

October 2024

## **The Benefits of Participating in California's Great ShakeOut**

Every year, millions of Californians come together to participate in the Great ShakeOut, a statewide earthquake drill designed to promote earthquake preparedness and safety. This event, held annually on the third Thursday of October, offers numerous benefits for individuals, families, schools, businesses, and communities. Here's why you should consider joining this important initiative:

### **Enhancing Personal and Community Safety**

The primary goal of the Great ShakeOut is to teach people how to protect themselves during an earthquake. By practicing the "Drop, Cover, and Hold On" technique, participants can significantly reduce their risk of injury during a real earthquake. This drill helps instill muscle memory, ensuring that these actions become second nature when an earthquake strikes<sup>1</sup>.

### **Raising Awareness and Preparedness**

Participating in the ShakeOut encourages individuals and organizations to review and update their emergency preparedness plans. This includes checking emergency supplies, securing heavy furniture, and identifying safe spots in homes and workplaces. Increased awareness and preparedness can lead to quicker and more effective responses during an actual earthquake<sup>2</sup>.

### **Building a Culture of Preparedness**

When communities participate in the ShakeOut together, it fosters a culture of preparedness. Schools, businesses, and community groups can use this opportunity to educate their members about earthquake risks and safety measures. This collective effort helps ensure that everyone is better prepared to respond and recover from an earthquake<sup>2</sup>.

### **Encouraging Financial Preparedness**

The ShakeOut also serves as a reminder for Californians to consider financial preparedness. This includes exploring options like earthquake insurance to protect homes and belongings. Being financially prepared can make a significant difference in the recovery process after a major earthquake<sup>2</sup>.

### **Promoting Resilience and Recovery**

By participating in the ShakeOut, individuals and communities can improve their resilience. Practicing earthquake drills and having a plan in place can lead to faster recovery times and less disruption to daily life. Knowing that you, your family, and your community are prepared can provide peace of mind and confidence in the face of potential disasters<sup>2</sup>.

### **Being Part of a Larger Movement**

The Great ShakeOut is one of the largest earthquake drills in the world, with millions of participants each year. By joining this event, you become part of a global movement dedicated to earthquake safety and preparedness. This collective effort amplifies the importance of being prepared and can inspire others to take action<sup>2</sup>.

In conclusion, participating in California's Great ShakeOut is a proactive step towards ensuring your safety and the safety of those around you. It's an opportunity to practice essential safety techniques, review and update preparedness plans, and build a resilient community ready to face the challenges of an earthquake.

**Get  
Ready to  
ShakeOut.**

October 17, 2024

Register: [ShakeOut.org](https://ShakeOut.org)

As we approach the end of daylight saving time on November 3, it's important to keep safety in mind. Here are some tips to help you stay safe and adjust smoothly:

### Adjust Your Sleep Schedule

- **Gradually Shift Bedtime:** In the days leading up to the time change, try going to bed 15-30 minutes later each night to help your body adjust.
- **Maintain a Consistent Routine:** Stick to your regular sleep schedule as much as possible to avoid fatigue<sup>1</sup>.

### Stay Alert on the Roads

- **Increased Risk of Accidents:** Be aware that the end of daylight saving time can lead to more accidents due to decreased visibility and drowsiness.
- **Drive Carefully:** Pay extra attention to pedestrians and cyclists, especially during the evening commute when it gets darker earlier<sup>1</sup>.

### Check Your Home Safety Devices

- **Smoke and CO Alarms:** Use the time change as a reminder to check and replace the batteries in your smoke and carbon monoxide detectors<sup>2</sup>.

- **Emergency Supplies:** Ensure your emergency kit is stocked with essentials like water, food, flashlights, and batteries<sup>2</sup>.

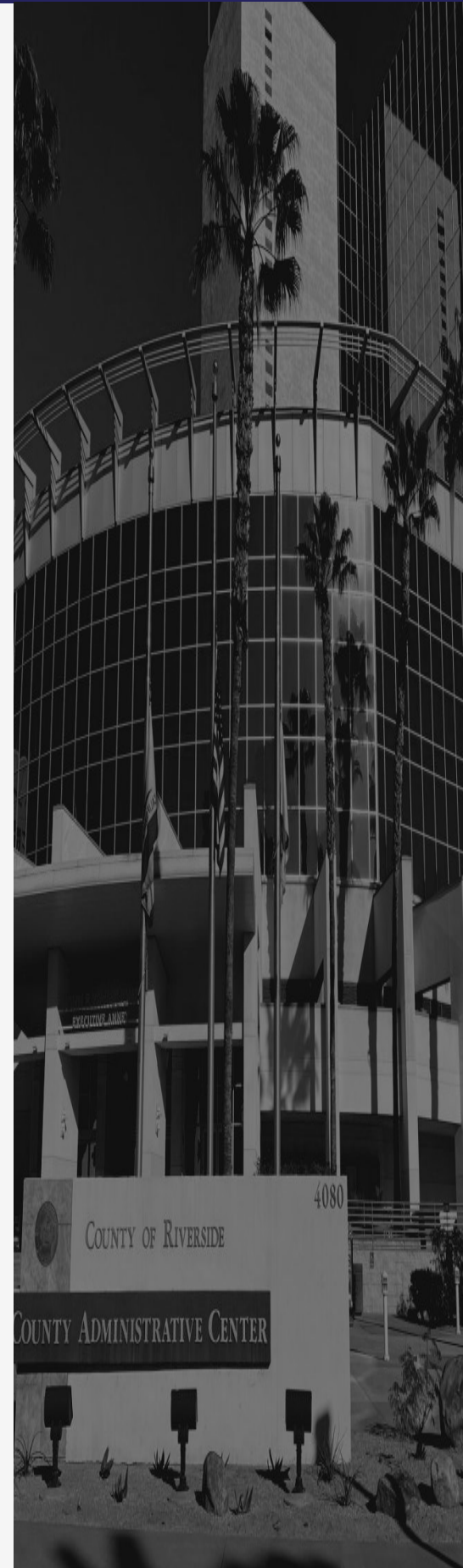
### Increase Visibility

- **For Pedestrians and Cyclists:** Wear light-colored or reflective clothing and carry a flashlight when walking or biking in the dark<sup>3</sup>.
- **For Drivers:** Make sure your vehicle's headlights and taillights are clean and functioning properly.

### Prepare for Shorter Days

- **Maximize Daylight Exposure:** Try to spend more time outdoors during daylight hours to help regulate your circadian rhythm.
- **Stay Active:** Regular physical activity can help you adjust to the time change and improve your overall well-being.

By following these tips, you can help ensure a safe and smooth transition as we “fall back” an hour. Stay safe and enjoy the extra hour of sleep!



# SB-553 Occupational Safety and Workplace Violence Prevention Plan

As you may be aware, Senate Bill 553 was passed earlier this year— requiring all employers to offer an Annual training regarding Workplace Violence and the Workplace Violence Prevention Plan. (Note: Excludes Law Enforcement agencies, RUHS Medical center, and any other employees who fall under Cal/ OSHA Title 8 Sec 3342).

The annual Occupational Safety and Workplace Violence Prevention Plan is separate from (Employee Workplace Violence), and this supplement is an on demand/ self-paced training available through RivCo Talent Learning Management System. The training takes approximately an hour to complete, and is assigned to all employees in all County Departments, unless excluded as noted. Employees have 90 days from assignment to complete the course, for all existing employees the “Overdue” assignment date was September 30th, 2024.

Please ensure you have taken this course, and work with your Supervisor/ Manager on coordinating.

If you would like to arrange an alternative training format for your field-based operations, please contact your assigned Safety Loss Control Coordinator.

Please use the link below to access the course through the Learning Management System

[SB-553 Course](#)





Ensuring safety in the workplace parking lot is crucial for preventing accidents and maintaining a secure environment. Here are some practical tips to help employees stay safe:

### Stay Alert and Aware

**Avoid Distractions:** Refrain from using your phone or other distractions while walking to and from your car.

**Be Vigilant:** Keep an eye out for moving vehicles, pedestrians, and any potential hazards.

### Park Smart

**Choose Well-Lit Areas:** Park in well-lit areas close to your building or near a parking attendant if available.

**Avoid Secluded Spots:** Stay away from isolated areas and park near the main entrance whenever possible.

### Secure Your Vehicle

**Lock Doors and Windows:** Always lock your car doors and roll up windows, even if you're just stepping away for a moment.

**Hide Valuables:** Keep valuables out of sight, preferably in the trunk, to deter theft.

### Be Prepared

**Have Your Keys Ready:** Avoid fumbling for your keys by having them ready as you approach your vehicle.

**Use a Personal Alarm:** Carry a whistle or personal alarm to use in case of emergency.

### Walk Safely

**Use Designated Walkways:** Stick to marked pedestrian paths and avoid shortcuts through the parking lot.

**Stay Visible:** Wear bright or reflective clothing if walking in low-light

### Drive Carefully

**Follow Speed Limits:** Adhere to posted speed limits and be extra cautious in areas with heavy pedestrian traffic.

**Check Blind Spots:** Always check your blind spots before backing out of a parking space.

### Report Hazards

**Notify Management:** Report any hazards such as potholes, poor lighting, or suspicious activity to your employer or building management.

**Encourage Maintenance:** Advocate for regular maintenance and safety checks of the parking lot.

By following these tips, employees can help create a safer parking lot environment for everyone. Stay alert, be prepared, and always prioritize safety.



# Vehicle Accident Investigation

## Basics of an Employee Vehicle Accident Investigation

Conducting a thorough investigation of vehicle accidents involving employees is crucial for identifying the causes and preventing future incidents. Here are the basic steps involved in an effective accident investigation:

### 1. Immediate Response

**Provide Medical Attention:** Ensure that any injured persons receive immediate medical care.

**Secure the Scene:** Prevent further injuries or damage by securing the accident scene.

### 2. Report the Incident

**Notify Authorities:** Report the accident to the appropriate authorities, such as the police and workplace safety officials.

**Internal Reporting:** Inform your supervisor.

### 3. Gather Information

**Document the Scene:** Take photographs and make notes about the accident scene, including vehicle positions, road conditions, and any visible damage.

**Collect Witness Statements:** Interview witnesses and gather their accounts of what happened.



### 4. Investigate the Accident

**Conduct Site Investigation:** Examine the accident site for any contributing factors, such as road hazards or weather conditions.

**Vehicle Inspection:** Check the involved vehicles for mechanical issues or failures that may have contributed to the accident.

### 5. Identify Causes

**Root Cause Analysis:** Perform a root cause analysis to determine the underlying factors that led to the accident.

**Human Factors:** Consider human factors such as driver fatigue, distraction, or error.

### 6. Report Findings

**Create a Written Report:** Document the findings of the investigation in a detailed report, including the causes of the accident and any contributing factors.

**Recommendations:** Provide recommendations for corrective actions to prevent similar incidents in the future.

### 7. Implement Corrective Actions

**Safety Improvements:** Implement the recommended safety measures, such as additional training, changes in procedures, or equipment upgrades.

**Follow-Up:** Monitor the effectiveness of the corrective actions and make adjustments as necessary.

### 8. Review and Learn

**Review Policies:** Regularly review and update safety policies and procedures based on the findings from accident investigations.

**Continuous Improvement:** Use the insights gained from investigations to continuously improve workplace safety.

By following these steps, organizations can effectively investigate vehicle accidents, identify their causes, and implement measures to enhance safety and prevent future incidents.

