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**October 3, 2014 Lunch Meeting
12 Noon**

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

**Mandatory Confirmation w/John O'Toole
By 9/30/14 @ (323) 258 – 2771**

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CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

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October Speaker

Mr. Hassan Adan from Cal/OSHA will be speaking to us about Supervisor Safety. Come join us and find out more on how we can engage your supervisors in helping promote safety at your company.

Passing

Emeritus Member Andrew Asaro passed away on September 15, 2014. Mr. Asaro was a Pearl Harbor survivor in the United States Navy and a former employee of General Safety Services, LLC. He has been cremated and his ashes will be cast at sea to join his former shipmates.

Pre-Luncheon Safety Seminar

Sexual Harassment and Discrimination in the Workplace Seminar will be conducted on Friday, October 3, 2014 prior to the Chapter general meeting. The seminar will be two and a half hours in length. Prior to the seminar, a continental breakfast will be served starting at 8:00 AM.

Mr. Hal D. Lindsey, JD, BS, RSSP, with over 30 years' experience managing occupational safety & health programs for large utility employers will conduct the seminar. He is a member of the California State Bar with a license to practice law in California. As Manager of occupational safety and health for Southern California Edison, he represented the company in civil matters, workers' compensation, and OSHA litigation. After retiring from Edison, he joined the Los Angeles Department of Water & Power as Senior Executive for Human Resources, Labor Relations, Equal Employment Opportunities, Security and Safety. He currently is Vice President of Safety & Regulatory Compliance for Diversified Utility Services, Inc.

The seminar will provide the knowledge, practical skills and tools for implementing a sexual harassment and discrimination free work environment. California law AB 1825 requires supervisors to be trained in harassment and discrimination at least once every two years and the training must be at least two hours long. A discrimination & harassment sample policy will be distributed to the class participants.

The seminar will start promptly at 8:30 AM to 11:00 AM. Each person who successfully completes the seminar will receive a "Certificate of Completion" and will receive .25 CEU credits.

Each Chapter member attending the seminar may bring one guest with them. This will be governed on a first to register with me basis. The seminar is limited to 24 persons and is free for currently dues paid CSSSP members. There will be a \$ 15.00 charge to each guest attending.

Make your reservations early to assure availability to: John A. O'Toole, Seminar Coordinator (323) 258-2771 or otoole47@roadrunner.com.

President's Message

Greetings everyone,

I am looking forward to cooler weather, falling leaves, apple pie, and the **CSSSP Oct 3rd meeting.**

Our mission is to provide education and opportunities of networking with other safety professionals. The best way to get involved is by attending our Seminars and general meetings to help you connect, learn or contribute.

We are doing our best to provide education and training with quality speakers to help you further your knowledge as a Safety Professional.

The best support you can give to our organization is to spread the word to other Safety Professionals.

The executive board is working on our membership roster. We understand life is busy, and are asking our members who have not visited to come join us. Come fellowship with colleagues and rekindle your association with CSSSP.

I would also like to announce we will be having **vendor's day** at our **December meeting**. I invite our members to buy vendor table for \$100.00 and provide gifts for the Chapter raffle.

If you ever have any suggestions on how we can improve, please feel free to reach out and connect with me.

Robert Fernandez
Chapter President

Prevent Slips, Trips, and Falls by Fixing Things from the Floor Up

To stop slips, trips, and falls, improve the flooring, the footwear, and the habits of workers.

Slips, trips, and falls accounts for more than a quarter-million lost-day injuries a year, or more that 17 percent of the total nonfatal injuries in OSHA-regulated categories.

The Three Factors

There are many ways to cut down on this gravity-fed mayhem, and one useful way to look at them is by applying a version of the factors spelled out in traffic accident causation...road conditions, the vehicle, and the driver.

Slip, trip, and falls accidents involve the "road". The floor your employees walk on. Floors can either help or hinder safety while walking.

The key factor is the coefficient of friction (COF), a measurement of a floor's resistance to having a foot slide across it. The higher the COF, the better, with a COF of 0.5 or higher is recommended for most purposes.

There's a caveat to taking the measurement. The floor must be measure when wet, because COF's drop drastically when moisture is added. This supports the rationale that if a floor is slip-resistant when wet, it'll be slip-resistant when dry.

When the floor does not meet the requirement, here are some solutions to consider.

Surface modifiers are chemicals that increase the COF by creating tread patterns or micro-pores in the original surface. This should be applied by flooring professionals.

Mop-on treatments both clean the floor and deposit ingredients to increase its slip-resistance. This can be applied by anyone.

Skid-resistant products in strips and rolls that can be added to the floor. These have an adhesive backing or are applied with glue, and can be cut to fit on stair treads, ramps, or other smaller spaces.

Hard rubber mats are also useful in reducing the hazards of wet floors.

Keeping the flooring both level and free of cracks or other imperfections is also needed. As little as a 3/8 inch rise in the walkway can cause a person to 'stub' their toe resulting in a trip and fall.

Even after applying any of these flooring methods, it is recommended that you test the COF to make sure it is still up to standard and keep records of the results. These records can be your documentation of a proactive floor safety effort.

The 'vehicle' in slip, trip and fall accidents is footwear.

on icy, wet and oily surfaces, the COF can be as low as 0.10 with shoes that are not slip-resistant. Obviously, high heels, with minimal heel to surface contact, taps in heels, and shoes with leather or other hard soles lead to injuries. Shoes with rubber-cleated, soft soles and heels provide a high COF.

If the floors are slip and trip resistant, and shoes help out, that leaves one of the last factors, the 'driver' or in our case, the walker.

Slips, Trips, and Falls Prevention - Training

Often slip, trip and fall prevention is a matter of simply training workers on what to do and not do. Here are some do's and don'ts to instruct employees.

Walkways. Employees should note that walkways are for walking, not storage of any item, and that includes tools or even temporarily open drawers. It helps if walkways are clearly marked with painted lines, cones, or barrels as to their path and width. This can also help identify immediately when something is placed into these designated walk ways to be blocking the pathway.

Cables, cords, hoses. Rope-like items stretched across the floor act just like the landing wire on an aircraft carrier, but often with crash landings! If cables or other wiring need to cross a floor area, covers are available to create a ramp over them. At the least, tape them down, and post an elevated sign on a cone or pole that the hazard is there.

Wet areas. Spills should be promptly be mopped up, and until the floor is dry, a sign should warn of wet flooring. During rainy season, have rubber mats placed and entrances to help soak up excess water before transferring to the walkway.

Dust or dirt. Even though these are dry, they can also be slippery and should be swept up often.

Floor or wall openings. When floor or walls have an opening a person can fall through, such as ladder entries or loading doors, a good practice should include guarding in the form of covering doors or hatches. These coverings do not good when they are not used or kept in the closed position.

Stairs. Employees should be reminded to take it slow and use the handrails.

Safe walking. Even when we take all the actions mentioned, employees still need to follow the safe walking efforts. "Watch your step" should be a daily safety thought. When you are carrying a load, this reduces balance and can block visibility. Slow your pace on wet surfaces, test your grip on ramps before proceeding. Beware of distractions. Many of us can walk and chew gum at the same time, but some fail (an fall) when chewing gum is replaced by an excited conversation on a cell phone.

Make it clear to all employees that they have the obligation to either fix a hazard or to report it to a supervisor.

Preventing Heat Stress at Work

Heat problems kill some 4,000 Americans yearly, including the very young and old, those with diseases such as diabetes that disrupt the body's temperature control mechanism and those working in the heat. That last group puts the issue in your hands.

Heat problems themselves come in three varieties, heat cramps, heat exhaustion (also called heat prostration or collapse) and the real killer, heat stroke. Collectively, these conditions are known as heat stress.

For heat cramps, get out of the hot environment, stop using your large muscles, drink water, and replace electrolytes.

For heat exhaustion, get out of the heat and take off any excessive clothing, particularly around the head and neck. Drink a liter of water (slowly), so nausea doesn't develop, lie down with your feet up and use a fan for cooling. The problem should go away in 30 minutes. If not, seek medical attention is recommended.

Heat stroke is a medical emergency. your first and biggest objective is to lower the (body's) core temperature by any means available. These include cold packs on the neck, armpits, and groin, coverage with wet sheets or towels, and placement in a highly air-conditioned room. Medical help should be summoned immediately.

Here are six ways to preventing heat illness:

1. Pre-hydrate. Before activity starts, have employees drink up to 16 ounces of fluid. The drink 8 ounces every 20 minutes during the activity.
2. Drink flavored water. Plain water quenches thirst too quickly, so workers tend to not drink enough of it.
3. Acclimate to the heat slowly. over 5 to 7 days of exposure.
4. Don't wear a hat. It restricts heat loss through the head. Working in direct sunlight, use a visor.
5. Wear loose, thin synthetic fabrics. They help the skin stay cool through evaporation. Avoid cotton as it soaks up sweat, preventing evaporation.
6. Wear your PPE no matter what the temperature. It can't protect you if it's not on you. Take frequent breaks if they are uncomfortable to wear.