

SAFETY ZONE

Volume 2, Issue 6

JUNE 2002

POINTS OF INTEREST

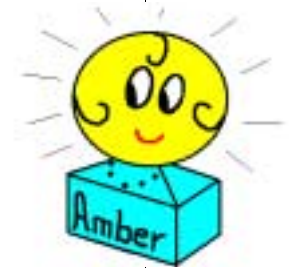
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TOM'S CORNER: A MESSAGE FROM THE COUNTY SAFETY OFFICER

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 weekly topics are:

- June 2 through June 8: Driving Safety
- June 9 through June 15: Fall Prevention
- June 16 through June 22: Emergency Response Preparedness
- June 23 through June 29: Safety Leadership

Celebrate National Safety Month and discuss these topics with your employees. To help you make the most of this opportunity—and save time—here are some free reproductive fact sheets for your use—www.bbpnews.com/safety/saf_portal.shtml



Amber: "June is National Safety Month and so many great topics to be covered.—Can you think of any other safety topics to be covered?"

"Coincidence or Not"

If,

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Equals,

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then,

$$K + N + O + W + L + E + D + G + E \\ 11 + 14 + 15 + 23 + 12 + 5 + 4 + 7 + 5 = 96\%$$

$$H + A + R + D + W + O + R + K \\ 8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98\%$$

Both are important, but the total falls short of 100%

But,

$$A + T + T + I + T + U + D + E \\ 1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100\%$$

The highly inventive safety graphic was forwarded to the Cal-OSHA Reporter.

They were unable to determine the author of "Coincidence or Not" but we would like to congratulate the person on crunching the numbers—and letters—to find the key to safety performance.

Safety really is all about attitude. Make 100% Safe Behavior your choice both On and OFF the job

Rattlesnake Precautions

Steve Hickam, Safety Specialist II

One of the recurring hazards that we must again be aware of is the presence of the rattlesnake, which is the only venomous snake found in Southern California in the wild.

Rattlesnakes, like reptiles, can't regulate their own body temperature, so they tend to be more active in warm weather. In temperatures below 50° F, they tend to stay inactive in warmer shelters. In cold weather they usually go into a semi-hibernation to conserve body heat. Ultimately, it's temperature, not the time of day or season, which determines how active rattlesnakes are. As Southern California generally has warm temperatures most of the year, rattlesnakes can be active, and encountered, almost year-round in Inland Empire.

Common Inland Empire Rattlers

- ▶ Southern Pacific Rattle Snake (R/S): Found in the coastal areas.
- ▶ Western Diamondback R/S: Found in San Bernardino, San Diego, Imperial and eastern portions of Riverside County.
- ▶ Red Diamond R/S: Found in the local mountain range slopes s/w desert regions.
- ▶ Speckled R/S: Desert regions.
- ▶ Mojave R/S: High Mojave Desert

Characteristics of Rattlesnakes

- ▶ Broad, triangular or narrow head on a thin neck
- ▶ Hooded eyes w/ oval shaped pupils.
- ▶ Have folding fangs.
- ▶ Pits between eyes and nostrils to detect warm-blooded body heat of prey.
- ▶ Rattle at end of tail if not broken off.

Symptoms of a Rattlesnake Bite

- ▶ Fang marks.
- ▶ Pain, tingling, burning, swelling or discoloration at bite area.
- ▶ Numbness/tingling of mouth/tongue.

- ▶ Nausea/vomiting or weakness/dizziness.
- ▶ Sweating and/or chills.
- ▶ Breathing difficulty.



First Aid Procedures

- ▶ Keep the victim calm.
- ▶ Gently wash the bite w/water and soap.
- ▶ Immobilize the bite and keep it lower than the heart.
- ▶ Call 9-1-1 or transport victim.

▶ **WARNING—Anti-snake venom is in very short supply in the Inland Empire**

First Aid Don'ts

- ▶ Don't apply a tourniquet.
- ▶ Don't apply ice to bite area.
- ▶ Don't cut the bite and suck venom out.
- ▶ Don't use suction cups; Very ineffective
- ▶ Don't give victim alcohol to drink.

Important Facts About Rattlesnakes

- ▶ 8,000 bites are reported annually; 9-15 people die—less than 1%.—**5 rattlesnake bites were recorded in the Inland Empire on Memorial Day weekend.**
- ▶ 25% of adult snake bites are “dry bites” - no venom injected into the victim.
- ▶ Baby rattlers are more dangerous—they inject venom into their victims.
- ▶ Snakes can only strike a distance 1/2 their own body length.
- ▶ Snakes only strike when hunting or when threatened.

- ▶ Fingers, hands, arms, ankles or feet are the most commonly bitten.
- ▶ Rattles are not always present to warn you—they could be missing.
- ▶ Mojave Rattler venom is neurotoxic—it attacks the nervous system and may cause paralysis and impair/stop breathing.
- ▶ All other snakes venom is hemotoxic—it causes tissue damage at the bite and impairs the clotting ability of the blood.

Rattlesnake Bite Prevention

- ▶ Wear sturdy leather shoes/boots and long pants.
- ▶ Walk in clear areas—avoid high vegetation areas and use a walking stick to probe ahead, if you do.
- ▶ Don't reach into blind areas.
- ▶ Step up on, or walk around, but don't step directly over logs, tree stumps and large rocks.
- ▶ Always look for concealed snakes before picking up or moving sticks, logs, branches and rocks; wear leather gloves when doing so.
- ▶ After dark, use a flashlight.
- ▶ Exterminate rodents—food source for snakes—from your area.
- ▶ If you hear a rattler—FREEZE—stay calm, locate the snake and and move away slowly.
- ▶ If you see a snake, don't approach, tease, try to capture or try to handle it; over half of all rattlesnake bites occur during such activities.

Rattlesnakes Controversy

Remember, rattlesnakes play an important role in our environment by helping to control the rodent population. Efforts should be made to avoid killing them unless absolutely necessary or call animal control if you find one on your property.

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“Honorable Mention Is Given To The Following Department Facilities/Offices Which Are Setting Positive Examples With Their Safety Programs.” - *County Safety Office*

Department Name

Transportation Department

Department Facility Site:

Transportation Department Warehouse
2950 Washington St.
Riverside

Safety Representative:

Brad Rizzi, Warehouse Supervisor

Honorable Mention: Facility site recently had a Safety Inspection conducted on May 8 and no safety discrepancies were noted at time of inspection. The warehouse area met minimum safety standards, along with all Administrative materials. **“KUDOS!” - to Brad and his staff, for their overall safety efforts.”**



Department Name

Department of Public Health

Department Facility Site

Nursing Administration
Room 305
4065 County Circle Drive
Riverside

Safety Representative

Mary Grenier, Staff Analyst II
Marilyn Weil, Supervising Office Assistant I

Honorable Mention

On a recent inspection, some violations were noted and their response to correct was immediate and without question or hesitation. **“Super KUDOS” - to Mary and Marilyn for quickly abating hazards that might have been potentially hazardous to their employees—Outstanding!**



Department Name

Purchasing and Fleet Services Department

Department Facility Site

Supply Warehouse
2980 Washington St.
Riverside

Safety Representative

Gil Cancel, Warehouse Manager/Facility Safety Representative

Honorable Mention

Gil has shown a tremendous interest in accident prevention. He helped to develop safety programs for the department and has organized the layout of the warehouse to increase the safety of its employees. He has been very active in employee training and working with the Safety Office concerning safety related matters.— **Gil really sets an example on a personal level— “Double KUDOS!”**

Department Name

Probation Department

Department Facility Site

Palm Springs Probation Office
3225 Tahquitz Canyon Way
Palm Springs

Safety Representative

Rob Royer, Supervising Probation Officer/Facility Safety representative

Honorable Mention

Rob has made a concerted effort to develop all of the required administrative safety programs and has shown active interest in accident prevention. Safety communication meetings and training for employees is done very well.—**Rob sets an example for all of us to follow— “KUDOS!”**

Preventing Eye Injuries

By Lou Giantonio, Safety Coordinator

OSHA ESTIMATES THAT ONE-THOUSAND EYE INJURIES OCCUR DAILY IN THE U.S. WORKPLACE, NOT TO MENTION THOSE THAT OCCUR AT HOME. THEY LIST TWO MAJOR REASONS FOR EYE INJURIES AT WORK: NOT WEARING EYE PROTECTION OR WEARING THE WRONG TYPE FOR THE JOB THAT RESULTED IN OBJECTS OR CHEMICALS GOING AROUND OR UNDER THE PROTECTOR.

RECOGNIZING EYE HAZARDS

AMONG THE MOST COMMON EYE HAZARDS ARE FLYING PARTICLES FROM MACHINE OPERATIONS, SUCH AS GRINDING, SAWING, ETCHING, ETC. DUSTS (SUCH AS WOOD, METAL, AND OTHER AIRBORNE PARTICLES), FUMES, VAPORS AND SPLASHES (FROM MOL-TEN MATERIALS OR CHEMICALS) CAN CAUSE EYE INJURY UNLESS THE APPROPRIATE PROTECTIVE EQUIPMENT IS USED. HARMFUL LIGHT RAYS (COMMON ARC AND ELECTRICAL WELDING AND FURNACE OPERATIONS CAN CAUSE PAINFUL EYE BURNS UNLESS YOU USE ADEQUATE PROTECTION. HOME AND RECREATIONAL HAZARDS WOULD INCLUDE SOME ALREADY MENTIONED AND THE USE OF LAWN MOWERS, HEDGE CLIPPERS, LEAF BLOWERS, POWER SAWS AND OTHER SIMILAR POWER TOOLS THAT CAN THROW OFF PARTICLES THAT CAN GET IN YOUR EYES.

WHEN OPENING CHEMICAL CONTAINERS (HOUSEHOLD CLEANERS, DRAIN OPENERS, INSECTICIDES, ETC.) BE SURE TO DIRECT THE CONTAINER AWAY FROM YOUR FACE. SPORTS WHERE YOU COULD BE STRUCK BY A PROJECTILE (SUCH AS RAQUET SPORTS) OR CYCLING WHERE WINDBORNE PARTICLES OR FLYING INSECTS CAN STRIKE THE EYE SHOULD BE PROTECTED AGAINST ALSO. THE TYPE OF PROTECTION NEEDED WILL DEPEND ON THE PARTICULAR ACTIVITY YOU ARE DOING.

SAFETY GLASSES

STANDARD SAFETY GLASSES LOOK MUCH LIKE NORMAL GLASSES, BUT ARE DESIGNED TO PROTECT YOU AGAINST FLYING PARTICLES. THEY MUST MEET THE STANDARDS OF THE AMERICAN NATIONAL STANDARD INSTITUTE (ANSI). LENSES ARE IMPACT RESISTANT AND FRAMES ARE FAR STRONGER THAN REGULAR GLASSES. THEY ARE ALSO AVAILABLE IN PRESCRIPTION FORM FOR THOSE WHO NEED CORRECTIVE LENSES AND THEY CAN BE EQUIPPED WITH SIDE SHIELDS, CUPS, OR TINTED LENSES TO OFFER ADDITIONAL PROTECTION.

SAFETY GOGGLES

GOGGLES PROVIDE A SECURE SHIELD AROUND THE ENTIRE EYE TO PROTECT

AGAINST HAZARDS COMING FROM MANY DIRECTIONS AND ARE IMPACT RESISTANT AND AVAILABLE IN TINTED LENSES. SAFETY GOGGLES MAY HAVE REGULAR OR INDIRECT VENTILATION. (GOGGLES WITH DIRECT VENTILATION MAY BE REQUIRED IF YOU ARE EXPOSED TO SPLASH HAZARDS.)

SHIELDS AND HELMETS

FACE SHIELDS AND HELMETS ARE NOT IN THEMSELVES PROTECTIVE EYEWEAR. BUT, THEY ARE FREQUENTLY USED IN CONJUNCTION WITH EYE PROTECTION. FACE SHIELDS ARE TYPICALLY USED OVER SAFETY GLASSES OR GOGGLES. FULL-FACE SHIELDS ARE OFTEN USED WHEN THERE IS EXPOSURE TO CHEMICALS, HEAT OR GLARE HAZARDS. HELMETS ARE USED WHEN WELDING OR WORKING WITH MOLDEN MATERIALS.

USE OF PROTECTIVE EYEWEAR

YOU CAN GUARD AGAINST EYE INJURY BY MAKING SURE THAT YOU ARE WEARING THE APPROPRIATE PROTECTIVE EQUIPMENT FOR THE PARTICULAR EYE HAZARDS YOU FACE. REMEMBER THAT REGULAR EYEGLASSES ALONE DO NOT OFFER PROTECTION FROM EYE HAZARDS. ASK YOUR SUPERVISOR IF YOU HAVE ANY QUESTIONS ABOUT WHAT YOU CAN DO TO PROTECT YOURSELF.

Carpal Tunnel Syndrome

By Tony Gonzales, Safety Coordinator

What is carpal tunnel syndrome (CTS)? Though there are many County employees that know and have experienced carpal tunnel discomfort and pain, there are still many that have never heard of the word. The carpal tunnel is a small passage in the wrist where the tendons that make the fingers move travel through. Syndrome is defined as "a set of symptoms characterizing a disease or condition".

Some symptoms of carpal tunnel syndrome are, a burning or tingling numbness in the fingers especially the thumb, index and middle finger. Also, not being able to grab or pick things up.

Approximately one-percent of individuals with carpal tunnel syndrome develop permanent injury. The majority recovers completely and avoid re-injury by changing the way they do repetitive

movements.

What causes many of the problems is simply the way we hold our hands and wrists while typing and using the mouse. The tendons, which move through the carpal tunnel, need to move freely without being aggravated. Bending the wrist up or down while typing aggravates the tendons, which causes them to swell or become inflamed. The carpal tunnel is not large enough to accept the swelling of the tendons, so they get jammed and cause discomfort and pain. Some of that pain is pressure on the median nerve, which is also in the carpal tunnel going to all parts of your hand and fingers to let you know when you touch something or if it's hot or cold, making it very sensitive to pain.

Carpal tunnel is treated by immobilizing the wrist in a splint to minimize pressure on the nerves. If that fails, anti-inflammatory drugs or injections of cortisone into the wrist are given to reduce swelling. If all else fails, a

surgical procedure called "carpal tunnel release" is performed. This is a procedure in which doctors open the wrist and cut the ligaments at the bottom of the wrist to relieve the pressure.

The best way to avoid carpal tunnel syndrome is to be aware of how you place your hands and wrist while typing or using the mouse. The wrist needs to be in a neutral position, that means the hands and wrist should be straight, not bent up or down. This can be done by floating the hands while typing. If you're the type of person that likes to rest the hands on the wrist rest (pad) then you should have your keyboard in a negative tilt position. Sometimes when this is done the mouse tray also tilts causing problems when using the mouse. If this is the case, a keyboard tray with an adjustable mouse tray should be used. Last but not least you need to stop and rest periodically. Rest is the secret to recovery.

COUNTY SAFETY OFFICE

3901 Lime Street
Suite #100
Riverside

Office Hours: Monday—Thursday
7:30 A.M. to 5:30 P.M.
Fridays: 8:00 A.M.—5:00 P.M.

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Fax: (909)955-9200

Safety Hotline: (909)955-5868

Email: Safety Office Publications

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



Flash: "It's starting to get hot—Don't forget to drink plenty of water to replenish your body fluids."

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 358-5272 or 955-3521

Art Pereida, Safety Coordinator 955-5883

Becky Perkins, Occupational Health Nurse Consultant 955-5854

Dave Rich, Safety Coordinator 955-9527

Joe Salinas, Transportation Safety Coordinator 955-6788

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

Safety Office Support Personnel 955-3520

Tawni Grubbs, OA III

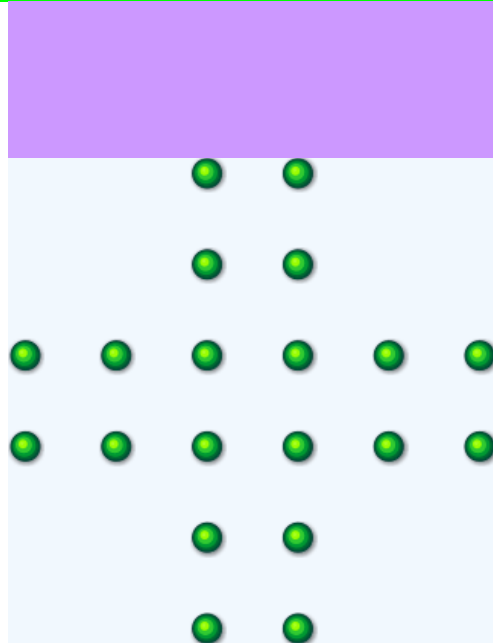
Lydia Temmen, OA III

Jan Zimmermann, OA II

"Something To Stimulate The Mind While On Break"

Count how many perfect squares of all possible sizes are hidden in the cross of dots on the right.

A square is counted if any four dots are placed exactly in its respective corners.



Submit your answer to **Safety Office Publications**, via GroupWise. First correct answer submitted will receive a "safety goody package" from the Safety Office. "Good Luck" - The Safety Office.