



In the modern era, let's face it, our first thought is, "I GET AN EXTRA HOUR OF SLEEP!" But just because our physical clocks change, doesn't mean that our internal clocks are so easily adjustable. A study by Carnegie Mellon University found that pedestrians are 186% more likely to be fatally injured between October and November per mile walked.

The National Road Safety Foundation (NRSF) has done studies proving that auto accidents increase after the clocks fall back an hour. Besides the lack of visibility, the NRSF notes that commuting in the dark can also make drivers drowsier than usual. According to some health studies, changes in waking time coupled with the earlier onset of darkness throws off our internal clocks. This increases driving risks, primarily because in our 24/7 society, we have a fundamental problem of already being sleep deprived.

As we fall back and head towards winter, follow these tips to reduce accidents after the clocks change:

- Keep your regular sleep schedule. Go to bed at the same time you normally would so you can benefit from that extra hour of sleep.
- Before you pull out of the driveway, clean your headlights, brake lights, and signal lights.
- Give yourself plenty of time to get where you want to go.
- Approach all crosswalks, intersections and transit stops with caution, as it will be harder to see pedestrians and cyclists.
- Heed the speed limits and adjust your speed accordingly to the weather conditions.
- Maintain a safe following distance so you're prepared to react under any situation.
- Studies suggest that it takes people who work traditional hours several days to fully re-adjust their sleep schedule after the time change. While it may seem a welcome gift to get an extra hour of sleep as opposed to losing an hour in the spring, there is a physiological consequence to changing our clocks. Don't be surprised if you feel a bit sluggish during the first week or so of November.



WILDFIRE/ AIR QUALITY



In response to the dangerous levels of air quality last fall following the wildfires in Northern and Southern California, the California Division of Occupational Safety and Health (Cal/ OSHA) has implemented the proposed regulation addressing hazardous wildfire smoke exposure to protect outdoor workers from unhealthy air quality.

This regulation applies mostly to County of Riverside employees who work outdoors.

For more information go to:

<https://www.dir.ca.gov/oshsb/documents/Protection-from-Wildfire-Smoke-Emergency-apprvdbxt.pdf>

AIR QUALITY INDEX



Have you ever had a bad air day? Know someone who has asthma or allergies and has trouble breathing from time to time and you wanted to check the air quality? With the conditions the way they are, allergy season is always upon us. The Air quality index is one way for you to prepare for or prevent any allergy or asthma attacks.

How Does the AQI Work?

Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 represents good air quality with little potential to affect public health, while an AQI value over 300 represents hazardous air quality. An AQI value of 100 generally corresponds to the national air quality standard for the pollutant, which is the level EPA has set to protect public health. AQI values below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is considered to be unhealthy-at first for certain sensitive groups of people, then for everyone as AQI values get higher.

Air Quality Index	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>..air quality conditions are:</i>	<i>...as symbolized by this color:</i>
0 to 50	Good	Green
51 to 100	Moderate	Yellow
101 to 150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon

HAZARD COMMUNICATION

The Hazard Communication Program & Chemical Safety

Exposure to hazardous chemicals can lead to cancer, cardiovascular disease, other short-and long-term illnesses, and even death. All County departments, agencies and districts with employees working with or exposed to *Hazardous Chemicals are required to have an effective Hazard Communication (HazCom) Program to protect employees. The HazCom program must be in writing and address each of the specific hazardous chemicals in the workplace.

*A Hazardous chemical is defined as any chemical classified as a physical hazard or a health hazard, a simple asphyxiant, combustible dust, pyrophoric gas, a hazard not otherwise classified, or is included in the List of Hazardous Substances prepared by the Director pursuant to [Labor Code section 6382](#).

Health hazard.

A chemical which is classified as posing one of the following hazardous effects: acute toxicity (any route of exposure); skin corrosion or irritation; serious eye damage or eye irritation; respiratory or skin sensitization; germ cell mutagenicity; carcinogenicity; reproductive toxicity; specific target organ toxicity (single or repeated exposure); or aspiration hazard. The criteria for determining whether a chemical is classified as a health hazard are detailed in subsection (d) and Appendix A to this section - Health Hazard Criteria https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=standards&p_id=10100

Physical hazard.

A chemical that is classified as posing one of the following hazardous effects: explosive; flammable (gases, aerosols, liquids, or solids); oxidizer (liquid, solid or gas); self-reactive; pyrophoric (liquid or solid); self-heating; organic peroxide; corrosive to metal; gas under pressure; combustible liquid; water-reactive; or in contact with water emits flammable gas. See Appendix B to section 5194 - Physical Hazard Criteria https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10101



Compliance with the Hazard Communication Standard

To comply with Cal/OSHA's HazCom Standard it is recommended that County workplaces put together a HazCom binder containing the following sections:

- 1) A copy of SSOM Document 6001 (CTRL + Click to open links) or a copy of the Facility Written Hazard Communication Program.
- 2) A list of Hazardous Chemicals used at the workplace. (Conduct a chemical inventory of products supplied by the County and used by employees)
- 3) Safety Data Sheets for each chemical listed, and,
- 4) Training records for affected employees.



VEHICLE PHONE MOUNT USAGE

Keep Your Phone Safe and Accessible While Driving with a Car Mount

As our society increasingly relies on technology, smartphones have become an essential tool that most people cannot live without. However, it is vital to consider the potential danger of using a phone while driving.

Distracted driving is one of the leading causes of car accidents, and texting while driving has become a significant public safety concern. In response to this problem, the car phone mount was created to help drivers keep their phones secure and within reach while driving.



BENEFITS OF USING A CAR PHONE MOUNT

A phone mount for car offers several benefits to drivers. The most significant advantage is safety. When a phone is mounted on a car phone holder, the driver can keep both hands on the wheel and maintain their focus on the road. It means drivers can avoid taking their eyes off the road, reducing the risk of accidents caused by distracted driving.

Aside from safety, a car mount also provides convenience. With your phone mounted, you can easily use GPS and music apps or make hands-free calls. It can be beneficial when traveling to an unfamiliar location or making an important call while driving.

Hands-free calls and GPS usage allow the driver to keep both hands on the wheel while still being able to communicate with others or navigate to their destination.

SAFETY MEASURES WHEN USING A CAR MOUNT

While a car mount can increase safety when driving, drivers should take some safety measures to ensure their phone doesn't distract them while driving.

- 1) First, mount your phone in a spot that doesn't obstruct your view of the road. You should test various mounting positions to determine the best location that allows you to see the road clearly.
- 2) Second, if you need to adjust your phone or look at it, pull over to a safe location first. Do not try to adjust your phone while driving. This can be just as dangerous as holding your phone in your hand.

Remember, the goal of using a car mount is to reduce distraction and enhance safety, not to provide a distraction.

HUMIDITY

Feeling itchy, scratchy or sneezy? Before you take a pill, it may be something else you may not have considered: HUMIDITY.

November and December has the lowest humidity average in southern California of all the other months of the year. In an indoor environment, humidity levels too low, can cause the average person to become uncomfortable. Eyes become dry and irritated, skin gets flaky and itchy, hair follicles become brittle and static electricity increases. Low humidity also inflames and dries out the mucous membrane lining the respiratory tract; as a result, the risks of cold, flu and other infections are greater.

So, what should one do when the humidity levels get low? Consider the following tips:

- Drink more water; hydration keeps the skin moist;
- If eyes feel dry, blinking more helps to bath the eyes in their natural fluids (Eye drops help for some, but not all);
- Avoid consuming too many foods with high sodium content (Potato chips, high sodium soups, etc.). This can extract water from the body increasing dehydration;
- Start the day off with a body shield! Moisturize your whole body with lotion, oil, etc.
- Avoid wearing garments made from abrasive and rough materials whenever possible (polyester, wool, rayon, etc.);
- Keep hand lotion nearby and use as needed; especially after washing hands with soap and/or using hand sanitizers (hand sanitizers can have as much as 60% alcohol which can further dry the skin);
- Humidifiers? Not strongly encouraged. Keep in mind this may not be permitted in your office; consult with management first.

AVERAGE HUMIDITY IN RIVERSIDE (CALIFORNIA)

- On average, May is the most humid.
- On average, November is the least humid month.
- The average annual percentage of humidity is: 65.0%

The mean monthly relative humidity over the year in Riverside (California), United States of America.



from nearest weather station: Los Angeles (California), United States of America (92.7 KM).

For more information:

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