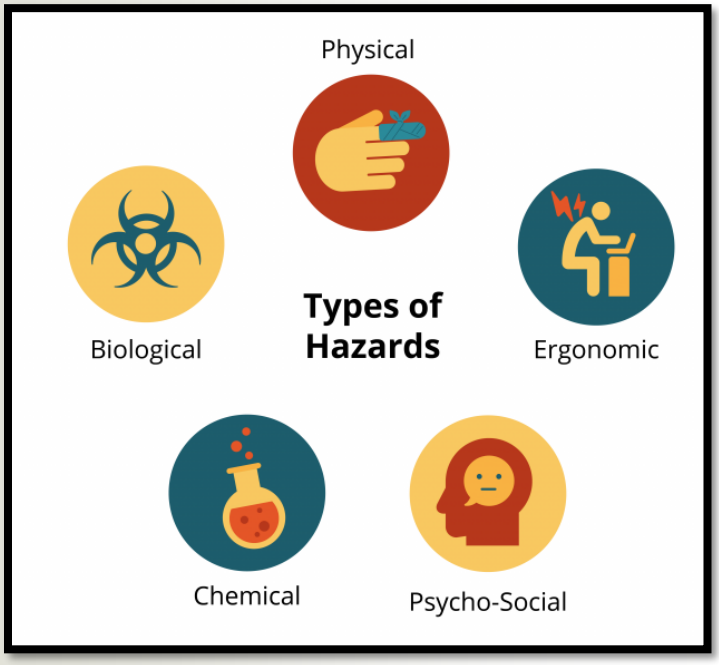
Safety Loss Control
May- 2023
Safety Newsletter
RC 1HR

HAZARD RECOGNITION AND AWARENESS



One of the "root causes" of workplace injuries, illnesses, and incidents is the failure to identify or recognize hazards that are present, or that could have been anticipated. A critical element of any effective safety and health program is a proactive, ongoing process to identify and assess such hazards. Hazard Recognition is one of the eight required elements in an Injury and Illness Prevention Program as required by Section 100 of the County Safety Manual and Title 8 of the California Code of Regulations (GISO 3203) and is enforceable by Cal-OSHA.

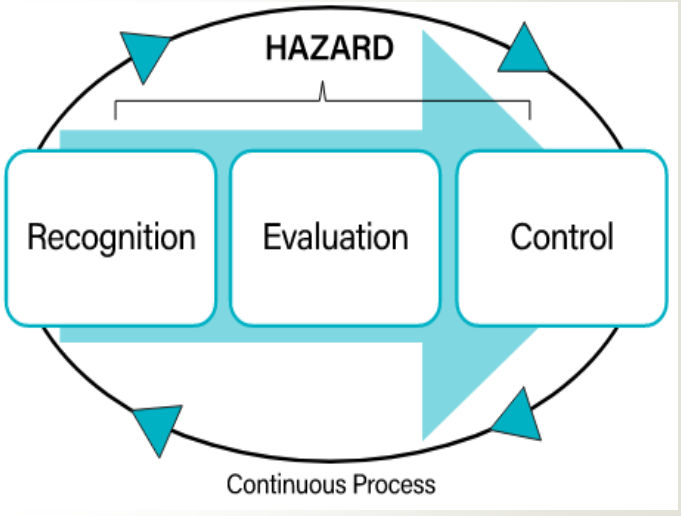
Hazard identification is part of the process used to evaluate if any particular situation, item, thing, etc. may have the potential to cause harm. Hazard Identification involves the identification of hazards and risk factors that have the potential to cause harm, the analysis, and evaluation of the risk associated with that hazard and the determination of appropriate ways to eliminate the hazard or control the risk when the hazard cannot be eliminated.

"Any practice or situation that occurs in an occupational setting and has the potential to cause bodily or mental harm or poses any other risks to the health of one or more workers constitutes a workplace hazard. Hazards can be classified by categories such as:

- Biological – bacteria, viruses, insects, plants, birds, animals, and humans, etc.,
- Chemical – depends on the physical, chemical and toxic properties of the chemical,
- Ergonomic – repetitive movements, improper set up of computer workstation, etc.,
- Physical – radiation, temperature extremes, pressure extremes, noise, etc.,
- Psychosocial/security – stress, violence, etc.,
- Safety – slip/trip/fall hazards, missing machine guarding, equipment malfunctions or breakdowns.

RECOGNIZE WORKPLACE HAZARDS.

These are just a few of the types of hazards that exist in the workplace. When people come in contact with these hazards injury and/or illness may occur. Workplace injury and illness can be prevented if Supervisors and employees are made aware of hazards, conduct regular self-inspections and eliminate or control hazards.



MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month began in the United States in 1949 and was started by the Mental Health America organization. Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.

This year, Mental Health Awareness Month will amplify the message, "More Than Enough." According to National Alliance on Mental Illness, this campaign is a message for hope and inclusion. "All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares."

HOW TO OBSERVE MENTAL HEALTH AWARENESS MONTH

1) Take care of yourself

Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.

2) Take care of your loved ones

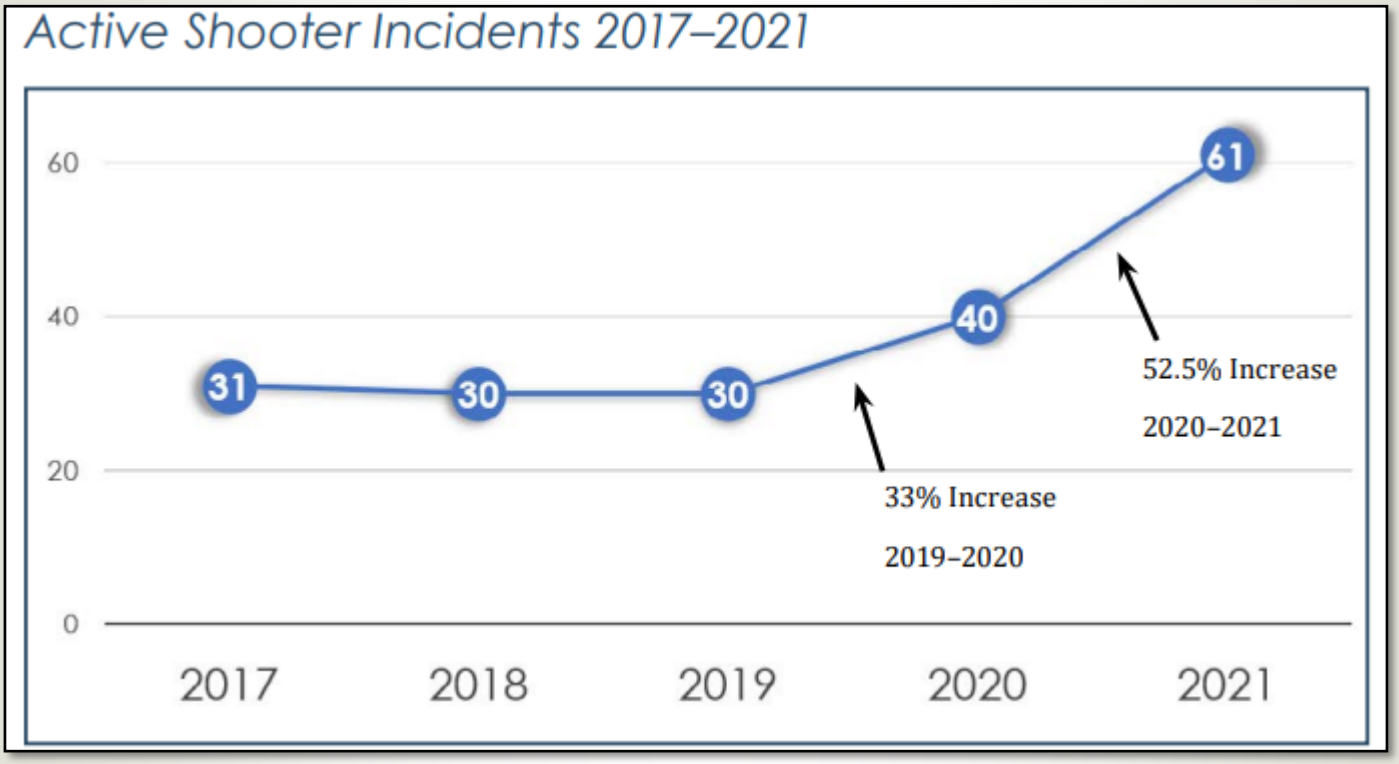
Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.

3) Talk about mental health

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.

Providing Help Empowering Recovery

	HELPLine - 24 Hour Crisis/Suicide Intervention
Referrals for health and social services	The HELPline is a free, confidential Crisis/Suicide Intervention service. Operated by highly trained volunteers, the line is open 24-hours a day, seven days a week.
Call 2-1-1	Phone: (951) 686-HELP (4357)



An active shooter is an individual actively engaged in killing or attempting to kill people in a populated area, and recent active shooter incidents have underscored the need for a coordinated response by law enforcement and others to save lives. The FBI is committed to working with its partners to protect schools, workplaces, houses of worship, transportation centers, other public gathering sites, and communities.

Although local and state law enforcement agencies are virtually always the first ones on the scene, the FBI has played a large role in supporting the response to every major incident in recent years and has much to offer in terms of capacity, expertise, specialized capabilities, training, and resources before and after an incident occurs. The successful prevention of these active shooter incidents lies with a wide range of public and private entities all working together.

To that end, the FBI provides operational, behaviorally-based threat assessment and threat management services to help detect and prevent acts of targeted violence, helping academic, mental health, business, community, law enforcement, and government entities recognize and disrupt potential active shooters who may be on a trajectory toward violence. The Bureau also continues its research to identify indicators that could signal potential violent intent.

For the period 2017–2021, active shooter incident data reveals an upward trend: the number of active shooter incidents identified in 2021 represents a 52.5% increase from 2020 and a 96.8% increase from 2017.

A breakdown of the number of incidents within the five-year period 2017–2021 is as follows:

2017		2018		2019		2020		2021
31	↓	30	—	30	↑	40	↑	61

These FBI training videos demonstrate the three tactics you can use to keep yourself and others safe during an active shooter attack—run, hide, and fight. Learning these principles now will prepare and empower you to put them into practice—and survive—should the unthinkable occur.

Please click below to follow the link and review the videos, as well as other FBI resources.

In this FBI training video, customers at a bar are caught in an active shooter event. By employing the run, hide, and fight tactics, as well as knowing the basics of rendering first aid to others, they are prepared, empowered, and able to survive the attack.

FBI Jurisdiction in Active Shooter Incidents

Shortly after the tragic shootings at Sandy Hook Elementary School in Newtown, Connecticut in December 2012, the FBI sought ways its personnel could better assist its law enforcement partners. Two actions enhanced these efforts.

First, the Investigative Assistance for Violent Crimes Act of 2012, signed into law by the president in January 2013, permits the U.S. attorney general—at the request of appropriate state or local law enforcement personnel—to provide federal assistance during active shooter incidents and mass killings (defined by the law as three or more people) in public places. The attorney general delegated this responsibility to the FBI.

Second, working with other cabinet agencies, the FBI is finding ways to help prevent and respond to active shooters. A White House working group—consisting of the Department of Justice (DOJ), Department of Homeland Security, Department of Education, and Department of Health and Human Services—is part of a broader initiative, Now is the Time, undertaken after the Sandy Hook shootings. DOJ, led by the FBI, was specifically tasked with training law enforcement and other first responders to ensure that protocols for

By the Numbers, a Comparison of 2020 vs. 2021 Statistics

2020		2021
40 in 19 states	Total Incidents	61 in 30 states*
164 38 killed 126 wounded	Casualties (Excluding Shooters)	243 103 killed 140 wounded
1	Law Enforcement Officers Killed	2
11	Law Enforcement Officers Wounded	5
5	Met "Mass Killing" Definition	12
8	Incidents Where Law Enforcement Engaged Shooters	17
42 35 male 3 female 4 unspecified	Shooters / Gender	61 60 male 1 female
1	Shooters Wore Body Armor	2
7	Shooters Committed Suicide	11
4	Shooters Killed by Law Enforcement	14
2	Shooters Killed by Citizen	4
24 5 at large	Shooters Apprehended by Law Enforcement	30** 1 at large

= Decreased metrics

= Increased metrics

** Two incidents occurred in two states*

***One shooter was killed in a vehicle crash and does not fit into any other shooter-resolution categories*

Figure 2

ACTIVE SHOOTER INCIDENTS IN THE UNITED STATES IN **2021**

WORK SAFE
RIVCO-Safety

DSR - Survey

Department Safety Representative (DSR),

As a way to identify and train the County's cadre of Department Safety Representatives (DSR), the Human Resources Safety Loss Control Division asks all County employees assigned to department safety representative duties to complete a survey to help us better serve you.

If your assigned to DSR duties, please click the link and complete the short survey. As always, if you need any safety related assistance, please contact us at:

SURVEY LINK https://forms.gle/Um7h2zHXzh9VRKa67

The Safety Loss Control Division offers Blended Learning Adult / Pediatric

CPR, First Aid and AED Training.

Sign up must be approved by your supervisor.

How does it work?

1.Get your supervisors approval

2.Click the link to select a day to attend the skills session

3.Two weeks prior to your skills session you will receive an email link to start the online portion of your training.

4.Once you complete the online portion print a completion (screen shot works)

5.Bring that to the scheduled skill session day

6.Pass the class and get certified

Click the link for upcoming classes schedule

https://corlearning.sumtotal.host/Core/pillarRedirect?relyingParty=LM&url=core%2Factivitydetails%2FViewActivityDetails%3FActivityId%3D467%26UserMode%3D0

VEHICLE HEAT

It seems like yesterday we were trying to keep warm and dry; well, say goodbye to the umbrellas and jackets as summer is just around the corner. Even though many of us work from home, some must still get into our vehicles. That being said, we should be aware of the dangers of heat emergencies when entering our vehicles. Did you know that within 20 minutes of being parked in the sun, a car heats almost 30 degrees Fahrenheit (F) more than the outside air temperature? Within one hour, the temperature inside the car will be about 45 degrees F, hotter than the outside temperature. So on an August day when it's 105, the inside of your car could reach a sizzling **150 degrees! "**

Below are some tips to consider when entering or exiting your car on hot spring and summer days:

1. Use a sunshade or window visor. This tried-and-true method of keeping your car cool should be your go-to option to counteract hot interior temps throughout the summer. Put up a sunshade or window visor every time you exit your car for more than a few minutes. Keep it even cooler for long periods by putting a sunshade in your rear window as well.

2. Use a dash cover. A fabric or upholstered dash cover can go a long way toward making your car's interior more comfortable. You won't feel as overwhelmed by the heat if you don't have to touch hot vinyl surfaces. Dash covers also protect sensitive vinyl from sun damage that can cause cracking and fading.

3. Cover your steering wheel with a hand towel. Even if you use a sunshade, covering your steering wheel with a small towel is a good idea. This will help to keep the contact temperature of your steering wheel down.

4. Park in a shady area. Whenever possible, park in a shady area. If you're going to be somewhere for an extended period of time, it's worth it to walk a bit farther in order to park in the shade. You'll be happy to enter a not-so-hot car when you return from your day out.

5. Keep your precious possessions out of the sun. Any tapes, CDs or delicate items that you keep in your car should be stored out of the path of direct sunlight. Try storing your tape and CD cases underneath the seat. You can also throw a blanket over your precious possessions. If you can't find a place in your car that will conceal heat-sensitive goods, consider placing them in the trunk.

6. Park in a garage when possible. Whenever possible, park in a garage. Your car will be out of direct sunlight and benefit from near-constant shade. Even a warm garage beats being parked in the sun all day.

7. Keep windows slightly cracked. While it's not a good idea to leave your windows all the way open, it is a good idea to leave them slightly cracked. Check to be sure that you can't fit your arm through the crack in your window. Even a small crack will promote ventilation and help to keep your car cool.

8. Leave your doors open before getting in. Before jumping into your hot car, leave the doors open for a few minutes. This will help the hot air exit and the cool air enter.

VEHICLE HEAT

Other tips:

- Be aware of your seatbelt buckles. Most seatbelt buckles are metal. If they touch your arm, hand, leg, or any other body part when hot, they cause skin burns.
- If your car has air conditioning, open all windows when the vehicle is in motion to purge out that hot, stagnate air for 1-2 minutes before using it.
- If your car is equipped with a remote start system, use it!
- If you can, invest in a good window tint. In addition to protecting your car's interior, tints can reduce the internal temperature by up to 10 degrees.
- Never under any circumstance leave children, special-needs persons, the elderly, or pets unattended in a car.

How quickly a car heats up

	Outside air temperature					
Minutes passed	70 °F	75 °F	80 °F	85 °F	90 °F	95 °F
10 min.	89 °F	94 °F	99 °F	104 °F	109 °F	114 °F
20 min.	99 °F	104 °F	109 °F	114 °F	119 °F	124 °F
30 min.	104 °F	109 °F	114 °F	119 °F	124 °F	129 °F
40 min.	108 °F	113 °F	118 °F	123 °F	128 °F	133 °F
50 min.	111 °F	116 °F	121 °F	126 °F	131 °F	136 °F
60 min.	113 °F	118 °F	123 °F	128 °F	133 °F	138 °F

Internal car temperature

Source: Jan Null, CCM (Certified Consulting Meteorologist); Department of Geosciences; San Francisco State University

INSIDER