



California Society of Safety & Security Professionals

February 7, 2020

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 2/3/2020 @
mario@bandemfg.com

Morning Seminar

There is NO morning seminar for February, 2020.



CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 122

February 2020

Meeting Location

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

Luncheon Speaker

We will be having two speaker presentations this meeting. Mr. Crist Wagner will speak on what we can do to be prepared for a fire at our home or work place. Mr. Dan Leiner will speak on "Cal/OSHA's NEW Protection from Wildfire Smoke Regulation. Title 8 of the California Code of Regulations, Section 5141.1 (www.dir.ca.gov/title8/5141_1.html).

In addition, the State Legislature changed the California Labor Code definition of what constitutes a "serious injury" reportable by employers to Cal/OSHA. Dan will briefly review the changes.

Lunch Menu

Entrees (Choose One)

Citrus Salmon
French Pot Roast
Coastal Shrimp Pasta
Rustic Chicken Artichokes

Choose One

House Salad
Caesar Salad
Cup of Soup

Beverages

Coffee/Tea/Lemonade/Soft Drink

Please email Mario of your attendance by
Tuesday, February 3, 2020 at:
mario@bandemfg.com

President's Message

We will have our honoring of our founder, the late Mr. John O'Toole at this meeting. Please come dressed in your Hawaiian attire to commemorate him.

The start of a new year, welcome back everyone. I hope you all had a wonderful 2019 holiday season bringing in the new year means time to clean out the old and bring in the new. This is a good time to check household items like smoke detectors and carbon monoxide detectors. Check your rain gutters as well. It's also a great time to go through our closets and gather up our old clothing and either give it to the homeless or donate it to Goodwill or Salvation Army.

I'd also like to give tribute and thanks to our founder John O'Toole for making safety such an important thing in our everyday life at work and at home. Let's make sure we carry on the torch and hope that his awareness spreads like wildfire.

Lastly I'd like to address the issue of child safety awareness, that we as parents do our best to recognize if there are major issues / signs going on in our children's life and not just our own but our neighbors as well, to look out for any red flags / warnings of potential danger to them and to themselves as well.

Hope to see many of you there at our February 2020 CSSSP membership meeting.

Mario Quintanar
President

How Poor Ergonomics and Musculoskeletal Disorders Lead to Opioid Deaths

Data has linked MSDs to opioid overdoses. But there may be hope yet: implementing proper ergonomic practices. New data has found a connection between musculoskeletal disorders (MSDs) and opioid-related overdose deaths.

The data comes from the Utah Department of Health, the Office of Medical Examiners and the Labor Commission of Utah. In their studies, researchers found that 57% of Utah residents who died from opioid-related overdose deaths had at least one prior workplace MSD.

MSDs are soft tissue injuries that cause pain in the muscles, nerves, tendons, ligaments, joints, cartilage or spinal disks. Most commonly, the shoulders, elbows, hands and lower back are affected. In 2016, the Bone and Joint Initiative put forth evidence that 1 in every 2 American adults has an MSD, costing an estimated \$213 billion each year in treatment and lost wages.

This is chilling information for employers who have workers in high exertion occupations that can lead to MSDs, like construction, health care, production, waste management and the like.

The Ergonomic Connection

MSDs are the result of exposure to biomechanical risk factors such as forceful exertions, awkward postures, sustained exertions, high frequencies and vibration, among others,

These injuries occur most often at companies lacking an ergonomics process.

Ergonomics studies the way people move in their working environment and can play a big role in making sure these workers are doing their tasks in a way that will prevent injury or illness.

When a company is practicing poor ergonomics, there are social and economic consequences; the most recognizable social consequence is workplace MSDs.

Properly executed ergonomics, can both improve employee well-being as well as enhance business performance. proper ergonomics might also curb the still-growing opioid epidemic.

MSDs and Proper Ergonomics

In the 1980s, several industries saw the strain MSDs placed not only on their business but also on their workers. A push for better quality ergonomic standards was born. OSHA began tackling the issue in earnest in 1993 but took nearly a decade before it could issue its ergonomic standards.

in 2001, Congress rescinded the ergonomics standard that was designed to stem a range of common disabling workplace injuries. Absent regulation, injuries increased and large numbers of people were treated with addictive pain medications.

Putting Proper Ergonomics in Place

Ergonomic experts agree that there are several best practices to help implement an ergonomics program that works.

It is vital to make sure production leaders (such as engineers, production managers, etc.) are educated and trained on how to identify ergonomic risk factors.

When designing a process or new product line, they should know what the risk factors could be in their designs and have the opportunity to search for alternatives. The importance of conducting ergonomic evaluations during the on-boarding process of new employees will help reduce injuries.

As new employees join the team, trained ergonomic professionals should sit with these workers to review training, movement and use of all equipment and procedures. That way, problem areas can be caught at the start and corrected before injury can even occur.

I believe in the hands-on approach to ergonomics. By becoming an ergonomic evaluator you can save time and create a work environment where employees could come to you right away if they were having a problem.

As a result, we can avoid a lot of workers' comp claims by someone coming up to you and saying, 'My chair's uncomfortable,' or 'I need you to look at this,'

Sometimes all it takes is a minor adjustment — or else it's a major surgery.

Take a Good Look and Make Your Workplace Safer

OSHA recommends that your self-inspections should cover safety and health issues in the following areas:

Processing, receiving, shipping, and storage, including equipment, job planning, layout, heights, floor loads, projection of materials, material handling and storage methods, and training for material handling equipment.

Building and grounds conditions, including floors, walls, ceilings, exits, stairs, walkways, ramps, platforms, driveways, and aisles.

Housekeeping program, including waste disposal, tools, objects, materials, leakage and spillage, cleaning methods, schedules, work areas, remote areas, and storage areas.

Electricity, including equipment, switches, breakers, fuses, switch-boxes, junctions, special fixtures, circuits, insulation, extensions, tools, motors, grounding, and national electric code compliance.

Lighting, including type, intensity, controls, conditions, diffusion, location, and glare and shadow control.

Heating and ventilation, including type, effectiveness, temperature, humidity, controls, and natural and artificial ventilation and exhausting.

Machinery, including points of operation, flywheels, gears, shafts, pulleys, key ways, belts, couplings, sprockets, chains, frames, controls, lighting for tools and equipment, brakes, exhausting, feeding, oiling, adjusting, maintenance, lockout/tagout, grounding, work space, location, and purchasing standards.

Personnel, including hazard identification training, experience, methods of checking machines before use, PPE, use of guards, tool storage, work practices, and methods for cleaning, oiling, or adjusting machinery.

Hand and power tools, including purchasing standards, inspection, storage, repair, types, maintenance, grounding, and use and handling.

Hazardous materials, including storage, handling, transportation, spills, disposals, amounts used, labeling, toxicity or other harmful effects, warning signs, supervision, training, protective clothing and equipment, and hazard communication requirements.

Evacuation plan, including procedures for an emergency evacuation; procedures for specific emergencies such as fire, chemical/biological incidents, bomb threat, etc.; escape procedures and routes; critical plant operations; employee accounting following an evacuation; rescue and medical duties; and procedures for reporting emergencies.

<p>Mario Quintanar President /Programs B & E Manufacturing, Inc. 714-898-2269 ext. 111 mario@bandemfg.com</p>	<p>Jennifer Press, RSSP, PP Vice President/Raffle Chairperson Whole Foods Market 310-351-2085 jenniferpress@wholefoods.com</p>	<p>Dan Leiner, RSSP, PP Treasurer CAL/OSHA Consultation Services 818-901-5754 danleiner@aol.com</p>
<p>Linda Hunter, RSSP, PP, FIAE Secretary Safety Compliance Systems, LLC 949-357-5500 lhsafenet@aol.com</p>	<p>Joann Blayney, RSSP Membership Chairperson Safety Dynamics Group 562-425-4886 jblayney@safetymdynamicsgroup.com</p>	<p>Jared Williamson, RSSP, PP Seminar Chairperson 714-726-6170 jaredwilliamson9@msn.com</p>
<p>Stephanie Spann University Liaison UCSD OTIEC 858-534-9272 sspann@ucsd.edu</p>	<p>Peter Gin, RSSP, PP, FIAE Newsletter Editor Southern California Gas 909-322-1676 petergin@earthlink.net</p>	