



California Society of Safety & Security Professionals

February 1, 2019

NO Morning Seminar

Lunch Meeting - 11:30 am - 1 pm

Lakewood Country Club

3101 Carson Street

Lakewood, California 90712

Mandatory Confirmation w/Dan Leiner

via email by 1/29 @

danleiner@aol.com

Morning Seminar

There is NO morning seminar for February, 2019.



CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 117

February 2019

Morning Session Speaker

There is NO morning seminar for this month.

Luncheon Speaker

This month, our lunch speaker will be our Chapter Co-President, Dan Leiner, who will provide a 2018 Cal/OSHA Update. Regulations adopted by Cal/OSHA during 2018 were either very specific to a certain industry (Hotel Housekeeping Musculoskeletal Injury Prevention) or were not very relevant to our members (regulations on operator qualification and certification for cranes and derricks in construction; reinforcing steel concrete construction and post-tensioning operations; electric power generation, transmission, and distribution; and a new permissible exposure limit for benzyl chloride).

However, in November 2018, Cal/OSHA adopted an emergency regulation that applies to many companies in California – Electronic Reporting of Occupational Injuries and Illnesses. While employers covered by Federal OSHA have been required to submit their injury and illness data for the past couple years, employers in California have not been required to do so until November 1, 2018.

Dan will cover the reporting requirement of this newly adopted regulation, as the deadline for online submission of 2018 data is fast approaching.

Lunch Menu

Mixed Green Salad
Roasted Mixed Vegetables
Brown Rice Pilaf
Roasted Rosemary Lemon Chicken
Oreo Cake

President's Message

Happy 2019!

As I mentioned in my October newsletter message, we're still working on legally reestablishing the CSSSP. CSSSP is reestablished with the Secretary of State and we are finalizing the last of the paperwork so we can open our bank account (and accept checks again at our meetings). Then, we need to start working to make the organization legally a non-profit with the State Attorney General's Office. Being a civil servant with Cal/OSHA Consultation for 25 years, I had no idea what's involved in legally reestablishing our organization.

Financially, as are many smaller safety, health, and security organizations, our organization is struggling, both in membership and in meeting attendance. Our annual dues notification just went out, and I encourage you to renew your membership, rejoin our organization, and/or invite your professional friends and colleagues to join. We try to provide a valuable service to our members by providing timely and knowledgeable speakers at our morning seminars and lunch meetings.

I'm not sure many are aware, but our meetings at Lakewood Country Club require us to order **and pay for** a minimum of 25 people for lunch and 15 people for the seminar continental breakfast, **regardless of how many people actually attend**. Based on our recent attendance, we have been losing money at our lunch meetings. Your membership dues pay for the morning seminars and supplement the lunch cost, as what we charge for lunch just covers the actual cost per person. We are also committed to not increasing our membership dues nor the lunch cost, so increasing attendance will keep us financially viable.

The CSSSP Board is looking at options to reduce costs. Again, the ideal option would be to increase attendance at our lunch meetings. Our alternative is finding a local restaurant that has a small private room where we pay based on the actual number of persons attending. If you know of any local restaurants, and here's the important part - with good food at a reasonable price AND has a private meeting room, please let me (danleiner@aol.com) or any of our Board Members know so we can explore this option.

I hope to see you at our February lunch meeting. If you know anyone interested or involved in occupational safety, health, and/or security, please invite them to our lunch meeting!

Dan Leiner
Co-President

Does Work Stress Keep You Up At Night?

Does worry about work keep you from getting a good night's rest? Forty-four percent of respondents to a recent survey said work-related stress causes them to lose sleep.

Employees have indicated that overwhelming workloads, lingering business problems and strained relationships with co-workers as the leading reasons for loss of sleep.

Overall, 15 percent of workers said they lost sleep over work "very often," while 29 percent indicated they lost sleep "somewhat often."

Other findings:

- 57 percent of respondents ages 18 to 34 reported losing sleep, compared with 45 percent of workers ages 35 to 54 and 29 percent of those 55 and older.
- Half of men and 40 percent of women reported losing sleep.
- Respondents in Miami (65 percent); Nashville, TN (59 percent); and New York (55 percent) had the highest rates of sleeplessness among 28 larger cities surveyed. Professionals in Washington (34 percent), Cleveland (27 percent), and Minneapolis (24 percent) had the lowest rates.

Work stressors can often follow you home, but try to check them at the door," "If you have too much on your plate, schedule time with your manager to discuss possible solutions to alleviate the pressure.

Always on email culture contributes to worker stress

Employee anxiety over management's expectations for monitoring email during non-work hours causes "anticipatory stress" that can negatively impact worker well-being and job performance.

Even during the times when there are no actual emails to act upon, the mere norm of availability and the actual anticipation of work create a constant stressor that precludes an employee from work detachment.

Such expectations – whether real or imagined – cause more problems, including burnout and work-life balance problems, than the actual time it takes to read and respond to after-hours emails.

Workers who exhibit a strong preference for keeping their professional and family lives separate often are the most strongly affected, but even employees less concerned with work-life balance will feel the effects of emotional stress and exhaustion over time,

Recommendations include making managers more aware of the adverse effects of the "always on" culture.

Managers need to be cognizant of the consistent negative impact on individual perceptions and well-being that may prove to be especially onerous over time, not only to individuals, but also ultimately to organizational functioning.

Precautions for All Workers during Flu Season

The best way to reduce your risk of exposure to the flu virus in your workplace is to use the basic hygiene precautions listed below and to avoid close contact with ill people. If your job involves contact with patients or other healthcare services, then you may need to take additional precautions. Precautions for healthcare workers are addressed separately.

Pandemic flu remains a concern for workers and employers. A pandemic can occur at any time and can be mild, moderate, or severe. The pandemic in 2009 was considered by CDC to be mild but it still created challenges for employers and showed that many workplaces were not prepared. The precautions identified in this guidance provide a baseline for workplace precautions during a seasonal flu outbreak, but they may not be enough to protect you during a pandemic. Your employer's pandemic flu plan should be based on a "worst-case" scenario – one in which the virus causes severe illness and death in larger numbers of people.

Here are common tips to remember:

- Get vaccinated! .
- Stay at home if you are sick
- Wash your hands frequently with soap and water for 20 seconds; use an alcohol-based hand rub if soap and water are not available.
- Avoid touching your nose, mouth, and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve(s). Throw tissues into a "no-touch" wastebasket.

- Clean your hands after coughing, sneezing, Keep frequently touched common surfaces (e.g., telephones, computer equipment, etc.) clean.
- Try not to use a coworker's phone, desk, office, computer, or other work tools and equipment. If you must use a coworker's equipment, consider cleaning it first with a disinfectant.
- Avoid shaking hands or coming in close contact with coworkers and others who may be ill.
- Stay in shape. Eat a healthy diet. Get plenty of rest, exercise, and relaxation.
- Speak with your doctor and find out if you are in a high-risk category for seasonal flu (e.g., elderly, pregnant women, small children, persons with asthma, etc.).
- Participate in any training offered by your employer.

Dues Reminder

Our annual dues are collected in February of each year. Please renew your membership or join in at our meeting. Cost is only \$50.00 per year.

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