



## INDEPENDENCE DAY ISSUE

### Independence Day is around the corner!

This is the time of year where families and friends across America get "fired up" for summer with BBQs, campfires and other fun seasonal outdoor activities. While these are all great ways to bring folks together, safety needs to remain the number one priority. Consider the following as you plan your 4th of July activities:

**GRILLING SAFETY** Every year people in this country are injured while using backyard charcoal or gas grills. According to NFPA statistics, One of every six (16%) home structure fires in which grills were involved shared one thing in common; Something that could catch fire was too close to the grill. Follow these general recommendations to safely cook up treats for the backyard barbecue:

- *Keep children and pets at least 3 feet away from the grill area.*
- *Always supervise a barbecue grill when in use.*
- *Never grill indoors – not in your house, tent, or any enclosed area.*
- *Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.*
- *Use the long-handled tools especially made for cooking on the grill to keep the chef safe.*

**FIREWORKS SAFETY** ALL fireworks, including sparklers are illegal in Riverside County. All fireworks are illegal because they cause injury and very often, cause fires. Riverside County has very diverse terrain. The vegetation is very dry, where fireworks can easily start a brush fire.

The State's Explosives Law authorizes the California State Fire Marshal to adopt regulations for the safe use, handling, storage and transportation of explosives. Those caught with illegal fireworks will be subject to fines, citation and/or arrest; including confiscation of all illegal fireworks. We urge you to leave the fireworks to the professionals.

The only cities in the county that allow State Fire Marshal Safe and Sane Fireworks are Cathedral City, Indio, Blythe and Coachella. However, these fireworks must not be transported or possessed outside of the cities where they were purchased.

### Report illegal usage of fireworks.

**Non-Emergency Numbers**  
All 9-1-1 and non-emergency numbers support TTY communications.

**Who to Call in Riverside County**

Toll Free:	800-950-2444
West:	951-776-1099
Central:	951-776-1099
East - Coachella:	760-836-3215
East - Blythe:	760-921-7900
Moreno Valley:	951-247-8700
Temecula:	951-696-4357

**Emergency - Dial 911**



**Human  
Resources  
Safety  
Division  
DSR  
ACADEMY  
for Managers,  
Supervisors &  
Departmental  
Safety  
Representatives**

Safety plays an important role in the day-to-day operations of every County department. An effective safety program and a well trained workforce are the first line of defense against occupational injuries & illnesses. A safe and healthful work environment can also improve productivity, increase morale, and reduce workers' compensation costs.

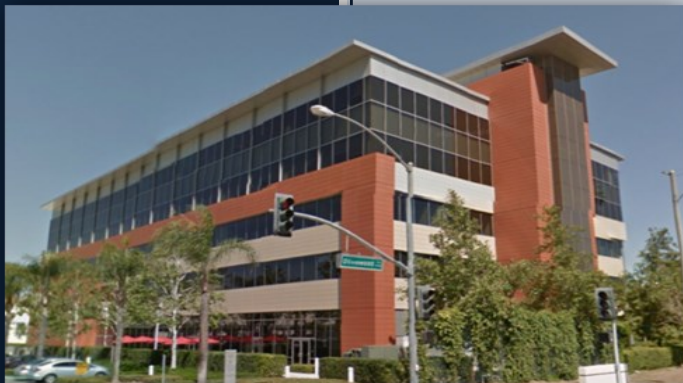
The Human Resources/Safety Division is authorized to conduct the OSHA General Industry 10 hour training course. This course provides an overview of the following:

- OSHA policies and procedures
- Industry safety and health principles
- Overview of the County of Riverside Safety Manual
- Improve the departments ability to navigate through a CalOSHA inspection

We strongly recommend this FREE course for managers, supervisors, departmental safety representative (DSR), or any employee who is interested in enhancing their general safety knowledge. The completion of this 10 hour course will help provide the framework for an effective safety program. Each participant who successfully completes this course will receive an OSHA General Industry 10-Hour card.

**The OSHA General Industry 10-Hour  
course will be conducted in two sessions.**

<u>DATES</u>	<u>Day</u>	<u>TIME</u>	<u>Capacity</u>
Sept. 8, 2015	Tue	8:30am to 4:30pm	40
Sept. 9, 2015	Wed	8:30am to 4:00pm	



**3450 14th Street  
Riverside, CA 92501**



Greetings Colleagues!



# Industrial Hygiene

Your Riverside County HR Safety Industrial Hygiene team is vehemently working to address Indoor Air Quality (IAQ) as well as other occupationally related safety issues and concerns as they arise. If you are concerned about the status of your indoor work environment, you are probably not alone; talk with your supervisor to determine if an air quality assessment of your work area is warranted.

## Poor Indoor Air Quality

Can cause or contribute to the development of infections, lung cancer, and chronic lung diseases such as asthma. People with preexisting lung disease are at greater risk. Indoor air pollution comes in variety of ways.

### What are the most common causes of IAQ problems?

The most common causes of IAQ problems in buildings are:

- Not enough ventilation, lack of fresh outdoor air or contaminated air being brought into the building;
- Poor upkeep of ventilation, heating and air-conditioning systems;
- Dampness and moisture damage due to leaks, flooding or high humidity;
- Occupant activities, such as construction or remodeling and
- Indoor and outdoor contaminated air

## Good Indoor Air Quality

The qualities of good IAQ should include comfortable temperature and humidity, adequate supply of fresh outdoor air, and control of pollutants from inside and outside of the building.



For more information, contact ;

### HR Safety Industrial Hygienists

**James L. Jackson III, CIH, MS, Ed. D.;**

**Michael J. Persaud**

Information Acquired

<http://www.lung.org/associations/charters/mid-atlantic/air-quality/indoor-air-quality.html>

<http://www.epa.gov/iaq/>

<https://www.osha.gov/SLTC/indoorairquality/faqs.html>



# The Facts of Footwear

***Employee footwear is very important to the control of slips, trips and falls.***

Proper footwear is important, not only for foot comfort but also for one's overall well-being. Wearing improper footwear can cause or aggravate existing foot problems and ultimately cause injury. Unfortunately, being fashionable sometimes takes precedence over choosing well-fitting and supportive footwear. The best way to involve workers in programs to protect their feet is to provide training and information on the hazards of wearing improper shoes.

There's no one right shoe type for everyone, but shoes really do matter. You need to get a shoe that is appropriate for your activities and is appropriate for your foot.

It's really important that you spend some time getting a shoe that fits your foot.

The shoe that works for your friends may not work for you and there's no one brand that will always be perfect either.

In conclusion, take the necessary steps to assess work / walking paths. Certain soles and heels could conflict your transit. Consider the distance you need to walk; are there stairs, elevated surfaces or gravel involved? Is the footwear appropriate for your work environment? Does it meet the proper PPE requirements (if any)? All these are worth consideration. Your feet deserve the attention...

*...they've been carrying you for years.*





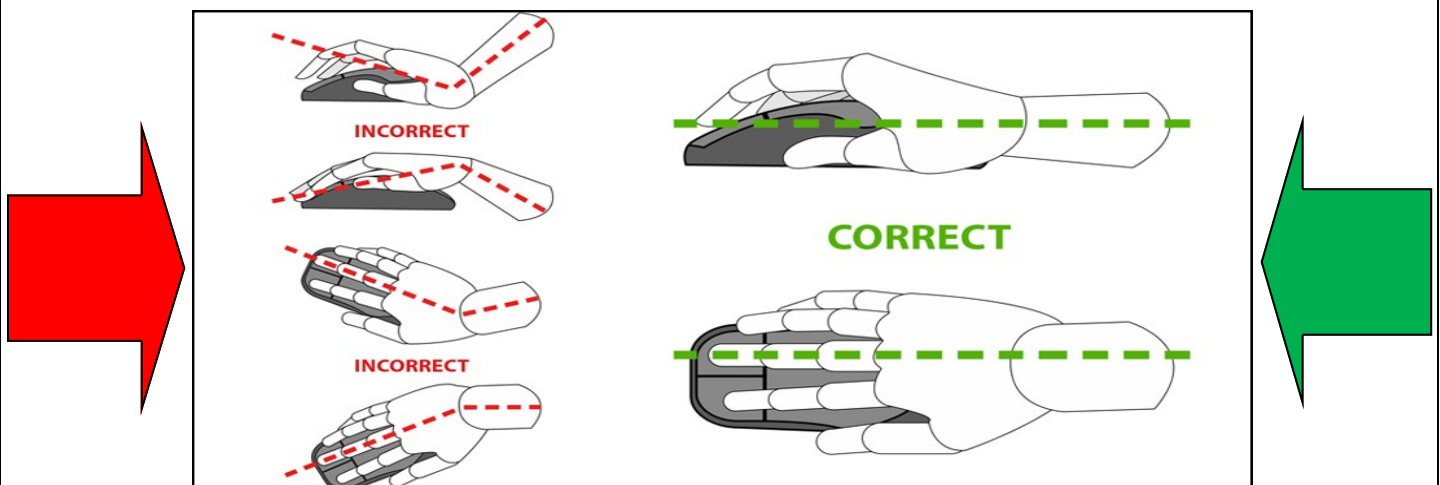
The Safety Division will be passing on monthly ergonomic tips in our new section "REVISITING ERGONOMICS... We hope this will be helpful to you and your workstation!

## OFFICE ERGONOMICS : MOUSING

### MOUSE ATTACK !!!

In the everyday office setting, our minds are often inclined to focus solely on output and/or productivity. However, in the process of putting the pedal to the metal, there are considerable safety elements which are innocently overlooked. Let's consider the thing that touches your palm more than your front door knob, your mouse. Yes, that little device that controls the cursor on your screen.

Did you know that the positioning of your mouse could have painful, long term effects on your shoulders and wrists? Who would've thought that something so small could create large area discomfort? Get this, two of the most common conditions that result from poor wrist positioning are carpal tunnel syndrome and wrist tendinitis. Ouch.. Below are some examples of incorrect and correct hand positioning for mouse users.



### SOLUTIONIST'S CORNER:

Ideally, when functioning at your workstation, the mouse should be positioned close to your body rather than farther away. You shouldn't have to reach to use the mouse. When in operator capacity, be sure to maintain a straight line between your hand, mouse, keyboard and forearm. If the mouse drifts, pull it back to a closer position. You can survive the mouse attack by simply thinking safety and being proactive.

**Taking MINOR precautions NOW, prevents MAJOR discomfort LATER.**

# Children Drown Without a Sound!

## Know the ABC's of Pool Safety!



### **A** - Adult Supervision — Assign a "Water Watcher"

- Assign an adult "water watcher" who can swim to specifically watch the water.
- Designate an adult to supervise the children in and around the pool/spa area especially during social gatherings.
- Never leave children in or around a pool unattended..not even for one second.
- Take the children out of and away from the swimming pool/spa area for any distractions, such as a telephone call or to use the restroom.
- Do not rely on flotation devices. They should not be used as a substitute for Adult. Supervision.
- Post pool address and an emergency number, including 9-1-1!

### **B** - Barriers

- Install and maintain proper fencing around the pool to isolate your swimming area from the home and play area.
- Use multiple layers of protection such as safety covers, gate alarms, door alarms. and motion detectors on devices Inspect them monthly.
- Make sure all gates are self-closing, self-latching and open outward away from the pool.
- Take away all objects that allow a child to climb up to reach the gate latch or climb over the fence.

### **C** - Classes ("CPR")

- Learn CPR, first aid, and rescue techniques.
- Learn swim skills through on-going qualified instruction.
- Keep rescue equipment such as a shepherd's hook, life-saving ring, and CPR instructions mounted by the pool to assist potential rescuers.
- Find out and understand the proper behavior in and around the water. Teach children the same behaviors.

### What To Do If A Child Falls Into A Pool!

- Yell for help and check the scene to make sure that you can safely help the child
- Get the child out of the pool and onto the pool deck.
- Check for consciousness by tapping and shouting, "are you okay?"
- If someone is with you, have them call 9-1-1. Determine if the child is breathing tilt the head back, if you don't hear or feel breathing or see the chest rising, give two (2) Rescue Breaths, then check for a pulse.
- Begin Rescue Breathing or CPR immediately and continue until emergency help arrives.
- If you are alone and the child is not breathing and/or does not have a pulse, start Rescue Breathing or CPR immediately.

After one minute, call 9-1-1. Return to the child and continue CPR until help arrives.