

SAFETY ZONE

Volume 1, Issue 6
JUNE 2001

TOM'S CORNER: A MESSAGE FROM THE COUNTY SAFETY OFFICER

By Tom Sproal

When our first newsletter came out this past January, I mentioned the County Safety Office was in the process of going through some changes and I would like to share a most recent addition to the workings of the County Safety Office.

A new position of **Occupational Health Nurse Consultant** has recently been added to the County Safety Office and the services offered by this position will be made available county wide, from Corona to Blythe.

At this time I would like to "Welcome" Ms. Becky Perkins, RN, who has been selected to fill this position here in the County Safety

Office.

Ms. Becky Perkins, RN, comes to us from the County Department of Health where she served for twelve years as Manager of the Occupational Health Department.

With her knowledge and professional expertise Ms. Perkins will enable the County Safety Office to expand its services in assisting departments in their programs such as Bloodborne and Airborne Pathogen Training, Exposure Control Plans, Hearing Conservation, Respiratory Protection, Fit Testing, First Aid and CPR, just to name a few.

As Ms. Perkins gets settled in on her new assignment,

there will be additional assignments that will fall under Safety and Health issues for County employees and facilities. You can reach Ms. Perkins on GroupWise (Rebecca Perkins) or her direct number, (909) 955-5854.



FLASH: "Nurse Becky is so cool . . . She even lets me wear her cap"

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H e p a t i t i s c v i r u s

By Becky Perkins, OHNC/RN

Hepatitis C (HCV) is a disease of the liver caused by the Hepatitis C virus. HCV infection is the most common chronic blood borne infection in the U.S. with an estimated 3.9 million Americans having been infected, of whom 2.7 million are

chronically infected. Most of these people might not be aware of their infection because they do not feel ill. Infected people, however, can transmit this disease to others & are at risk for chronic liver disease. HCV is the leading cause of liver transplants.

Transmission of the disease can occur when blood or body fluids from an infected person enters the body of a person who is not infected. HCV is spread through sharing needles when "shooting drugs", body piercing & tattooing with someone who . . .
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In This Months Issue

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- Contacting Safety Office Personnel via phone, FAX or Email
- Lock-Out/Tag-Out
- Monthly Safety Topic
- Snake Safety
- And other Safety Tips to assist you

LOCK-OUT/BLOCK-OUT

By Joe Salinas, Safety Coordinator

There are times that energized equipment must be secured due to maintenance, repair or malfunction. A process known as **LOCK-OUT/BLOCK-OUT** is put into place and utilized for safeguarding employees.

LOCK-OUT

LOCK-OUT refers to putting a special lock or device on the equipment part, which controls the energy, in order to make sure that the machine or equipment **STAYS OFF** and is not turned on.

Every year many employees are injured or killed when the equipment they are servicing is turned on by a co-worker or when potential energy is released while the employee is in harms way.

LOCK-OUT-Out procedures apply to circuit breakers, valves, disconnect switches or other energy isolating mechanism in the "off" or "safe" position. It also applies to equipment or a machine so they cannot be energized.



"Do Not Remove or Operate"

BLOCK-OUT

If an energy isolating device is not capable of being locked-out, a tag-out devise will be used. In tag-out, the energy isolating device is placed in the "off" or "safe" position and a written warning is attached to it.

When a **LOCK-OUT/BLOCK-OUT** is attached to an energy isolating means, it is not to be removed without the permission of the authorized person responsible for it, and it is never to be bypassed, ignored, or otherwise defeated.

The specifics for these requirements can be found in GISO 3314 Cleaning, Repairing, Servicing and Adjusting Prime Movers, Machinery and Equipment. Also, try the following website:

www.dir.ca.gov/dosh/dosh1.html

Or call the County Safety Office for information or training.

Hepatitis C Virus

(Continued from page #1) . . . has HCV, through needle-sticks or sharps exposures of contaminated objects, from an infected mother to her baby during birth, sharing of personal care items that contain blood on them (razors, toothbrushes), unprotected sex with someone with HCV. HCV is not spread by sneezing, hugging, coughing, food or water, sharing eating utensils or drinking glasses, or casual contact. HCV infection can be detected by a

blood test. If you are infected with HCV, stop using alcohol, see your doctor regularly, don't start any new medicines or use over-the-counter, herbal and other medicines without a physicians knowledge, get vaccinated against Hepatitis A and B. To prevent the spread of HCV to others, do not

"HCV is not spread by sneezing, hugging, coughing, food or water, or casual contact"

donate blood, body organs, other tissue or semen, do not share personal items that might have blood on them, cover your cuts and skin sores to keep from spreading HCV. Unlike the Hepatitis B virus, another bloodborne pathogen, there is no vaccine for HCV. Prevention is, therefore, the only method of stopping the transmission of the infection. For more information, call (909) 955-5854 or GroupWise: Rebecca Perkins.

SNAKESSSSSSSSSSSSSSSSS!

By Christine Ward, Tax Enforcement

"Ms. Ward is a Senior Account Assistant for County Tax Enforcement and is a "contributing writer", in the interest of safety for all County employees"

Whether you are camping, hiking, riding or relaxing in your own back yard, snakes are a fact of life.

Most snakes are harmless but about 20 varieties throughout the United States are of a venomous variety. About 8,000 people a year are bitten by venomous

snakes and 9 to 15 people die each year. Since a victim can't always determine whether a snake is venomous or not, anyone receiving a snakebite should immediately seek medical care. Even if a snake is not venomous, an allergic reaction or infection could result.

PREVENTIVE MEASURES

A snakes striking distance is about half of its body length and are most dangerous during the months of May through July. This is when they are at their hungriest and are

most aggressive.

Keep outside water source at a minimum, especially if you are in a rural area. Squirrels, rabbits and other small wildlife are drawn to water and snakes will follow their food source. During the summer months wear thick leather boots when walking through brush, stay on paths when possible, and be cautious when climbing rocks. Never place your hands or feet in an area where you can not see. *(Continued on page #3)*

COUNTY
SAFETY OFFICE

- JUNE -

National Safety Month

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Free Fact Sheets
for
National Safety Month

Preventable injuries—at home and on the job—are a leading risk to the well-being of your workers. To raise public awareness, the National Safety Council has once again designated June as National Safety Month. This year's suggested topics are . . .

Week 1	June 4—10	Workplace Safety
Week 2	June 11—17	Home Safety
Week 3	June 18—24	Community Safety
Week 4	June 25—July 4	Driving Safety

The County Safety Office urges you to celebrate National Safety Month and discuss these topics with your workers. To help you make the most of this opportunity—and save time—we're providing the following website which has free safety posters. All you have to do is print them out.

www.bbpnews.com/

Easy to print and read, these fact sheets are packed with practical tips for safety and health—on and off the job. Use them to create meaningful front-line training.

Other Safety websites to enjoy

<http://intranet.co.riverside.ca.us/safety/index.html>

This is the County Safety Office Website to assist you in scheduling training, safety materials and MSDS "hot-link" and information.

[Http://hosting.imagewave.com](http://hosting.imagewave.com)

"Revised" County Safety Office MSDS Website address. Make a note of it.

www.safety.com

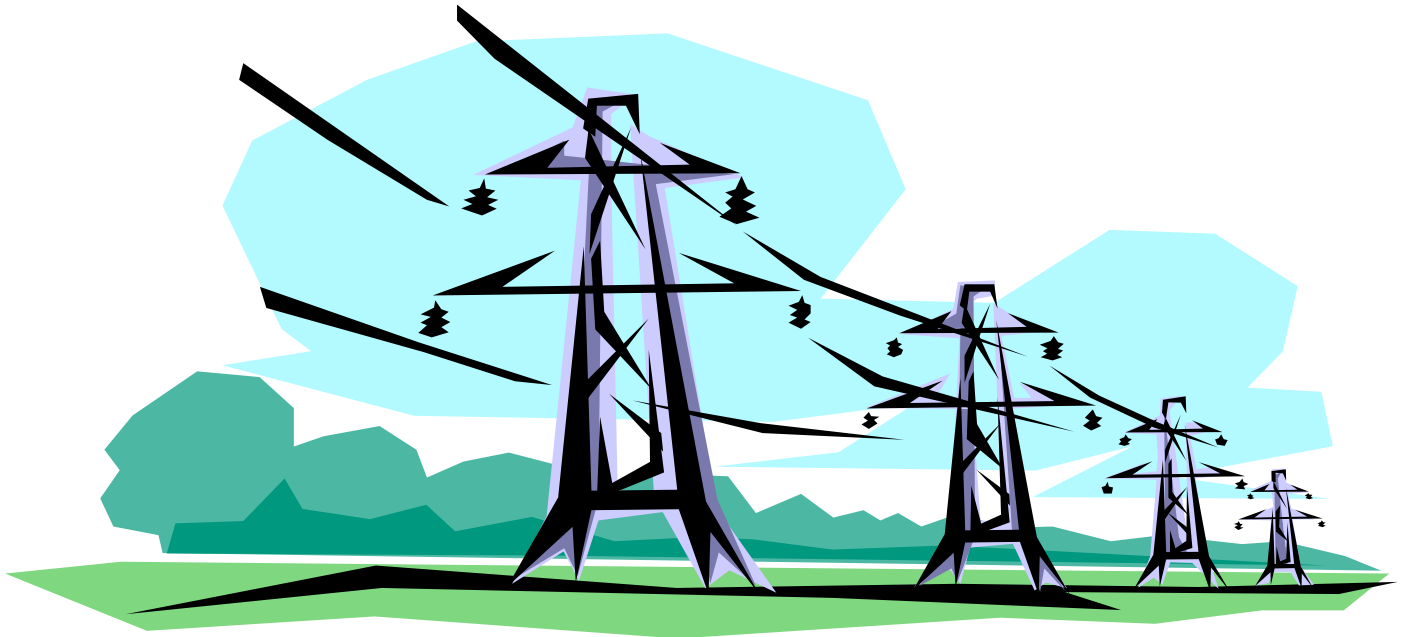
This site is "excellent". It links you to the Consumer Products Safety Commission, National Highway Safety Council, EPA, Center for Disease Control, Kids Safety On the Internet, and much, much more.

www.ou.edu/oupd/kidsafe/start.htm

Great website for general safety for children such as fire safety, police/security tips, drug and alcohol education, 1st Aid and health and much, much more.

www.trinet.org/

Latest earthquake information for So. California. "Did You Feel It" section will actually let you know if what you felt was an earthquake by giving you the intensity and location within 60 seconds. Great earthquake maps.



Safety Angle to Energy Crisis

(Excerpts of an article by Mr. John Howard, Cal/OSHA Chief, Cal-OSHA Reporter, Volume 29 Number 19)

While the likelihood of rolling blackouts does not pose a new workplace hazard in California, it should serve as a reminder to the state's employers that they must take these events into consideration and work to protect their workers.

“But employers should review their facilities, operations, processes, systems and procedures to determine whether hazards could arise from blackouts and ensure that emergency processes are adequate to address them,” Mr. Howard recently said.

For example, fire suppression, emergency, communication, lockout-tagout, ventilation, temperature control, illumination and elevator safety could be adversely affected in the event of blackout, he noted.

California's Injury and Illness Prevention Program (IIPP) standard, General Industry Safety Orders (GISO) 3203, obligates employers to evacuate such potential hazards and take steps to protect employees. **“It is the employer's responsibility to make hazard assessment determinations and to establish, implement and maintain procedures for employee safety during an electric power interruption of whatever origin,” Howard stated.**

Safety Office Energy Saving Tips

Many people are still under the impression the energy crisis may be over. This is far from the truth. Summer is here and this brings major usage of air conditioners. “Thermostat wars” become a common practice by persons continuously adjusting the thermostat at work to suit themselves, with no regard to other employees. Here are some helpful tips for all of us to follow:

A. **Thermostats are preset based on a Board of Supervisors Resolution**—Not less than 68°, not higher than 78°, at any time—**Thermostats should not be changed w/o Supervisors permission.**

B. **Turn off appliances** when not in use and **turn off lights** in a room not occupied by a person.

C. **Are fish tanks and desk waterfalls essential** to the workings of the office? **Serious consideration should be made to remove them.**

D. Do all **lights** in a room need to be on to do work. If not, **turn some of them off or dim them.**

E. **Toasters, convection ovens** and appliances w/heat coils are **“energy hogs”**, **use sparingly.**

After all of this, your area may still experience a power outage but at least you can say **“Our employees did their part and we did not contribute to this power outage.”**

COUNTY SAFETY OFFICE

3901 Lime Street
Suite #100
Riverside

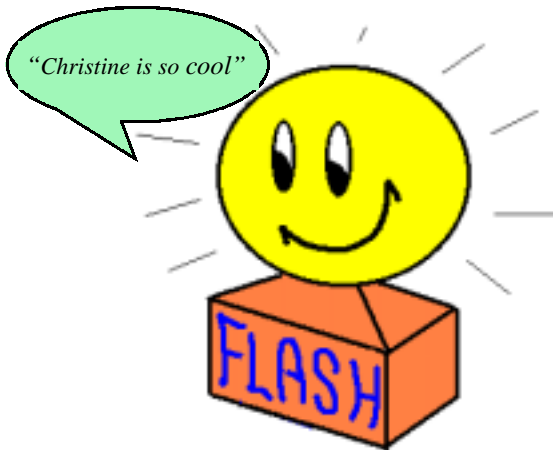
Office Hours Monday thru Friday
7:30 A.M. to 5:30 P.M.

Phone: 909-955-3520

Fax: 909-955-9200

Email: See Listing

Web site: <http://intranet.co.riverside.ca.us/safety>



"Thank You" Christine Ward, Tax Enforcement, for your article on "Snakessss". A Safety Recognition Award and a certificate for a free lunch is on its way from the County Safety Office.

"A job well done"

Accident investigation

By Steve Hickam, Safety Specialist II

One of the best tools available to County Safety Personnel and line Supervisors for determining the cause (s) of a workplace accident is a formal accident investigation. A formal accident investigation analyzes the facts surrounding a specific accident occurrence and allows the investigator to identify the root cause (s) of the accident so corrective measures can be devised and implemented to prevent its recurrence.

Title 8, CCR, Section 3203 of the General Industry Safety Orders states employers must implement a procedure to investigate occupational injury and occupational illness as part of their Injury and Illness Preventive Program.

All accidents, regardless of how small, and including those where an employee injury could have occurred, but didn't,

should be investigated. Accident investigations should be documented in writing and be performed as soon as possible following the accident. This insures the accident



"All accidents, . . . Regardless of how small, . . . should be investigated"

scene is uncontaminated and the memories of involved individuals are still fresh. An accident investigation should examine each of the following areas:

County Safety Office Staff are available to assist you at all times. Our office is in the (909) area code, on MICRO and all have Email.

COUNTY SAFETY OFFICER

Tom Sproal, County Safety Officer

955-5859

Safety Personnel

Mike Bowers, RCRMC Safety Coordinator

486-4689

Ken Brooks, Safety Coordinator

955-9205

Lou Giantonio, Safety Coordinator

955-3522

Tony Gonzales, Safety Coordinator

955-5881

Steve Hickam, Health Safety Specialist II 358-5547 or 955-5892

Steve Hutchings, Safety Coordinator

955-3521

Art Pereida, Safety Coordinator

955-5883

Dave Rich, Safety Coordinator

955-9527

Joe Salinas, Transportation Safety Coordinator

955-6788

Brian Teig, M. H. Safety Specialist II

358-4747

Occupational Health Nurse Consultant

Becky Perkins, RN

955-5854

Safety Office Support Personnel

955-3520

Tawni Grubbs, OA III

Lydia Temmen, OA III

Jan Zimmermann, OA II

Who was involved in the accident? This also includes all victims and witnesses.

What actually happened? Identify the sequence of events leading to the accident.

When did the accident occur? Identify the date, day and time of the accident.

Where did the accident occur? In or outdoors, in the office, plant, yard, car, etc.

Why did the accident occur? Identify the root cause and any contributing factors.

What on-going changes are needed as preventive measures? Devise and implement new accident control measures.

County Safety Manual Document 403 contains guidelines for conducting an accident investigation. The Immediate Supervisor's Report of Employee Injury Form should also be used when performing an accident investigation. And, contact the County Safety Office for assistance.