

Jim Weidner, RSSP
President/Programs
Basic Safety Services
626-523-6053
jjweidner@ca.rr.com

Dan Leiner
President Elect/Raffle Chair
Cal/OSHA Consultation
818-901-5755
dleiner@hq.dir.ca.gov

Jared G. Williamson, RSSP
Vice President/Placement
Westminster School District
714-726-6170
jaredwillsimson9@msn.com

Violeta Pisani
Secretary
CAL/OSHA Consultation
818- 901-5121
vp@hq.dir.ca.gov

John A. O'Toole, RSSP, PP, FIAE
Treasurer/Membership
General Safety Services
323-258-2771
otoole47@adelphia.net

Peter Gin, RSSP, PP, FIAE
Newsletter
Lockton Insurance Brokers
213-689-4203
petergin@earthlink.net

Joann Blayney, RSSP
Public Relations
Safety Dynamics Group
562-981-5335
joannb8041@aol.com



December 5, 2008 Lunch Meeting 12 Noon

California State University, Dominguez Hills
Extended Education Building
1000 E. Victoria Street
Carson, California 90747

Mandatory Confirmation w/John O'Toole
By 12/2/08 @ (323) 258 – 2771

Hassan Adan
Legislative Affairs
CAL/OSHA District Manager
818-266-6355
hassanbadmax@yahoo.com

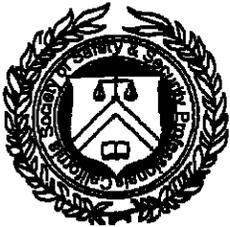
Linda Hunter, RSSP, PP, FIAE
Web Coordinator
Zee Medical
714-847-8852 ext 234
lhsafenet@aol.com

Vincent J. Takas, RSSP, PP, FIAE
Awards
The Walt Disney Company
818-560-1685
vincent.j.takas@disney.com

Scott Mackay
University Liaison
CSUDH
310-243-2425
smackay@csudh.edu

Crist Wagner, RSSP, CPP, PP
Scholarship Chairperson
General Safety Services
714-539-3497
omecrist@aol.com

Dante Jackson, RSSP
CSSSP Training Institute
562-463-3748
dante.jackson@riohondo.edu



CSSSP – Los Angeles Chapter
2272 Colorado Blvd. Ste. 1368
Los Angeles, CA 90041
(323) 258 – 2771
www.csssp.com



C S S S P

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 56

December 2008

December Speaker

Our guest speaker will talk about CERT training and how we can get involved in this effort. With the recent incidents, this training can help save lives!

October Speaker

We had a guest speaker from Earthquake Alliance speak on The Great Southern California Shakeout Scenario/Drill activity and what earthquake fault lines are in southern California.

President's Message

Earthquakes, Fires, Wind, Rain, Mudslides

On November 13th, the largest earthquake drill in the history of the United States took place in Southern California. Over 5,000,000 million participated in the drill, which started with a drop, cover and hold procedure at 10:00 a.m. In Los Angeles County alone 2,664,441 were registered to participate including 716 schools, 62 colleges/universities, 1257 businesses, 222 community groups, 216 government agencies, 78 faith-based organizations, 26 media, and 240 other organizations. This Shake Out Drill was a large scale mitigation effort to encourage Californians to prepare for a large earthquake that will strike this area in the future (coincidentally, a small 4.5 earthquake did occur in Temecula that day).

Later on November 13th, the "Tea Fire" (Montecito) started, followed the next morning by the Sylmar fire and then the "Triangle Complex Fire" (Yorba Linda). Each of these fires was fueled by conditions of low humidity and high winds. First responders and other disaster workers were pushed into service from all over Southern California and other mutual aid states. These workers battled dangerous conditions which resulted in 1000+ homes being destroyed. Fortunately, there were no fatalities and hopefully, none of our members were directly affected even though we are saddened by the loss of homes by so many.

As I write this message, the weather forecast is predicting rain for most of Thanksgiving week and sandbagging efforts have increased to hopefully minimize the potential damage from mudslides. Unfortunately, this means more anxious moments and preparation for those that live near the burn areas as well as first responders that again may be called into action.

Each of the above events can be or were catastrophic! Each event was another reminder for everyone to "Be Prepared". The CSSSP theme for this year is ***Emergency Preparedness*** and with all of the above events occurring, I encourage everyone to review their emergency action plans for home, car, and work and to ensure you have the needed emergency supplies for you and your family that allows you and others to survive for several weeks. As the holiday season approaches consider purchasing gift(s) of emergency supplies for friends and family. These gifts may save someone's life.

Additionally, CSSSP raffle prizes at the luncheon meetings this year have been focused on emergency preparedness equipment or supplies. If you would like to donate a raffle prize along this theme for the December 5th luncheon meeting, please bring it the meeting. Our luncheon meeting on December 5th will feature a speaker from C.E.R.T (Community Emergency Response Team). Several CSSSP members are also trained, volunteer members of their community's CERT. At the meeting we will outline requirements needed to become a member of your communities CERT Team. As always, please respond to John O'Toole to verify your attendance at the luncheon meeting.

Jim Weidner
Chapter President

Safety Trivia

Question: What are OSHA's specifications for width and angle of fixed industrial stairs?

What is job burnout?

Burnout is a state of physical, emotional and mental exhaustion caused by long-term exposure to demanding work situations. Burnout is the cumulative result of stress.

Who's at risk of job burnout?

You may be more likely to have job burnout if:

- You identify so strongly with work that you lack a reasonable balance between work and your personal life
- You try to be everything to everyone
- Your job is monotonous
- You feel you have little or no control over your work
- You work in a helping profession, such as health care, counseling, teaching or law enforcement

What are job burnout symptoms?

Ask yourself these questions to see if you're experiencing job burnout signs or symptoms:

- Do you find yourself being more cynical, critical and sarcastic at work?
- Have you lost the ability to experience joy?
- Do you drag yourself into work and have trouble getting started once you arrive?
- Have you become more irritable and less patient with co-workers, customers or clients?
- Do you feel that you face insurmountable barriers at work?
- Do you feel that you lack the energy to be consistently productive?
- Do you no longer feel satisfaction from your achievements?
- Do you have a hard time laughing at yourself?
- Are you tired of your co-workers asking if you're OK?
- Do you feel disillusioned about your job?
- Are you self-medicating — using food, drugs or alcohol — to feel better or to simply not feel?
- Have your sleep habits or appetite changed?
- Are you troubled by unexplained headaches, neck pain or lower back pain?

If you answered yes to any of these questions, you may be experiencing job burnout. But because some of these symptoms also can indicate certain health conditions, such as depression, be sure to consult with your health care provider about your symptoms.

What are the causes of job burnout?

You can overcome job burnout. But first, understand what's causing your job burnout. Job burnout can result from:

- **Lack of control.** Perhaps you're unable to influence decisions that affect your job, such as which hours you'll work or which assignments you get. Perhaps you're unable to control the amount of work that comes in.
- **Unclear job expectations.** Examples include uncertainty over what degree of authority you have and not having the necessary resources to do your work.
- **Dysfunctional workplace dynamics.** Examples are working with an office bully, being undermined by colleagues or having a boss who micromanages your work.
- **Mismatch in values.** If your values differ from the way your company does business or handles employee grievances, it will wear on you.
- **Poor job fit.** Working in a job that doesn't fit your interests and skills is certain to become more and more stressful over time.
- **Extremes of activity.** When a job is always monotonous or chaotic, you need constant energy to remain focused, leading to energy drain and job burnout.

Is it time to take action against job burnout?

If you feel you may have job burnout symptoms, don't ignore them. Job burnout can have significant consequences including:

- Excessive stress
- Fatigue
- Insomnia
- Unhealthy weight changes
- Depression
- Anxiety
- Alcohol or substance abuse
- A negative spillover into your relationships or home life

Talk to your supervisor or mentor, or see your doctor or a mental health provider. Some employers have an employee assistance program (EAP), which can help you assess your interests, skills and passions. This can help you decide if you should consider an alternative job, whether it be one that's less demanding or one that better matches your interests.

Recovery from job burnout is possible, but it may require changes and take time, so don't expect a quick fix. Keep an open mind and consider all your options. Don't let a demanding job affect your health.

How To Help Reduce Stress At Work

Work can be a stressful place, wherever you earn your living, whether in an office, a factory, or a school. Some stress is good. It motivates us and makes us stronger. Too much stress is bad. It makes us irrational and it can, quite literally, kill us. Fortunately, there are specific things you can do that will help you reduce your stress at work and better cope with it.

1. **Improve your time management and organization skills.**

Of the many things you can do in this area the best ones include getting a to do list that works, learning to say "no", asking for help when you need it, and stop setting unrealistic goals for yourself.

2. **Relax and breathe deeply.**

Whether you are feeling overwhelmed by the amount of work you have to do or if someone is "in your face", a good thing to do is to "breathe through your nose". You can't get as worked up if you force yourself to breathe through your nose. Your body simply can't maintain the same level of energy without that extra oxygen you get when breathing through your mouth.

3. **Take more breaks from your work.**

Even a five-minute break will help. Get away from your desk. Go for a walk - outside is better, but up two flights of stairs and back down is good too. Getting more exercise in general will help you reduce your overall stress levels and that will make it easier to reduce your stress level at work.

4. **Lighten up.**

Smile more. We all know laughter reduces stress. You will be amazed at how much more pleasant the people around you are when you make an effort to be pleasant yourself.

5. **Learn to listen better.**

Rather than getting upset when others disagree with you, listen actively and find the areas of agreement. Be assertive and stand up for yourself, but don't be rigid.

6. **Fix your environment.**

Make whatever adjustments you need to the lighting, temperature, noise level, and other controllable factors in your office.

7. **Don't sweat the small stuff.**

Realize that there are some things that just aren't worth worrying about and there are some things you just can't change. Don't waste time stressing over the things in either category.

8. **Get more sleep.**

This is another of the things you can do to reduce your overall stress that will have benefits at the office as well. In addition to reducing your stress, it will increase your energy level and your ability to concentrate.

9. **Find a mentor**

or a friend. Having someone to talk to can take a lot of stress off you.

10. **Spend more time with optimistic people.**

Negative people will pull you down to their level. Choose to work with people who have a positive attitude instead.

Email Address

If you are receiving this newsletter in the mail, can you please take a moment to send me an email message so we can update your records and start sending you this newsletter electronically? This would help our organization save some money on postage every time we send out the newsletter. Please write me at: petergin@earthlink.net. Thanks

Safety Trivia Answer

The stairs should have a minimum width of 22 inches. stairs shall be installed at angles to the horizontal of between 30 degrees and 50 degrees. Any uniform combination of rise/tread dimensions may be used that will result in a stairway at an angle to the horizontal within the permissible range. Table D-1 in OSHA Standard 29 CFR Part 1910.24, Fixed Industrial Stairs, gives rise/tread dimensions that will produce a stairway within the permissible range.

Happy Thanksgiving to all!

Enjoy this wonderful holiday weekend when food overindulgence is accepted, watching football is encouraged and shopping is considered a sport.

Have a safe traveling weekend to see family/friends and even going to the malls for bargain shopping.