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June 4, 2010 Lunch Meeting 12 Noon

Lakewood Country Club
3101 Carson Street
Lakewood, California 90712

Mandatory Confirmation w/John O'Toole
By 6/1/10 @ (323) 258 – 2771

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CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 65

June 2010

June Speaker

Our speaker is Mr. Tom Davis of T. Davis & Associates. He will be speaking on "How to Conduct an Investigation".

Tom will discuss the investigative process, beginning with the initial notification of an incident. Topics will include conducting effective interviews with reporting parties, witnesses, and suspects.

Tom Davis obtained a bachelors degree in Criminal Justice from Cal State University Fullerton. His career spanned twenty-nine years in law enforcement before retiring as a Captain in charge of over 400 personnel in the South Orange County Division of the Sheriff's Department.

Passing of Mr. Joseph M. Kaplan

The National Safety Council is sad to announce the passing of its longtime colleague Joseph M. Kaplan, known to many as "Mr. Safety." On May 6, Mr. Kaplan passed away; he was 95 years old. Mr. Kaplan was a life-long friend of NSC. He served the Council in many capacities for more than 60 years, including such roles as chairman of the NSC Public Safety Education committee, member of the NSC board of directors and a member of the team that led NSC to be granted a U.S. Congressional Charter in 1953.

Mr. Kaplan was the first employee and president of the Southern California Chapter of NSC. He was instrumental in building awareness for safety belt use through the "Buckle Up for Life Challenge," a program that combined a unique coalition of media, local government, employers and community groups. He also was one of the founders of the Operation Safety program.

Since his initial involvement with the Los Angeles Safety Council in 1936, Mr. Kaplan was a pioneer in the creation of safety education films for the public and industry. In the 1950s, he served on the White House Commission for Traffic Safety under President Eisenhower and was the first safety council manager to serve as chairman of the Conference of State and Local Safety Organizations of the U.S. and Canada.

In 2004, NSC established the Joseph M. Kaplan Safe

Driver of the Year Award. The award pays tribute to Kaplan's life-long dedication to traffic safety and recognizes outstanding drivers throughout the country who have driven a significant number of miles/years behind the wheel without incurring a preventable accident.

Among his many achievements, Mr. Kaplan received the ASSE J. Wesley Gebb Memorial Award in 2005 and was made a fellow of the Institute for the Advancement of Engineering in Los Angeles.

Mr. Kaplan was a friend to many at the National Safety Council and will be greatly missed by all who knew him.

New Members

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

President's Message

As my tenure as president of the California Society of Safety and Security Professionals comes to a close, we've undergone some major changes in the past year. We've moved our meeting location to the Lakewood Country Club. We have expanded our relationship to include CSULB, UCSD and UCLA while we continue to maintain our close ties with CSUDH. We have updated our website (www.csssp.org). We will soon be accepting PayPal through our website as a form of payment for membership dues, lunch meetings, and CSSSP merchandise (yes, merchandise... see the "Products" link). Please note that PayPal shows on our updated website, but it's not functioning yet; we'll let you know when it's up and running.

The CSSSP is a volunteer service organization and functions because of the dedication, efforts and skills of our members. Steve Wilmes recently took over as our webmaster which will result in significant cost savings by handling the website internally instead of contracting to an outside source (Steve's still working on getting all our old photos onto our website, but the rest of the website is up). Peter Gin continues to develop and edit our newsletter.

Linda Hunter photographs our meetings. Jared Williamson, our incoming president, is responsible for making our raffle the huge success that it is. And all of this wouldn't be possible without the continued efforts of our first president and treasurer, John O'Toole. Big thanks to everyone!

I hope to see you at our next meeting on June 4th where our guest speaker will be Tom Davis who will speak on "How to Conduct an Investigation." I'll also provide a brief overview of our new website and we'll install our new officers. Don't forget to RSVP to John O'Toole ASAP so we can get an accurate lunch count.

Dan Leiner
Chapter President

Protecting Workers from Blood borne Pathogens

Blood borne pathogens (BBPs) are defined by OSHA as microorganisms present in human blood that can cause disease. The three primary pathogens found in the workplace are human immunodeficiency virus, or HIV; the hepatitis B, or HBV, virus; and the hepatitis C, or HCV, virus.

Transmission Hazards

In order for transmission of pathogens to occur, the contaminated blood or bodily fluid must make direct contact with your blood. In the work environment, this is most likely to occur in one of three ways:

- **Cuts from contaminated sharp objects or needles**, which is the most common form of transmission. Essentially, the contaminated blood or bodily fluid is being injected into the bloodstream through the cut. Examples of sharp objects in a manufacturing environment that could be contaminated include broken glass, a utility knife blade, or the edge of a sheet of metal.
- **Broken skin**, including rashes or abrasions, which become a point of transmission if an infected object makes contact with it.
- **Mucous membranes of the eyes, mouth, and nose**, which could occur, for example, if blood splashed in the eyes or if an employee with another's blood on his hand wiped his nose or mouth.

Routes of Exposure

"Routes of exposure" means the different ways employees might be exposed to blood borne pathogens in the workplace. Any of the following could be a route of exposure on the job:

- Contact with a co-worker who suffers a bleeding injury, such as a cut, abrasion, or amputation
- Contact with blood while administering first aid, such as when applying pressure to a wound or wrapping an injury
- Touching a contaminated surface, such as a table, tool, or control panel, that has been contacted with infected blood
- Being assigned to clean up blood or bodily fluids after an injury
- Contact with contaminated products or equipment in restrooms
- Using a tool covered in dried blood

Exposure Prevention

The best way for employees to avoid contact with BBPs is to:

- Treat all blood and bodily fluids as if they are infectious for HIV, hepatitis, or other blood borne pathogens ("universal precautions").
- Use barrier protection—gloves, masks, aprons, protective eyewear—to avoid contact with bodily fluids. Avoiding direct contact means there is no exposure.
- Immediately clean up and decontaminate surfaces and equipment that have been in contact with blood or bodily fluids.
- Decontaminate skin by washing hands after handling any type of bodily fluid, even if you have worn gloves.
- Immediately and properly dispose of contaminated items and materials used to disinfect contaminated items.

Protect Employees from Back Injuries

As you may have learned from personal experience, back injuries can be extremely painful and long lasting. They can keep you in bed for extended periods of time, and occasionally, they may even require surgery. For some people, back pain never really goes away.

The National Safety Council says that overexertion is the cause of about 31 percent of all disabling work injuries. Injuries to the back occur more frequently than do injuries to any other part of the body, so it's very important that employees understand just what types of acts are likely to strain their backs and how to perform tasks in ways that reduce the risk.

Why So Many Injuries?

To understand why there are so many back injuries, it's useful to understand what's in your back to be injured.

Basically, the back holds up your entire body. The spinal column, which runs down your back, is an S-shaped stack of bones called vertebrae. These vertebrae are connected by ligaments and separated by soft disks that cushion and protect the bones. At the center of the spinal column is the spinal cord, and from there, nerves run out to other parts of the body moving.

The back does its job with the help of muscles attached to the vertebrae. These muscles work with the stomach muscles to keep the spinal column in place and keep the back strong.

When you experience back strain or pain, it's usually related to the muscles or ligaments. The pain results from overusing or stretching those muscles or them in ways they're not meant to move.

You can injure your back with just one wrong move—the kind of thing that can happen bending over or twisting—or by a buildup of stress on weak muscles.

Protect Employees' Backs

The best way for employees to protect their backs against the many back hazards on the job, and off, is to develop habits that reduce the strain on the back. For example:

- **Slow down.** Back injuries that result from slips, trips, and falls can often be prevented by walking instead of running from place to place. It's also helpful to wear shoes with nonslip soles and, of course, to look where you're going.
- **Stretch first.** Your back muscles, and the stomach muscles that help them, benefit from stretching before heavy use. It's a good idea to stretch gently before lifting or other back activity. Gentle stretches at the beginning of the day, and periodically during the day, also help keep your back muscles flexible.
- **Rest your back.** When you sleep, your back gets a rest from carrying your body around. To give your back the best rest, sleep on a firm mattress. The best sleep positions for your back are on your side with your knees bent or on your back with your knees elevated.

- **Avoid unnecessary lifting.** Whenever possible, use material-handling equipment—hoists, hand trucks, dollies—rather than your body to lift. And when you transport material on a hand truck, push, don't pull, it.
- **Break down large loads** into small, manageable pieces.
- **Get help** from a co-worker when lifting heavy or awkward loads.

Employees should also look for ways to limit the number of times they have to lift. If they plan jobs so that materials and tools have to be moved and placed only once, it means less strain on their backs.

And also train them to keep materials on shelves, pallets, or tables at waist height when possible. Lifting from and to that height is less of a strain than a higher or lower placement.

Other Preventive Measures

Lifting isn't the only cause of back injuries, of course. Most people put unnecessary strain on their backs in a variety of other ways. For example:

Excess weight—especially potbellies—puts constant strain on the back. That's just one more reason to watch what and how much you eat.

Lack of exercise. Exercise strengthens back and abdominal muscles used in lifting and other related tasks. It also reduces stress and increases flexibility.

Poor posture—whether sitting, standing, or driving—is a major cause of back strain. When you slouch, the ligaments, rather than the muscles, are forced to do the work of supporting the body, which puts pressure on the vertebrae.

Bending and twisting are both killers on the back. Workers should try to limit bending and twisting motions—for example, by placing objects on tables or other elevated surfaces rather than on the floor so that they don't have to bend and lift.

Obituary

Jack McKinney – Emeritus Member – March 16, 2010
Joseph M. Kaplan – Emeritus Member – May 6, 2010
Ray Baur – Emeritus Member – May 16, 2010
Gary Robinson – Emeritus Member