

SAFETY ZONE



Volume 2, Issue 8
AUGUST 2002

POINTS OF INTEREST

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

The County Safety Office has received forwarded emails, which were generated outside of the County, in reference to "cell phone hazards while dispensing fuel".

The emails indicate static electricity as the probable ignition source of fires while fueling. In some cases, injury and loss of property occurred.

The emails make reference to recent safety bulletins by the Mine Safety and Health Administration.

(www.msha.gov/alerts/potentialcell.htm) and the Petroleum Equipment

Institute (www.pei.org) addressing these incidents. Further research by our office also finds that major phone manufacturers provide a "WARNING" in the Owner's Manual, not to use cell phones during fuel dispensing.

Our office has contacted the California State Fire Marshal's Office, along with other regulatory agencies, and our office had not received any official notification on any precautionary measures to take, at time of this publication.

In the meantime, the County Safety Office recommends the following pre-

cautions to be taken at all fuel dispensers, on or off duty:

- **LEAVE** cell phones in vehicle.
- **DO NOT** use cell phones while fueling—This may also apply to portable radios, check manual.
- **DO NOT** re-enter your vehicle—sliding on seat may create static electricity.

The County Safety Office provides this information as a precautionary measures for your safety.

County Safety Office "Safety Poster Contest"



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: 9/13/02

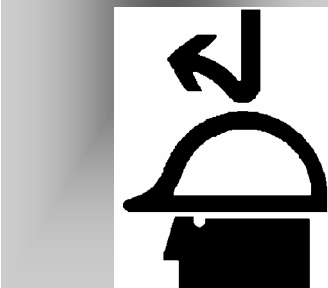
THEME: HOLIDAY SAFETY DURING THE HOLIDAYS.

SUBMIT ENTRIES, AS AN ATTACHMENT, VIA GROUP-WISE 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.



KEEP IT CLEAN
TO
KEEP IT SAFE!!





Protect Your Family At The Pool This Summer

By: Becky Perkins, OHNC

This summer, swimming pools will be filled with millions of people having fun and staying cool. But did you know that germs can contaminate swimming water? In the past we weren't as concerned, but today there are new germs that can contaminate water and cause illness. This summer, learn about recreational water illnesses (RWIs), which are spread by swimming in contaminated recreational waters such as swimming pools, water-parks, lakes, and the ocean.

RWIs are caused by germs like "Crypto", Giardia, E.coli and Shigella and are spread by accidental swallowing water that has been contaminated with fecal matter. How does a pool get contaminated? You share the water with everyone in the pool. If someone with diarrhea contaminates the water, swallowing the water can make you sick.

The great news is that germs causing RWIs are killed by chlo-

rine. However, chlorine doesn't work right away. It takes time to kill germs and some germs like "Crypto" are resistant to chlorine and can live in pools for days. That is why even the best maintained pools can spread illness. Therefore, healthy swimming behaviors are needed to protect you and your kids from RWIs and will help stop germs from getting in the pool in the first place. Here are six "PLEAs" that promise healthy swimming:

PLEASE don't swim when you have diarrhea . . . This is especially important for kids in diapers. You can spread germs into the water and make other people sick.

PLEASE don't swallow the pool water. In fact, try your best to avoid even having water get in your mouth.

PLEASE wash your hands with soap and water after using the toilet or after changing diapers. You can protect others by remembering that germs on your body will end up in the water.

PLEASE take your kids on bathroom breaks often. Waiting to hear "I have to go" may mean it's too late.

PLEASE change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread disease.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming. We all have invisible amounts of fecal matter on our bottoms that end up in the pool.

Want to learn more about recreational water illnesses (RWIs)? Why you shouldn't swim when ill with diarrhea? How some germs that cause RWIs can live for days in even the best maintained pools? Visit www.healthyswimming.org for more information. Take the Healthy Swimming IQ Quiz and a quick look at what swimmers are asking.

SOMETHING TO STIMULATE THE MIND DURING BREAK



A bottle costs a dollar more than a cork. Together they cost \$1.10. How much does the bottle cost and how much does the cork cost?

July Puzzle Answer:

Startling—Starting—Staring

String—Sting—Sing

Sin—In—I

July's Puzzle Winners Are:

1st: Cathy Truslow, Election Tech II, Registrar of Voters; Submitted 7/1 @ 8:58 A.M.

2nd: Pete Ortiz, Sergeant, Sheriff/Palm Desert; Submitted 7/1 @ 9:07 A.M.

3rd: Annette Canada, OA II, Registrar of Voters; Submitted 7/1 @ 10:13 A.M.

Submit answers via GroupWise to:



Safety Office Publications



Water & Pool Safety for Children

**Kristin Goffman, RCCIPN Coordinator
EMS Agency/Riverside County Department of Health, (909) 358-5958**

The Riverside EMS Agency is dedicated to preventing unintentional injuries to children in our county. The paramedics, fire fighters, law enforcement personnel, and hospital staff who work in our county know all too well the tragic results of a child's death from drowning. Childhood drowning can be eliminated because **childhood drowning is 100% preventable.**

Make changes now, before a drowning happens. It could happen in your neighborhood or at your next gathering. Please don't wait. Read the following information. It could change your life.

FACTS

Drowning is the leading cause of unintentional injury related death to children ages 1-4 years old in Riverside County.

Over 80% of all drowning and near-drowning submersions occur in backyard pools.

There are over one million backyard pools in California without safety features because they were built before the Swimming Pool Safety Act of 1998. One could be in your neighborhood.

Drowning is a quiet event. There is no splashing, no screaming, no noise at all.

A submerged child can lose consciousness in less than two minutes – the time it takes to answer a phone – and sustain permanent brain damage in only 4 to 6 minutes.

Water with its shimmering and sparkling appeal, is a magnet for toddlers and young children.

Children under the age of five have no fear of water and no concept of death. Water is associated with play.

SUPERVISION

Supervision and multiple barriers are the keys to preventing childhood drowning deaths and near-drowning submersions. Diligent adult supervision is required when children are near any body of water including a pool, spa, bathtub, pond, toilet, bucket of liquid, or any standing water. Safety products and gadgets can never take the place of diligent supervision.

LAYERS OF PROTECTION

The U.S. Consumer Product Safety Commission has developed written guidelines for safety barriers for home pools. All backyard pools and spas should have multiple barriers to prevent children from gaining access to the water. Enclose your pool with four-sided fencing at least 48 inches high. If possible, do not use your house as one of the four sides. Fencing should be un-climbable from either side. All gates to the pool or spa should be self-closing and self-latching. All windows and doors that lead to the pool area should have alarms that alert adults when they are opened. If a pool cover is used, make sure it has been approved as a safety device.

BE PREPARED

Know your neighborhood and the homes

your child visits. Is there a pool? Is it properly protected? If the children will be swimming, who will be supervising them?

Learn how to swim and learn proper rescue techniques.

Keep rescue equipment near the pool. Do NOT use air-filled swimming aids (such as water rings) in place of life preservers. These devices can give parents and children a false sense of security that may increase the risk of drowning.

Keep a portable telephone handy for any Emergency. There is no substitute for diligent supervision of young children around water. Add multiple barriers around your pool. These two steps could save a child's life. Call the Riverside Children's Injury Prevention Network with the EMS Agency for more information, Micro x85029 or toll-free throughout the county at 1 (800) 774-7237.

Kristy Goffman is a contributing writer for the County Safety Office. If you have something of interest to all employees, your articles are always welcomed.

Submit hard copy articles to: County Safety Office STOP 2170 or

GroupWise to: Safety Office Publications.

Fall-Winter Security Safety

We are half way through the year and in the middle of the driest summer since weather records started being kept here in California. As hot as it may be, the County Safety Office is already thinking about upcoming fall-winter safety issues.

Security is a big issue because we start loosing sunlight and it starts getting dark as early as 4:30 in the afternoon.

Now is a good time for all facility managers to evaluate their exterior lighting around the buildings and in the parking lots. Check to see if lighting is adequate and operating properly. Get those job orders in now, not



when we are a month into daylight savings time and security lighting issues are an im-

mediate concern to your employees.

Maintenance facility personnel, whether you are in a leased or County owned building, should be contacted now to repair or replace nonfunctioning lighting in the parking lots, along with the exterior of buildings.

Get rid of those shadows that are created by poor lighting.

Another helpful suggestion is to cut back or remove those low hanging trees and shrubbery alongside your building.

Evaluate your facilities now and get those job orders, in preparation for fall and winter.



Coping with Anger: Reappraise . . . Respond . . . Relinquish . . . Relax

By Steve Hutchings, Safety Coordinator

A pushy driver nudges your bumper in heavy traffic . . . A colleague takes credit for your ideas . . . You get out of the loop on an important decision . . . You call your credit card company, enter a sixteen-digit account number and your mother's maiden name, ratchet through four menus and hear, "All service representatives are busy . . ."

The more complicated your life gets—the more people you interact with on a daily basis—the more incidents occur that can irritate, annoy, provoke, incense, madden, infuriate, and enrage. Anger and all its cousins are permanent occupants of your emotional ménage.

We all know what anger is, and we've all felt: whether as a fleeting annoyance or as full fledged. Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—**problems at work**, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion. This write-up is meant to help you understand and control anger.

Anger Is Normal, But . . .

Most people don't enjoy feeling angry. It's uncomfortable—even more uncomfortable if you lash out and someone gets hurt or angered also. Anger can have unpleasant repercussions and consequences for everyone concerned.

Repressing anger—keeping it bottled up inside—can cause headaches, back pain, nausea, or other symptoms. "Letting it all out" isn't good for you either. Anger in hard driving Type-A personalities has been associated with coronary heart disease and sudden death. And no matter what your "type," anger can make you angrier, each outburst prolonging and deepening the distress. Anger can lead to full-blown conflict. Damaged relationships, even aggressive or violent acts.

Emotionally driven automatic responses are usually learned in childhood, so by adulthood reacting angrily can be a habit. Plus it's easy: Clench your fists, tighten your

muscles, turn red in the face, and yell. The payoffs are obvious: momentary relief coupled with appearance of being in control.

Managing It

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions.

Expressing Anger

The instinctive, natural way to express anger is to respond aggressively. Anger is natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival.

On the other hand, we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on how far our anger can take us. People use a variety of both conscious and unconscious processes to deal with their angry feelings.

What To Do

Instead of reacting impulsively, train yourself to keep a lid on angry feelings until you have cooled down. Then confront the situation—or person—calmly. When flooded with negative emotions, ability to hear, think and speak is severely impaired. Taking a "time out" can be enormously constructive. However, 5 minutes are not enough; research suggests that people need at least 20 minutes to recover from intense psychological arousal. During those minutes (and at other times, too) try some techniques for coping with and defusing anger.

1. Become aware of what precipitates your anger. Most of us have identifiable triggers. Once you know the roots of your anger, you can deal with it more constructively.

2. Monitor the feelings and bodily sensations you experience when you're becoming angry. Learn to use these sensations as cues to stop and consider what is happening and what to do about it.

3. Change the thoughts that trigger anger, interrupting the situation from a different (less provocative) point of view. Often, this involves looking at the situation from the other person's perspective. Instead of, "Sue's deliberately trying to make me look bad," think, "Sue must be having a bad day." Instead of "how dare you cut me off, you damn homicidal idiot!" think, "Maybe that driver didn't see me." Changing thoughts produces new feelings, which displace the anger. The quicker you can reinterpret a situation the better, Brooding fuels anger, but seeing things differently quells it. Refraining a situation is one of the most potent ways of controlling anger.

4. Write down angry thoughts. Once you have them on paper, challenge and reappraise them. Or write a letter to the person you're angry with and then tear it into hundreds of pieces. But be careful: The longer you dwell on what made you angry, the more reason and self-justifications you can find for being angry. Try not to fan your own anger.

5. Identify and express the feelings that precede anger. Anger is often a secondary emotion, erupting in the wake of other feelings, like frustration, resentment, humiliation, or fear. Try to become aware of the underlying emotions and express *that feeling* instead of anger.

6. Respond assertively. The goal isn't to suppress anger, but to express it in non-aggressive ways. Blaming, accusations, threats and name-calling are aggressive responses. Calmly and assertively stating your thoughts and feelings about a situation, without blaming, is far more powerful way to respond in conflict.

7. Relax. Anger is a high-arousal state, so one of the most helpful things you



Coping with Anger—continued

can do is engage in an activity that lowers blood pressure and heart rate, like yoga, stretching, deep breathing, massage, visualization, guided imagery or meditation. Activities like gardening, painting, and woodworking may also be very helpful. Running, walking, dancing, swimming and other forms of aerobic exercise “work off” anger and leave you feeling relaxed.

8. **Relinquish your anger.** If angry feelings about a particular person or

situation are eating at you and none of the above techniques proves helpful, try doing what may be the most courageous and difficult thing of all: Just let it go. If anger is based on some old wound deep inside, letting go starts a healing process. Consider enlisting the support of a professional counselor or therapist.

Where to get help.

If these suggestions do not help then

maybe you need to get some professional help. One of the best places to get help is with your Employee Assistance Program (EAP). The program is free to County Employees and is confidential. The following are the phone number (s) so you can make contact with EAP counselors. Do something now before it is too late.

Phone Numbers

Greater Riverside—(909) 778-3970

Desert Region—(909) 328-6863

Safety Training Buy-In

By Pat English, Safety Coordinator

Most supervisors and managers are always looking for ways to prevent workplace injuries and illnesses, and cut worker’s compensation costs. The concern for most is “how do I do this effectively and at minimal time and cost?”

For the most part managers and supervisors follow a usual pattern like hold unit safety training meetings, for example, based on videos or topics out of the County Safety Newsletter. But, is consideration given to whether this is effective or meaningful training to workers? Are workers getting the message?; is the training transferring to the job, or do workers really buy-into the safety message?

The County Safety Office has a vision for an effective worker safety and health training program, and it is one that doesn’t neglect enforcement, but does develop partnerships and associations with stakeholders to improve workplace safety.

Managers and supervisors must be key players in the advancement of worker safety and health. But, what they do must be results oriented, not activity oriented. Managers and supervisors have to develop close partnerships with the entire departments health and safety community, i.e. their Facility/

District Safety Representative (FSR/DSR), Department Safety Coordinator, County Safety Office, etc.

To accomplish effective safety training and worker buy-in, County Safety Office provides four goals:

1. Exercising leadership in safety and health, lead by example, personalize the training activity to your work group.
2. Maintain strong, fair and effective enforcement of safety rules and regulation, including attending mandatory trainings.
3. Promote compliance assistance and education by networking safe workplace practices.
4. Develop safety and health partnerships through communications.

Managers and supervisors must exercise leadership in advocating the value of safety and health training. Set an example in the workplace for your staff to follow. Also, utilize workers to advance the ball; you don’t always have to carry it yourself.

Enforcement is a key component and driver of an effective safety and health program. Only a small per-

centage of employees don’t do the right thing. About 95 percent of workers do the right thing in the right way. It is important to get workers to recognize their personnel and units safety and health record and to initiate steps to improve. If, as a supervisor, you are dealing with the same worker three times, then you have failed to get that worker to buy-into safety and health. The supervisor’s job is to improve the situation, thus look for ways to encourage change. The supervisor’s job is to improve the situation, thus look for ways to encourage change. To get there, education, outreach and training is the most effective way.

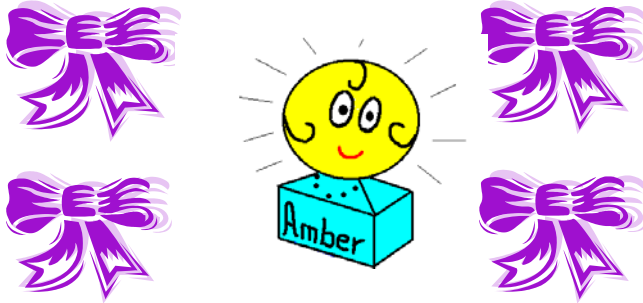
Real solutions come from the workplace. A one size fits all training program does not fit all. Safety and health hazards are too diverse and solutions are too diverse. Therefore, enforcement and training guidelines cannot be the same. The process has to be identify and solve problems. And the concern should not be on how it gets done, but that it gets done and addresses a personalized or unit issue.

The whole purpose of the safety and health training, that a manager or supervisor wants to put forth, is one of prevention.

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/>



Help Support Purple Ribbon Month in August

“NOT EVEN FOR A MINUTE! - NEVER LEAVE A CHILD IN THE CAR”

The Riverside County Children’s Injury Prevention Network is dedicating the month of August to educating the public on the dangers of leaving children unattended in or around motor vehicles.

At last count there have been 191 incidents involving 256 children left unattended in vehicles nationwide, resulting in 51 deaths, since January 2002.

Purple ribbons and informational flyers are available to be picked up at the Riverside County EMS Agency. Please help support this campaign by displaying and sharing purple ribbons. Call Kristin at (909) 358-5029 for more information.

CONDUCTING SAFETY SELF-INSPECTIONS

By Joseph Salinas, Safety Coordinator,
Transportation

There is no better way to find potential safety violations in ones working areas than to conduct safety self-inspections.

These inspections will bring to the attention of supervisors or managers critical information that could prevent an injury or an illness from occurring to one of their employees.

Employees' need to understand the mechanics of self-inspections. These inspections are a tool that go hand in hand with verbal and written reporting of hazards that are either found or seen by employees. It takes team work to get the job accomplished as

well as to maintain a safe working environment. The best way that unsafe hazards on the job can be corrected is, if they are reported in a timely basis and of course, without the fear of reprisal for reporting the hazard.

Inspections are a vital component for the purposes of identifying hazards. Once those hazards are identified, corrective action needs to be taken and corrected within a period of thirty days or sooner, depending on the severity of the hazard. Of course there can be mitigating circumstances where more time could be required for the purposes of correcting the hazard. Regardless, no employee should be exposed to the possibility of an injury or illness while the hazard is being

corrected.

Title VIII of General Industry Safety Orders specifically section 3203 mandates that a safe working environment must be provided for all employees'. The failure to do so, can result in severe consequences if it is found that there was a willful failure to take appropriate action in correcting any identified hazard especially if an employee was to be injured or sustain an illness.

The basic question is? Would you like to be working in an unsafe environment? If not, then make every effort to ensure that employees' working directly for you are not either.

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

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