

UNDERSTANDING OSHA'S GHS STANDARDS

Hazardous chemicals in the workplace kill an estimated 50,000 workers each year in the United States, and an estimated 190,000 workers are hurt or become ill because of chemical exposure. Even these numbers are a low estimate; some illnesses caused by chemicals (including cancer) affect workers years later, and so might go undetected.

Industries around the world use a global standard to prevent deaths and injuries from chemical hazards with a standardized hazard communication system known as the Globally Harmonized System (GHS). The global system benefits individuals, companies, and countries on a worldwide level by:










- Facilitating international trade of chemical products.
- Enhancing the protection of human health and the environment.
- Reducing redundant and costly testing and evaluation of multiple classification systems.
- Increasing awareness of hazards, resulting in safer use of chemicals in the workplace and in the home.

Labels and Signal Words

The GHS and HCS require chemical manufacturers and importers to label packages with harmonized signal words, GHS pictograms, and hazard statements for each category of a class of hazardous chemicals. The new label elements enable employees exposed to workplace chemicals to more quickly obtain and understand information about the hazards of chemicals. An example of an effective label is "Causes damage to kidneys through prolonged or repeated exposure when absorbed through the skin."

See example of GHS Label and Signal Words below:

GHS PICTOGRAMS

 Corrosion Corrosive to metals. Can cause chemical burns to the skin and eye damage	 Toxic Acute toxicity	 Environmental Hazards to aquatic, and other environments	 Exclamation Mark Substances absorbed through skin or respiration and can cause damage to human health	 Explosive Substances and mixtures that are explosive or self-reactive
 Gas Under Pressure Including compressed, dissolved, and liquified gases	 Flammable Gases, aerosols, liquids, and solids that are flammable	 Oxidizer Chemicals that can oxidize and lose electrons	 Health Hazard Chemicals that cause damage to one or more organs when inhaled	

MYTHS ABOUT SUDDEN CARDIAC ARREST



Sudden cardiac arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly and unexpectedly stops beating. Despite its prevalence, there are many common misconceptions about sudden cardiac arrest that can hinder our ability to respond effectively. Below are some common myths about sudden cardiac arrest:

1. Sudden cardiac arrest and heart attack are synonymous.

A heart attack occurs when blood flow to a part of the heart muscle is blocked. Although blood flow is restricted by the blockage, the heart will generally continue to beat, and the person will remain conscious and responsive.

Sudden cardiac arrest, on the other hand, happens when the normal electrical impulses in the heart cause it to beat too quickly, inefficiently, or in an unsynchronized manner. These abnormal heart rhythms cause the blood flow to the body, along with the oxygen it carries, to abruptly stop. A sudden cardiac arrest victim will often unexpectedly collapse.

2. Sudden cardiac arrest won't happen to anyone I know.

Sudden cardiac arrest isn't a rare occurrence. In fact, SCA is a leading cause of death in the United States and worldwide. According to the latest statistics published by the Sudden Cardiac Arrest Foundation:

- There are over 356,000 out-of-hospital cardiac arrests (OHCA) each year in the U.S.
- Nearly 90% of OHCA are fatal.
- Sudden cardiac arrest affects about 1,000 people a day.

Sudden cardiac arrest can strike at any time, meaning it could impact any number of people in your life, including loved ones, co-workers, or a stranger you just met.

3. Someone else is going to help.

The bystander effect is a phenomenon that occurs when other people are present, and bystanders become hesitant to step forward in an emergency. Some bystanders might assume that someone else is going to call 911 or jump into action. Others might mistakenly assume whatever is taking place isn't an actual emergency because others aren't acting either.

Don't let this common myth for sudden cardiac arrest prevent you from helping. Taking quick, effective action can potentially save a life.

4. You can predict when SCA will occur.

Sudden cardiac arrest happens suddenly, and often with little or no warnings signs. This is why it's important to be prepared and knowledgeable about bystander CPR, including knowing how to use an automated external defibrillator (AED).

MYTHS ABOUT SUDDEN CARDIAC ARREST

5. SCA is only an “older adult problem”.

Sudden cardiac arrest affects people of all ages, including infants, children, and young people. That said, cardiac arrest in children is rare. When it does happen, it’s most commonly a result of asphyxia such as an airway obstruction, lung infection or disease, drowning, choking or shock.

While the risk of sudden cardiac arrest does increase with age, it’s important to recognize that age isn’t the sole determining factor.

6. CPR will be enough to save someone in SCA.

CPR is extremely important as an immediate treatment of suspected SCA. It can sustain life by maintaining blood flow and providing oxygen to the brain and other vital organs. But it won’t restart the heart.

The primary purpose of immediate CPR is to buy time until an AED can be used to shock the heart back into a normal rhythm. High-quality CPR along with early defibrillation with an AED can more than double the likelihood of person’s chances of survival.

7. I might hurt someone by shocking them with an AED.

A person in cardiac arrest will not survive without being shocked by an AED quickly. But some bystanders might be hesitant to use an AED due to this common myth for sudden cardiac arrest: fear of hurting the victim.

Rest assured, AEDs are programmed to analyze the heart’s rhythm and deliver an electric shock only when necessary. If the AED determines that a shock isn’t advised, it will not allow you to deliver a shock even if you push the button accidentally. So, you won’t be able to shock someone who doesn’t need to be shocked.

8. Sudden cardiac arrest is always fatal.

While the statistics for SCA can be grim, bystanders can play a significant role in increasing survival rates through a combination of early CPR and early defibrillation. The key is being able to recognize signs of SCA, calling for help, starting CPR and using an AED as quickly as possible.

[Certified Blended Learning Course](#)

Supervisor Approval Needed

For your own Edification

[Non-Certified CPR Course](#)

[Non-Certified AED Course](#)



What is an IIPP and Why Do You Need it?

The Injury and Illness Prevention Program (IIPP) is a written workplace safety plan that addresses all workplace hazards, including infectious diseases. Cal/OSHA (CCR, Title 8, Section 3203) requires that all employers with more than ten (10) employees have an effective written plan to protect its employees by identifying and reporting hazards, correcting those hazards and complete required training.

Each department is required to develop a customized IIPP specific to each workplace. The Safety Loss Control Division is committed to making your department site specific IIPP an effective tool for maintaining a safe and healthy work environment for all.

Each location is responsible for creating and maintaining an IIPP. Each IIPP must be site specific and required to cover 8 specific areas;

Why Do You Need an IIPP?

Departments need to have an official IIPP to ensure that they are acting in compliance with state mandates by the California Occupational Safety and Health Administration (CalOSHA). But they are also in place to ensure that businesses are implementing an effective safety culture within their work environment. After all, every department wants their employees to stay safe and remain productive without worrying about the costs of workplace injuries. Protecting employees' health and safety while also shielding businesses from injury liability is why Cal/OSHA requires that companies implement and train their employees on these plans.

The 8 required Injury and Illness Prevention Program elements are:

- Responsibility
- Compliance
- Communication
- Hazard Assessment
- Accident/Exposure Investigation
- Hazard Correction
- Training and Instruction
- Recordkeeping

Responsibility

The first step of IIPP development, which is essential, is relatively straightforward and entails identifying the parties responsible for developing your department's safety plan. Regardless of whether you choose one person or multiple people to fill this role, they should:

- Be identified in the IIPP that is written
- Ensure full support from management
- Be knowledgeable about safety issues, hazards, and control measures
- Have the authority to implement and make corrections to the program

Compliance

This section requires departments to determine how employees should comply with the rules and safety procedures. This process should include training plans, elements of positive recognition and disciplinary actions for those who do and don't follow safety procedures, and additional compliance courses for employees who need them. Ensure that your IIPP doesn't hinder employees from reporting any injuries.

To ensure that your workplace conditions are accurately reflected, it's important to review and update all of these rules and procedures on a periodic basis.



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Communication

The goal of this step is to develop effective communication systems that will allow information to be disseminated within the IIPP to all employees. Emails, meetings, memos, notices, training, regular newsletters, and group activities are all ways to distribute this information. By the end, all employees should:

Know about the IIPP

Understand their responsibility to comply with all of its rules and procedures

Know how to report injuries or hazards both directly and anonymously

Hazard Assessment

This section is critical, though it largely also depends on the type of industry that your department operates in. Departments—with the help of experienced professionals trained for this type of work—should carefully go through, consider, and record all possible health and safety hazards that can potentially impact employees and the business at large.

Accident/Exposure Investigation

Investigations are necessary after an accident to determine what went wrong and what can be done to prevent future incidents. Documentation of these investigations should include names, dates, descriptions of incidents, and actions taken to correct involved hazards.

Hazard Correction

It is necessary to correct hazards once they have been identified by departments. This correction can include:

- By removing personnel from the area, exposure can be minimized
- Fixing the issue by eliminating risks and enacting protocols
- Ensure the individuals fixing the problem have the necessary personal protective equipment

Training and Investigation

To reduce the risk of injury on the job and act safely, all employees should be adequately trained on the IIPP rules, regulations, and protocols. Departments have the option to either work with outside trainers or create their own training procedures.

Record Keeping

Workplaces must maintain a written IIPP along with documentation of all IIPP incidents along with other records. Documentation is necessary to include all aspects of departments protocols and investigations, as well as training and disciplinary write-ups. It is important to retain all of these documents on file for at the very least one year. Additionally, it is important to conduct periodic inspections to identify unsafe working conditions and practices. Once identified, it is important to correct the issues as quickly and efficiently as possible

To be effective your IIPP must:

- Fully involve all employees, supervisors, and management
- Identify the specific workplace hazards employees are exposed to
- Correct identified hazards in an appropriate and timely manner
- Provide effective training.

Remember, how well you actually put into practice your IIPP in your workplace is what will determine how effective it is. You must regularly review and update your IIPP in order for it to remain effective.

Contact your Safety Loss Control Coordinator

for assistance.

Driving in Severe Weather

If you must travel in severe weather, we encourage all drivers to keep a few things in mind.

Drive With Extra Caution When It's Raining

Drive Slowly

It's harder to control or stop your vehicle on a slick road. Increase your following distance so you'll have plenty of time to stop for vehicles ahead of you. Also remember that every vehicle handles differently; this is particularly true when driving on wet roads.

Turn Around Don't Drown

People often underestimate the power of rushing water. It only takes 12 inches of rushing water to carry away most cars, and just two feet of rushing water can carry away most trucks and SUVs. The CDC reports the most common type of flood-related drowning occurs when a vehicle is driven into hazardous flood water. When you see the road is flooded, or if there are barriers blocking the road, turn around.

Look Out for Pedestrians and Cyclists

Always be extra cautious in hard-to-see conditions, like nighttime or in bad weather. More on pedestrian safety

Before You Go

Plan Your Travel and Route

Before heading out, make sure to check the road conditions and traffic. Check local stations for road closures and evacuation routes, if necessary.

Stock Your Vehicle

Put together an emergency roadside kit. Inclement weather can develop quickly, so plan ahead and prepare in advance. A charged cell phone tops the list of suggested items since it allows you to call for help when and where you need it.

When driving in bad weather carry warm clothing and blankets, flares and flashlight to wipe condensation from windows.



Rain Driving

- Get the "feel" of the road and adjust your speed accordingly.
- Be sure tires have plenty of tread and are properly inflated.
- Wiper blades and defrosters need to be in good working condition.
- When slowing or stopping, gently apply the brakes.
- Drive with the headlights on.
- To prevent carbon monoxide poisoning or drowsiness leave your window open slightly.
- Be constantly alert for signs of hydroplaning.
- Wet brakes may pull or stop slower than usual.

Driving in Severe Weather

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Hydroplaning

When your car hydroplanes it is actually riding on a thin layer of water between the tires and the road. Steering and braking are lost as contact with the pavement decreases.

What to look for:

- reflections visible in water accumulated on pavement;
- "loose" feeling in steering wheel;
- rain drop dimples appearing in road.

What to do:

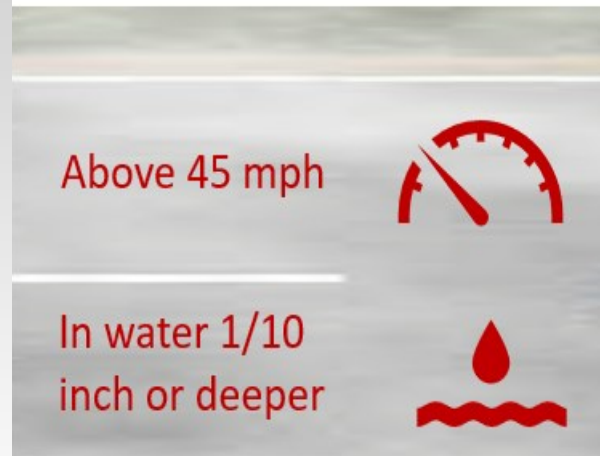
- steer smoothly without jerking;
- inflate tires to properly inflated pressure;
- drive in the tireprints of the vehicle ahead, where the water has already been displaced;
- leave extra space between you and the traffic ahead
- get an early start allowing enough time to reach your destination;

To obtain the latest information on road conditions, call the ROAD CONDITIONS HOTLINE at **800-427-ROAD (7623)**.

Driving In Fog

- Reduce your speed.
- Drive with lights on low beam. It is illegal to drive with just your parking lights on.
- Avoid crossing traffic unless absolutely necessary.
- Listen for traffic you cannot see.
- Be Patient! Don't pass lines of traffic.

Anticipate hydroplaning when:



- Use wipers and defroster as necessary for maximum vision.
- Avoid personal injury—unless absolutely necessary, do not stop on any freeway, or other heavily traveled road.
- Move away from a disabled or stalled vehicle to avoid personal injury.
- Consider postponing your trip until the fog clears.

Remember: Smoke and dust can also cause visibility problems.

Parking And Stopping—You May NOT

- Park with any portion of your vehicle on the roadway when it is practical to pull off completely.
- Park at any location where signs are posted prohibiting parking.

Park along any freeway, including freeway ramps, except for emergency purposes.