



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

**August 7, 2020**

**Zoom On-Line Webinar  
9 - 11 am**

A meeting invite was sent to your email address on file with us by Stephanie Spann from UCSD on 7/10/20.

Please make time to create your free Zoom account before the webinar date if you have not been on a Zoom call before.



# CSSSP

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

Volume 125

August 2020

### ***New Meeting Location***

Zoom On-Line Webinar  
9 - 11 am

### ***Speaker***

We will be having a presentation by Mr. Peter Gin. He will review key ergonomic things to remember as we continue to have work from home arrangements. We will also have a quick overview from Mr. Dan Leiner on latest news from Cal/OSHA.

### ***No Lunch***

Please take a moment now and follow the instructions to create a free Zoom account before that date if you have not been on a Zoom conference call before. It is best to get this set up before the webinar date so you don't have technical issues that day.

We look forward to connecting up with you all with this new normal.

Stay safe and reach out to us with any questions.

### ***President's Message***

Hello and good day everyone, I hope this letter finds everyone in the best of health and out of harms' way. With this pandemic situation still not yet under control, I hope and pray that everyone is doing their very best to staying safe out there. All we can do is follow the guild lines that the state has ordered with the social distancing and the washing of hands with sanitizers and staying home.

I know sometimes we just want to go out and enjoy the outdoors with family and friends but there's ways to do so safely without the chances of spreading the dreaded COVID-19 and it also seems like everyone is afraid of their own shadow because of it. So, I ask that you all just be a little extra careful when you are out and about on your daily routines.

I wish to convey my condolences to anyone who has lost a family member or a friend to COVID-19. I know what they're going through and it's so sad especially when some loved one is in a convalescent home and their visitation is taken away because of COVID-19. Window visits aren't nearly enough and seeing them falling into a depression - It's heartbreaking.

In closing, I just want to say that I hope and wish you all the best out there and take as much precaution that you can take to make sure that you and your loved ones are safe as can be.

Mario Quintanar  
President

## **CSSSP August 2020 Meeting**

We will be continuing with the on-line Zoom meeting format for our August meeting. Due to the uncertainty and potential risks of in-person lunch meeting during the COVID-19 pandemic, the CSSSP Board has decided to suspend our lunch meetings until it is safe to resume. We are continuing our educational outreach by holding free online webinars in place of our lunch meetings.

We will continue to hold the webinars on the same day as our lunch meetings, the first Friday of even number months (February, April, June, August, October, and December). Instead of lunch gatherings, we will hold webinars from 9:00 AM to 11:00 AM.

Our webinar will be held on Friday, August 7th and will be a presentation by Mr. Peter Gin on work from home ergonomics. We will also have a quick overview of the latest news from Cal/OSHA by Mr. Dan Leiner.

We will be using Zoom as our webinar platform. To make logging on to the webinar seamless on August 7th, please visit [www.zoom.us](http://www.zoom.us) and create a free Zoom account prior to the meeting. Your computer does not need a camera, you can still listen and view the webinar. Stephanie Spann has sent you an invite to join in this scheduled Zoom meeting.

Join Zoon Meeting - click to Open Hyperlink below. You will need to provide your name and email address so the system recognizes you.

Click the following link to join Zoom Meeting

<https://ucsd.zoom.us/j/92250464802?pwd=TWM2WFh1UkVxakltV25qcUhwWbFJOZz09>

Meeting ID: 922 5046 4802

Password: osha

## Do's and Don'ts for Working From Home

In an effort to reduce the number of coronavirus infections, we are now working from home, transforming kitchen tables and bedrooms into temporary home offices. Many are working from less than ideal ergonomic conditions. Here are some tips to making your home work station safe.

### **DON'T hunch over your laptop**

It's each to work on your laptop for a few hours on the weekend, but doing so for 40-plus hours a week can lead to back, shoulder, and neck strain. Use an external monitor or laptop stand (with an external keyboard and mouse) to prop up your screen. Your eye level should be level with the address bar on your screen.

### **DO work at an appropriate height**

Find a working height so that your elbows naturally fall flush with your table/desk height. This will promote better wrist alignment.

### **DO use an office chair if possible**

Adjustable features on your office task chair will save you from lumbar and neck discomfort.

### **DON'T let your feet dangle**

Place your feet on a few books or boxes under your desk, so your thighs are nearly

parallel to the floor and your hips are slightly higher than your knees.

### **DO follow the 20/20/20 rule**

For every 20 minutes spent looking at a computer screen, you should spend 20 seconds looking at something else 20 feet away. This gives your eye muscles a break and helps reduce eye strain.

### **DON'T turn your couch into a workstation**

As tempting as it is, the couch is not an optimal place to work at your computer for the entire day. It may be comfortable, having your legs or full body in a vertical position can lead to muscle numbness and discomfort.

### **DON'T skip lunch and make sure you stay hydrated**

It's easy to snack throughout the day instead of eating like you did in the office. Eating a meal and staying hydrated gives you the opportunity to stand up, walk around, and let your eyes have a rest from the computer screen.

### **DO make sure you get up and walk around**

The goal is to get in as many steps as possible during the day, even if you are at home instead of the office.

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