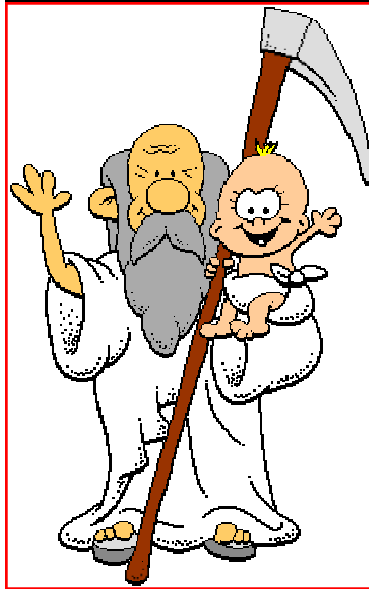


# SAFETY ZONE

Safety Division

Volume 7, Issue 1

January 2007



# 2007

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2006

## Riverside County Safety Division

*"As we enter the new year, the County Safety Division encourages all County employees and supervisory personnel to resolve to work as safely as possible. Let's make this a New Year's Resolution that we all can keep!*

*Happy New Year from the County Safety Division!"*

## **COUNTY SAFETY DIVISION/OFFICE (CSO)**

1115 SPRUCE STREET, SUITE #17, RIVERSIDE

Office Hours: Monday—Friday

7:30 A.M. to 5:00 P.M.

**24 Hour Safety Hotline: (951) 955-5868**

(Anonymous phone calls OK)

Business Phone: (951) 955-3520

Fax: (951) 955-9200

STOP #2170

**Safety Web Site:**

<http://safety.rc-hr.com/>

### COUNTY SAFETY DIVISION

#### Senior Staff

<i>Mark Carleson, Safety Manager</i>	955-3520
<i>Mike Bowers, Senior Safety Coordinator (RCRMC)</i>	486-4689
<i>Daniel Spicer, Senior Safety Coordinator (Safety Staff)</i>	955-9527
<i>Becky Perkins, Occupational Health Nurse Consultant</i>	955-5854
<i>Michael Persaud, Safety Industrial Hygienist III</i>	955-1188

#### Safety Coordinators

<i>Ken Brooks</i>	955-9205
<i>Annette Dora</i>	955-3522
<i>Pat English, RCSD</i>	955-2493
<i>Steve Hickam, Mental Health</i>	358-6455
<i>Steve Hutchings</i>	955-5880
<i>Dan Kerker, Waste Management</i>	486-3231
<i>Samuel Love</i>	955-3521
<i>Art Pereida</i>	955-5883
<i>Joe Salinas, Transportation</i>	955-6788

Safety Office Support Staff    Main Office Number    955-3520

*Tawni Grubbs, OA III*    955-5886

*Virginia Sastre, OA III*    955-3518

The County Safety Division provides the following safety websites to assist you in researching safety issues or retrieving safety information for your next Safety Meeting.

#### Cal/OSHA Website

Home page for looking up Cal/OSHA regulations

<http://www.dir.ca.gov/>

#### On-Line Food Safety Resource

Great source for information on general food preparation and current bulletins from FIRSTGOV.

<http://www.foodsafety.gov/>

#### U.S. Department of Homeland Security

<http://www.ready.gov/index.html>

#### California Earthquake Country

Comprehensive site for earthquake preparedness in Southern California.

<http://www.earthquakecountry.info/>

#### OSHA Training

Great site for training familiarization or refresher training.

<http://www.free-training.com/osha/Soshamenu.htm>

#### National Safety Council

##### Dates to Observe

Calendar dates to observe for Health and Safety.

<http://www.nsc.org/news/aware.htm>

#### U.S. Fire Administration

Fire and Life Safety information.

<http://www.usfa.fema.gov/>

# County Safety Division

## Training Classes

Need to contact the County Safety Division? - Send your email to: [mailto:Safety\\_Office\\_Publications](mailto:Safety_Office_Publications)

When we receive your email, we will respond accordingly

For the 2006 and 2007 Training schedule and to enroll in classes, visit: <http://safety.rc-hr.com/training.html>

You may also enroll by calling (951) 955-3520

TRAINING CLASS	JANUARY TRAINING DATES and LOCATION	FEBRUARY TRAINING DATES and LOCATIONS
<b>DRIVERS TRAINING</b>	CSO—January 8—9:00 to Noon CSO—January 22—9:00 to Noon CSO—January 25—9:00 to Noon Indio—January 25—9:00 to Noon	CSO—February 13—9:00 to Noon CSO—February 14—9:00 to Noon Indio—February 22—9:00 to Noon
<b>ERGONOMICS/RMI TRAINING</b>	CSO—January 9—9:00 to Noon CSO—January 24—9:00 to Noon Indio—January 11—9:00 to Noon	CSO—February 6—9:00 to Noon CSO—February 27—9:00 to Noon Indio—February 15—9:00 to Noon
<b>EMPLOYEE WORKPLACE VIOLENCE TRAINING</b>	CSO—January 10—9:00 to Noon CSO—January 30—9:00 to Noon Not scheduled for Indio	CSO—February 8—9:00 to Noon Not scheduled for Indio
<b>AIRBORNE (AB) &amp; BLOODBORNE (BB) PATHOGEN TRAINING</b>	This training is not scheduled at this time for Riverside or Indio	CSO—February 15—9:00 to Noon Not scheduled for Indio
<b>SUPERVISORS WORKPLACE VIOLENCE TRAINING</b>	CSO—January 11—8:00 to Noon Not scheduled for Indio	CSO—February 22—9:00 to Noon Not scheduled for Indio
<b>SUPERVISORS SAFETY ORIENTATION TRAINING</b>	This training is not scheduled at this time for Riverside or Indio	This training is not scheduled at this time for Riverside or Indio
<b>CPR/FIRST AID CPR/FIRST AID</b>	CSO—January 9—8:00 to 5:00 PM CSO—January 16—8 to 5:00 PM	<u>CPR Recert</u> —Feb. 6— 8 to 1:00 PM CSO—February 14—8 to 5:00 PM CSO—February 28—8 to 5:00 PM
<b>FORKLIFT</b>	This training is not scheduled at this time for Riverside or Indio	This training is not scheduled at this time for Riverside or Indio

# January Safety Article

## January Safety Article

### **DRIVING SAFETY**

#### **ROAD RAGE RUDES OF THE ROAD**

An Article from Safety Smart

Submitted By Art Pereida, Safety Coordinator

For more information on this topic, please contact Art Pereida at (951) 955-5883 or <mailto:apereida@rc-hr.com>

*Larry is as macho as the next guy. So, when Mr. Macho was rudely cut off on the interstate by Mr. Inconsiderate, Larry flashed an obvious signal of disapproval. A mile or so later, he is side by side at a stop light with the driver. Larry glanced over and saw that he was staring into the barrel of a large handgun. He froze in fear. The driver looked at him stonily, shook his head, then lowered the pistol and drove off. As you might imagine, Larry has since become much more tolerant behind the wheel.*

The highways have always been dangerous, but increasingly people are using their vehicles as weapons; or worse, using actual weapons to prove a point about their driving. A recent six-year study by the American Automobile Association found more than 10,000 violent road clashes that resulted in 218 deaths and 12,000 injuries.

#### **Hey! Who You Calling Aggressive!**

Aggressive drivers are more likely to speed, tailgate, fail to yield, weave in and out of traffic, pass on the right, make improper lane changes, run stop signs and lights, make hand and facial gestures, scream, honk and flash their lights. To coexist with aggressive drivers:

- Be patient and flexible. Practice cooperative driving behavior.
- Don't be goaded into confrontation.
- Don't take other drivers' behavior personally.
- Do not respond with your horn, following too closely, cutting them off, or tapping your brakes.
- Give other drivers plenty of space, especially drivers behaving competitively or aggressively.
- If you make a driving error that upsets another driver, apologize with a smile and hand wave.

- Drive in the right or center lanes unless passing. If you are in the left lane, even if you are driving the speed limit, and someone wants to pass you, let them. It's courtesy to move over if you can.
- Use turn signals when changing lanes or turning.
- Use your horn sparingly.
- Dim your high beams to approaching traffic.
- When merging, make sure you have room.
- If someone cuts you off, slow down and give them room to merge into your lane.
- Don't tailgate. Allow at least a three-second space between your car and the one ahead. If you feel you're being followed too closely, signal and pull over to allow the other driver to go by.
- Few things make another driver angrier than an obscene gesture. (And if you don't believe us, ask Larry.) Keep your hands on the wheel. Don't even shake your head in disgust.
- Avoid eye contact. Looking or staring at another driver can turn an impersonal encounter between two drivers into a personal duel.
- Open doors carefully in parking lots.
- If a situation is getting out of hand, use your cellular phone to call for help, or drive to a place where people are around, such as a police station or convenience store. Use your horn to attract attention. Do not get out of your car, and definitely do not go home if they are in sight.

#### **To Calm The Beast In You**

- Adjust your attitude. Strive to be the most courteous person on the road. Others may follow your lead.
- Forget winning. Driving is not a contest.
- Refocus your thoughts and take deep breaths if you feel like you are losing control. Think of a pleasant situation or memory.
- Relieve stress by allowing plenty of time to reach your destination.
- Listen to soothing music or a book on tape.
- Consider you may know the other driver, or he might have a reason for driving erratically.
- If you think you have a problem with anger management, seek professional help.

## **TOP 10 TIPS FOR IDENTIFY THEFT PROTECTION**

By Dan Kerker, Safety Coordinator, Waste Management

An identity thief takes your personal information and uses it without your knowledge. The thief may run up debts or even commit crimes in your name. The following tips can help you lower your risk of becoming a victim.



### **Protect your Social Security number.**

Don't carry your Social Security card in your wallet. If your health plan (other than Medicare) or another card uses your Social Security number, ask the company for a different number.

### **Fight "phishing" – don't take the bait.**

Scam artists "phish" for victims by pretending to be banks, stores or government agencies. They do this over the phone, in e-mails and in regular mail. Don't give out your personal information – unless you made the contact. Don't respond to a request to verify your account number or password. Legitimate companies do not request this kind of information in this way.

### **Keep your identity from getting trashed.**

Shred or tear up papers with personal information before you throw them away. Shred credit card offers and "convenience checks" that you don't use.

### **Control your personal financial information.**

California law requires banks and other financial service companies to get your permission before sharing your personal financial information with outside companies. You also have the right to limit some sharing of your personal information with your companies' affiliates.

### **Shield your computer from viruses and spies.**

Protect your personal information on your home computer. Use strong passwords: with at least eight characters, including a combination of letters, numbers, and symbols, easy for you to remember, but difficult for others to guess. Use firewall, virus and spy ware protection software that you update regularly. Steer clear of spy ware. Download free software only from sites you know and trust. Don't install software without knowing what it is. Set Internet Explorer browser security to at least "medium." Don't click on links in pop-up windows or in spam e-mail.

### **Click with caution.**

When shopping online, check out a Web site before entering your credit card number or other personal information. Read the privacy policy and look for opportunities to opt out of information sharing. (If there is no privacy policy posted, beware! Shop elsewhere.) Only enter personal information on secure Web pages with "https" in the address bar and a padlock symbol at the bottom of the browser window. These are signs that your information will be encrypted or scrambled, protecting it from hackers.

### **Check your bills and bank statements.**

Open your credit card bills and bank statements right away. Check carefully for any unauthorized charges or withdrawals and report them immediately. Call if bills don't arrive on time. It may mean that someone has changed contact information to hide fraudulent charges.



### **Stop pre-approved credit offers.**

Stop most pre-approved credit card offers. They make a tempting target for identity thieves who steal your mail. Have your name removed from credit bureau marketing lists. Call toll-free 888-5OPTOUT (888-567-8688).

### **Ask Questions.**

Ask questions whenever you are asked for personal information that seems inappropriate for the transaction. Ask how the information will be used or shared. Ask how it will be protected. Explain you're concerned about identity theft. If you're not satisfied with the answers, consider going somewhere else.

### **Check your credit reports – for free.**

One of the best ways to protect yourself from identity theft is to monitor your credit history. You can get one free credit report every year from each of the three national credit bureaus: Equifax, Experian and TransUnion. Request all three reports at once, or be your own no-cost credit monitoring service. Just spread out your requests, ordering from a different bureau every four months. Order your free annual credit reports by phone, toll-free, at 1-877-322-8228, or online at:

<https://www.annualcreditreport.com/cra/index.jsp>.

Credit for this document is given to the **California Office of Privacy Protection**. For additional information their web site is [www.privacy.ca.gov](http://www.privacy.ca.gov)



**“Say, didn't you fall like this last year?”**