAFE workplace is one of many burdens that falls on the shoulders of small-business owners. Most owners like to complain about the onerous rules of the Occupational Safety and Health Administration, the federal agency that levies penalties if you fail to protect workers from calamities that range from the most common (slips and falls) to the most serious (severed fingers and blindness).

While fixing hazards can prevent costly fines, it can also improve operations and reduce overall expenses. When an employee is seriously injured, the impact on a company's bottom line is steep. Employers pay nearly \$49 billion a year, or close to \$1 billion a week, in medical costs, wage payments and insurance-claims management as a result of workplace injuries.

Despite the risks, most small-business owners don't put workplace safety high on their list of concerns. Until you get hit either by an OSHA inspection or you have an accident, it's like everything else, you think you've got a really safe workplace. Once you become conscious of it, you worry about it a lot more.

Workplace safety may get overlooked simply because small-business owners have too many other things to worry about. Larger companies typically have managers or departments in charge of safety. But in three out of four small businesses, the owner is primarily the person responsible. It's just one of the hats that a small-business owner has to wear.

Attention to workplace safety can reduce the chance of fines, lower insurance premiums, increase productivity and encourage chipper employee morale. Here are a few tips on how to create a good safety program for your business:

Know the Dangers

In a perfect world, this is the point in the story where we'd direct you to OSHA's web site, which would helpfully explain in an exceedingly simple way exactly what you need to do to protect your employees and avoid fines. It's not a perfect world. Like many government agencies, OSHA is formidable, and discerning how its rules and regulations apply to your business is tricky. Its eTools section provides downloadable files with useful information on protecting your workplace from specific threats.

Consult Your Insurance Company

Insurers know a lot about workplace safety, chiefly because they sell workers' compensation insurance. They like it when small-business clients report fewer accidents, as that means they don't have to pay as much in claims. Training your employees on how to do their job well, and make sure their tools and equipment are adequate to do it. A word about workers' comp: Any small business that has employees needs to comply with workers' compensation laws, which vary from state to state. The programs are designed to compensate workers who are injured on the job, and protect employers from potentially devastating litigation.

Inspect for Safety

Do you provide employees with carts for moving heavy objects? Do you keep floors free of holes, water and grease? Do you remove snow and ice from the parking lot? Do you make sure exterior walkways are well-lit? Do all your stairways have adequate handrails? These are some of the many questions you should be asking as you inspect your workplace for safety. Another place to turn is OSHA itself. The agency provides safety and health training at education centers across the country.

You can also request a free consultation at your workplace with an OSHA-trained professional through the agency's Consultative Program. The service is free, but you need to commit to correcting any serious job safety and health hazards that are found.