



California Society of Safety & Security Professionals

June 7, 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 6/5 @

danleiner@aol.com

Morning Seminar

There is NO morning seminar for June, 2019.



CSSSP

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 119

June 2019

Morning Session Speaker

There is NO morning seminar for this month.

Luncheon Speaker

Our luncheon speaker will be our Chapter Co-President, Dan Leiner, who will discuss occupational noise exposure and provide an overview of Cal/OSHA requirements. As we age, we naturally start losing our hearing, but occupational noise exposure can significantly contribute to hearing loss. It's important to recognize when loud is too loud and the importance of noise monitoring in the workplace to determine if a Hearing Conservation Program is needed. Dan will provide information on how to easily screen your workplace for noise to determine if industrial hygiene monitoring needs to be performed.

Lunch Menu

Summer Apple Salad
Roasted Mixed Vegetables
Roasted Rosemary Red Potatoes
Lemon Caper Chicken
Black Forest Cake

President's Message

It's almost summer and as the weather warms up, we want to remind everyone of the importance of preventing heat illness. If you are conducting activities outdoors, it's important to stay hydrated and be sure you're acclimatized to the weather. While we hear a lot about heat illness prevention at work because of Cal/OSHA's regulation, it's important to recognize that heat illness can affect us at both work and in our personal lives. Staying hydrated is not something to do just during work hours; it's important to drink water and stay hydrated before and after workdays and during your time off.

People can experience heat illness symptoms at any time of day

Acclimatization is the body's ability to adjust to higher temperatures and humidity. For people working outdoors, it's the employers responsibility to ensure their employees have adequate time to acclimatize. In our personal lives, if you're like many of us, we spend much of our workdays indoors in a cool, air-conditioned environment. During our time off, that's when we may do outdoor home projects such as building a patio deck, doing yard work, and cleaning out the garage. Because we spend much of our work time indoors, we are not acclimatized to outdoor work, which can be especially dangerous if the work is strenuous. It's important to do outdoor work during the cooler parts of the day, drink plenty of water, take breaks as needed to cool off, and recognize our bodies for signs of heat illness and seek medical attention if needed.

Like many other Cal/OSHA regulations (think ladder safety, hazard communication, PPE, and heat illness prevention), what we learn at work can help us when applied to our personal lives.

This is also the time of year for the installation of our 2019/2020 CSSSP Board. We would like to thank our current Board for all their work and welcome our incoming President, Mario Quitanar. Mario has been an active member of our organization for many year, and we look forward to working with Mario over the next year. We're not going anywhere; we will still be actively involved on our Board.

We hope to see you at our June 7th lunch meeting. Please be sure to RSVP to danleiner@aol.com by Wednesday, June 5th. As always, feel free to bring a friend.

Jennifer Press - Co-President
Dan Leiner - Co-President

Cost, Effectiveness and Volume: Can Computer-Based Training Do All Three?

Most employers are trying to find ways to reduce the time and money spent on training programs, while still making sure they keep the company in compliance and safeguard employees. They are also looking for effective ways to provide the necessary training at the lowest cost possible.

What Does 'Cost-Effective' Mean?

In the context of training, "cost-effective" means providing solutions to identified needs (compliance, safety, etc.) at a cost that is a good value for the money and that provides training for enough employees.

All three of these concerns—cost, effectiveness, and volume—must be balanced to deliver a complete training program. Managers who want to increase cost-effectiveness have three options:

1. Reduce cost while sustaining effectiveness and maintaining volume (cheaper learning).
2. Improve effectiveness while holding down costs and volume (better learning).
3. Increase volume (greater number of trainees and amount of access they have to continue training) while sustaining effectiveness and holding costs (more learning).

Progress is made in cost-effectiveness when these options are implemented alone or in combination.

Is Internet/CBT Enough?

Many employers view computer-based training (CBT) as a way to maintain or increase volume while holding down costs. Internet or other CBT programs are usually self-paced and allow users to access a specific topic at will. Access to the topic is established for single or multiple users via a password over

fixed time frame at a fixed fee by the provider. High-quality, Internet-based training programs are most effective when they simulate an activity and verify that learning took place.

While CBT programs may be obvious "wins" in the volume and cost columns, their effectiveness may be open to question—more, the question of how regulatory agencies like OSHA view their effectiveness matters a great deal.

OSHA has written four interpretation letters to clarify its position on the use of computer- or Internet-based training programs to meet certain safety and health training requirements. Here is a summary of OSHA's statements:

- The employer, not the training provider, is ultimately responsible for ensuring that employees receive the proper training to perform their duties.
- Use of computer- or Internet-based training by itself would not be sufficient to meet the intent of most OSHA training requirements, in particular those of hazardous waste operations and emergency response (HAZWOPER). Employers may use the CBT programs to meet the minimum requirements for the content material of a training course.
- Trainees must have the opportunity to ask questions in order for training to be effective; a telephone hotline or e-mail satisfies OSHA's requirement for trainer access if the employee can ask and receive a response from a qualified trainer.
- OSHA urges employers to be wary of relying solely on generic "packaged" training programs in meeting training requirements.
- It is possible in some cases to use CBT to meet the 8-hour HAZWOPER annual refresher training requirements (29 CFR 1910.120(e)(8)) provided the training is supplemented by auditing the

hands-on performance of work tasks.

- Employers that use CBT must still meet the minimum duration and type of hands-on or supervised training specified in OSHA requirements.

Home Kitchen Safety

Wear shoes - Ever drop a knife? Imagine that going into your foot. Ouch! Wearing shoes while you cook is always recommended. Not only will the shoes protect you from a fallen sharp object, but they will also protect you from other kitchen mishaps such as broken glass and hot water or oil spills.

Learn how to use a fire extinguish - Cooking is the leading cause of fires and injuries that occur in our homes. Be sure to always have a fire extinguisher in your kitchen and know how to use it. It takes only seconds for a fire to get uncontrollable. Learn about different types of fires such as grease and electric fires. Never put them out with water. Instead, your best bet to extinguish them is to use baking soda or a pan cover. Suffocating the fire by removing air is the best way to put out most fires.

A fire inside your oven is best put out with an extinguisher, and a microwave fire can be put out just by turning off the appliance and keeping the door closed.

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.

Always wash your hands - You would think this is a given, but people forget. Don't forget. It's important to wash your hands in hot soapy water before and after cooking. Try to use paper towels to dry your hands afterward because if a dish towel touches any raw meats or juices it can lead to a bad case of food poisoning. Be sure to also clean all your surfaces and sinks where any raw meats or juices may have touched.

Stay safe in your own home kitchen!

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