



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

**October 2, 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 8/26/20.

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 126

October 2020

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

Zoom On-Line Webinar  
9 - 11 am

### ***Speaker***

We will be having a presentation by Mr. Dan Leiner on Cal/OSHA Wildfire Smoke regulation. He will also give a quick overview 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 fellow CSSSP members, I'd like to address current events but with so much going on today? it's hard to tell which events to address?

There's the danger of fires going on all over our state cause by both mother nature and human error, which is so sad because so many people are losing their homes. We need to bring awareness to employees and to family members and friends at home.

There's also the higher risk of going out in public running errands and not knowing what could happen with so many frustrated people out there today that could just snap on the drop of a dime, that's sad as well because people are losing their lives just trying to do their normal routines. It might be a good idea to creating a buddy system when going out in public to go on errands, something that will keep people safe.

Then there's the issue of gun control where so many people are buying up weapons like crazy - which I totally understand, but people need to be educated on how to handle firearms, that is something I feel every gun owner should already know but with the supply and demand sky rocketing like it is, I know not everyone is getting the proper handling knowledge of a firearm. So if you are a gun owner please educate everyone at home on how to properly and safely handle weapons in the your home.

And lastly, the COVID - 19 pandemic is still a high risk factor out there, so I ask that everyone please keep practicing your safe social distancing and always wear your masks whenever you are out in public, It's better to be safe than sorry.

I hope you all are well and that everyone in your family is safe and out of harms way as well. Stay safe and be blessed in all you do.

Mario Quintanar  
President

## CSSSP October 2020 Meeting

We will be continuing with the on-line Zoom meeting format for our October meeting. 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, October 2nd and will be a presentation by Mr. Dan Leiner, Area Manager with Cal/OSHA Consultation Services and CSSSP Chapter Treasurer, will discuss Cal/OSHA's Wildfire Smoke regulation. We are in the midst of wildfire season with many fires currently burning throughout the state. California historically experiences some of the most devastating wildfires in the months of September and October. According to Cal/FIRE, there have been 7,882 wildfires burning 3,472,947 acres to date this year, which have killed 26 people, and damaged or destroyed 6,769 structures. This year's acres burned is 26 times higher than the acres burned for the same period in 2019.

These fires affect many workers throughout the state because of the exposure they receive to content of the wildfire smoke. To protect workers from the hazards of wildfire smoke, Cal/OSHA adopted an emergency regulation in 2019 with the permanent regulation that was to be adopted earlier this year. However, the adoption of a permanent wildfire smoke regulation has been delayed until 2021 due to the current pandemic, which means Cal/OSHA inspectors are enforcing the 2019 emergency regulation on wildfire smoke. Dan will provide an overview of the hazards of wildfire smoke and review what employers must do to protect their workers.

Dan will also provide a brief Cal/OSHA Update.

We will be using Zoom as our webinar platform. To make logging on to the webinar seamless on October 2nd, 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 on August 26, 2020.

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/98312843552?pwd=eGhYNmxQVUh5K2F5ckU5cW45LzFLUT09>

Meeting ID: 983 1284 3552

Password: ucspd

## Managing Uncertainty

Coronavirus has brought with it a new level of fear and uncertainty. Being worried is a normal reaction to crisis situations.

All across the world, we are legitimately worried about their current state as well as our future. We are worried about getting care for non-coronavirus (COVID-19) chronic conditions. We worried about how to keep our jobs, and those that have lost their jobs are trying to find a way to support themselves and their families. We are worried about the wellness and health of ourselves, our kids and our aging parents. We are worried for the caregivers who are working on the frontlines trying to save lives.

The threat is real, and while it's easy to say we'll get through this together, the worry remains. Many store aisles, especially the paper products and disinfectant aisles in grocery stores are bare, local businesses of all types are shuttering their doors, and most communities are on lockdown. The economic impact of COVID-19 is going to be felt for many months – perhaps years – to come.

As we embrace our new normal (which we all hope is temporary) and come to grips with the uncertain realities during the time of COVID-19, it's important to remember this health crisis won't last forever. For sure, some of the changes ushered in by COVID-19 are likely to change the fabric of societies the world over, but humans are an innovative lot and we will adapt. We will embrace new

modes of working. We will reprioritize how and where we spend our time.

We will learn new skills. And, we will learn to connect with each other in new, equally meaningful ways.

It's okay to be concerned, afraid even. However, in these uncertain times it's important to find ways to stay grounded for your mental, physical and spiritual well-being. Here are a few helpful tips:

- Stay connected: Set up a recurring video chat with your friends or (gasp!) call your parents.
- Document your feelings: Start journaling, and if you have kids get them to journal with you.
- Keep a routine: If you listened to podcasts on your way to work or hit the gym before checking emails, keep doing that.
- Get involved: Whether through donations, making masks, or simply using your social channels to say thank you to those on the frontline.
- Explore: Try a new recipe, build a bird house with your kid(s), or walk on a new trail (practicing social distancing, of course).

We know this is hard and everybody's situation is different. You're not alone.

If you feel unwell and would like to consult your doctor, consider using telemedicine options.

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