

SAFETY ZONE

Safety Division

Volume 6, Issue 6

June 2006



A MESSAGE FROM THE COUNTY SAFETY DIVISION

The 10th Anniversary of National Safety Month

The 10th anniversary theme, **Making Our World A Safer Place**, reflects the National Safety Council's (NSC) mission to prevent accidental injury and death by educating and influencing people to adopt and maintain safe and healthy practices and behaviors in all aspects of their lives.

Throughout the month, National Safety Month activities will address safety risks and include injury prevention tips applicable to the workplace, driving, the home and community.

Please visit the last page, Page 8, of the Safety Newsletter which reflects The National Safety Council's Safety Topics for the Month of June. You will also find the NSC webpage "hotlink".

IN THIS MONTH'S ISSUE

Safety Division New Personnel

Page 4 & 5

Please welcome and learn about our new Safety Division employees: Mr. Dan Spicer, Mr. Samuel Love and Mrs. Rhonda Acree. They may be new to the County but their credentials and experience make them an asset to the County Safety Division.

Importance of First Aid/CPR Training

Page 6

Good article on the importance of having certified First Aid/CPR employees at your work site.

Street Work Area Protection—Page 7

It is imperative to understand the many road signs, barriers and barricades that road workers install for their safety and yours. This article describes these techniques in detail.

Have a concern for the Safety of yourself or others?

COUNTY SAFETY DIVISION/OFFICE (CSO)

3901 LIME STREET—SUITE #100—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://intranet.co.riverside.ca.us/>

COUNTY SAFETY DIVISION

Senior Staff

Mark Carleson, Safety Manager 955-3520

Mike Bowers, Senior Safety Coordinator (RCRMC) 486-4689

Daniel Spicer, Senior Safety Coordinator (Safety Staff) 955-9527

Becky Perkins, Occupational Health Nurse Consultant 955-5854

Safety Coordinators

Rhonda Acree 955-5880

Ken Brooks 955-9205

Annette Dora 955-3522

Pat English, RCSD 955-2493

Steve Hickam 955-5892

Steve Hutchings, Mental Health 358-5272

Dan Kerker, Waste Management 486-3231

Samuel Love 955-3521

Art Pereida 955-5883

Joe Salinas, Transportation 955-6788

Brian Teig, CHA 358-5547

Safety Office Support Personnel **Main office number** 955-3520

Tawni Grubbs, OA III 955-5886

Lydia Temmen, OA III 955-3512

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/samples/search/query.htm>

On-Line Safety Resource

Great source for information on a variety safety topics for your monthly safety meetings.

<http://www.pp.okstate.edu/ehs/links/>

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

When we receive your email, via GroupWise, we will respond accordingly

For the 2006 Training schedule and to enroll in classes, visit:

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

You may also enroll in classes at (951) 955-3520

TRAINING CLASS	JUNE TRAINING DATES and LOCATION	JULY TRAINING DATES and LOCATION
DRIVERS TRAINING	CSO—June 8—9 AM to Noon CSO—June 22—9 AM to Noon	CSO—July 6—9 AM to Noon CSO—July 11—9 AM to Noon Indio—July 20—9 AM to Noon
ERGONOMICS/RMI TRAINING	CSO—June 8—1 PM to 4 PM Indio—June 13—9 AM to Noon	CSO—July 13—9 AM to Noon CSO—July 19—9 AM to Noon Not scheduled this month in Indio
EMPLOYEE WORKPLACE VIOLENCE TRAINING	CSO—June 6—9 AM to Noon CSO—June 27—9 AM to Noon	Indio—July 11—9 AM to Noon CSO—July 20—9 AM to Noon CSO—July 27—9 AM to Noon
AIRBORNE (AB) & BLOODBORNE (BB) PATHOGEN TRAINING	CSO—June 14—9 AM to Noon Not scheduled this month in Indio	Indio—July 6—9 to 10:30 (AB) Indio—July 6—10:30 to Noon (BB) Not scheduled in Riverside
SUPERVISORS WORKPLACE VIOLENCE TRAINING	CSO—June 1—8 AM to Noon Not scheduled this month in Indio	CSO—July 18—8 AM to Noon Not scheduled this month in Indio
SUPERVISORS SAFETY ORIENTATION TRAINING	CSO—June 29—8 AM to Noon Not scheduled this month in Indio	No classes scheduled this month for this training.
CPR/FIRST AID CPR/FIRST AID CPR/FIRST AID FORK LIFT CLASS	CSO—June 7—8 AM to 5:00 PM CSO—June 21—8 AM to 5:00 PM CSO—June 28—8 AM to 5:00 PM CSO—June 15—9 AM to Noon	CSO—July 12—8 AM to 5:00 PM CSO—July 26—8 AM to 5:00 PM

The County Safety Division would like to take this opportunity to introduce you to three new Safety Division Staff members: Daniel Spicer, Senior Safety Coordinator; Rhonda Acree, Safety Coordinator and Samuel Love, Safety Coordinator.

We have asked them to tell a little about themselves so you may get acquainted with them.

Daniel Spicer left his hometown of Central Point, Oregon and entered the U.S Navy in June of 1986. Retiring this year after 20 years he comes to us with a background in management of facilities, occupational safety and health programs, disaster preparedness and recovery, and as a Construction Trade Instructor. His career highlights include stints as Regional Military Chief Officer in Charge U.S. State Department Embassy in the East Asia Pacific Region, Safety Officer Naval Air Station Sigonella, Italy, a Gulf War veteran, and Graduate in Aviation Safety, and Project Management.

He moved here to Perris from Ventura County in September 2005. He is a single father of 4 daughters, Cassandra 18, Danielle 14, Ashley 11, and Haley 8.



Daniel Spicer, Senior Safety Coordinator

I've had quite an eclectic working career. My life experience includes working for a major bank as a foreign currency trader, teaching elementary school, and finally safety. I started my safety career about 12 years ago. During that time, I've had the opportunity to work in a variety of industries. My experience includes working in a manufacturing environment for a pharmaceutical company, a non-profit organization and most recently with the County of Orange.

For the past 6 years, I served as the Safety and Training Officer for the County of Orange - Health Care Agency. The Health Care Agency is set up a little differently than the respective agencies in the County of Riverside. The Health Care Agency's umbrella of responsibility included Behavior Health, Public Health, Environmental Health, Animal Care Services and the Public Health Lab. These programs certainly involved a wide range of activities. As the Safety and Training Officer for the Health Care Agency, it was my responsibility to administer the agency-wide Injury and Illness Prevention Program. My responsibilities included conducting training and facility inspections throughout Orange County. I was also tasked with conducting ergonomics evaluations. This was one of my favorite activities because the employees were empowered with knowledge to help themselves.

During my tenure with the Health Care Agency, I took pride in many accomplishments. But the accomplishment I take most pride in is the development and implementation of on-line general safety training. Although the regulations dictate that classroom style training will always be a critical component of any safety program, on-line training provided an alternative resource. While meeting the basic regulatory requirement, that additional resource saved the programs money and time. I'm very proud of that!

I look forward to working with all of you.

(Yes folks, he is a Lakers fan)



**Samuel Love
Safety
Coordinator**

It all began in 1982 and with my degree in hand I landed my first job in my chosen field of occupational safety and health. Northrop was a very large employer but at the same time a great opportunity and training ground where I honed not only safety skills but industrial hygiene ones as well. Well those two years flew by and now it's onward and upward to the next stop, Cal/OSHA. The year I spent with Cal/OSHA was intense. It was there that I learned that my style was more proactive than reactive. My next move was back into aerospace industry (this became a recurring theme) McDonnell Douglas where I could practice a more proactive approach to safety and health and be less of the safety "police person". Then after another three years I made the move to Rohr Industries which became my longest employment stint. This is where I probably learned and experienced the most. From helping to build a fledgling safety and health department to responding to what seemed like daily chemical spills, confined space entries, accidents, fires, fleeting chemical smells and oh yeah dealing with Cal/OSHA, wow that was an action packed six years. Then came the aerospace industry downward spiral of the early nineties and one day in 1993 I looked around and found myself the last member standing in a safety and health department of eight. Therefore I moved onto what I considered to be a more stable industry. Arriving at Fleetwood Enterprises later that year I soon figured out that although more stable than aerospace. I found myself having traveled back in time to a place where safety and health hadn't quite caught up to the nineties and I was required to travel much more than what was originally agreed on. Let's just say when I got the call from an old boss at McDonnell Douglas (which soon became Boeing) I was glad to again be back in aerospace, even though it was a much longer commute. I endured this for four years before I entered my first retirement to give much needed guidance to three very active daughters. Fast forward eight years and with one daughter left at home who is seventeen, pretty well adjusted and self sufficient, I began to think about going back to work which has led me here and now as a new member of the Riverside County Safety Division team.



Rhonda Acree, Safety Coordinator

SAFETY REMINDER

By Becky Perkins, OHNC/Safety Division

OUCH!!...contaminated sharp injuries (e.g., needle sticks, lancets) are not only painful...but they can also be very stressful when they occur.

Bloodborne Pathogens, including HIV, Hepatitis B and Hepatitis C, can be transmitted through these types of exposures.

To prevent transmission of disease, the Bloodborne Pathogen Standard requires that all contaminated sharps be disposed of in puncture resistant, leak proof sharps containers immediately after use. These containers must also be labeled or color coded to ensure that everyone knows that the contents are hazardous. The containers must never be overfilled as this could increase the risk of needle-sticks or cuts.



Two recent injuries occurred as employee's trash receptacles were being emptied by the County's Custodial Staff. In each incident members of our Custodial Staff were injured by lancets and/or insulin syringes which were improperly disposed of in the regular trash containers.

Please remember, the Bloodborne Pathogen Standard applies to every employee. Please do not dispose of any sharps devices in the regular trash. Any and all contaminated sharps devices must be disposed of in a Sharps Container to prevent inadvertent injury to others.

Contaminated sharp injuries continue throughout the County in spite of efforts made to minimize or eliminate these injuries. Remember, it is every employee's responsibility to adhere to the safety measures for proper disposal of contaminated sharps devices.



Monthly Safety Topic

Importance of First Aid and CPR Training

By Becky Perkins, OHNC/Safety Division



Every day, thousands of people suffer injury as the result of an accident or sudden illness such as heart attacks and strokes. It can happen anywhere...on the street, in the home and at work. If you ever find yourself in one of these situations, it's important for you to know who to call and what to do until help arrives.

Knowing CPR and first aid can save lives! The number of cardiac emergencies and injuries Americans suffer each year alone underscores the importance of CPR and first aid training for everyone.

All workplaces need qualified personnel who know how to recognize and prevent potential injuries and who know what to do when they occur. Employees trained to properly administer first aid, can reduce recovery time for the victim of an accident. These skills could quite possibly mean the difference between temporary disability or lifelong disability for the victim.

In fact, to ensure adequate availability of trained employees to render first aid, Cal/OSHA's General Industry Safety Order, 3400. *Medical Services and First Aid* requires, that "In the absence of an infirmary, clinic, or hospital, in near proximity to the workplace, which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid."

The County Safety Policy, 7001 recommends that at least 2 persons, trained in first aid and CPR, be assigned to each work site.

Remember, it doesn't take a Doctor to step up to the plate. Anyone can help if they know what to do.

To assist in training staff, the County Safety Division offers the recently revised American Red Cross certification in First Aid and CPR for the Workplace. The purpose of the class is to provide the lay responder with the knowledge and skills necessary to help sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives.

The 8 hour course includes:

- How to recognize and care for breathing & cardiac emergencies
- Rescue breathing
- Airway obstruction/choking
- Infant, Child and Adult CPR
- First Aid for burns, sudden illness and heat/cold related illnesses
- How to control bleeding
- How to care for sprain, strain or broken bone

To enroll in the class, please have your supervisor or training coordinator contact the County Safety office at 951 955-3520, or e-mail

Ltemmen@co.riverside.ca.us.

Source

County Safety Policy 7001 & GISO 3400

<http://www.riversidecounty.redcross.org>

<http://www.arbcc.org>

Street Work Area Protection

Joseph Salinas
Safety Coordinator, Transportation
<mailto:jsalinas@co.riverside.ca.us>

As we all know, when roadway maintenance is taking place it has an immediate effect on everyone that travels on the affected roadway.



Joe Salinas
Safety Coordinator
Transportation

With this mind, it is imperative that major consideration for the protection of those that will be involved with the direct scope of work and the general public be in place in all phases of the construction project. Prior notification either through the radio or newspaper will provide motorists with the ability to use alternate routes.

Factors such as minimum interference with the flow of traffic must be considered to prevent unnecessary gridlock and possible collisions. Of importance is to avoid the placement of equipment where it could be struck by motorists, collisions with other vehicles, as well as the possibility of motorist falling or driving into excavations.

The use of barricades, orange safety cones, pylons with reflective coating, red warning flags, signs and amber beacon lights on maintenance equipment and vehicles can be used in various arrangements at construction sites. This can be done according to the specific project that will take place to provide adequate warning to motorists that will be entering a construction site or work zone. All advance warning signs must be carefully placed to ensure adequate warning for motorists. This is to ensure that the signs can be seen in heavy traffic. Signs could be placed on both sides of the roadway if warranted for safety reasons. Regardless, special attention must be given when construction projects or roadway



maintenance is taking place over a hill, around a blind curve, or when approached at a high rate of speed.

Speed reduction signs are very important because they are used not only to reduce the speed of vehicles entering the construction zone but also for the safety of personnel directly involved in the actual construction project. When possible, equipment or vehicles should be located to block personnel work areas from possible intrusion by motorists.



When traffic lanes must be merged into a single lane, flaggers must be used and they must wear orange reflective vests to ensure that motorist see them. This applies to all construction personnel including equipment and vehicle operators.

When the traffic flow is interrupted, a pilot vehicle can be used. If this occurs, ensure that the pilot vehicle has a clean visible sign in the rear that directs motorists to follow the vehicle. Ensure that the pilot vehicle's overhead beacon light is operational and that any and all traffic control personnel have operational communication devices.

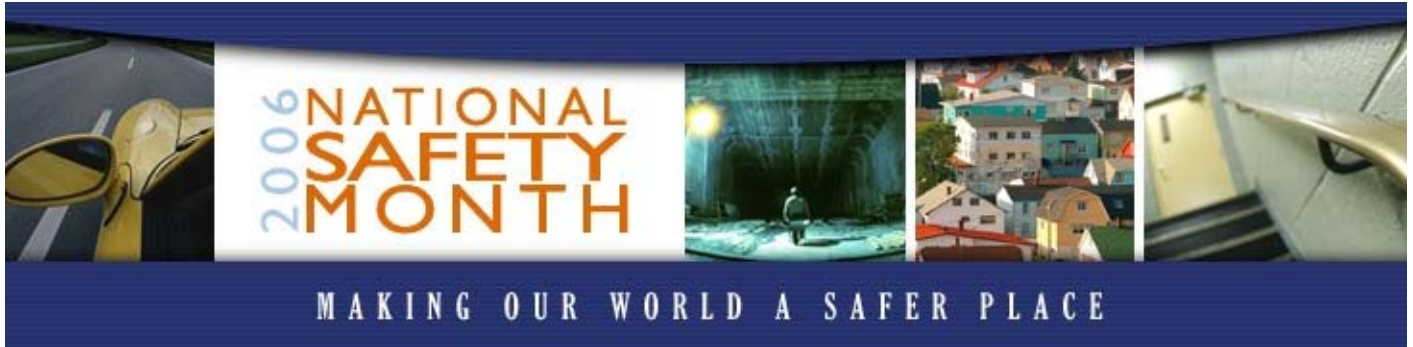
Remember that whether taking part in the actual construction project or merely passing through as a motorist, each bears a responsibility to the other. That is to pass through the area safely and to obey any and all advisory warning signs and directions being provided by traffic control personnel that may be on site.



Failure to do so could result in an expensive traffic citation for failing to obey speed reduction advisory signs under section 22362 of the (CVC) California Vehicle Code.

So remember, drive safely and be courteous.

This information was taken from document number 1000 page 1000-14 of the County Safety Manual.



National Safety Council Safety Tips

June 5-9 Driving

- Aggressive Driving
- Distracted Driving
- Drinking and Driving
- Passenger Restraint

June 12-16 Workplace

- Ergonomics
- Personal Protective Equipment
- Lifting
- Falls

June 19-23 Emergency Preparedness

- Fire
- Flood
- Hurricane
- Tornado

June 26-30 Home and Community

- Home Safety Checklist
- Home Falls
- Poisoning Prevention
- Water Recreation Safety

Please visit the National Safety Council website for detailed information on the above topics: <http://www.nsc.org>