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August 6, 2010 Lunch Meeting 12 Noon

Lakewood Country Club
3101 Carson Street
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Mandatory Confirmation w/John O'Toole
By 8/3/10 @ (323) 258 – 2771

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CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

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August Speaker

Our speaker this month is Mr. Jess Rodriquez. He will speak on: "Overview of Intelligence Communications."

Mr. Rodriquez graduated with a Juris Doctorate Degree and received a Bachelor's degree in Public Management. Mr. Rodriquez also received training in and taught National Clandestine subject for officers.

He has also served as a CIA Agent working overseas specializing in counter-terrorism. He retired from the Los Angeles Police Department as a Captain. At LAPD he specialized in Law Enforcement Intelligence.

June Speaker

Mr. Tom Davis of T. Davis & Associates spoke on "How to Conduct an Investigation".

Tom discussed the investigative process, beginning with the initial notification of an incident to conducting effective interviews with reporting parties, witnesses, and suspects.

New Members

Raymond A. Enama - Professional Member
Egan Forino - Professional Member
Cliff Thompson - Professional Member
Mario Manriquez - Professional Member

President's Message

Well another year is upon us and I am so honored to be the President of this very well recognized organization. I would like to start off by thanking all of past Presidents and Officers for all of their hard work in making CSSSP the success that it has been.

We have had many exciting changes over the past year. The first of which is our new meeting location. As many of you may know, we are now meeting at the Lakewood Country Club. The Lakewood Country Club has wonderful facilities offering us many options. With the availability of several rooms we are now able to hold seminars on a variety of topics that

interest our membership.

Lakewood has also provided an expansive catering menu allowing us to have a good selection of meals throughout the year.

The second change is our new and improved website. Linda Hunter, our web coordinator has been working very hard over the past few months with the help of Gary Breegle, our web master to revamp the website to make it more user-friendly. Some of the changes you will see are the ability to use PayPal. PayPal will allow you to pay your annual membership dues, lunch, and even buy raffle tickets directly through our website.

Take a minute to explore the web site and familiarize yourself with the new changes.

www.CSSSP.org

It is important to the growth of our membership to promote our purpose. Any time you have the opportunity to share with someone the good things that CSSSP does both on campus or within your community it is another opportunity to advance the image of CSSSP. You can refer to the following link to a clever promo.

<http://www.youtube.com/watch?v=Nsp2gVPmOro>.

I believe this interview was conducted last year.

It is also my sad duty to notify you of the passing of another long time CSSSP member. Richard Sams passed away Thursday, July 15th. Our deepest regards to the Sams family. He was employed by ASCIP, Alliance of Schools for Cooperative Insurance Programs as Principal Safety Consultant. He was one of the founding fathers of CSSSP and was an active Professional Member of the Chapter. Richard had over 30 years as a safety professional and he will be greatly missed by all who knew and respected him.

I look forward to working with each and every one of you in continuing the success of CSSSP.

Jared Williamson

Lockout/Tagout Failures...

1. Failure to stop equipment. While this may seem just common sense, it isn't, due to some employee attitudes. Some workers value productivity above all else, normally a good thing, but not in this case. Others feel that their age or long experience with the equipment lets them work on it without "taking the trouble" to properly safeguard it. Either attitude can lead to the same, possibly deadly, result.

2. Failure to disconnect from the power source. In the case of electrical equipment, some workers feel that simply operating the on/off switch is all it takes to be safe. They discount that the switch may be defective or that power may find its way through a short circuit or other source-until they are shocked to learn that it can.

3. Failure to drain residual energy. Ask workers why TV sets carry a warning about trying to open the case even if the device is disconnected. You know, and they should, that it's because many electrical devices store power in a capacitor or battery. Even with the plug out, the risk of shock remains.

Employees need to expand that concept to other kinds of devices. A compressed spring, a hot pipe, a pressurized tank, or even a heavy object hanging overhead also represent energy that continues to exist, even when the initial source of that energy is disconnected. All forms of stored energy must be completely blocked or released to be safe.

4. Accidental restart of machinery. Even if one employee knows to shut down equipment before working on it, others may not. The incidence of unknowing workers causing injury to their fellow workers by restarting machines being worked on is high.

5. Failure to clear work areas before restarting. Restarting machinery must be handled with as much care as shutting it down and locking it out. A repair tool left in the works to fly out or a restart while a co-worker remains in the path of danger represent as great a hazard as not locking out the machine at all.

Lockout/Tagout Success...

1. Internal policy. Most aspects of a safe workplace start with a company's statement of how things should be. It should include what equipment needs to be secured, how to secure it, how to communicate that equipment has been secured, and who is responsible for this action.

2. Contractor policy. Because equipment service and repair is often handled by outsiders, a separate policy is needed to address what these outside resources need to do to meet your lockout/tagout standards, and how they will coordinate with your own people. Many accidents happen when a contractor takes one action while an employee takes another, contrary action.

3. Documentation. The law requires a written procedure for the lockout and/or tagout of each piece of equipment that presents an energy hazard.

4. Inspection. By law, employers must inspect every lockout/tagout process at least annually, then review the results of the inspection with a person authorized to use the equipment. The inspection must be done by an authorized person other than the machine operator.

The inspection report should note the process inspected, the employees involved, the date, and the name of the inspector.

5. Training. Again, by law, all persons authorized to do lockout/tagout must be trained. The training should also make those not authorized aware that they are not allowed to attempt lockout/tagout, and must call on an authorized person instead. Retraining is required if a person changes jobs, if a new machine or process is introduced, if there's a change in how to control the sources of energy, if there's been a failure in following the procedures, or even a close call. In fact, as the program says, you need to train "if there's any reason to doubt employees are failing to follow the procedures."

The training should concentrate on those employees with a "productivity first" mindset. With consequences as drastic as they are in a failure to lock out properly, every employee must learn that safety is always the first priority.

Tips to Prevent Eye Strain

Eye strain is a very common problem. Whether it is from working on a computer, watching TV, driving or any number of other activities, your eyes can become fatigued and lose focus. Serious eye strain can cause a number of other problems from short term head and neck aches to long term conditions like Myopia. With that in mind, here are 5 simple tips to help prevent eye strain.

1. Take Breaks

The best way to prevent eye strain is to not use them as much. With your eyes that may be difficult to do. Luckily your eyes use more than one set of muscles. That means you can relax one set while using another. Shift your focus from near to far on a regular basis. Shift focus from up close to at least 20 feet away.

If you are at your computer, look out the window for a minute. If you are driving check your speedometer every so often.

2. Reduce Glare

Reducing glare will dramatically reduce the strain on your eyes. Use non-reflective interfaces whenever possible. Like reading from paper instead of a computer screen. When you have to use a screen make sure it is at a 90 degree angle from any direct light source.

Use indirect or reflective lighting whenever possible.

Try switching your monitor or TV to a flat screen technology. They are not as reflective.

Use anti-glare technology. Use an anti-glare filter on monitors. Use anti-glare glasses when driving (especially at night) or working in general.

3. Adjust Contrast

Ensure there is good contrast with what you are looking at but reduce contrast for periphery. More contrast makes edges more discernible so the eyes don't have to focus as much. But too much contrast with the surrounding area will cause strain through your peripheral vision.

Keep overall lighting levels at a moderate level so there is good contrast around you but glare does not become a problem. Use task lighting to aid eyesight at specific tasks.

4. Adjust Color

Use full spectrum lighting. Lighting, like sunlight, that covers the visual spectrum makes things easier to see.

Adjust the color setting on monitors and screens. Some even allow you to adjust the color temperature.

Use a combination of florescent and incandescent lighting. Use full spectrum florescent bulbs. GE makes a bulb called "Reveal" that improves the color spectrum of incandescent bulbs dramatically.

Full spectrum lighting has the added benefit of fighting off the "winter blues."

5. Strengthen Your Eyes

Eye strain is actually the strain of the muscles controlling the eyes. Strengthening these muscles with a series of eye exercises will go a long way to preventing eye strain.

Nobody's immune to back pain

Back pain is a leading safety problem, second only to common colds as the reason people miss work.

Anyone who has to move heavy objects, work in awkward positions, hold one position for a long time or perform certain tasks at a fast pace can get hurt.

Tips will help protect your back while lifting:

- Don't bend over the object you're lifting. Bend your knees, squatting in front of the object to reach it.
- Lift slowly and carefully, using your leg and arm muscles to lift, not pulling with your back.
- Keep your back straight and your head up.
- Keep the object as close to your body as possible, gripping with the whole hand (there's virtually no strength in fingertips).
- Keep abdominal muscles tight while making the lift, and avoid twisting. Turn the foot and point it in the direction of eventual movement.

There is no such thing as a "correct" lift because every person is different and has different capabilities. However, every lift can be made less demanding by using common sense. The goal is not lifting "correctly," but lifting in the least demanding way.