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**August 1, 2014 Lunch Meeting
12 Noon**

**Lakewood Country Club
3101 Carson Street
Lakewood, California 90712**

**Mandatory Confirmation w/John O'Toole
By 7/29/14 @ (323) 258 – 2771**

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CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 90

August 2014

August Speaker

Mr. Dan Leiner, Area Manager Cal/OSHA Consultation Services will be discussing about the Cal/OSHA Heat Illness Prevention Regulations. Come join us for this timely subject as we have been having some hot weather.

June Speaker

Brian Willey from Safety Dynamics Group's San Diego office will be presenting "Surviving cardiac arrest with an AED".

Lunch Menu

Teriyaki Chicken, Sweet & Sour Chicken, Chinese Vegetables, White Rice, Cake; Iced Tea, Hot Tea, Coffee, Decaf, Iced Water

Membership Happenings

5 Year Certificate goes to:

Mario Manriquez
David Lofgren
Robert Ramirez, Jr.

15 Year Certificates goes to:

German Gutierrez, Jr
Vincent Takas
Charles Merriam
Frederick Garcia
Rosemary Domino
Peter Gin
John O'Toole
Michael Nicholas
Dan Leiner
Patrick Moffett

President's Message

Greetings everyone,

I hope you are enjoying this summer; swimming, vacationing, and BBQ.

Now that the summer is upon us, a heat wave may soon be a part of it. With the return of hot weather it would be a good time to review your heat illness prevention program to see if changes may be necessary.

Do NOT risk death or serious illness to your employees, or citations and expensive penalties. Cal/OSHA compliance staff is in the field conducting inspections. We want to be the example setters and trend makers for good health and safety by our own actions and preparedness.

Check the following link for helpful information:

Cal/OSHA's Heat Illness: [DOSH - Heat related illness prevention and information](#)

Please mark your Calendar for our CSSSP meetings:

August 1-2014

October 3-2014

December 5-2014

February 6-2014

April 3-2015

June 5 2015

We are looking for your ideas to meet the needs of our membership. If you have suggestions for our meetings please contact our wonderful Membership Coordinator **Joann Blayney at 562-425-4886**. Please invite and bring a friend and or associate to our meetings.

I am looking forward to seeing all of you at our August 1st meeting!

Robert Fernandez
Chapter President

Coffee Break Safety Training

Not all safety training needs to take an hour. Some lessons can be learned in 5 to 15 minutes. So if you have just a few minutes, you can provide safety training by the following:

- answer questions and address employee safety concerns through open discussion with your workers;
- preview an upcoming safety training session or review key points from a previous session;
- demonstrate a new procedure or explain a new safety policy;
- ask employees for suggestions about ways to improve safety;
- brainstorm a solution to a specific safety problem;
- talk about a recent accident or near miss, identify the cause and discuss steps to prevent a future incident;
- discuss changes in an OSHA regulation or in-house safety rule;
- point out an unsafe acts or conditions you've noticed and ask employees to suggest ways to correct the problems.

Consider the benefits of coffee break safety training.

As with any other safety training, the benefits of these quick meetings include fewer accidents and injuries, better compliance with regulations and safety rules, and increased safety awareness. But there are some other advantages to this approach:

- coffee break sessions require minimal preparation;
- they take very little time from the workday;
- there's no need for pre-scheduling or reserving a meeting room;
- coffee break sessions are fast and focused, so they hold employee attention and interested all the way through;
- they provide an excellent way to insert an important safety message into the workday.

If you have time to whip up a one-page handout with a few key training points, so much the better.

Employees will have a written reminder to take back to the job, and that means they're more likely to apply what they've just learned to their work.

Try a walk around instead of a meeting once in a while.

An alternative to meeting with employees during a coffee break is to take your break at a different time from employees and use the time for some on-the-job training.

Walk around and observe employees at work. When you see an employee doing something right, reinforce the safe behavior with praise. If you see a worker doing something unsafe, take the opportunity to correct the behavior.

Explain the possible consequences of continuing to work that way and express your concern for the employee's safety. Demonstrate the proper procedure. And then watch while the employee performs the procedure to make sure you've gotten the message across.

Maybe in the course of your walk around, you'll notice employees rushing to get work done, which could indicate unreasonable work schedules or workflow problems - things you need to follow up on. Other observations - like housekeeping falling off, can be put to good use as topics for upcoming coffee break training sessions.

By the way, if you're training on a coffee break, you might want to have the company spring for the coffee, too.

Nail Gun Safety

Many researchers indicate that many tragedies could be avoided if OSHA would just ban the fastest and most dangerous of the devices used in construction.

Nail guns along with other pneumatic and power-actuated fasteners such as nailers and staplers are included in this discussion.

The speed and ease of use of nail guns have made them a popular tool for both professional contractors and do-it-yourselfers alike. Nail guns typically use compressed air to drive nails into wood, and they are now sold routinely in the local hardware stores and home improvement centers.

But the increased popularity of nail guns, combined with technological advances in power and speed, has resulted in a huge spike in nail gun-related injuries

and deaths.

The most common type of nail gun firing mechanism is called a "contact-trip" trigger, which requires that the manual trigger and nose contact element both be depressed for a nail to be discharged. However, once the trigger is depressed, the gun will fire whenever the nose comes into contact with a surface, whether that is construction material or a human body.

A safer, although slower, firing mechanism is called the "sequential-trip" trigger, and it requires the nose contact to be depressed before the manual trigger, rather than simultaneously with the trigger, in order to discharge a nail. This makes the unintentional discharge of nails less likely.

Nail gun manufacturers say injuries do not result from any design or manufacturing defects, but rather from misuse.

While some of the injuries stem from untrained use by "weekend warriors," more than 60 percent of nail gun injuries occur when professional builders use the devices.

At the heart of the problem is this. When the trigger is depressed on the contact-trip style of nail gun, the gun will fire every time its nose comes into contact with a surface.

With the sequential-trip design, the gun's trigger cannot be pulled until its nose has already been depressed against a surface, greatly reducing the risk of unintentional discharge.

Whether contact-trip nail guns will ever be banned is an open question. But the fact remains that they are present in the workplace (and home) now and for the foreseeable future.

Here are some safety tips to follow when working with either type of nail guns.

- make sure there is a secure connection between the tool and hose attached;
- a safety clip or retainer that keeps the tool attachments from being jettisoned accidentally;
- an excess flow valve at the air supply source to shut off air automatically if the hose breaks - this is required for hoses over a half-inch in diameter;
- a muzzle safety device that keeps it from shooting fasteners unless the muzzle is in contact with the

surface.

Try to include a quiz and or handouts when this type of training is held. Some of the tips should include:

- select the correct tool for the task and materials;
- use a power-actuated tool only if you've been trained to do so;
- make sure a pneumatic tool's air compressor matches the selected tool's power needs;
- inspect the tool to be sure all parts are in place and in good condition;
- tag and turn in any defective tool;
- be sure air hose connections are tight;
- place the air hose so it can't be damaged or create a tripping hazard;
- select and use eye protection and any other needed PPE;
- alert other workers in the area to wear proper PPE

Successful Safety Training

Successful safety training should give you a good ROI in terms of fewer accidents, better compliance, and lower costs doesn't just happen. You have to plan for safety success. Here are some tips to remember when doing safety training:

- Set specific goals to meet each training need you've identified.
- Make a list of all employees who need to be trained.
- Set up a training schedule.
- Choose trainers and appropriate training methods.
- Prepare training materials.
- Include an evaluation for each session so that you can objectively measure effectiveness of training

Make sure that the person responsible for doing the safety training has these qualities:

- Good communicators
- Knowledgeable
- Experienced
- Good with people
- Interested in learning
- Patient
- Open-minded
- Creative
- Well-prepared
- Flexible
- Well-organized