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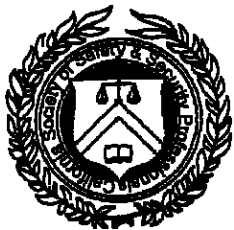
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Legislative Affairs

December 3, 2010 Lunch Meeting
12 Noon
Lakewood Country Club
3101 Carson Street
Lakewood, California 90712

Mandatory Confirmation w/John O'Toole
By 11/30/10 @ (323) 258 – 2771



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CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

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December Speaker

Mr. Hal Lindsey, Safety Manager of Asplundh Construction Corporation, will speak on Accident Investigation Procedures that need to be immediately taken prior to a Cal/OSHA investigation and what procedures such as evidence preservation, product liability issues and the implementation of the Employee Independent Act as a defense against Cal/OSHA citations.

October Speaker

Mr. Mark Pisani our President Elect spoke on Procedures Used in Appealing a Cal/OSHA Citation.

New Members

Alex Martinez Professional Member
Shan Boggs Honorary Member

President's Message

As the calendar year comes to a close and the holiday season approaches I would like to remind all of our CSSSP members and families to be safe while going about your celebrations. Too many people are busy running around getting their errands completed without regard to others, thus creating a lapse in judgment and general disrespect to the other people around them. That being said, I would like to wish each and every one of you a very happy holiday season and a more prosperous New Year.

There are a lot of new things happening within the Chapter that I would like to share with you. I will start off with an opportunity to save on your membership renewal. We are working hard to improve our services to our membership, and are asking for feedback on your renewal form, the feedback will be used to improve and expand our organization. By filling out your comments and returning them at our December 3rd meeting you will receive a \$5.00 discount on your lunch. Another opportunity to save is sending your membership dues

in by December 15, if your membership is renewed by this date you, will receive an additional discount of \$5.00 off your annual membership dues.

The continued advancements in education are another area that CSSSP takes seriously. We strive to expand classes and workshops in order to provide our members with opportunities to learn. We have teamed up with UCLA and CSULB to offer more classes. Check www.csssp.org for links to our educational partners and mention your CSSSP membership for additional savings.

Our guest speaker for the December meeting will be Mr. Hal Lindsay; Hal is a longtime member with extensive knowledge and training skills. He will be sharing about Accident Investigation Procedures.

We will also be honoring Joannette Lima; Joannette is back with us after a workplace injury and will be honored with her 10 year service certificate. We will also be welcoming five new members into our organization.

Join us on December 3rd and bring along your comment form for a \$5 discount to lunch and your registration renewal to receive another \$5 off your annual dues.

Again, I would like to wish you all a very happy holiday season.

Proudly serving as your President,

Jared Williamson

Commitment

When implementing a new program, use a methodology that mimics your company's most important programs. Everyone knows that true commitment is more than just a statement; it is a genuine commitment of time, money and attention.

Winter Slippery Surfaces

Unless they're ice skating or skiing this winter, you don't want your employees slipping and sliding-especially around your workplace.

Weather-related slips, trips, and falls become a serious hazard as winter conditions often make for wet or icy surfaces outdoors. Even wet leaves or mud can create treacherous walking conditions. And indoors, spills and leaks can always lead to slips and falls anytime during the year.

You want to do everything you can to prevent these accidents-outside and in. Perhaps the best way to do it is with a little awareness training. Short safety meetings in every department will get people thinking about slipping hazards-and taking precautions to prevent falls.

Here are some tips to keep in mind:

Create a slip-free zone ... inside and out. Inside, remind employees to clean up spills, drips, and leaks immediately (even a little coffee spill on the floor can cause an injury). Make sure maintenance personnel and other employees put up signs or barriers to warn people when floors are wet, slippery, or otherwise hazardous. And be sure that on wet days, somebody is assigned to put down mats near entryways to help keep floors dry.

Outside, see that slippery spots are sanded or salted immediately. And encourage employees to wear sensible shoes with nonskid soles. Also remind them to wipe their feet when they come in, and to walk slowly and take smaller steps on wet or slippery surfaces.

Encourage employees to report slippery conditions. Make sure employees know how, and to whom, to report any slipping hazards they can't clean up effectively inside. And make it easy for them to report any slipping hazards they notice outside, on walkways, in parking lots, or anywhere else on your property. That way, maintenance can get to the scene quickly and remove the hazard before an employee or visitor slips and falls. (As a matter of course, you should always emphasize that every employee fix or report any hazardous condition they find at your facility.)

Don't forget that if an employee is injured by a slip or fall, it could mean lost workdays, workers' compensation, and other medical expenses. If a visitor is injured by a slip or fall outside or inside of your facility, it could mean an expensive lawsuit.

Bottom line: Stop slip-ups on your property and you won't have to worry about taking a fall in court later.

Nine Tips for Office Celebrations

1. **Be honest with employees.** Make sure your employees know your workplace substance abuse policy and that the policy addresses the use of alcoholic beverages in any work-related situation and office social function.
2. **Post the policy.** Use every communication vehicle to make sure your employees know the policy. Prior to an office party, use break room bulletin boards, office e-mail and paycheck envelopes to communicate your policy and concerns.
3. **Reinvent the office party concept.** Why have the typical office party? Try something new like an indoor carnival, group outing to an amusement park or volunteer activity with a local charity.
4. **Make sure employees know when to say when.** If you do serve alcohol at an office event, make sure all employees know that they are welcome to attend and have a good time, but that they are expected to act responsibly.
5. **Make it the office party of choice.** Make sure there are plenty of non-alcoholic beverages available.
6. **Eat...and be merry!** Avoid serving lots of salty, greasy or sweet foods which tend to make people thirsty. Serve foods rich in starch and protein which stay in the stomach longer and slow the absorption of alcohol in the bloodstream.
7. **Designate party managers.** Remind managers that even at the office party, they may need to implement the company's alcohol and substance abuse policy.
8. **Arrange alternative transportation.** Anticipate the need for alternative transportation for all party goers and make special transportation arrangements in advance of the party. Encourage all employees to make use of the alternative transportation if they consume any alcohol.
9. **Serve none for the road.** Stop serving alcohol before the party officially ends.

If alcoholic beverages are provided at office social functions, state laws regarding their use and resulting legal responsibilities should be consulted and addressed.

According to Mothers Against Drunk Driving,

- On Christmas Day - 47.4% of motor vehicle fatalities were alcohol related.
- On New Year's Eve, 45.2% of motor vehicle fatalities were alcohol related.

Cell on wheels!

Although experts differ as to whether accidents are caused by phone use or just distraction in general, governmental entities have acted by proposing or enacting partial (for minors, school bus drivers, etc.) or total bans on cell phone use behind the wheel.

At the company level, your organization can be sued if a driver of a company vehicle, or even a private vehicle on company business, has an accident due to cell phone use, and that's whether or not you supplied the cell phone.

The solution begins with a cell phone use safety policy. Here are key elements such a policy should include:

Goal: Safe driving is the first priority. Never allow a phone conversation to distract you from concentrating on driving.

Use restrictions: Use a headset while driving, or pull over to use a hand-held cell phone. Plan any calls before you drive, and enter the numbers into speed-dial. Avoid placing calls while moving. If possible, ask a passenger to make the call or at least dial.

Conversations: Tell the person called you are driving and on a headset. Suspend the call in hazardous circumstances. Keep conversations short. Let your voicemail pick up calls when it's unsafe for you to answer.

Emergencies: The best use of a cell phone may be to obtain roadside assistance or to report emergencies. Use 911 and give exact location, nature of emergency, name, and number.

Electrical hazards: Turn off your cell phone while using jumper cables or pumping gas. Both situations present a potential hazard of fire or electrocution.

What makes the cell phone hazard more severe is the cognitive hazard. Cell phones monopolize the brain, distracting those using cell phones from their driving tasks.

Research has confirmed that people can't do more than one thing at a time. People who are good at multi-tasking do not concentrate on more than one thing simultaneously. They are adept at quickly switching between tasks, making it appear they are working on several things simultaneously.

Cell phone conversations are more distracting than conversations between a driver and a passenger. The sound quality from cell phones is poor with numerous gaps and drops, which require a listener to employ a higher degree of concentration.

Are Your Workers at Risk of Diabetes?

What is diabetes? People with diabetes have a problem with their metabolism. Their bodies can't process a kind of sugar in their blood called "glucose." Glucose is made when food is digested. It's glucose that fuels your body and gives you energy. To be properly processed, glucose needs a hormone called "insulin." In diabetics, not enough insulin is produced to process all the sugar. As a result, the body loses its main source of fuel even though the blood contains lots of glucose.

Who gets it? About 90 percent to 95 percent of people who get diabetes are overweight, are physically inactive, have a family history of diabetes, or are past middle age. Some ethnic groups such as African-Americans also have a higher incidence of diabetes. A small percentage of children and teens also develop diabetes, and some women develop diabetes temporarily late in pregnancy.

What's the difference between Type 1 diabetes and Type 2? Type 1 diabetes mainly affects children and teens, but anyone can get it. In Type 1, the body's immune system, which protects us against disease, attacks and destroys cells that produce insulin. No one really knows why this happens, but 5 percent to 10 percent of Americans with the disease suffer from Type 1. Type 2 diabetes is much more common. This form of the disease usually develops gradually and is diagnosed later in life. About 80 percent of people who develop Type 2 diabetes are overweight.

What are the symptoms? Symptoms may include fatigue, frequent urination, increased thirst and hunger, weight loss, blurred vision, and slow healing of wounds or sores. Some people have no symptoms.

What are the complications of diabetes? People with diabetes are more likely to have:

- Heart attacks and strokes
- High blood pressure
- Blindness
- Kidney disease
- Nervous system disease

How do you know if you have it? A simple blood test can detect diabetes. Tell your employees that if they experience any symptoms, they should see their doctor. Employees in high-risk groups should have regular blood tests.

What can be done? There's a lot that can be done once a diagnosis of diabetes is made. Many people can control the disease without medications through diet and exercise alone. In addition, there are medications that can help. If an employee suspects diabetes, he or she should see a healthcare professional right away.