



Hearing Conservation

Each day employees are exposed to many different types of noises while performing their job. In many cases, the noise does not reach a high enough decibel level to damage their hearing. However, when an employee is consistently exposed to excessive noise at a high enough decibel, hearing loss can occur. Therefore, employees exposed to elevated occupational noise levels must protect themselves by wearing hearing protection.

Occupational Noise Exposure

Noise, or unwanted sound, is one of the most pervasive occupational health problems. It is a by-product of many industrial processes. Sound consists of pressure changes in a medium (usually air) caused by vibration or turbulence. These pressure changes produce waves emanating away from the turbulent or vibrating source. Exposure to high levels of noise can cause hearing loss and may cause other harmful health effects. The extent of damage depends primarily on the intensity of the noise and the duration of the exposure.

Noise-induced hearing loss can be temporary or permanent. Temporary hearing loss results from short-term exposures to noise, with normal hearing returning after a period of rest. Generally, prolonged exposure to elevated noise levels over a period of time can cause permanent damage.

A hearing conservation program is designed to protect employees with significant occupational noise exposures from hearing impairment.

How Noise is Measured

Noise is measured in units called "decibels", abbreviated as "dB". Noise levels can range from 1 dB (near silence) to 60 dB (quiet conversation) to 140 dB (a jet engine). Scientific studies have shown that people exposed to noise levels of 85 decibels and above over 8 hours or longer may gradually lose their hearing over time. If you have to shout to be heard by another person 3 feet from you, the noise level is probably above 85 decibels. Typically, the louder the noise level and the longer the exposure, the greater the risk of hearing loss. Noise levels above 140 decibels will cause immediate hearing loss.

Noise Monitoring

In order to determine if a hearing conservation program is needed, the work environment must be monitored for excessive noise. If it is determined that employees are exposed to noise levels at or above an average of 85 decibels (dB) over an 8 hour period, a hearing conservation program will be needed. When monitoring for noise, all continuous, intermittent, and impulsive noise within an 80 dB to 130 dB range are incorporated in the calculations to determine exposure. A hearing conservation program is also needed if noise levels exceed 130 dB at any given time.

Noise monitoring will need to be repeated whenever there are changes in work environment that may increase the noise levels. These changes may require more employees be included in the hearing conser-

vation program or their hearing protectors may no longer provide adequate protection.

If your location needs assistance in determining the need for a hearing conservation program, contact the Human Resources Safety Division at 951-955-3520. The Safety Division can assist you in assessing your work environment for noise, develop a hearing conservation program, and provide guidance in establishing a training program.

References:

U.S. Department of Labor, Occupational Safety & Health Administration. www.osha.gov. Hearing Conservation. Retrieved January 30, 2011, from <http://www.osha.gov/Publications/OSHA3074/osh3074.html>

Washington State Department of Labor & Industries. www.lni.wa.gov. *Noise Basics*. Retrieved January 28, 2011, from <http://www.lni.wa.gov/wisha/noisebank/noisebasics.pdf>

Sound Level (dBA)	Permitted Duration per Workday (hours)	Sound Level (dBA)	Permitted Duration per Workday (hours)
90	8.00	103	1.32
91	6.96	104	1.15
92	6.06	105	1.00
93	5.28	106	0.86
94	4.60	107	0.76
95	4.00	108	0.66
96	3.48	109	0.56
97	3.03	110	0.50
98	2.63	111	0.43
99	2.30	112	0.38
100	2.00	113	0.33
101	1.73	114	0.28
102	1.52	115	0.25

VEHICLE ACCIDENT PROCEDURE

Applicable to all Agencies, Departments and Districts Governed by The Board of Supervisors for the County of Riverside

In the event of an accident, the employee operating the vehicle shall take the following action:

- For every accident, request the local police or the California Highway Patrol to conduct an investigation.
 - If the police refuse to come to the accident scene, advise them that this accident involves a government vehicle and their presence is requested.
 - If the police still refuse to come to the accident scene, proceed with the remaining items below.

Immediately notify your supervisor/department head, County Safety Office, County Risk Management and, if the vehicle is owned or maintained by County Fleet Services, notify them as well.

- County Safety Office's phone number is (951) 955-3520.
- County Risk Management Office's phone number is (951) 955-3540.
- County Fleet Service's phone number is (951) 955-4660.

- **DO NOT** discuss details of the accident or the events leading thereto with anyone other than brief factual answers to questions of investigating officers.
- **DO NOT** embellish.
- **DO NOT** argue or try to place or accept blame for the accident.
- **DO NOT** attempt to negotiate or make any promise to other involved parties.
- **DO NOT** admit liability.

Identify yourself to other parties.

- Show your driver's license to the other parties involved.
- Give the name of your Agency/Department/District.
- Give your work telephone number.
- Give the number of County Risk Management (951) 955-3540 to the other involved parties.

Identify the driver(s) of the other vehicle(s) involved through their driver's license(s).

- Inquire whether addresses shown are current.
- Ask for their insurance company name and policy numbers.
- Write this information on the County Confidential Report of Vehicle Accident Form 942-6 attached in the space provided.

Investigation:

The law enforcement department with jurisdiction, the Agency/Department/District using the vehicle, County Risk Management and the County Safety Office may investigate circumstances surrounding the accident. Your cooperation with investigators representing the County is required. Inquiries from any other sources must be referred to County Risk Management



“Find Your Path”

2014

November 1, 2013 – October 31, 2014

February 2014

How we age varies from person to person, but change is inevitable. We can't stop that. It's how we become mindful of the change that is often one of the biggest challenges in our lives.

Our genes determine about a third of the aging process. Our environment, which we can control to a great extent, determines the other two-thirds of the aging process.

With our fast-paced lifestyles, we have access to shortcuts that support our faster pace but are detrimental to our health. However, with increased awareness, we can choose to create improved health. We can bypass, prevent, slow down, or even reverse such diseases as diabetes, cardiovascular disease, and cancer. What is required of us is that we listen to our bodies and respond with new choice.

Once we decide not to fight aging and the aging process, we accept the fact that we will age. Then we can begin to take control of how we age.

Take control today. Find your path to wellness. Consider joining the Wellness Program.

We wish you good health.

<http://wellness.rc-hr.com/Home.aspx>

Upcoming Events

Thrive Across America

March 31, 2014 – June 1, 2014

March of Dimes 2014 March for Babies

Saturday, April 26, 2014

Registration: 7:00AM

Walk Time: 8:00AM

Fairmount Park, 2601 Fairmount Blvd., Riverside, CA 92501

QuickTakes



The DASH Diet: Healthy Eating to Lower Your Blood Pressure

- About 1 in 3 U.S. adults have high blood pressure, which increases the risk for heart disease and stroke.
- High blood pressure, also called hypertension, is known as the “silent killer” because it often has no warning signs. Many people don’t realize they have high blood pressure.
- You can take steps to prevent high blood pressure. One of the most important steps is to eat a healthy diet such as the DASH eating plan.

What Is the DASH Diet?

The DASH diet is a healthy eating plan based on the research studies: Dietary Approaches to Stop Hypertension. The diet has been proven in National Institutes of Health research to help lower your risk of heart disease by lowering blood pressure and lowering cholesterol.

Blood pressure control with the DASH diet involves more than just the standard advice to cut back on salt. The DASH diet helps to lower blood pressure by emphasizing key nutrients, such as potassium, calcium, and magnesium, that are associated with lower blood pressure. Including more fruits, vegetables and low-fat dairy in your daily diet boosts these nutrients.

In addition to lowering blood pressure, the DASH eating plan helps lower cholesterol and makes it easier to lose weight. It is a healthy way of eating, designed to be flexible enough to meet the food preferences of most people. The DASH diet requires no special or hard-to-find foods. Specifically the DASH diet plan includes:

Food Group	Number of daily servings for a 2,000 Calories Per Day Diet
Grains and grain products (include at least 3 whole-grain foods each day)	6-8
Fruits	4 - 5
Vegetables	4 - 5
Low-fat or fat-free dairy foods	2 - 3
Lean meats, fish or poultry	6 ounces or less
Nuts, seeds and legumes	4 -5 per week
Fats and sweets	limited



The Salty Truth

Plain and simple, Americans eat too much salt.

- Average daily sodium intake in the U.S. has held steady at about 3,400 mg/day for decades.
- The 2010 Dietary Guidelines recommend that most Americans reduce sodium to less than 1500 mg/day. Younger, healthy people without high risk for hypertension should reduce sodium to less than 2300 mg/day.
- When salt intake is reduced, blood pressure begins decreasing for most people within a few days to weeks.
- The foods that are at the core of the DASH diet – vegetables, fruits and whole grains – are naturally low in sodium.

A Dozen Easy Ways to DASH-ify Your Diet

1. Top your bowlful of whole-grain cereal with fresh or frozen berries.
2. Enjoy low-fat plain yogurt with sliced fresh fruit for a satisfying breakfast or snack.
3. Make your coffee a latte with 8 ounces of fat-free milk.
4. Scratch traditional lunchmeats off your shopping list. They're just too high in sodium, especially when you add cheese and condiments to your sandwich. Instead, recycle last night's chicken or meatloaf into a tasty lunch.
5. Use supermarket salad bars for lots of cut up fresh vegetables.
6. Double up on veggies. A standard serving is 1/2 cup, so a full cup makes 2 servings.
7. Frozen vegetables make it easy to add 2 or more servings of veggies to your meal. (Check labels to make sure sodium levels are below 100 mg per serving.)
8. All types of nuts are heart healthy. Making yours salt-free boosts their DASH benefits.
9. Rinse canned beans to remove up to 40% of excess sodium.
10. When selecting ketchup, salsa, canned tomatoes or pasta sauce, choose low-sodium or no-salt-added brands.
11. Smoothies made with fat-free milk and fresh fruit – please, no added sugar -- are a fast way to maximize the DASH potential of your diet.
12. Eat an apple! It's only 85 calories and there's no sodium or fat!

Resources: <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/www.dashdiet.org>

Herbed Tzatziki Pita Bread

Makes about 2 cups, for sixteen 2-tablespoon servings.

The classic Greek yogurt dip is a welcome addition to a DASH meal plan. The dip is delicious with pita, sliced veggies or on grilled fish or poultry.

INGREDIENTS

- 1 cucumber, peeled and deseeded
- 1 1/2 cups 0% fat Greek yogurt
- 2 cloves garlic, mashed and minced
- 1 tablespoon minced fresh mint or 1 teaspoon dried mint
- 2 teaspoons snipped fresh dill or 1/2 teaspoon dried dill weed
- 1 tablespoon white wine vinegar
- Dash of salt and ground white pepper
- 1 tablespoon extra-virgin olive oil

DIRECTIONS

1. Grate the cucumber on the large holes of a grater. Place in a sieve and press to remove excess liquid. Transfer the drained cucumber to a bowl.
2. Add yogurt, garlic, mint, dill, vinegar and salt and pepper. Mix to blend. Transfer to a serving bowl. Cover and refrigerate.
3. Just before serving, drizzle the top with olive oil.

NUTRITION PER 2 TABLESPOONS DIP

28 Calories
1.2g Fat
0.2g Saturated fat
2g Protein
3g Carbohydrate
0g Fiber
40mg Sodium

NUTRITION PER PITA

226 Calories
1g Fat
0g Saturated fat
0g Trans fat
6g Protein
36g Carbohydrate
6g Fiber
88mg Sodium

Recipe Source: Healthy Living Kitchens

Makes 8 individual pitas.

Pitas are so easy to bake. Plus you can control the sodium.

INGREDIENTS

- 2 cups unbleached all-purpose flour
- 1 1/4 cups whole-wheat flour
- 2 teaspoons (6 grams) instant dry yeast (bread machine yeast), such as SAF or Lesaffre
- 1/4 teaspoon salt
- 1 1/4 cups warm water
- 3 tablespoons olive oil
- 1/2 teaspoon honey

DIRECTIONS

1. In a mixing bowl, whisk together flours, yeast and salt. In a small bowl, combine water, oil and honey and add to the flour mixture. Stir until the dough comes together in a ball.
2. Turn the dough out onto a floured work surface. Knead a minute or two until the dough ball is smooth. Transfer the dough to an oiled bowl. Cover and let rise until the dough doubles, 1 to 2 hours.
3. Turn the dough out onto a floured work surface. Form the dough into a log and slice it into 8 equal pieces. Roll the pieces into balls. Cover with a kitchen towel and let rest for 20 minutes.
4. Roll each ball into a circle no more than 1/4-inch thick. Transfer to a baking sheet lined with parchment paper. When all the balls are rolled out, let them rest another 15 minutes.
5. Put a cast-iron griddle, pizza stone or baking sheet in the oven. Preheat the oven to 475°F.
6. Slide the individual discs onto the preheated griddle or stone. You'll probably be able to bake 3 at a time. Bake 7-9 minutes, until puffed and brown. Repeat with the remaining discs.

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Safety Training Schedule



CPR/AED/First Aid				
2/19	Thu	8:30-4:30	Blythe	Call James Jackson Micro 51188
2/27	Thu	8:00-4:15	Riverside	Safety Office: 1111 Spruce St.
3/20	Thu	8:30-4:30	Indio	Sheriff Coroners: 47-225 Oasis St.
3/27	Thu	8:00-4:15	Riverside	Safety Office: 1111 Spruce St.

Employee Workplace Violence				
2/4	Tue	1:15-2:45	Riverside	Safety Office: 1111 Spruce St.
2/11	Tue	9:00-10:30	Riverside	ONLINE
2/20	Thu	8:30-9:45	Indio	Sheriff Coroners: 47-225 Oasis St.
2/25	Tue	1:00-2:30	Riverside	Safety Office: 1111 Spruce St.
3/12	Wed	8:30-10:00	Riverside	Safety Office: 1111 Spruce St.
3/25	Tue	1:00-2:30	Riverside	Safety Office: 1111 Spruce St.

CPR/AED/First Aid—REFRESHER				
2/6	Thu	8:30-12:30	Riverside	Safety Office: 1111 Spruce St.
3/13	Thu	8:15-12:30	Riverside	Safety Office: 1111 Spruce St.

Repetitive Motion				
2/4	Tue	8:30-10:45	Riverside	Safety Office: 1111 Spruce St.
2/20	Thu	10:00-11:45	Indio	Sheriff Coroners: 47-225 Oasis St.
2/25	Tue	2:45-4:30	Riverside	Safety Office: 1111 Spruce St.
3/12	Wed	10:15-12:00	Riverside	Safety Office: 1111 Spruce St.
3/25	Tue	2:45-4:30	Riverside	Safety Office: 1111 Spruce St.

Supervisor Workplace Violence				
2/26	Wed	12:30-4:30	Riverside	Safety Office: 1111 Spruce St.

Drivers Training				
2/4	Tue	11:00-12:15	Riverside	Safety Office: 1111 Spruce St.
2/20	Thu	1:00-2:30	Indio	Sheriff Coroners: 47-225 Oasis St.
2/25	Tue	10:00-11:30	Riverside	Safety Office: 1111 Spruce St.
3/4	Tue	9:00-10:00		ONLINE TRAINING
3/12	Wed	1:00-2:30	Riverside	Safety Office: 1111 Spruce St.
3/25	Tue	10:30-12:00	Riverside	Safety Office: 1111 Spruce St.

Supervisor Safety Orientation				
2/19	Wed	8:30-12:30	Riverside	Safety Office: 1111 Spruce St.

*These classes are for positions that have a job description that requires this specialized training.

*** Reasonable Suspicion Training**
None scheduled at this time

* Forklift Training				
2/20	Thu	9:00-12:00	Riverside	Safety Office: 1111 Spruce St.

*** Airborne/Bloodborne**
None scheduled at this time

*** Hazardous Materials First Responders Operation (FRO)**
None scheduled at this time

This is a two day course; teaches first responders to recognize a hazardous materials incident and implement actions to protect themselves and the public from harm.

Off Road Vehicle Training (classroom)
None scheduled at this time

Straight Truck
None scheduled at this time



The safety training class schedule is subject to change without notice, refer online for the most current schedule

<p>County Safety Division Information Monday—Friday, 7:00 AM to 5:30 PM 24 Hour Safety Hotline: (951) 955-5868</p>	<p>(Urgent Safety Issues Call Main Office) Main Office (951) 955-3520 FAX: (951) 955-9200 Mail Stop #2170</p>	<p>Safety Website: http://www.rc-hr.com/ Go to HR Divisions, then Safety Have a question on training/classes: SafetyTraining@rc-hr.com</p>
<p>Have a question on an article or need to contact the Safety Office? Email us at: Safety Publications —Within the OUTLOOK network. Safety_Publications@rc-hr.com—Outside OUTLOOK</p>		