

SAFETY ZONE

Volume 1, Issue 7

JULY 2001

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

This months issue of the **SAFETY ZONE** marks our "half year" anniversary and it's time to see "how we are doing".

The intent of the newsletter is to reach as many County of Riverside employees with safety information that would be useful to the majority of all employees.

Are we accomplishing our goal? What do we have to "adjust" or "tweak" to meet your needs and at the same time continue to provide a means of communication to the newest employee, up and through current administrative personnel?

Each month, the next months safety newsletter is reviewed, scrutinized, edited and commented on by all Safety Office personnel for it's content, validity and worthwhile information. Is it "easy" to read and understand? Is the "safety point" coming across or is it getting lost in "too much technical jargon?"

Some safety topics can really be boring. If you suffer from insomnia, this can be a sure way of curing it. After reading a few paragraphs,

you may fall asleep.

Boring or not, they are essential and important for the safety of all County of Riverside employees.

The County Safety Office needs your assistance in providing worthwhile, stimulating safety information, along with assisting you in monthly safety topics which are consistent county wide.

What other safety topics would you like to see covered?

In this months **SAFETY ZONE** is a questionnaire to let us know how we are doing and what you would like to see covered in future articles.

I do hope you will take the interest and the time to address your ongoing safety concerns to help us meet your needs. If you do have some safety issues and don't express them, "you are not doing your part".

I look forward to reviewing our "report card" and responding to your comments.

Tom Sproal, Safety Officer



FLASH says, "Safety staff are here to help you! Do your part and help them provide a better service to all County employees"

In This Months Issue

- Safety Officers Message
- Contacting Safety Office Personnel via phone, FAX or Email
- Hearing Safety
- Monthly Safety Topic
- Safety In The Sun
- Vacation Safety
- And other Safety Tips to assist you

How is your hearing?

By Tony Gonzales, Safety Coordinator

Did you know that exposure to a loud noise above 140 decibel (dBA) can damage your hearing after just one exposure. Health statistics suggest a trend that the incidents of hearing loss is at younger and younger ages. Loud noise assaults the delicate hair of the inner ear. Noise-induced hearing loss typically occurs gradu-

ally and without pain. After exposure to a loud noise, a person may experience ringing in the ears or have difficulty hearing. This is called a "temporary threshold shift". After a few hours (or in some cases a few days), this temporary shift in hearing can become permanent. Once permanent hearing damage has occurred it is not

possible to restore it.

If you experience ringing or buzzing after exposure to noise, slight muffling of sounds after exposure making it difficult to understand speech; that is, you hear the words but you can't understand, the **League for the Hard of Hearing** advises to see a physician.

Visit www.lhh.org for more information.

Summer Vacation Safety Tips

By Brian Teig, Safety Specialist II

The anticipation of summer and our summer vacation plans leave us counting the days until the best summer vacation yet. Unfortunately, in the excitement and rush to depart, vacationers sometime overlook essential safety and security chores before leaving on vacation.

One forgotten simple chore can re-



sult in an unfortunate incident, which could have been avoided.

With summer vacation season just around the corner, here are a few easy tips to follow to ensure that this summer vacation for you and your family is the best ever!

Before leaving—Secure Your Home

- Have a neighbor pick up your newspapers, mail and remove notes left on your door daily
- Leave trip plans/emergency numbers with neighbors
- Leave a light/radio on a timer
- Turn off water valves, unplug small appliances and turn off thermostat
- Lock all doors and windows

Vehicle Safety Tips

- Have your vehicle checked
- Take a cell phone
- Have an emergency road kit
- Carry a spare key and travel map
- Keep doors locked at all times
- Wear seat belts
- Carry traveler's checks and one credit card for emergencies.
- Carry emergency phone numbers
- Keep valuables and other travel items out of sight, preferably in the trunk or covered

For additional information, contact your home/car insurance agent.

GUIDELINES FOR MACHINE SAFEGUARDING BY MIKE BOWERS, SAFETY COORDINATOR

To ensure the safety of operators, machine guarding must be provided. Guards are required when there is an associated hazard to the operator and/or persons present in the area when the machine is placed in service. Such hazards include those created by points of operation, incoming nip points, rotating parts, flying chips and sparks. The following information is provided to assist in assuring machine safety through identification and evaluation, safeguarding, training, and safe operation.

HAZARDOUS MACHINE OPERATIONS

Motion

Rotating: In-running nip points, spindles, shaft ends, couplings

Reciprocating: Back-and-forth, up-and-down

Transverse: Movement in a straight, continuous line

Operation

Cutting: Band-saw, drills, milling machines, lathes

Punching: Punch presses, notches

Shearing: Mechanical, pneumatic or hydraulic line

Bending: Press brakes, tube benders, plate rolls

SAFEGUARDING REQUIREMENTS

Machine safeguards should be installed and maintained to ensure that they:

PREVENT CONTACT

Safeguards must minimize the possibility of the operator or another worker placing their hands into hazardous moving parts.

REMAIN SECURE

Workers should not be able to easily remove or tamper with safeguard.

PROTECT FROM FALLING OBJECTS

Safeguards should ensure that no objects can fall into moving parts.

CREATE NO NEW HAZARDS

A safeguard defeats its purpose if it creates a hazard of its own.

ALLOW SAFE MAINTENANCE AND LUBRI-

CATION

It should be possible to lubricate the machine without removing the safeguard.

TYPES OF MACHINE SAFEGUARDS

- Barriers and guards that prevent contact with machinery
- Eliminate handling in hazard zone
- Aids such as awareness signs that do not provide physical protection, but warn of a danger area.

TRAINING

Supervisors are responsible for providing training to machine operators and maintenance personnel when any new safeguards are put into service or when workers are assigned to new machinery or operations. Training should involve (1) a description and identification of the hazards associated with the machine (s), (2) a description of safeguards and functions, (3) safeguard instructions, (4) lock-out/tag-out program (5) and what to do when a safeguard is missing, damaged or inadequate.

SAFETY OFFICE SURVEY

We are seeking your comments on the Safety Newsletter, Website and/or Training provided by the County Safety Office.

Your comments are important to us and we do hope you will take the time to assist us in better serving you. We suggest you "cut and paste" and send to Art Pereida via email or "hard copy" to: County Safety Office/Art Pereida, STO P #2170. "Thank you".

Q: Have you seen all past newsletters?
 Yes No

Q: How do you receive the newsletter?
 Email Hard Copy

Q: Is the newsletter reviewed at your safety meeting? Yes No

Q: Have you found the newsletter a good training tool? Yes No

Q: Do you know of employees that are not aware of the newsletter? Yes No

Q: What safety articles would you like to

see covered? _____

Q: What can we do to improve the newsletter? _____

Q: Do you share some of the information in the newsletter with your family? Yes No

Q: What other safety training would you like to see offered by the County Safety Office? _____

Q: What is your opinion on the articles? (You can have more than one answer.)

- Too technical _____.
- Too basic _____.
- Boring _____.
- Informative _____.
- Easy reading _____.
- Good teaching/learning tool _____.
- Not enough pictures _____.



Feel free to provide any additional comments you may have. Your name and department is optional. "Thank you"
ADDITIONAL COMMENTS:

Stress: Sometimes a necessary Evil

By Steve Hutchings, Safety Coordinator

Stress comes in all shapes and sizes, and has become so pervasive, that it seems to permeate everything and everybody. Stress exists in every job classification imaginable. Stress exists in just about every decision, emotion or event we may experience. Stress has also been confirmed to contribute to a host of infections and immune systems disorders.

It's hard to get through the day without hearing or reading something about stress. **TIME** magazine's June 6, 1983 cover story referred to stress as "The Epi-

demiof the 80's", as if it were some kind of new plague. After all, stress has been around since the beginning of time.



Stress is an unavoidable consequence of life. Without stress, there would be no life. However, just as dis-

tress can cause disease, there are good stresses that offset this, and promote wellness. Increased stress results in increased productivity—up to a point. However, this level differs for each of us. It's very much like the stress on a violin string. Not enough produces a dull, raspy sound. Too much makes a shrill, annoying noise, or causes the string to snap. However, just the right degree can create magnificent tones. Similarly, we all need to find the proper level of stress that promotes optimal performance, and enables us to make melodious music. **(Article: American Institute of Stress)**

"Life Jackets are Essential for Boat Safety"

By Ken Brooks, Safety Coordinator

Life jackets can be the determining factor between life and death in many boating safety accidents. Each year between 700 and 800 people die in boating-related accidents—9 out of every 10 victims were not wearing a life jacket. According to Virgil Chambers, Executive Director of the National Safe Boating Council, "Thousands of people would

be alive today had they taken the simple precaution of wearing a life jacket when they went out on the water."

During National Safe Boating Week, the National Safe Boating Council, the National Association of State Boating Law Administrators and the Canadian Safe Boat Council, along with the Coast Guard Auxiliary, Power Squadrons, Army Corps of Engineers and other

groups, organize local exhibits, provide special programs on safe boating and generate extensive media coverage.

Riverside County, along with surrounding geographical areas, has it's share of lakes, rivers and ocean water recreation sites. You are encouraged to visit US Coast Guard website for boating safety tips: www.uscgboating.org. Have fun but **most important**, be safe doing so.

COUNTY SAFETY OFFICE

3901 Lime Street
Suite #100
Riverside

Office Hours Monday thru Friday
7:30 A.M. to 5:30 P.M.

Phone: 909-955-3520

Fax: 909-955-9200

Email: See Listing

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



"FLASH Safety Tip"

"Drink plenty of water while in the sun"

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

Lou Giantonio, Safety Coordinator 955-3522

Tony Gonzales, Safety Coordinator 955-5881

Steve Hickam, Health Safety Specialist II 358-5547 or 955-5892

Steve Hutchings, Mental Health Safety Coordinator 358-4747

Art Pereida, Safety Coordinator 955-5883

Dave Rich, Safety Coordinator 955-9527

Joe Salinas, Transportation Safety Coordinator 955-6788

Brian Teig, Safety Specialist II 955-5880

Occupational Health Nurse Consultant

Becky Perkins, RN 955-5854

Safety Office Support Personnel 955-3520

Tawni Grubbs, OA III

Lydia Temmen, OA III

Jan Zimmermann, OA II

SAFETY TOPIC OF THE MONTH: Sun exposure

By Art Pereida, Safety Coordinator

Am I at Risk?

Did you know that the number of new cases of skin cancer, and the number of deaths caused by the most serious type of skin cancer, are rapidly rising in the U.S.? This is particularly troubling since the numbers for the most cancers have been declining. Sunlight is the main source of ultraviolet radiation (UV) known to damage the skin and cause skin cancer. The amount of UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. There are no safe UV rays or safe suntans. Sun exposure at any age can cause skin cancer. Your skin and eyes are most susceptible to sun damage.

You need to be especially careful in the sun if you have numerous moles, irregular moles, or large moles; freckles or burn before tanning; fair skin, or blond, red, or light brown hair; or spend a lot of time outdoors.

Melanoma is the most serious type of skin cancer, and accounts for more than 75% of the deaths due to skin cancer. In addition, to

skin cancer, sun exposure can cause premature aging of the skin, wrinkles, cataracts, and other eye problems.

Protecting Myself From UV Radiation

1. Cover up. Wear clothing that doesn't transmit visible light. If you can see your hand through fabric, it offers little protection.
2. Sunscreen of 15 or higher, blocks 93% of UV rays, 30 blocks out 97%.
3. Wear a hat with a wide brim to protect your eyes, ears, nose, neck and head.
4. Wear UV-absorbent sunglasses. They should be able to block 99% to 100%



of UVA/UVB radiation.

5. Limit direct sun exposure. UV rays are the most intense when the sun is high in the sky, between 10:00 A.M. and 4:00 P.M. If you are unsure about the sun's intensity, take the shadow test. If your shadow is shorter than you, the sun's rays are the strongest.

You may also want to check the UV index in your area. This can be found in the newspaper, TV/radio and internet. It gives the expected noon-time UV radiation reaching the earth's surface on a scale of 1 to 10+. The higher the number, the greater the exposure to UV radiation. For more information, visit this website: www.nws.noaa.gov/om/uvi.htm.

Should I Get Checked?

Yes. Skin cancers detected early can almost always be cured. The most important warning sign for skin cancer is a spot on the skin that is changing in size, shape, or color over a period of 1 month to 1-2 years. Also, keep an eye on sores that do not heal as indicators. Examine your body and see a doctor if you notice any unusual skin change.