



# Safety Newsletter

June 2018

## HOW TO RESPOND

### *When an active shooter is in your vicinity*



# RUN

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible



# HIDE

- Hide in an area out of the shooters view
- Silence your cell phone
- Barricade your hiding place



# FIGHT

- As a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the shooter



See  
Something



Hear  
Something



Say  
Something

### Reporting Suspicious Activity

To report suspicious activity, contact your local law enforcement agency. Describe specifically what you observed, including:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Who or what you saw;</li> <li>• When you saw it;</li> </ul> | <ul style="list-style-type: none"> <li>• Where it occurred; and</li> <li>• Why it's suspicious.</li> </ul> |
|--|--|

If there is an emergency, call 9-1-1 or call your local law enforcement agency

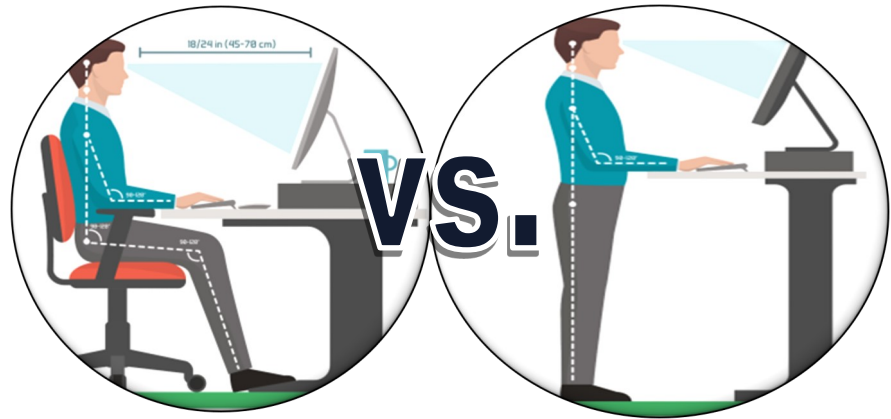
## SIT-STAND DESKS: CLARIFYING THE FACTS

Guy Osmond is an ergonomic professional and has written many articles on the topic of sit-stand workstations. The following information is from an article by Osmond at <https://www.cardinus.com/us/sit-stand-desks-clarifying-facts/>

Osmond says that much has been discussed and written about sit-stand desks—but much is nonsense!

“Sit-stand desks have been available in various forms (primarily crank-adjustment, counter-balanced or electric and, more recently, desktop adapters) for over twenty years. However, it is only within the last few years that they have received so much attention,” states Osmond.

Osmond has been selling sit-stand desks for nearly twenty years and he wholeheartedly recommends their use. He strongly supports “their implementation as part of a wider health and productivity regime with proper training and clearly defined purpose.” Nonetheless, what he questions “is the way in which many people in the workplace furniture industry have misap-



propriated the sit-stand desk as some sort of panacea to avoid a range of health conditions and avert early death!” And he hopes “to explode a few myths and clarify some misunderstandings.”

“It appears that the recent fuss all started in 2014,” according to Osmond, “when one or two aspiring desk salesmen latched onto the 2012 systematic review and meta-analysis concerning prolonged seating by Wilmot, Edwardson, Achana et al. This looked at 18 studies with, collectively, nearly 800,000 participants. Fifteen of these studies were deemed moderate to high quality. As a result of their analysis, the researchers concluded that “Sedentary time is associated with an increased risk of diabetes, cardiovascular disease and

cardiovascular and all-cause mortality; the strength of the association is most consistent for diabetes.”

Osmond conveys that soon “after the research was published, someone recognized that the possible outcomes of prolonged sitting are comparable with those associated with smoking and the expression “Sitting is the new smoking” was born. In the age of social media, 24 hour news and tabloid newspapers, this was, of course, soundbite heaven. The expression soon began to appear frequently, often quoted by people who had no idea of the origin, context or the true meaning.” Because of alarming stories appearing in the media, Osmond relates “the time was ripe for the publication in 2015 of a Consensus Statement (not

a research paper) entitled “The sedentary office: a growing case for change towards better health and productivity.”” Moreover, this article “appeared under the banner of Public Health England and was published on the website of the British Journal of Sports Medicine. With such apparent credibility, this statement recommended (amongst other outcomes) “standing and light activity” for between two and four hours per day and that “seated-based work should be regularly broken up with standing-based work, the use of sit-stand desks, or the taking of short active standing breaks,”” notes Osmond.

Osmond discloses that at “the time of publication, there was some controversy about an undeclared conflict of interest because one of the authors also owns a sit-stand desk company. However, nearly 80 news outlets picked up the story and the conflict of interest was lost in the media flurry that followed.”

“Spawned by these media reports,” relays Osmond “there

have been countless articles, blogs and stories of varying quality and value. Many are sales pitches thinly disguised as advice and many fail to make the fundamental observation that the whole issue is about **sitting less, not about standing more.**”

Osmond states that people “like a simple message [and it] could be tempting to approach the issue as a binary choice between sitting and standing and then try to find a way to quantify that.” Osmond further conveys that at a conference in the United States he “witnessed several delegates (in various seminars) ask the question ‘how long should we stand for?’ and, of course, the right answer is the classic ergonomist’s response: ‘It depends’. Individuals have very different comfort thresholds for standing. In addition, individual health, fitness, posture, footwear and numerous other factors need to be considered. More important still is the simple fact that sitting and standing do not make the whole equation. Movement is

also an essential constituent.” Osmond revealed Dr. Joan Vernikos’ conclusion about a key element to health from her many years at NASA stating that is essential to “trigger our ‘gravity muscles’ frequently.” She explained that we “do this by standing up and doing everyday activities that counter gravity, such as putting things on shelves, using steps and stairs, dancing, carrying the shopping, even gardening.” Moreover, Osmond relates that her “research demonstrated that the number of times you counter gravity is more important than how long you do it for [and it is] important to ensure that you do not sit for too long and you make frequent changes of posture. Getting up every 20-30 minutes is optimal but do not simply swap sitting for standing. Move about and change posture frequently.” Osmond provides some ideas below on how individuals and employers can improve their health and minimize the health risks of sitting at work:

## Ideas for individuals to sit less and be healthier:

- Whether you are sitting or standing, ensure your posture is good.
- Do not sit or stand for too long. Mix it up.
- Drink lots of water. It is good for you and creates natural comfort breaks.
- Have some meetings standing.
- Try walking meetings.
- Think about your tasks. Some are better suited to standing.
- Raise your sit-stand desk up high at the end of the day. It makes life easier for custodial.
- Raise the desk when colleagues approach to talk to you and have your conversation standing up.
- Stand for telephone conversations, – or walk and talk.
- Stand to sort papers and files.
- Sending an internal email? Walk over and speak to the person instead.
- Use the stairs, not the elevator.
- Wear a fitness tracker and

track your steps. Compete with yourself to improve your average.

- Do stretching exercises at your desk and/or on the move.

## Ideas for employers to optimize performance through sit-stand furniture and alternatives to sitting:

- Train users to understand how to use their sit-stand desk, when to make posture changes and what good posture feels like (sitting and standing).
- Consider replacing some meeting tables with standing versions.
- In established Hot-desking areas, install a pair of sit-stand desks at the end of each set of standard desks. This will work very well provided good policies and procedures are in place (and the Hot-desking facilities are properly implemented and managed).
- Incorporate posture and ergonomics into your health and well-being programs.
- Gamify your workplace to encourage movement.

## In summary, therefore:

- Sit-stand desks are wonderful but not the sole solution.
- Make sure people are trained how to adopt good sitting and standing postures. Experience tells us that this is not as obvious as it sounds!
- Make frequent changes of posture whilst sitting and get up at least every 20-30 minutes.
- If you do not like standing, make sure you still stand up and sit down at least every 20 minutes.
- Do not just swap sitting for standing.
- Create opportunities to walk and move about during your working day.
- Be critical of what you hear! Is it true or is it just a sales pitch?

**Bonus Sit vs Stand up workstation study by Cornell University Click the link below**


<http://ergo.human.cornell.edu/cuesitstand.html>

**CU Ergo**

## Riverside County

is required to take these 4 steps to prevent heat illness:

- 1. Training** Train all employees and supervisors about heat illness prevention.  
Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8 ounce glasses, of water per hour, and *encourage them to do so*
- 2. Water**
- 3. Shade** Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. *They should not wait until they feel sick to cool down.*
- 4. Planning** Develop and implement written procedures for complying with the Cal/OSHA [Heat Illness Prevention Standard](#).



Look at this great example of “providing access to shade” from our team in Waste Resources. Thanks great work!



## Twenty-Five Most Frequently Cited T8 CCR Standards in CY 2017

Standard	Description	Total Violations	Serious Violations	Percent Serious
3203	Injury and Illness Prevention Program	2352	233	9.9%
3395	Heat Illness Prevention	2046	286	14.0%
1509	Construction Injury and Illness Prevention Program	1226	64	5.2%
3314	Clean, Repair, Service, Set-up and Adjust Prime Movers, Machinery and Equipment	691	323	46.7%
342	Reporting Work-Connected Fatalities and Serious Injuries	621	5	0.8%
5194	Hazard Communication	602	14	2.3%
5144	Respiratory Protection	484	36	7.4%
6151	Portable Fire Extinguishers	419	3	0.7%
1512	Construction: Emergency Medical Services	371	3	0.8%
5162	Emergency Eyewash and Shower Equipment	367	180	49.0%
461	Permits to Operate Air Tanks	364	4	1.1%
3276	Portable Ladders	347	134	38.6%
2340.16	Work Space About Electric Equipment	326	2	0.6%
3650	Industrial Trucks: General Requirements	316	101	32.0%
3328	Safe Practices, Personal Protection: Machinery and Equipment	284	109	38.4%
3400	Medical Services and First Aid	212	12	5.7%
3668	Powered Industrial Truck Operator Training	197	17	8.6%
1670	Personal Fall Arrest Systems, Personal Fall Restraint Systems and Positioning Devices	195	130	66.7%
5189	Process Safety Management of Acutely Hazardous Materials	189	23	12.2%
3421	Tree Work, Maintenance or Removal. General	178	29	16.3%
2500.8	Flexible Electrical Cords and Cables: Uses Not Permitted	169	2	1.2%
4650	Compressed Gas and Air Cylinders: Storage, Handling, and Use	169	55	32.5%
3577	Use, Care, and Protection of Abrasive Wheels: Protection Devices	166	114	68.7%
3380	Personal Protective Devices	165	27	16.4%
1644	Metal Scaffolds	153	96	62.7%

Note: "Serious" includes Serious, Willful, and Repeat Violations

# Do you know what insect hung out with the T-Rex?



Businesses including the County of Riverside know all too well the multitude of challenges of combating pests in the workplace. A pest infestation not only adds to the stress of a work day but can jeopardize the company's reputation in the process. One such pest is the cockroach.

Cockroaches are the world's oldest pests. Scientists at the Imperial College London in 2010 discovered that one ancestor of modern cockroaches lived 300 million years ago, which predates the age of dinosaurs. Their ability to consume both organic and non-food items has helped these insects survive for millennia. Below are some tips you can take to lessen the chances of cockroaches taking harbor in your building:

**Garbage and recycle bins:** Roaches thrive in cozy places with an available food source, and disposal containers offer both of these elements. Be sure to empty garbage cans and recycle bins daily, with large dumpsters being attended to on a regular basis. Always enclose bins with a tight lid.

**Condensation:** All buildings experience some level of condensation, but excess water residue could attract pests to your workplace. Take the necessary steps to reduce condensation on windows, walls, and ceilings.

**Cooking appliances:** Whether you operate a diner with a full-scale kitchen or consulting firm with an employee lunch room, make sure cooking appliances are cleaned regularly. This includes the crumb catcher in toasters, the interior of microwaves, and, of course, larger appliances.

**Used and second-hand items:** Be careful of used items brought into the work site. This may include used packing materials like boxes or pallets, or second-hand items like furniture or fixtures. Should this be unavoidable, check carefully for both live bugs and eggs before bringing the item inside.

**Standing water:** Pooling water is another attraction for roaches. Remember to empty any collections of open water, such as refrigerator catches or dehumidifier reservoirs. Outdoors, empty any rainwater that has collected before it sits for too long.

**Sinks and drain traps:** After washing a pile of dishes, we often forget about cleaning the sink itself. But an untidy kitchen sink—especially one with a drain trap and/or garbage disposal—can be enough to lure roaches. Make a habit of washing the walls of the sink and never let food particles collect for long in the drain trap.

**Water leaks:** Cockroaches are attracted to humid environments,

so water leaks and drips should be fixed to prevent pests. Instruct employees to inform you of any leaks they notice around the building.

**Unpreparedness for the worst case:** Despite your best efforts, pests may still find a way onto your property. As with any unexpected challenge, be prepared by having a plan of action ahead of time with the name of a professional removal company at the ready.

**Pesticides:** Leave this to the professionals! Employees sometimes bring their personal insecticides to work (e.g. Black Flag, Raid, etc.); this is a “No-No” The use of pesticides in county buildings is conducted through EDA/FM or the property management using professional pesticide control service companies and not staff.

After 300 million years it's safe to assume cockroaches aren't going anywhere; although they will always be here, we can still prevent infestation.

## References

[http://EzineArticles.com/expert/Sameer\\_Thawer/2297356](http://EzineArticles.com/expert/Sameer_Thawer/2297356)

<https://www.epa.gov/pesticides>

<https://www.epa.gov/indoor-air-quality-iaq/pesticides-impact-indoor-air-quality>

