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February 7, 2014 Lunch Meeting

12 Noon

Lakewood Country Club

3101 Carson Street

Lakewood, California 90712

Mandatory Confirmation w/John O'Toole

By 2/4/14 @ (323) 258 – 2771

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CSSSP

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February Speaker

Mr. Hasan Adan, District Manager for Cal/OSHA Compliance Unit, Los Angeles Area will speak on Cal/OSHA's Role in the Investigative Process in Industrial Accidents and Fatalities

Mr. Adan will address the procedures a Cal/OSHA Inspector takes from the time they are given the assignment by their District Manager to the accident site, the investigative process, the citation procedures, right of appeal of the citations, the appeal process, the adjudication and closure of the incident.

Join us in a most informative presentation by one of our own fellow members.

December Speaker

Jeff Zisner is the President & CEO of AEGIS, presented on pre-incident indicators and force multipliers. He discussed about the crime and terrorism planning cycle and how to cross train staff to be more aware of their environment as well as suspicious activities reporting.

Lunch Menu

Italian Buffet: Classic Caesar Salad, Penne and Linguini with Meat Balls, Served with Alfredo and Marinara Sauce, Parmesan Cheese & Garlic Bread Iced Tea, Hot Tea, Coffee, Decaf, Iced Water

Quotes

"A good leader inspires people to have confidence in their leader. A great leader inspires people to have confidence in themselves."

Anonymous

"Focus on the critical few, not the insignificant many."

Anonymous

President's Message

As we welcome in 2014, I want to take this opportunity to wish you all a healthy, happy & prosperous new year!

Our intention with our organization is to provide you with opportunities to learn, connect and grow as a Safety Professional. We feel offering a wide variety of featured speakers and seminar topics helps to build you as an individual and strengthen our industry. Every other month you'll find our CSSSP Board has put together a quality Morning Seminar that is held prior to our Chapter General Meeting. At the next Morning Seminar you will have the opportunity to learn from Mr. John A. O'Toole on Accident/Incident Investigation. Please remember that you do earn CEU credits when you attend these trainings. Make your reservations early to assure seating availability to: John A. O'Toole, Seminar Coordinator at (323) 258-2771 or otoole47@roadrunner.com

Each meeting there is something new to learn or someone new to meet. You will only benefit from your CSSSP membership when you show up! We appreciate you being a CSSSP Member and hope you will take advantage of all that your membership has to offer by regularly attending our events. Join us at our next Chapter General Meeting to learn more about all your member benefits and to get more involved. The next Chapter General Meeting will be held on Friday, February 7, 2014 at Lakewood Country Club.

We also could use your support in growing our membership by encouraging other Safety Professional that you know to attend this upcoming event along with you. Our Chapters growth depends heavily on our current membership and we appreciate your continued support in this area.

Fraternally,

John McHugh - President

Cell Phone Dangers: Crafting a Policy for Their Use

The American Academy of Otolaryngology-Head and Neck Surgery Foundation. *Otolaryngologists* are ear, nose, and throat (ENT) specialists.

The group revealed a study showing serious danger of hearing loss to those making extensive use of mobile phones. "The study found that 100 people who had used mobile phones for more than a year suffered increases in the degree of hearing loss." Also, that people who used their phones for more than 60 minutes a day had a worse threshold than those with less use.

The ENTs' prescription? Watch out for ear problems including ringing in the ears, or a feeling of warmth and fullness. And use a headset instead of holding the phone against the ear.

Cell on wheels!

An even more recognized issue is cell phone use while driving found four times the accident rate among road talkers than the general population.

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.

Set Your Sights on Eye Safety and Health

Vision protection generally comes in two forms: safety glasses and safety goggles. Statistics show that the majority of employees who suffered eye injuries on the job either weren't wearing eye protection or were wearing the wrong kind. Here's a quick review of when safety glasses are appropriate and when goggles are preferable:

Safety glasses protect against flying objects or glare. They have extra sturdy frames and either clear or tinted lenses that are strong enough to resist impact. Regular safety glasses will protect against flying objects from the front. But if an employee needs additional protection for possible flying objects that come from the side, he or she should wear safety glasses with side shields. If objects could hit the eyes from the top or bottom as well, the employee needs safety glasses with eyecup shields.

Safety goggles protect against dust, splashes, and flying objects coming from any direction. Some goggles have a cup over each eye. Others have a frame and lens that extend over both eyes. If goggles have a rigid frame, they are often cushioned to protect the skin around the eyes. Some goggles are directly ventilated to let air circulate around the eyes. Indirectly ventilated goggles are sometimes required, however, to keep out dust particles and chemical vapors.

Train your workers to follow injury-preventing eye safety rules. You should cover some important basic eye safety rules with all employees who work in areas with eye hazards as well as those employees who may go into those areas only occasionally (for example, an office worker going through an "eye

protection required" area to get to the supervisor's office with some paperwork for a line supervisor). Here's what to teach employees to do:

- Obey workplace warning signs requiring eye protection.
- Always put on protective eyewear before entering an area where hazards may be present.
- When in doubt about the eye hazards, assume they're present.
- Make sure eye protection fits properly and comfortably.
- Inspect protective eyewear before each use and replace immediately if there are any defects.
- Store eye protection safely where it won't get scratched or damaged, and keep it clean.
- If you're not sure which type of eye protection is required, ask a supervisor before you start the job

Urge employees to protect their eyes off the job as well. When employees are home doing yard work or working in a home workshop, they may need either safety glasses or safety goggles, depending on the task and its hazards.

For example, eye protection is definitely required when working with a circular or chain saw. It's also a good idea to wear eye protection when using a lawn mower or weed whacker, since bits of branches or even small pebbles can fly up. You should also encourage employees to think about eye health and getting regular eye exams. Eye exams not only determine the need for a new lens prescription, they also identify eye problems and diseases in their early stages when they're most treatable.

Repetitive Safety Training: How to Block the Boredom

Repetition brings its own hazard: boredom, or a sense of "we've already seen this." That's often followed by looking longingly at watches or the exit door, while thinking of what's going on back on the job ... or what's on TV tonight.

What's the solution? *Change the packaging of the lesson*, even though the factual information in that package remains essentially the same.

- **Mandatory Meeting**—sessions whose content is OSHA-required. The fact that there are legalities involved, with the possibility of official inspections, is

a powerful motivator.

- **Comprehensive**—sessions with broad coverage of a particular topic. This is likely your bedrock training, in which you try to cover the subject from all angles.

- **7-minute**—short sessions designed as reinforcement of the topic. This trains on the bare bones of the comprehensive approach, when the bare bones are enough for basic safety. Why 7 minutes? Studies show that's the amount of time most trainees can concentrate before distraction sets in.

- **Initial**—sessions used as introductory training on a topic. Because trainees are totally unfamiliar with the subject, stick to the most basic information. Refinements can come later.

- **Refresher**—sessions designed to follow up on or reinforce previous training.

- **Tool Box Talk**—sessions designed as more informal reinforcement of a particular topic. The fact that this type of session just "sort of happens" is helpful, as trainees don't have their defenses up against new learning, which sometimes happens in more formal settings.

- **Hands-On**—sessions with training activities. Don't just demonstrate the new procedure yourself, but have trainees try it several times until you are satisfied they all get it.

- **Spanish**—With the growing Hispanic population, don't forget the special needs of these workers. Although many speak some English, thorough training may mean you need special materials, a competent translator, or both. State labor department websites sometimes provide lists of translators you can call on. The same principles apply with any significant non-English-speaking sub-group in your workforce.

Time to prepare meetings becomes even more critical when an incident happens. You know that an immediate meeting will be most effective in preventing the problem from happening again. Right after an incident, workers are most receptive to your message, but there's just no time to prepare.