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June 5, 2015 Lunch Meeting
12 Noon
Lakewood Country Club
3101 Carson Street
Lakewood, California 90712

Mandatory Confirmation w/John O'Toole
By 6/2/15 @ (323) 258 – 2771

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CSSSP

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June Speaker

Mr. Dan Leiner, M.S., REHS, RSSP is the Area Manager for Cal/OSHA Consultation Services with over 25 years experience as a Public Health Sanitarian, and Industrial Hygienist. Mr. Leiner is a Professional Member and a Chapter Past President and is the Chapter Treasurer. Mr. Leiner is a Trainer with the OSHA Training Institute at the University of California, San Diego specializing on varied subjects in health & safety. Mr. Leiner will provide the knowledge, practical skills and tools to build an effective Heat Illness Program and comply with the newly updated Title 8, 3995 standards.

Lunch Menu

BBQ Chicken Brest, Coleslaw, Red Potato Salad, BBQ Baked Beans, Corn on the cob, Iced Tea, Coffee, Ice Water, Cake.

President's Message

Greetings everyone! During our recent CSSSP Board meeting, the new officers for the **2015-2016** year were introduced to the Board by John McHugh, Chapter Nominations Chairperson. They are: **Dan Leiner**, President; **Jennifer Keena**, President Elect; **Hassan Adan**, Vice President; **John A. O'Toole**, Treasurer; and **Linda Hunter**, Secretary.

I encourage you all to take advantage of our CSSSP Web Page (**CSSSP.ORG**) to keep informed. I would like to give a Special Thank You to Dan Leiner for preparing the photos of each meeting that can be found on our Chapter Webpage.

During this term we have introduced the **Morning Seminar**. Two and a half hours of Safety Topics to encourage and inform you of current safety issues. The Morning Seminars became a hit with standing room only and we have seen a tremendous increase in the number of attendees at our Seminar and Chapter General Meetings.

We believe this is due to the quality of our Instructors and the pertinent subjects that you the membership have requested.

I encourage the Incoming President to continue the continuation of the Morning Seminars this coming year.

The board has approved the formation of the **Northern Section** of the CSSSP Chapter. The following persons were appointed by me in accordance with the CSSSP Chapter By-Laws: John McHugh, Chairperson; Vincent Takas, Associate Chairperson; Tera McHugh, Program Chairperson; John A. O'Toole, Treasurer; and Linda Hunter, Secretary.

The initial meeting location was held at **De Belle Golf Course in Burbank, CA**. The primary intent for the formation of the North Section is to accommodate our members a meeting location closer to their homes and or places of business. It was decided that the meetings are to be held the first Monday of every odd month this has also increased our Membership. There were 15 persons that attended the first breakfast meeting in March with John McHugh as the guest speaker and his subject was Fall Protection. The second meeting was held in May with Dan Leiner as the guest speaker and his subject was Heat Illness.

During this Term we were able to bring **Stephanie Spann** from the **OSHA Training Institute** at the **University of California San Diego** to partner with the **CSSSP**. **Stephanie Spann** is our **University Liaison** to assist and inform us of the **UCSD - OSHA Training Institute** classes that are available for safety professionals at CSSSP. Ask **Stephanie** about any OSHA classes for **Cal OSHA** or **Fed OSHA** or visit the **UCSD website: osha.ucsd.edu**.

I want to thank my Executive Board Members and you the membership for honoring me to serve as your President this past year. With your support, as a team we were able to accomplish new milestones that I feel will aid us in our growth as a Professional Organization. I encourage you to recommend to your fellow professionals to join our Chapter.

Robert Fernandez
Chapter President

Northern Section

Nest meeting will be held on July 6, 2015.

Confined Spaces: How to Keep Them from Turning into Tombs

Confined spaces, are areas large enough for a human to enter, with limited entry or exit (often through a single hatchway), and not designed for continuous occupancy. Often, they are process or storage areas, normally sealed so the dangers within—high pressure, hot, or toxic materials or gases, or mechanical or electrical hazards—stay within. The danger happens when a human enters to inspect or service what's inside.

A life-threatening danger it is. Some 20 or more workers die each year in confined space incidents, according to government statistics, with many more injured. Ironically, 60 percent of those fatalities are well-meaning, but untrained, fellow-workers losing their own lives while trying to save someone else.

There may be heat, electrical, or mechanical hazards. The walls or stored materials can collapse, engulfing the worker. And no matter what happens, the only way out is often through a hatch so small the worker had to struggle to get in.

For this reason, OSHA has instituted rigorous regulations for confined space activity, and recently proposed even stronger regs for confined space work in construction. OSHA's confined space regulations for general industry spell out the following employer responsibilities:

Identify the specific hazards of each confined space situation. These may differ considerably, based on the use of the space, and can include poisoning, drowning, flash fire, explosion, or engulfment. A common hazard relates to the oxygen content in the air. Any concentration of less than 19.5 percent or more than 23.5 percent (normal oxygen content is 21 percent) requires mechanical means to provide oxygen or dilute excess oxygen, which is a fire and explosion hazard. Measurements for oxygen level and toxic gases must be taken before and during every entry.

Know the signs and physical symptoms of dangerous exposure.

Provide whatever protective equipment is needed, at employer expense. This may include retrieval harnesses, respirators, two-way radios, protective clothing, and other gear.

Post required warning signs or fencing around the entryway.

Provide an attendant who stands guard outside the confined space while workers are inside, monitoring potential hazards, keeping unauthorized personnel away, and remaining in constant communication with those within. The attendant is authorized to order an immediate evacuation, as is a confined space entry supervisor to whom the team reports.

Create a written confined space entry plan, including designation of a trained rescue team.

Obtain an entry permit for any confined space that is hazardous to safety and health, which details all the above issues, and post it outside the space. The permit must be cancelled when all workers are safely outside.

Extensively train anyone authorized for confined space work, either as entrant, attendant, supervisor, or rescuer, before they do the work and any time the job changes. Rescuers must receive annual training.

Some of the training responsibilities include:

Recognition of the unique hazards presented by each entry situation.

Understanding of the signs of trouble, such as medical symptoms of poisoning or oxygen deprivation.

Learning of each member's role in the process. The attendant, for example, must never leave his or her post (even calling a trained substitute if a break is needed), to keep count of all entrants, and to remain in constant communication with them.

Training in use of specialized equipment, such as a retrieval harness or a multiple-gas meter. This device measures both oxygen content and presence and concentration of dangerous gases. It must be used in a specific manner, checking oxygen first.

Knowledge of the rescue process, as 60 percent of confined spaces deaths occur among untrained rescuers succumbing to the same hazard that killed those they sought to save.

Job Hazard Analysis: Every Little Thing Counts

JHA is a concept to which OSHA, among other safety groups, is highly committed. The agency has issued guidelines on how to do it and do it right. Here are some key principles the agency, and other experts, suggest:

Set priorities. Do JHA first on those jobs with the highest injury or illness rates, the jobs with the greatest potential for causing disabling injuries (even if there have been no accidents), and jobs that are new or substantially changed in process.

Involve your employees. They know best how the job works, where hazards are apparent, and where there have been near misses. They're also the ones with the most to gain from increasing safety. Make it clear, however, that you're evaluating the job, not their performance of it, or you may get less-than-complete answers.

Break the job down into its component tasks and actions in the smallest steps that make sense, even individual hand movements. Experts suggest videotaping the work sequence, and doing so from several angles.

For each step, ask: What can go wrong? What is the likelihood of it happening? What are the consequences if it does? How can the potential problem be prevented? Look at all possible contributing factors ... the work environment, the tools, the process, and the employee's actions. Many accidents are caused by a combination of factors that create a "perfect storm."

Document and remediate. Take all steps possible to eliminate the potential hazard, and record what you've done. Others at your facility should be able to know about and to learn from your experiences.

Make policy match reality. Line managers need to be charged with keeping fixes in place and watching for hazards to reoccur. Put it in writing, including penalties on failure to comply.

Steps to Stop Bullying

Employers must:

Create a zero tolerance anti-bullying policy. This policy should be part of the wider commitment

to a safe and healthful working environment and should have the full support of top management.

When witnessed or reported, the bullying behavior should be addressed IMMEDIATELY.

If bullying is entrenched in the organization, complaints need to be taken seriously and investigated promptly. Reassignment of the bully may be necessary.

Structure the work environment to incorporate a sense of autonomy, individual challenge/mastery, and clarity of task expectations for employees. Include employees in decision-making processes.

Hold awareness campaigns for EVERYONE on what bullying is. Encourage reporting.

Ensure management has an active part in the staff they supervise, rather than being far removed from them.

Encourage open door policies.

Investigate the extent and nature of the problem. Conduct employee attitude surveys.

Improve management's ability and sensitivity towards dealing with and responding to conflicts.

Establish an independent contact for employees (e.g., Human Resources contact).

Employees — regain control:

Recognize that you are being bullied.

Realize that you are NOT the source of the problem.

Recognize that bullying is about control, and therefore has nothing to do with your performance.

Keep a diary detailing the nature of the bullying (e.g., dates, times, places, what was said or done and who was present).

Obtain copies of harassing / bullying paper trails; hold onto copies of documents that contradict the bully's accusations against you (e.g., time sheets, audit reports, etc.).