



# National Safety Council: "Did You Know?"

By Art Pereida, Safety Coordinator

## TEEN DRIVING

- A total of 41,300 vehicle related deaths occurred in 1999.
- Motor vehicle accidents are the #1 cause for teen deaths.

## FALLS

- 28,800 fall related deaths occurred at home in 1999.
- A fatal fall injury occurs in the home every 18 minutes and is the leading cause of death—a disabling injury occurs every 5 seconds.

## PLAYGROUNDS

- 280,000 children are treated in the emergency room each year.
- 68% are falls on hard surfaces.

## INDOOR AIR QUALITY

- At an average, people spend 90% of their time indoors making it essential that air handling systems are working properly at all times.



"Let's be safe out there!"

## LEAD POISONING

- Low-income families are more likely to have lead poisoned children.
- 1 million children are subject to lead poisoning each year.

## ASTHMA

- 17.3 million persons are affected each year, 2 million are rushed to emergency and 5,300 die at an average of 15 per day.

Visit the National Safety Council website ([www.nsc.org](http://www.nsc.org)). It has valuable information on other topics or additional safety facts and figures on the topics covered. These are helpful training tools for your facility Safety Meetings or just general information for your employees.

## **RECREATIONAL VEHICLE SAFETY TIPS** - By Lou Gianonio, Safety Coordinator

Driving an RV can be dangerous if you're not familiar with the differences that weight, size and visibility demand of your driving. It's different than driving a family car, but not necessarily difficult. The points discussed below can help you be a safe RV driver.

### RV HEIGHTS

Most RVs are much taller than cars, so knowing the height of your vehicle is very important to clear service station canopies, bridges heights and hanging obstacles such as tree branches. Check with your RV dealer, manufacturer or owners manual and post the height on your dash or visor.

### MANEUVERING

The additional size and weight of an RV makes it less maneuverable than a car. A maneuver considered safe for a car might be dangerous in an RV. Be careful.

### BRAKING

RVs are heavy and require greater braking distances, therefore maintain a

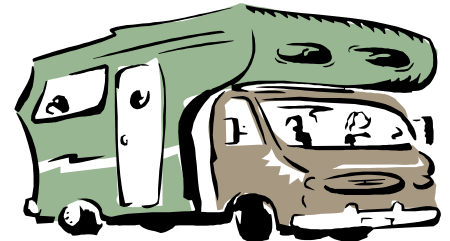
greater following distance, and brake gradually. If you are towing a vehicle or trailer, you must also be concerned about brake fade. This can happen if the brakes overheat due to prolonged use or if they are not large enough to handle the weight of both vehicles. To help avoid brake fade on downgrades, use a lower gear to let the engine help slow you down.

### SPEED

RVs are naturally slower than cars. Climbing hills is normally slower due to their weight. Try not to drive to the center of the lane, so those behind can see ahead more easily. Leave enough space between your RV and the vehicle ahead, so others can pass. Observe the law and let others pass you, by using turnouts when there are five or more vehicles behind you.

### SAFETY BELTS

Everyone in your RV should be wearing a safety belt when the vehicle is moving. Passengers should sit at locations where belts are provided.



### ROAD SIGN WARNINGS

"WARNING- HIGH PROFILE VEHICLES WATCH FOR GUSTY WINDS"

"STEEP GRADE USE LOW GEAR"

or

**VEHICLES 25 FEET OR MORE NOT RECOMMENDED BEYOND THIS POINT NARROW WINDY ROAD**

Take these warnings seriously at all times, they may help you avoid a near miss or serious accident.

Contact CHP or CAL-TRANS for weather and road conditions. You'll find you and your family will enjoy your trip when you are better prepared.

# Questions and Answers on Poison Prevention

**By Art Perelda, Safety Coordinator**

*(Excerpts from Family Planning and Health. Article interviewing Rose Ann Soloway, Associate Director of the American Association of Poison Control Centers)*

**Q:** Why can medicine be dangerous?

**A.:** For all ages, the leading cause of poisoning deaths is from medication. Pain relievers, antidepressants, cardiovascular drugs, stimulants, street drugs, sedatives and hypnotics lead the list.

**Q:** What harmful chemicals are in the kitchen?

**A:** Pesticides, medicines and cleaning products—drain openers, oven cleaners and rust removers.

**Q:** Can vitamins, dietary supplements or herbal products do harm?

**A:** Adult-strength vitamins with iron are dangerous. Most dietary supplements have not been tested. Some folk medicines contain harmful lead or mercury, herbal products are not regulated and

products with the word “natural” are not regulated as well.



**Q:** What caustic poisons are in the bathroom?

**A:** Caustic cleaning products such as toilet bowl cleaners and drain openers. Mouthwash, nail-care products, cosmetics

and personal care products that contain alcohol or perfume are toxic.

**Q:** How about poisonous inhalants?

**A:** Aerosols, gasoline, typewriter correction fluid, butane or propane may deprive the lungs of oxygen—call 9-1-1.

**Q:** How about pets?

**A:** Dogs and cats commonly eat medications that are not secured or not properly disposed of and will affect them.

**Q:** What can I do to help them?

**A:** If your pet has been poisoned, call your vet or 1-888-4ANI-HELP (ASPCA Animal Poison Control Center). Be prepared to provide your pet’s species, age, medications, medical history and symptoms. You’ll also have to relate what happened and give the poison dose.

**GENERAL INFORMATION:** Keep animals off fertilized lawns as directed; chocolates make dogs and cats very ill or may be fatal; antifreeze ethylene glycol from your car can cause kidney failure in your cat or dog; pennies high in zinc, mothballs, or fabric softeners are harmful; watch for flea collar reaction for at least an hour; inhalants, perfumes, hair spray paint or aerosols may cause severe illness or death to birds.

There is so much more information in this article I have only scratched the surface. If you wish additional information, visit the following websites and related links:

National Safety Council: [www.nsc.org](http://www.nsc.org)

ASPCA Animal Poison Control Center:

[www.apcc.aspc.org](http://www.apcc.aspc.org).

## When Are YOU Required to report an accident to the dmV?

**By Art Perelda, Safety Coordinator**

**If you are involved in a vehicle accident that occurred in California, you must report it to DMV if:**

- **If there is property damage of more than \$500**
- **Anyone was injured (no matter how minor) or killed**

**Each driver must make a report to DMV within 10 days, whether you caused the accident or not and even if the accident occurred on private property.**

**If you do not submit a report, your driving privilege will be suspended (Note: This form is available through the DMV website). DMV may ask your insurance com-**

*“Each driver must report to DMV within 10 days, whether you caused the accident or not and even if the accident occurred on private property”*

**pany to verify that you had coverage in effect at the time of the accident. If you did not have insurance, your driving privilege will be suspended for 1 year. To get your license back, after the suspension, you will need to provide proof of financial responsibility and maintain it on record for 3 years. The accident may count as 1 point on your driving record.**

**There are many regulations that have changed with the California DMV. I highly recommend that you visit their website for some interesting DMV regulations: [www.dmv.ca.org](http://www.dmv.ca.org).**

## “Candle Fires Increase” By Art Perelda, Safety

Consumer Products Safety Commission (CPSC) reports that while residential deaths from fires have decreased from 4,500 deaths in 1980 to 2,660 in 1998, those caused by candles have increased dramatically. Candle deaths increased 750 percent from 1980 (20 deaths) to 1998 (170 deaths). Almost half of home candle fires start in the bedroom.

“Candle sales are booming” reports

CPSC Chairman Ann Brown, “And families are lighting candles in their living rooms, family rooms, dens and bathrooms. Fires from candles have increased dramatically, but they are preventable. Reduce the chance of fire, by following CPSC’s simple tips”:

1. Keep matches, lighters and candles away from children
2. Never leave burning candles unat-

tended

3. Keep combustible materials away from candles
4. Use non-flammable candle holders
5. Always trim wicks before lighting

**IMPORTANT NOTE: Candles are not permitted at work in accordance with the Uniform Fire Code and local fire department jurisdiction.**

## 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>



"FLASH Safety Tip"

**"Hope You Have A Safe Vacation"**

*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, Mental Health Safety Coordinator** 358-4747

**Art Pereida, Safety Coordinator** 955-5883

**Dave Rich, Safety Coordinator** 955-9527

**Joe Salinas, Transportation Safety Coordinator** 955-6788

**Brian Teig, Safety Specialist II** 955-5880

### Occupational Health Nurse Consultant

**Becky Perkins, RN** 955-5854

### Safety Office Support Personnel

955-3520

**Tawni Grubb, OA III**

**Lydia Temmen, OA III**

**Jan Zimmermann, OA II**

## SAFETY TOPIC OF THE MONTH: viral hepatitis a

### By Becky Perkins, OHNC/RN

Hepatitis A, a disease of the liver, is the most common type of viral hepatitis. Signs and symptoms may include jaundice, fatigue, abdominal pain, loss of appetite, nausea, diarrhea and fever. The person with Hepatitis A usually becomes sick about 1 month after exposure to the virus. Symptoms usually last less than 2 months. However, many people with Hepatitis A (especially children) may not have any signs or symptoms at all.

Hepatitis A virus is spread from person to person by putting something in the mouth that has been contaminated with the stool of a person with Hepatitis A. This type of transmission is called "fecal-oral." Most infections result from contact with a household member or sex partner who has Hepatitis A.

**Casual contact, as in the usual office,**

**factory, or school setting, does not spread the virus.**

There are several ways to reduce the risk of getting Hepatitis A. Adequate community sanitation in the form of safe food and water



supplies and proper sewage disposal are very important. A good personal hygiene should be followed (e.g., thoroughly washing hands with soap and water after going to the bathroom or changing diapers and before preparing or eating food).

There are 2 products available to prevent Hepatitis A. Immune Globulin (an injection), if given in time, may give protection to those exposed to the Hepatitis A virus. The best way to prevent Hepatitis A is with a vaccination. This vaccine (for persons 2 years of age or older and given before exposure to Hepatitis A) is recommended for persons more likely to get Hepatitis A infection or more likely to get seriously ill if they do get Hepatitis A. This includes travelers to areas with increased rates of Hepatitis A, men who have sex with men, injecting & non-injecting drug users, persons with clotting-factor disorders, persons with chronic liver disease and children living in regions of the U.S. with consistently increased rates of Hepatitis A. Check with your personal physician if you are interested in receiving the Hepatitis A vaccines.