

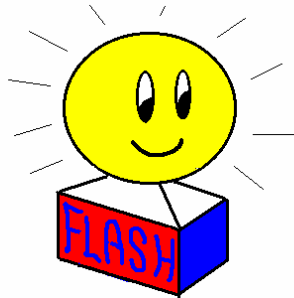
SAFETY ZONE

Volume 2, Issue 9

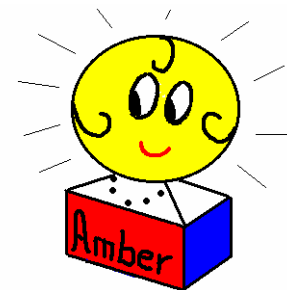
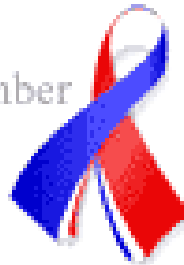
September, 2002

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we remember



TOMS CORNER: A MESSAGE FROM THE COUNTY SAFETY OFFICER

September 11, more readily recognized as “9-11” throughout the world, is a highly discussed topic because of the “one year anniversary date.”

Will it happen again? Can it happen again? What are we doing to prevent a terrorist attack? What about bio-terrorism? What should my family do during this time for safety?

These and many other concerns are only a few that are being expressed by many here in the Inland Empire and throughout our nation.

The terrorists of “9-11” have succeeded in planting the “seed of fear” upon the American people. The press, with its hyped-up media, is and will, inundate us to relive this tragedy once again.

Are we better prepared now than we were last year? The answer is “yes”, at all levels of government.

We are now more aware of our environment—We have a tendency to question the “out-of-norm” - Security checks and stops have become more acceptable instead of an inconvenience—We have united as a country. The key word here is “unity”.

We must also practice this at work by

working as a united agency for the overall safety of all employees.

Yes, this is a stressful time and discussing “9-11” with others is always helpful. Counseling can also assist you and your family by discussing and sharing your concerns and feelings. Have an outlet—don't let the stress build up.

The County Safety Office is also ready to provide informational SAFETY BULLETIN (s), should the need arise, to assist you in what precautionary measures to take during this time.

HEAT RELATED ILLNESSES

Heat Stroke or Heat Exhaustion?

What separates the two, contrary to popular belief, is not a lack of sweating, but rather confusion. People with heatstroke often experience multiple organ injury from elevated tissue temperature; those with heat exhaustion exhibited changes associated with fluid and nutrient loss through profuse sweat. Because the brain is very sensitive to temperature regulation, confusion is universal in heatstroke.

HEAT STROKE

- Call for help immediately. Immediately immerse the victim in cool water to reduce his or her body temperature.—If you don't, death or irreversible brain damage can occur within minutes. The core body (chest

and abdomen) is the most important part to immerse. Cold wraps with wet towels or ice cubes are not effective. Alcohol rubs are dangerous and can cause death from toxicity through skin absorption.

- If immersing is impossible, remove the victim's clothing and spray the skin with water while fanning the victim. This is known as evaporative cooling. Stop when the body temperature falls below 102° Fahrenheit, or hyperthermia may result. Do not give the victim anything by mouth, especially if he or she is confused.
- Get the victim to a doctor.

HEAT EXHAUSTION

- Stop all activity. Move the victim to a

cooler environment. Replenish lost salts and body fluid by having the victim drink a re-hydration formula such as diluted chicken soup or Gatorade. Or you can make your own: Into one quart of water, mix 2 tablespoons of sugar or honey; a tablespoon of salt and a tablespoon of baking soda (double the salt if no baking soda is available). Add half a cup of orange juice, coconut water or a mashed ripe banana if available. The average adult with heat exhaustion will improve after drinking 1 or 2 quarts of fluid. Fluid replenishment also will eliminate muscle cramps. Straight water or juice alone will not replenish salt and may worsen the nutrient imbalance.

CAL-OSHA RECORD KEEPING REQUIREMENTS

By Ken Brooks, Safety Coordinator
Cal/OSHA is responsible for administering State of California safety regulation which requires that work injuries be reported and documented through the Workers Compensation System to provide benefits to injured workers. Based on the number of reported injuries for a specific County Department, Cal/OSHA can conduct an announced Safety Inspection of that department. County departments can be in violation of The General Industrial Safety Orders and subject to substantial monetary fines well in excess of thousands of dollars for each safety violation.

With this in mind, the County Safety Office keeps statistical data for each County Department concerning both injury and vehicle accidents as a way of measuring the safety performance of County departments. The use of incident rates takes on more meaning for an employer when the injury or driving experience for a department or business is compared with that of other employees doing similar work with workforces of similar

size. This is not always possible since we have 40 different departments in Riverside County of various sizes ranging from 3000 employees to less than 10 employees. The use of incidence rates allows a common denominator for all departments to be compared to each other.

The standard OSHA Injury Rate is a direct comparison between the total number of lost time injuries a department experiences and the cumulative hours employees in that department work. The injury rates are based on every 200,000 cumulative employee hours worked and an injury rate of 3.1 would mean that a County department would experience roughly 3 lost time injuries for every 200,000 work hours employees work during the year. Presently there are 4 departments in the County of Riverside with an injury rate greater than 3.0 and this is the injury rate that would trigger an unannounced inspection by Cal/OSHA in any of those departments.

The County Safety Office also keeps

statistical data on the driving performance of County departments in the form of a Preventable Vehicle Accident Rate. The vehicle accident rate is a direct comparison between the number of preventable vehicle accidents a department experiences and the number of cumulative miles driven by a department. The rate reflects the number of preventable vehicle accidents per every million miles driven. Keeping a vehicle accident rate allows the Safety Office to identify departments that need to place a greater emphasis on driving safety for their employees. It also helps us to focus our accident prevention, loss control and safety inspection efforts in departments where it is needed most. At present, there are 14 departments that have a vehicle accident rate higher than the County of Riverside average. It also indicates that approximately two-thirds of our vehicle accidents are preventable. This puts a serious emphasis that County employees need to make a better effort to reduce these numbers for their safety and to limit liability to the County.

PREVENTING SPORTS INJURIES

By Tony Gonzales, Safety Coordinator

The greatest enjoyment of playing any sport is doing it without getting hurt. But how often do we neglect to prepare for the sport we are about to perform? In most cases we just get to the area where the sport is being played and start playing. No warm-up and no stretching, exposes the body to the probability of getting hurt. This article is about "not getting hurt" - taking measures to prevent those injuries that can plague us for the rest of our lives. The knees, back, our legs, ankles, the neck, arms, hands, and all parts of the body.

It's no secret that warming-up and stretching prepares the body for physical activity, so lets start doing it! Just do some easy stretching—breathe

normally—stretch slowly, until you can feel tension on your muscles, hold the stretch for about 15 seconds. Release the stretch slowly. Do it at least three times, stretch all parts of the body. The lower back, shoulders, trunk sides, chest, buttocks, hamstrings, thighs and calves. Don't bounce or jump while stretching. Warming-up will help you condition the body; give it strength, flexibility, stamina, and agility. It reduces the risk of tripping, falling or landing in an awkward position. Hydration and nutrition are also very important in protecting the body. Dehydration can significantly affect the performance in any sport, it increases clumsiness, and fatigue decreases endurance and judgment of distance. Drinking plenty of water before, during and after playing an

active sport or when exposed to the sun for long periods of time will help keep you hydrated. Avoid foods high in fat; eat foods containing carbohydrates a few days before you start.

Another way to prevent injury is to ensure you wear protective equipment. Depending on the kind of sport you play, there are all kinds of equipment to protect you from getting injured. Make sure the equipment is approved for safety, don't alter the equipment if doesn't fit and if it becomes worn or defective, replace it.

Remember listen to your body—pain and discomfort are indicators you may be mistreating your body and you may need to increase your warm-up or modify your sports activity.

CPSC Is Here To Assist You

The Consumer Product Safety Commission (CPSC) is the "safety guardian" to the general consumer and continually monitors products that may pose a hazard to children and adults.

We have highlighted some of their recalls and we encourage you to visit their website:

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

Should you have a problem with any product, that has posed a safety hazard, contact CPSC and they will either advise you of a recall for that product or they will start gathering information with your call for future incidents which may trigger a recall.

CPSC has direct links to products they do not monitor such as vehicles, cell phones, medicines and foods.

The following are just samples of some of their recalls.

Motorola digital cable boxes recalled:

<http://www.cpsc.gov/cpsc/pub/prere/ prhtml02/02226.html>

Coleman recalls mosquito trap:

<http://www.cpsc.gov/cpsc/pub/prere/ prhtml02/02200.html>

Red Devil portable gas grill, sold at Wal-Mart, recalled:

<http://www.cpsc.gov/cpsc/pub/prere/ prhtml02/02206.html>

Yamaha recalls ATV's:

<http://www.cpsc.gov/cpsc/pub/prere/ prhtml02/02210.html>

Radio Flyer recalls toy car:

<http://www.cpsc.gov/cpsc/pub/prere/ prhtml02/02214.html>

Remington recalls hair drier:

<http://www.cpsc.gov/cpsc/pub/prere/ prhtml02/02216.html>

Ford recalls 1991-95 Explorer and Ranger brake problems:

http://www.nhtsa.dot.gov/cars/problems/ recalls/recall_links.cfm

AVOIDING THE REAR END COLLISION

By Lou Gianonio, Safety Coordinator

“Preventable/Non Preventable.” - These words often represent an accident determination by VARB—Vehicle Accident Review Board.

One accident type commonly determined to be non-preventable is one in which an employee is rear ended. However, many rear-enders can be avoided if you consciously attempt to avoid the potential circumstances for this type of conflict.

Legally, the person hit from the rear is almost always judged blameless, but this is only when the dust has settled. In the meantime, you or someone like you, although not at fault, may pay a high price for someone else’s error. Just a few simple tips though, when understood and practiced, can greatly reduce the likelihood of being struck in this type of accident.

First, it’s important to keep the car rolling as much and as long as possible. As long as you are moving, you can take evasive action. Vehicles that are stopped must first roll again before making any defensive moves and are sitting ducks because they are stopped.

Success in maintaining mo-

tion is a maneuver that requires practiced skill. You must maintain at least a three second following distance and project your vision well ahead to anticipate traffic problems and receive advance warning of red lights, or other problems that demand deceleration. When you first see that you are going to have to slow or stop, get off the throttle immediately; coast or begin braking, if necessary. This keeps your vehicle rolling longer and gets the driver behind, who may be unaware of the problem, to start slowing down also. Consequently, the potential for rear-end collision is minimized and as a plus, by the time you arrive at the problem, it’s gone or the light has changed back to green, negating the need to make a stop.

Awareness is the key to avoiding rear-end collisions. Strive to make it a habit to check your mirrors for traffic behind you just before slowing or braking and about every 5 to 8 seconds. You can’t deal with a problem that you don’t know exists. Remember, when braking, the danger is likely to be coming from the rear, an area unwise to ignore. Pay attention to the tailgater who has very little time to react, if you should

need to brake suddenly.

Separating yourself from tailgaters is simple; slow down and/or change lanes and let them pass.

Resist the temptation to disregard the tailgater. Their shortcomings as drivers can quickly translate into problems that you will have to deal with. Get rid of them and your rear-end accident potential is instantly reduced.

Finally, when you stop behind another vehicle in city traffic, leave about a car length between your car and the car ahead. In most cases, this should provided enough cushion so that if you are rear-ended, you won’t get shoved into the car ahead. Likewise, a similar distance between the front of your car and the crosswalk is recommended, if you are first up. In this position, the force of impact from the rear will be less likely to push you into the pedestrian area, or even into the intersection.

Remember, most accidents result from human error. A little practice and effort on your part can be the difference between avoiding, or being involved in that rear-end accident.

USING AN MSDS IN AN EMERGENCY

By Brian Teig, Safety Specialist II

Chemical and hazardous material emergencies can result in great loss if not handled correctly. Fires, damage to property and injuries associated with these chemical accidents are very costly. When a chemical release or spill occurs, emergency responders trained in hazardous material response are called in. Emergency response personnel are highly trained to identify, contain and clean up chemical-related spills and releases. In order to do their job safely and as fast as possible, first responders must have immediate access to Material Safety Data Sheets (MSDS) on the hazardous materials they are trying to fight. Obtaining and using an MSDS in an emergency becomes critical to the success of containment and clean up operation because it provides essential information about the material.

What Is Required

By law, all manufacturers are required to disclose important information about their chemical products, from its components and physical properties to fire and health hazards. This information is made known on an MSDS for that product. The MSDS provides crucial information on how to extinguish fires, treat victims, protect responders and clean up a spill or release.

County Requirements

In addition to aiding emergency responders, every county workplace must have material safety data sheets for the hazardous materials and substances provided by the county and used by employees. The sheets are to be kept in a book, which should be updated periodically as new products are purchased or discontinued. It must be accessible to ALL employees that in the event of an accident, standard emergency procedures

are followed.

Exposure Procedures

If a person becomes sick or injured due to an exposure to a hazardous substance, immediately evacuate the person (s) from the area. Locate the MSDS for that substance and follow the instructions for emergency first aid treatment. If necessary, summon medical help by calling 9-1-1 and send a copy of the MSDS along with the victim.

MSDS Accessibility

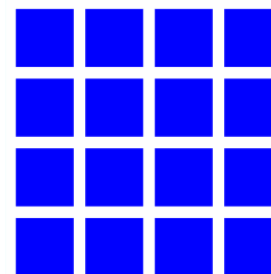
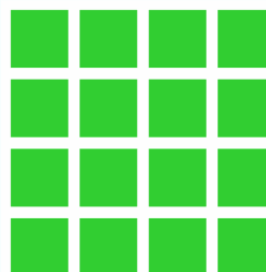
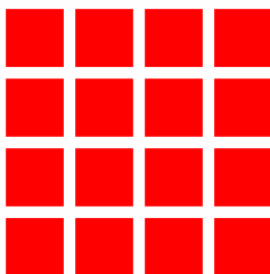
Immediate access to Material Safety Data Sheet is crucial to emergency response and ensuring employee health and safety. The County Hazard Communication program requires that every employee receive basic training on how to use an MSDS. Know the hazards of the chemicals you use and always follow MSDS precautions to prevent accidental exposures.

Elusive Spots

Look at the color grids on the right. Start with the red one. Do you see the light red spots on the crossroads between the red squares?

Now look at the blue grid. Do you see the light blue spots blinking like those red ones? Finally take a look at the green grid. Can you see all those flickering light green spots?

Are there really any spots between the squares, and why do they only blink and try to disappear when you want to stare at any of them?



An illusion—just for fun

COUNTY SAFETY OFFICE

3901 Lime Street
Suite #100
Riverside

Office Hours: Monday—Thursday
7:30 A.M. to 5:30 P.M.

Friday: 8:00 A.M. to 5:00 P.M.
Safety Hotline: (909) 955-5868

Phone: 909-955-3520

Fax: 909-955-9200

Email: Safety Office Publications

Web site:

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

SOMETHING TO
STIMULATE THE MIND
WHILE ON BREAK



The circus is in town and one of the circus wagons dropped its colorful letters— they were hanging on the circus wagon transporting the worlds meanest animal.

“Duffy” the clown went back, picked up all the letters and needs to hang them back up on the wagon.—Please help “Duffy” hang the letters back on so they spell one word?

Submit your answer via GroupWise to:
SAFETY OFFICE PUBLICATIONS

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

Pat English, RCSD Safety Coordinator 955-2493 or 955-5853

Lou Giantonio, Safety Coordinator 955-3522

Tony Gonzales, Safety Coordinator 955-5881

Steve Hickam, Safety Specialist II 955-5892

Steve Hutchings, MH Safety Coordinator 955-3521 or 358-5272

Art Pereida, Safety Coordinator 955-5883

Becky Perkins, Occupation Health Nurse Consultant 955-5854

Dave Rich, Safety Coordinator 955-9527

Joe Salinas, Transportation Safety Coordinator 955-6788

Brian Teig, DHS Safety Specialist II 955-5880 or 358-5547

Safety Office Support Personnel 955-3520

Tawni Grubbs, OA III

Lydia Temmen, OA III

Jan Zimmermann, OA II

August Puzzle Answer: #1.05 for the bottle; \$.05 for the cork

August Winners:

First: Mat Hewitt, Deputy Probation Officer II, Banning

Second: Judy Wagner, OASIS Business Systems Analyst

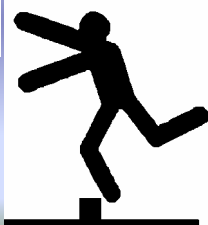
Third: Kristie Bornsheuer, OA II, Assessors Office—Perris

County Safety Office “Safety Poster Contest” - Extended to October 18



No limit on entries.

We are extending the time to submit your entries.



DO YOU HAVE AN IDEA FOR A SAFETY POSTER?

SUBMIT YOUR IDEA IN THE FORM OF A POSTER; FREE-HAND OR A PAINT PROGRAM; USING A FULL 8 1/2” x 11” LAYOUT; COLOR OR BLACK & WHITE.

SUBMIT ENTRIES BY: FRIDAY, OCTOBER 18, 2002

THEME: HOLIDAY SAFETY DURING THE HOLIDAYS.

SUBMIT ENTRIES, AS AN ATTACHMENT, VIA GROUPWISE TO: SAFETY OFFICE PUBLICATIONS, . . . OR

HARD COPY TO COUNTY SAFETY OFFICE: STOP #2170—ATTENTION: ART PEREIDA.

WINNING ENTRY WILL BE USED TO PROMOTE HOLIDAY SAFETY, COUNTY WIDE.

WINNER WILL ALSO RECEIVE A “SPECIAL” HOLIDAY GIFT.