



# **California Society of Safety & Security Professionals**

**August 2, 2019**

**NO Morning Seminar**

**\*\*\*New Location\*\*\***

**Lunch Meeting - 11:30 am - 1 pm**

Mimi's Bistro & Bakery  
4404 Candlewood Street  
Lakewood, California 90712

Mandatory Confirmation w/Mario Quintanar  
via email by 7/31 @  
[mario@bandemfg.com](mailto:mario@bandemfg.com)

## **Morning Seminar**

There is NO morning seminar for August, 2019.



# CSSSP

## California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 120

August 2019

### **Morning Session Speaker**

There is NO morning seminar for this month.

#### **New Meeting Location**

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4404 Candlewood Street  
Lakewood, CA 90712

### **Luncheon Speaker**

Since our last meeting, there has been seismic activity throughout California, including a magnitude 7.1 earthquake near Ridgecrest along with warnings that "the big one" is coming. This month, our lunch speaker will be our Chapter Treasurer, Dan Leiner, who will provide information on emergency preparedness for natural disasters. In the past year, California has experienced several natural disasters... earthquakes, fires, chemical leaks, and floods. Dan will discuss how families and individuals can be better prepared for a natural disaster.

### **Lunch Menu**

#### **Entrees Choices (choose one)**

Smoked Salmon Baguette  
Cranberry & Walnut Salad with Chicken  
French Dip  
Creamy Chicken & Mushroom Pasta

#### **Includes (choose one)**

House Salad  
Caesar Salad  
Cup of Soup

#### **Dessert (choose one)**

Molten Lava Cake  
Creme Caramel

#### **Beverages**

Coffee/Tea/Lemonade/Soft Drinks

### **President's Message**

Firstly, I'd like to extend my gratitude to the board members for entrusting me as the president of CSSSP for this year. I look forward to a productive year of further enriching the quality and effectiveness of our safety management programs. I'm eager to contribute my 15 years of safety experience to this organization and encourage the exchange of ideas to help achieve our goal of proper safety education.

Secondly, I would like to draw attention to the recent earthquakes that we have experienced. I believe it is paramount we practice proper earthquake preparedness. Earthquakes are a fact of life for us and I want to ensure that we are properly prepared in the event that a major earthquake strikes.

Thirdly, emergency kits may be purchased at any Wal-Mart, Target, Home Depot, or any other major department store. Emergency kits are an essential preparedness tool and is crucial to personal safety.

I eagerly await working with everyone to improve the quality and effectiveness of safety!

If you have any articles to share in our newsletter and organization, please send them to: [petergin@earthlink.net](mailto:petergin@earthlink.net)

Mario Quintanar  
President

## **Updated Payment Options**

We have finally got our bank account in place. You will be able to pay by check again and we still accept cash or credit card payments. Paypal is also up and ready on our website.

## **Earthquake Safety at Home**

Unlike hurricanes and some other natural hazards, earthquakes strike suddenly and without warning. Nevertheless there are things that you can do to reduce the chances that you or other members of your household will be injured, that your property will be damaged, or that your home life will be unduly disrupted by an earthquake. There things all fit under the term preparedness, because to be effective, they must be done before earthquakes occur.

Preparing for earthquakes involves (1) learning what people should do before, during, and after earthquakes; and (2) doing or preparing to do those things now, before the next quake.

## **Prepare Yourself and Your Family**

### **React Safely**

Learn what to do during an earthquake. Hold periodic family drills to practice what you have learned. Through practice, you can condition yourselves to react spontaneously and safely when the first jolt or shaking is felt.

### **Take Cover**

In each room of your home, identify the safest places to “drop, cover, and hold on” during an earthquake. Practice going to these safe spots during family drills to ensure that everyone learns where they are.

### **Survive on Your Own**

Assemble and maintain a household emergency supply kit, and be sure that all family members know where it is stored. The kit should consist of one or two portable

containers (e.g., plastic tubs, backpacks, duffel bags) holding the supplies that your family would need to survive without outside assistance for at least 3 days following an earthquake or other disaster. Make additional, smaller kits to keep in your car(s) and at your place(s) of work.

## **Stay in Contact**

List addresses, telephone numbers, and evacuation sites for all places frequented by family members (e.g., home, workplaces, schools). Include the phone number of an out-of-state contact. Ensure that family members carry a copy of this list, and include copies in your emergency supply kits.

## **Care for People, Pets, and Property**

Get training in first aid and cardiopulmonary resuscitation (CPR) through your local chapter of the American Red Cross. Find out where you could shelter your pet should it become necessary to evacuate your home. Ensure that family members know how and when to call 9-1-1, how to use your home fire extinguisher, and how, where, and when to shut off your home's utilities (water, natural gas, and electricity).

## **Prepare with Your Community**

Consider becoming involved in local, voluntary programs that strengthen your community's disaster resilience. Investigate training and volunteer opportunities available through the American Red Cross. FEMA works with local governments and other community stakeholders to provide free training and volunteer opportunities through its Community Emergency Response Team (CERT) programs.

Are you prepared for the next shaker? What action plan do you need to do now? Take time today to work through a plan with your family and loved ones - be prepared!

## Home Kitchen Safety

Always stir and lift away from you - When lifting a lid on a pot there is condensation on the top. When lifting it off toward you, the scalding condensation can drip onto your skin, causing burns. The same goes for stirring. Make sure you always stir away from your body. After all, you want to eat the spaghetti sauce, not get burned by it.

Don't set a hot glass dish on a wet or cold surface - There's actually a lot of science behind this tip. Glass expands when it gets warm and shrinks when it cools down, which causes stress, resulting in a combustion of glass. The best place to set a glass lid is on top of a trivet, cutting board or potholder.

Don't use metal utensils on nonstick, Teflon pans - Cooking with metal utensils on Teflon or non-stick pans can cause flaking or chipping of the Teflon. This can, in turn, mix toxic compounds into your food. A better solution would be to always use wooden or plastic spoons when cooking.

Don't use the same cutting board for raw meat, fruits and vegetables. We all want to avoid washing extra dishes, but this is one area in which you shouldn't take shortcuts.

Using the same cutting board for meats, fruits and vegetables is a surefire way to get the whole family sick with salmonella poisoning. The FDA advises you use two separate cutting boards: one for raw meat, poultry and seafood, and another for fresh fruits and vegetables. If you must use the same board, its safest to prepare your fruits and vegetables first, wash your cutting board thoroughly with soap and hot water, and then prepare your meats.

Prevent burns - Make sure when cooking that the handles of your pots and pans are turned inward. This will be safer than someone knocking into them resulting in your food flying and burning you. Always have potholders or oven mitts close by when handling anything on the stove top or oven. Don't use wet potholders or dish rags because they will not keep the heat from burning your hands.

Get a portable fire extinguisher for your kitchen. Learn to use it and make sure to check is every six months to make sure there is a full charge. Fire extinguishers are meant to be used thoroughly, you should not try to save for the next use.

Stay safe in your own kitchen!

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