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April 3, 2015 Lunch Meeting
12 Noon
Lakewood Country Club
3101 Carson Street
Lakewood, California 90712

Mandatory Confirmation w/John O'Toole
By 3/31/15 @ (323) 258 – 2771

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CSSSP

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CALIFORNIA HEAT ILLNESS Update will be conducted on Friday, April 3, 2015 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.

The presenter will be Mr. Dan Leiner, M.S., REHS, RSSP. He 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 is a Past President and presently is the Chapter Treasurer. Mr. Leiner is a Trainer with the OSHA Training Institute at the University of California San Diego, specializing in varied subjects in health & safety. He was also a long time lecturer in the Occupational & Environmental Health & Safety Certificate Program at Cal State Dominguez Hills. The seminar 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.

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, otoole47@roadrunner.com

Membership

New Member:
Adrian Salcido, Safety & Environmental Manager -
Malarkey Roofing

President's Message

Greetings everyone, the Executive Board of CSSSP has approved the opening of the North Section of the CSSSP Chapter.

John McHugh was appointed the North Section Chairperson. 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. The first meeting was held on March 2, 2015.

The chairpersons for the North Section are:
Associate Chairperson - Vincent Takas
Secretary - Linda Hunter
Treasurer - Dan Leiner

There were 15 persons that attended the first breakfast meeting. John McHugh was the guest speaker and his subject was Fall Protection.

Each person was charged \$ 20.00 for the buffet breakfast. The Golf course provided a private room. The North Section is governed by the Executive Board of CSSSP Chapter. There is no dual membership.

Please spread the word of the North Chapter to CSSSP members and friends. The next meeting will be held on Monday May 4, 2015.

Robert Fernandez
Chapter President

Lunch Menu

Taco Bar
½ Ground Beef– ½ Chicken with Soft Shell Tortillas
Sour Cream, Guacamole, Shredded Cheese, Lettuce.
Onions, Salsa, Spanish Rice and Refried Beans,
Choice of Cake for Dessert

Slip, Trip and Fall Prevention: Training Is Often the Answer

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

With slips, trips, and falls the greatest source of nonfatal injuries each year in any accident category the federal government measures (more than a quarter-million a year resulting in lost workdays), it's smart to do all you can to prevent these mishaps.

Walkways. Employees should note that walkways are for walking, not storage of any item, and that includes tools or even temporarily opened drawers. It helps if walkways are clearly marked with painted lines, cones, or barrels as to their path and width. This also lets a supervisor immediately note if any object in the space is not supposed to be there.

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. As noted yesterday, any moisture can drastically reduce the slip-resistant qualities of flooring. Spills should be promptly mopped up, and until the floor is dry, a sign should warn of wet flooring. In April (or any other month's) showers, someone needs to be assigned to place rubber mats near doors. And to be sure floor and outdoor drains are clear of debris so they can do their jobs.

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

Floor or wall openings. Where floors or walls have an opening a person could fall through, such as ladder entries or loading doors, OSHA (and good practice) requires guarding in the form of covering doors or hatches. Of course, these do no good if users don't close them after use. Removable guardrails, found on some loading docks, must similarly be put back in place after use.

Safe walking. Even if all the above are carried out, employees still have to follow the old maxim, "Watch your step." This is especially true if carrying a load, which reduces balance and can block visibility. Slow your pace on wet surfaces, and test your grip on ramps before proceeding. And beware of distractions. Most of us can walk and chew gum at the same time, but some fail (and fall) when gum chewing is replaced by an excited conversation on a cell phone.

Finally, make it clear that every employee has an obligation to either fix a hazard or to report it to a supervisor.

Working at Heights: The Higher They Are, The Harder They Fall!

OSHA regulations (29 CFR 1926.500-503) require you to take specific precautions to protect employees who work at heights.

When construction employees are exposed to falling 6 feet or more from an unprotected edge, OSHA requires installation of one or more of these three primary fall prevention systems—a guardrail system, safety net system, or personal fall arrest system—to protect workers.

Guardrails are generally 42 inches high and must be able to withstand a force of at least 200 pounds. If there is no wall or parapet at least 21 inches high protecting an edge, you must install midrails or screens between the top of the guardrail and the walking or working surface to prevent falls.

Safety nets are usually made of rope mesh and are designed to catch workers if they fall. Mesh openings can be no more than 36 square inches. Safety nets should be placed 30 feet or less under the walking or working surface and be strong enough to catch a falling worker. If the net has not been certified, test it by dropping a 400-pound bag of sand about 30 inches in diameter from the highest walking/working surface. As an added protection, OSHA requires you to inspect nets at least weekly for wear, damage, or deterioration.

Personal fall arrest systems provide each worker with individual fall protection. Workers wear a body harness connected by a lifeline to a fixed anchor. The anchor must be able to withstand 5,000 pounds of force, and the lifeline must be made of webbing or

have a wire core if it might come in contact with a sharp edge. The personal fall arrest system is designed to go into action by the time a worker has fallen 6 feet and before contact with any lower level. Workers must be trained to use personal fall arrest systems properly and to inspect them before each use. The only purpose of a personal fall arrest system is to protect workers from falls. They should never be used to hoist tools, equipment, or materials.

Secondary fall prevention systems must be used when primary systems are impractical. OSHA permits the following monitored systems, which rely more on employee involvement and less on engineering solutions, when guardrails, nets, or personal fall arrest systems are not practical:

Controlled access zones are areas where certain work can be performed without a guardrail, safety net, or personal fall arrest system. As the name suggests, these areas must be off limits to all but specifically authorized workers. Lines of rope, wire, or tape set off these zones. The lines must be at least 6 feet from the edge and connected to a guardrail system or wall on each end.

Safety monitoring is another alternative form of fall protection that OSHA permits when the three primary protection methods are not practical or would create a greater hazard than they would prevent. Safety monitoring places a trained person with the workers on the elevated surface. This person's job is to look for fall hazards and warn workers when they approach danger. The monitor has to be close enough to workers for a spoken warning to be heard.

Warning line systems involve the use of rope, wire, or chain barriers that alert workers to an unprotected roof side or edge. Warning lines must be at least 6 feet from the roof edge and go around all sides of the roof work area. OSHA says, however, that warning lines alone are not enough. They must always be used with safety monitoring or one or more of the three primary means of fall protection.

Hole covers should be used to prevent workers from falling through holes such as in floors or roofs. Covers must be color-coded and/or labeled ("hole" or "cover") so that workers know there's a hazard. Hole covers should be secured so that they won't move accidentally, and they must be able to support twice the weight of workers, equipment, and materials that could be placed on them at one time.

Are you being bullied?

Bullying has become a hot topic in the last couple of years. Whether it's because society has changed what qualifies as acceptable behavior in the workplace, on campus, and in schools or whether it's because we are more aware of the negative psychological effects that bullying can have during all phases of life has not been determined. But the fact remains that we are becoming more cognizant of bullying and its effects on not only the target of the bullying, but also the bystanders who witness such behavior.

As we are becoming more aware of bullying, a shift to claim all bad behavior as bullying has also been on the rise. Did someone get mad at you and slam the door? Bullying. Did someone send you a singular email that called you fat? Bullying. Did your supervisor tell you that the task asked of you was incomplete and needed to be redone? Bullying. Did a professor tell you that your work needs improvement or you're likely going to fail the class? Bullying.

Or not? The truth is that with our increased awareness has also come the tendency to label all things as bullying.

Bullying Is Violence

Various reputable organizations contend that bullying is violence. As we look at violence from a holistic perspective, workplace violence encompasses discourtesy, disrespect, intimidation, harassment/bullying, retaliation, verbal assault and physical aggression.

We can break bullying behaviors down even further and describe them as behaviors directed toward an individual or group with the intent to be rude or discourteous, or to annoy, manipulate, control or abuse. Other bullying behaviors include threats of imminent or future harm and verbal or physical aggression that's persistent and ongoing. The National Institute of Occupational Safety and Health (NIOSH) states that "any behavior that demeans, embarrasses, humiliates, annoys, alarms or verbally abuses a person" could be considered violence. As such, the similar behaviors that we see in bullying equate bullying with violence.

To be continued.....