

SAFETY ZONE

Safety Division

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Tom's Corner

A Message From The County Safety Officer

There have been many articles written about the hazards associated with the use of cell phones while fueling vehicles and it concerns me when I see our employees fueling their vehicles and talking on their cell phones. Considering the article I am about to share with you, maybe we need to start adhering to more restrictive safety procedures. The following article was recently published in the Cal/OSHA Reporter and I encourage you to take some time to read it. —Tom

*Cell Phones, Vapors, and Static Electricity

Add using your cell phone and generating static electricity to the list of "don'ts" when fueling a vehicle.

Information released by the Division of Occupational Safety and Health (DOSH) documents several incidents in which people were burned and vehicles destroyed at service stations because of cell phones. And an oil industry organization is warning that static electricity discharge poses another danger, especially to women.

Shell Oil Co. recently issued a warning after three incidents in which mobile phones ignited fumes during fueling, according to DOSH.

In one incident, a phone that was placed on the trunk of a car next to a gasoline pump started a fire when it rang, destroying the vehicle.

In another incident, an individual suffered "severe burns" to the face after fumes ignited while refueling and answering their cell phone.

A third person suffered burns to the thigh and groin at a gas station when a cell phone in the person's pocket rang.

"Mobile phone's static can ignite flammable vapors," the DOSH advisory stated. Phones that light up when turned on or when they ring "release enough energy to provide a spark for ignition."

Oil industry safety professionals caution that cell phones

Four Rules for Safe Refueling

1. Turn off engine.
2. Do not smoke.
3. Do not use your cell phone while refueling. Leave it inside the vehicle or turn it off.
4. Do not re-enter your vehicle while fueling is in progress. If you absolutely have to, ground yourself by touching the metal on the outside of the vehicle before removing the nozzle to discharge static electricity.

should not be used in service stations or when fueling lawn mowers, boats and other devices that use gasoline.

Another danger at refueling stations is static electricity. Patrons who get back in their vehicles while pumping gas, then return to the pump and pull out the nozzle can ignite flammable vapors. DOSH noted that Bob Renkes of the Petroleum Equipment Institute is campaigning to make customers aware of this hazard. The institute has researched 150 cases involving fires at gas pumps. It's findings include:

- Almost all the cases involved women.
- In nearly all the incidents, the person reentered the vehicle while fueling, then got out to remove the nozzle. The static electricity built up and subsequently ignited the vapors from the nozzle.
- Most victims wore rubber-soled shoes.
- Men generally remain outside their vehicle, explaining why they rarely are involved in static fires.
- "Never get back into your vehicle when fueling." Renke warns. If it's absolutely necessary, ground yourself by touching the metal on the outside of the vehicle before pulling out the nozzle. This will discharge any static electricity.

DOSH noted that it is especially important to stress gas pump safety to those who might have children with them when they refuel. "If this were to happen to them, they may not be able to get the children out in time" the bulletin said. - (*Article originally titled Shut up, Stand up and Pump)

Hazard Communication Standard and MSDS Management: What You Need to Know?

The Hazard Communication Standard (HCS) is based on a simple concept - that employees have both a need and a right to know the hazards and identities of the chemicals they are exposed to when working. They also need to know what protective measures are available to prevent adverse effects from occurring.

It is designed to provide employers with the information they need to provide safer workplaces. Once employers have information about the chemicals they are exposed to, they can take steps to reduce exposure, substitute less hazardous materials, and establish proper work practices. Their efforts will help prevent work-related illnesses and injuries caused by chemicals.

The Standard also addresses the issues of evaluating and communicating hazards to workers. It is designed so that employers who simply use chemicals, rather than produce or import them, are not required to evaluate the hazards of those chemicals. Hazard determination is the responsibility of the producers and importers of the materials. Producers and importers of chemicals are then required to provide the hazard information to employers that purchase their products.

Employers that don't produce or import chemicals need only focus on those parts of the rule that deal with establishing a workplace program and communicating information to their workers. Here are the first three steps an employer would follow to meet requirements under the HCS.

Step #1

The HCS requires information to be prepared and transmitted regarding all hazardous chemicals. The HCS covers both physical hazards (such as flammability), and health hazards (such as irritation, lung damage, and cancer).

One difference between this rule and many others adopted by OSHA is that this one is performance-oriented. That means that you have the flexibility to adapt the rule to the needs of your workplace, rather than having to follow specific, rigid requirements. However, it also means that you will have to exercise more judgment to implement an appropriate and effective program.

Employers who use hazardous chemicals must have a program to ensure that all pertinent information is provided to exposed employees. "Use" means to pack-

age, handle, react or transfer. This is an intentionally broad scope, so that includes any situation where a chemical is present, where employees may be exposed under normal conditions of use, or in a foreseeable emergency.

Hazard communication should be considered a continuing program in your facility. In order to have a successful program, it will be necessary to assign responsibility for both the initial and ongoing activities that will be undertaken to comply with the rule. In some cases, these activities may already be part of current job assignments. For example, site supervisors are frequently responsible for on-the-job training sessions. Early identification of the responsible employees, and the involvement of staff in the development of any compliance plan will result in a more effective program design. Evaluation of the effectiveness of your program will also be enhanced by involvement of affected employees.

Step #2

Identify Hazardous Chemicals in the Workplace

The Standard requires a list of hazardous chemicals in the workplace as part of a written hazard communication program. The list will eventually serve as an inventory of everything for which an Material Safety Data Sheet (MSDS) must be maintained. At this point, however, preparing the list will help you complete the rest of the program by giving you an idea of the scope of the program needed for you to comply with regulations.

The best way to prepare a comprehensive list is to survey the workplace. Take the widest possible perspective when conducting the survey. People tend to think of "chemicals" as being only liquids in containers. The HCS covers chemicals in all physical forms - liquids, solids, gases, vapors, fumes and mists $\frac{3}{4}$ whether they are "contained" or not.

Identify chemicals in containers, including pipes, but also think about chemicals generated in the work operations. For example, welding fumes, dusts and exhaust fumes are all sources of chemical exposures. Read labels provided by suppliers for hazard information. Make a list of all chemicals in the workplace that are potentially hazardous. For your own information and planning, you may also want to note on the list the locations of the products within the workplace, and an indication of the hazards as found on the label. This will help you as you prepare the rest of your program.

Step #3

Once you have compiled as complete a list as possible of the potentially hazardous chemicals in the workplace, the next step is to determine if you have received MSDSs for all of them. Check your files against your compiled inventory; if any are

missing, contact your supplier and request one.

Remember, you should not allow employees to use chemicals for which you have not received an MSDS. The MSDS provides information you need to ensure proper protective measures are implemented prior to exposure.

The County has a written Hazard Communication Program contained in section 6001 of the County Safety Manual. This policy covers all of the requirements of Cal/OSHA's Hazardous Communication Standard. Information contained in the Materials Safety Data Sheets must be available to all employees. Employees must be trained on all of the following information contained in the MSDS's and the training must be documented on a training form listing what topics were covered in the training and who gave the training class.

Employees must be trained on:

- The health hazards associated with the product including the symptoms of personal exposure.
- Physical and chemical properties of the product or substance [vapor pressure, flash point of flammability]
- Physical hazards [fire, explosion or reactivity].
- Potential routes of entry of the substance into the body.
- Precautions to take to handle the product safely.
- What personal protective equipment is necessary to handle the product safely.
- Emergency procedures to take in the event of an accidental spill or release of a product.
- Emergency first aid procedures to follow.

All County employees have a "right to know" about the hazardous chemicals contained in the products they use and it is the responsibility of supervision to ensure that the information contained in the MSDS is passed to employees.

Supervisors should review and use the County Safety Manual, Section 6001 as guidelines for their department/office Safety Program.

Article by: Ken Brooks, Safety Coordinator

Reference: <http://www.chemdeals.com/>

Keep Your House Burglary-Free

By Dan Kerker, Safety Coordinator

According to FBI statistics, burglars break into a residence every 11 seconds and 60 percent of these burglaries occur during daylight hours.

But there are steps you can take to fend off would-be-thieves. "Size up your home the way an intruder would," says Chris McGoey, host of www.Crime-doctor.com. This type of examination will help you pinpoint weak spots in your home security.

Here's a checklist of additional ways to keep your home safe from unwelcome guests.

Lighting – Inside and Out

Light up all potential entry points to your house, such as doors and windows (including the basement windows). Consider outdoor motion-detection lights.

Use indoor timers that turn lights on and off. You can also use timers for TV's and radios.

Secure Doors and Windows

Choose exterior doors made of solid metal or wood. They offer the most security.

Install heavy-duty deadbolt locks on your doors. A single cylinder deadbolt operates with a key from the outside and a thumb turn from the inside. Double cylinder deadbolts operate with keys from both sides and offer an advantage on doors with windows. A burglar who breaks the glass to enter your home can't turn the deadbolt with their hand to open the door.

However, in a fire, these doors might make it difficult to escape since you need a key to open the door from the inside.

After Pam Bochenek's house was burglarized in Wheeling, Ill., she reinforced the deadbolt on her door with a metal plate. She also thinks the deadbolt itself wasn't long enough, and that made it easier for the burglar to knock down the door. "The throw bolt should extend at least 1 inch into the door jamb," McGoey says.

Use window locks. Make sure family members can open windows easily in case of an emergency.

Close your garage door. An open garage door can be an invitation for others to wander in. Always lock the door to an attached garage.

Vacation Time

Stop your newspaper delivery and have someone pick up your mail when you're on vacation. Make your home look occupied. To do this, keep some shades and blinds up. Install timers on the indoor lights. Keep a car parked in the driveway. Arrange to have your landscaping continued and your driveway and walks shoveled.

Use your business address and phone number on your luggage rather than a home address.

Practice Home Security

Close curtains and blinds at night.

Lock windows and doors every night.

Ask for identification when a stranger shows up at your door.

Watch repair people at your house and meter readers outside your home.

Trim outside bushes so that a burglar can't hide easily.

Ask neighbors to keep an eye out for each other's property.

Take photos of valuable possessions, and store these photos in a safe deposit box.

Install a monitored home security system. According to ADT Security Services, less than 15 percent of households have a monitored security system.

If you return home and find a window or door ajar, go to a neighbor's home and call the police, suggests the Burglary Prevention Council.

For More Information

Burglary Prevention Council
www.burglaryprevention.org

National Crime Prevention Council (202) 466-6272
www.weprevent.org

National Association of Town Watch (610) 649-7055
www.natw.org

Sun Safety By Annette Dora, Safety Specialist I



It's okay to have fun playing in the sun, as long as you protect yourself.

How do you do it?



Watch the clock – Stay out of the sun from 10 a.m. to 4 p.m., when the sun's rays are the strongest.

Choose SPF 15 – Whenever you go out, use sunscreen with a SPF of 15 or higher.

Reapply – If you're out in the sun between 10 and 4, make sure you slather on more sunscreen (even the waterproof kind) every 2 hours.

Seek shade – Play in the shade whenever you can.

Watch out for the pool – Try to stay away from swimming pools and snow, which reflect the sunlight. (Reflected sunlight can burn your skin even faster.)

Cover up – Wear long pants and shirts with sleeves. If the sun can't get you, it can't hurt your skin!

Wear a hat – Choose one with a wide (4-inch) brim to protect your face and neck.

Sunscreen Safety Tips - Protection now can prevent tragedy later.

- When purchasing sunscreen, select a PABA-free brand with an SPF of at least 15, preferably greater.
- PABA or PABA free – PABA (short for para-aminobenzoic acid) is used in many sunscreens. It works well, but some people are allergic to it. If you are allergic to PABA, use a PABA-free sunscreen instead.
- Broad spectrum – The sun shoots off two different rays that affect your skin: UVA and UVB. UVA rays make your skin wrinkle and may cause skin cancer. UVB rays burn. A broad-spectrum sunscreen helps protect your skin from both rays.
- If you have acne, a waterproof sunscreen could make your skin break out. Try re-applying your regular sunscreen more often, instead.
- The AAD (American Academy of Dermatology) used to recommend not putting sunscreen on infants under six months of age. Because the danger from sunburns outweigh the risk of sensitivity to sunscreens this is no longer the case.
- Sunscreen is most effective if first applied 20-30 minutes before sun exposure.
- Use sunscreen whenever you expect to be in the sun for thirty minutes or more, and re-apply after swimming.

Even waterproof sunscreens should be re-applied every 80 minutes or so, after being in the water.

Are You Sun Smart?

This sun-smart kid is ready to roll. But he's blocked without his sun-block and other gear to protect him from the sun. Take him to the gear and lotion that will get him back in skating motion.

For more information visit:

<http://www.aad.org>



PREVENTING SPRAINS AND STRAINS

By Rebecca Perkins, Occupational Health Nurse Consultant

Sprains and strains are among the most common workplace injuries. They are painful and debilitating for employees and costly for employers. What are these ailments all about and are you doing enough to help prevent them?

Sprain

A sprain is an injury involving the stretching or tearing of a ligament (a tissue that connects bone to bone) or a joint capsule, which helps provide joint stability. Symptoms can include pain, inflammation, and, sometimes, the inability to move an affected limb. Sprains occur when a joint is forced beyond its normal range of motion, such as when one turns or rolls the ankle.

Strain

A strain is an injury that involves the stretching or tearing of a musculo-tendinous (muscle and tendon) structure. An acute strain of a musculo-tendinous structure occurs at the junction where the muscle is becoming a tendon. This happens when a muscle is stretched and suddenly contracts, as with running or jumping. Symptoms of an acute muscle strain can include pain, muscle spasm, loss of strength, and limited range of motion. Chronic strains are injuries that gradually build up from overuse or repetitive stress, resulting in tendonitis (inflammation of a tendon).

Share These Tips

Job-related sprains and strains (especially those that affect the back) are often caused by overexertion during material handling. An injury can occur while: lifting, carrying, overreaching, or overextending a part of the body, reaching over something to pick up a load, or trying to reach a top shelf without using a stool or ladder.

The following tips can help prevent the discomfort associated with these too-common injuries.

- Size up the job before starting. What is the best, safest way to proceed?
- Be alert to any way to reduce or eliminate lifting, lowering, pushing, pulling and carrying.
- Warm up the muscles before beginning a strenuous job, just like athletes do.
- Watch out for slip or trip hazards in the work area.
- When possible, push, rather than pull.
- Ask for help when a load is heavy, awkward or unstable.
- Be sure that you are on a stable surface before attempting any lift.
- Keep the load close and bend with the knees, not the back.
- Use a step stool or ladder, on a stable surface, whenever called for.
- Avoid twisting while handling a load.
- Stay in good physical shape through regular exercise.



RIVERSIDE COUNTY SAFETY
DIVISION

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Fax: 909-955-9200

Email: Safety Office Publications

Web site:

<http://intranet.co.riverside.ca.us/>

**First Aid Kit
Inventory Check List
-REMINDER-**

The First Aid Inventory Check List letter, dated February 2002, has been replaced with a 3" x 4" self adhesive card, which will fit within the inside cover of a County First Aid Kit.

These self-adhesive cards are now available through Purchasing Department. Please refer to the following when ordering:

Stock # 22200038—First Aid Kit Inventory Self Adhesive Card—SEE SAMPLE BELOW.

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

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July 24, 2002

Gary Feldman, M.D., Director of Public Health, County of Riverside, approves the following list of components. Please do *not* alter items in the kit.

ADMINISTRATIVE AND/OR SMALL TRUCK FIRST-AID KIT

1 Pkg	Adhesive Tape, ½"	2 in pkg
1 Pkg	Alcohol Wipes, Sterile Prep Pads	4 in pkg.
2 Pkg	Bandage, Band-Aid, Plastic Adhesive, 1" x 3"	16 in pkg
1 Pkg	Bandage, Compress, 2" Telfa	4 in pkg
1 Pkg	Bandage, Compress, 4" Telfa	1 in pkg
1 Pkg	Bandage, Compress, 36" x 36"	1 in pkg.
1 Pkg	Bandage, Triangular, 40"	1 in pkg
1 Pkg	Eye Wash, Neutralizing, ½ oz with 2 eye pads	
1 Pkg.	Insect Swabs, Insect sting relief	10 in pkg.
1 Pkg	Iodine Swabs, PVP ½ cc per Swab	10 in pkg
1 Pkg	Soap Pads, Tincture of Green	4 in pkg.
2 Prs	Synthetic Gloves – Blue, Nitrile (placed in sandwich bag)	
1 Pkg	Disposable Breathing Barrier	1 in pkg.

It is *mandatory* that this sticker be placed on your First-Aid Kit. In this way, when the kit is inspected, missing items can be ordered and replenished as required. Someone should be assigned the responsibility of inspecting and ordering items needed for these kits.