



Emergency/Disaster Survival Kits



Disaster events can strike at any moment, with or without advanced warning. They can result from natural causes (earthquakes, floods, tornados, hurricanes, etc.) or from man-made causes (wildfires, chemical spills or releases, power grid failures, etc.). No areas of the United States are immune to disaster occurrences. Disaster events can have a life-changing effects on individuals, families, businesses, communities, cities, states and even countries. Disasters can leave individuals, families and workers trapped or isolated for an extended period without utility services (electricity, water, gas, communications, etc.) before emergency services and relief workers/agencies can reach them to provide aid.

Advanced preparation for disaster events is one way to hedge your chances of surviving a disaster event. Disaster preparedness agencies and survival experts often recommend that having emergency survival supply kits (aka Emergency Go Bags) assembled and available that you can quickly access and which can sustain you, family members and co-workers for at least 3 days following a disaster event is key to your chances of survival. It is also recommended that you have Emergency Go Bags prepared and available at your home, in your car and at your work. Current Cal/OSHA safety regulations don't require employers to provide Emergency Go Bags at their worksites for their employees, so it's up to each individual worker to make sure they have appropriate and adequate emergency survival supplies available at their workplace.

DON'T FORGET TO**V****O****T****E****: TUESDAY, NOVEMBER 3RD,
2020**

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An Emergency Go Bag can be a large backpack, a canvas carrying bag, a sports equipment bag, a plastic storage bin with lid, a large plastic waste can with lid or even a heavy-duty plastic trash bag among other options.

So, what emergency supplies should be contained in your Emergency Go Bag? The list of recommended emergency supplies can and will vary depending on the source of the information, however, the provided emergency supplies should address most, if not all, of the following general categories of need:

- **Shelter:** *Plastic sheeting, canvas tarps, duct tape, wire coil or 25' or longer coil(s) of 1/2" or larger diameter rope are supplies that can be used to create a temporary shelter.*
- **Food:** *Non-perishable, easy to prepare foods are best. Examples include canned meats, fish, vegetables, fruits, soups, instant mashed potatoes, dry*

packaged beans, powdered milk, cocoa and other beverages, instant tea or coffee, individual packages of instant hot cereals (oatmeal, cream of wheat, etc.), individual serving breakfast cereals, water only pancake mix, canned baby food/juices, baby bottles and formula, canned or dry pet food. Paper plates, cups and plastic utensils may also be necessary.



Hard Candy

Trail Mix



Water

- **Water:** *One gallon per person per day is the minimum recommended water amount to have available for emergency situations. Factor in extra quantities for pets as well.*
- **Safety/Comfort:** *Water purification kit, heavy leather work gloves, flashlight, chemical light sticks, battery or hand crank radio, extra batteries for all battery powered electronic devices, chargers or extra batteries for cell phones and tablets, whistle, dust or cloth face masks, matches in water-proof container, change of clothing/underwear/socks per person appropriate for regional weather conditions, sturdy, yet comfortable shoes, conventional or thermal space blankets, extra prescription eye-wear, baby pacifier, pet leash or flexible carrier and dry chemical fire extinguisher (suggest size rating 2A-10BC).*
- **Tools:** *Hand axe, folding camping shovel, hand broom/dustpan combination, adjustable wrench/pliers for turning off gas valves, manual can opener, multi-purpose utility tool, pocketknife and small crowbar or claw tool, manual staple gun and hammer and nails.*



Paper Towels

Toilet Paper

- **Sanitation/Personal Hygiene:** *Small and large plastic trash bags with plastic ties, moist towelettes, toilet paper, sanitary/disinfecting wipes, toothbrush and toothpaste, deodorant, shampoo, bar soap, hand sanitizer, feminine hygiene supplies, baby wipes, disposable diapers and baby powder. Buy travel sizes when available.*



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Medications

First Aid Kit

- **First Aid/Medical:** Well stocked first aid kit, essential prescription or OTC medications, sunscreen and contact lens care products.
- **Currency:** Cash, coin or travelers checks as access to money from banks and ATM's could be interrupted.
- **Important Documents:** Copies of insurance policies, birth certificates, social security cards, passports, property deeds, bank/investment account records, list of medications taken, maps of the area and other important documents stored either on portable electronic media or in paper form that are best kept in portable, waterproof containers.

Because Emergency Go Bags contain supplies that can have official expiration dates or which are known to undergo degradation over time, they do require periodic inspection, review and supply updating. Checking them at six-month intervals is recommended and, if you tie their inspection to when we change the clocks to go on and off daylight savings time, it will be easy to remember when to inspect them and update their supplies as you find necessary.

The following links will take you various organizations providing on-line information and guidance on creating Emergency Go Bags and the emergency supplies recommended for inclusion. As no single resource for this information is right or wrong, you can choose which information source you feel is best for your situation.

- ♦ Homeland Security/FEMA: <https://www.ready.gov/kit>
- ♦ American Red Cross: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
- ♦ Riverside County Fire Department: http://www.rvcfire.org/onLineServices/Safety/Documents/Home_Emergency_Supplies.pdf
- ♦ Los Angeles City Fire Department – Emergency Preparedness Guide, Pages 32-35: <http://www.cert-la.com/EmergPrepBooklet.pdf>



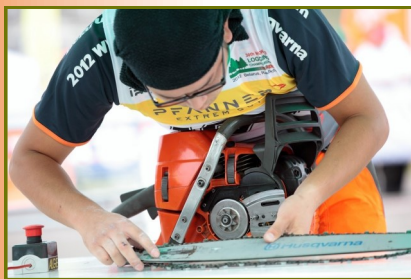
CHAINSAW SAFETY

RIVCO HR
safety division

Safety Newsletter



Operating a chain saw can be hazardous. Potential injuries can be minimized by using proper personal protective equipment and safe operating procedures.

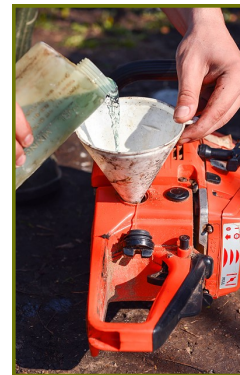


Before Starting a Chain Saw

- Check controls, chain tension, and all bolts and handles to ensure that they are functioning properly and that they are adjusted according to the manufacturer's instructions.
- Make sure that the chain is always sharp and that the oil tank is full.
- Start the saw on the ground or on another firm support. Drop starting is never allowed.
- Start the saw at least 10 feet from the fueling area, with the chain's brake engaged.

Fueling a Chain Saw

- Use approved containers for transporting fuel to the saw.
- Dispense fuel at least 10 feet away from any sources of ignition when performing construction activities. **No smoking during fueling.**
- Use a funnel or a flexible hose when pouring fuel into the saw.
- Never attempt to fuel a running or HOT saw.



Chain Saw Safety



- Clear away dirt, debris, small tree limbs and rocks from the saw's chain path. Look for nails, spikes or other metal in the tree before cutting.
- Shut off the saw or engage its chain brake when carrying the saw on rough or uneven terrain.
- Keep your hands on the saw's handles, and maintain balance while operating the saw.
- Proper personal protective equipment must be worn when operating the saw, which includes hand, foot, leg, eye, face, hearing and head protection.

- Do not wear loose-fitting clothing.
- Be careful that the trunk or tree limbs will not bind against the saw.
- Watch for branches under tension; they may spring out when cut.
- Gasoline-powered chain saws must be equipped with a protective device that minimizes chain saw kickback.
- Be cautious of saw kickback. To avoid kickback, do not saw with the tip. Keep tip guard in place.



10 SAFE DRIVING TIPS YOU NEED TO KNOW

Even if you're a seasoned pro behind the wheel, fog can make driving difficult — and even dangerous. Sadly, fog-related accidents cause [more than 500 fatalities](#) each year. When things turn grey, remember these ten safe driving tips for handling even the densest fog.

1. **Leave plenty of distance between your car and the one in front of you.** Decreased visibility means longer braking times, so that added space is your friend. In other words, slow down! It may take you longer to get to your destination, but your safety is worth it.
2. **Take advantage of your windshield wipers and defrosters.** Moisture and ice on your windshield can create glare, which can make it even *more* difficult to see. Give yourself the best view possible by clearing off your windshield completely.
3. **Speaking of visibility: ditch your car's high beams.** [Low beams are actually better for driving in fog!](#) If you don't think your current headlights are powerful enough in low beam mode, consider a [headlight replacement](#).
4. **Resist the common urge to use the lights of any vehicles in front of you as a guide.** This can actually cause you to focus too much on the narrow patch of landscape in front of you – causing you to miss other things!
5. **Skip cruise control.** Foggy roads can have surprises waiting, and it's best to maintain complete control of your car.
6. **"Follow the right-side line of the road to guide you,"** suggests [AccuWeather](#). That's easy enough to remember! Don't be afraid to slow down and drive cautiously along the right side of the roadway. Roadside reflectors can help guide you, as well.
7. **Don't accelerate if a car behind you is too close.** It can be tempting to try and "lose" the guy who is right on your tail, but that can actually make your situation more dangerous. Stick to a safe, reasonable speed limit in the fog, even if other drivers don't.
8. **Stay home when the fog is bad (if possible!).** Fog can make driving scary and dangerous, so stay off the roads altogether if you're able. The [California DMV](#) puts it this way: "The best advice for driving in the fog is DON'T."
9. **Check your mirrors before slowing down, and gently apply your brakes.** The earlier you can start to tap the brakes, the better! Your brake lights will alert drivers behind you that you are slowing down, and you won't catch them by surprise with a sudden stop.
10. **If you choose to pull over and wait out the fog, pull as far to the side of the road as possible.** Once you're stopped, turn on your hazard lights. The key to driving in the fog is to remember that *everyone* is having trouble seeing, so play it extra safe by getting well out of the way and using your lights to let other drivers know where you are. Pulling into a gas station or other roadside venue is a great idea.

Using your lights appropriately is one of the chief pillars of safe driving in fog. If your headlights have taken a dim outlook on the road, brighten things up with a headlight replacement or repair at your local Automotive Service & Repair Shop or Parts Store Auto Care. Make an appointment or stop by today!



THE IH CORNER

Is your office too hot or too cold?

Industrial Hygienist



Well, unlike Cal/OSHA's Heat Illness Prevention Standard which regulates employee exposure to outdoor elements (<https://www.dir.ca.gov/title8/3395.html>), there are currently no specific regulations for indoor temperature in general offices, only recommendations. The recommendations in the County of Riverside office buildings are provided by ASHRAE and the county Board of Supervisors.



Dr. James Jackson
Certified Industrial Hygienist

ASHRAE/Cal-OSHA recommendations:

Summer Months
73°-79°

Winter Months
68°-75°

www.ashrae.com



Michael Persaud
Industrial Hygienist

Board of Supervisors recommendations:

Summer months
Cooling: No lower than 76°

Winter months
Heating: No higher than 68°

<http://www.rivcocob.org/boardpolicies/policy-h/POLICY-H04.pdf>

Industrial hygienists analyze, identify, and measure workplace hazards or stressors that can cause sickness, impaired health, or significant discomfort in workers through chemical, physical, ergonomic, or biological exposures.

**Contact your Industrial Hygiene Team
at**

951-955-3520



ANKLE-BITER MOSQUITOES?



Over the last few years, the Safety Division has received complaints from staff around the County about “something” biting their ankle areas. Sure enough when Industrial Hygiene arrives at the worksite to investigate, evidence of insect bites are easily found. After some research, a possible answer is the Aedes Aegypti Mosquito or more commonly known as “The Ankle Biting Mosquito.”

According to Orange County Mosquito and Vector Control, “We have our native species, the Culex, which comes out at dusk and dawn, and now we have the Aedes mosquito, which comes out to bite during the day,” Hyland said. “So we have our ankle-biter, the Aedes mosquito, and our barbecue biter, the Culex mosquito.” The Aedes Mosquito is also known to “transmit diseases like chikungunya, dengue fever, yellow fever and Zika.”

So what can you do to deter or prevent contact with Southern California’s newest pest? Well, according to CBS News LA, “Members of the public should be vigilant about keeping any standing water around and guard against mosquito bites by making sure their doors and windows have tight-fitting screens and wearing long-sleeved shirts, long pants, socks, shoes and mosquito repellent when mosquitos are most active.”

Get tested for Coronavirus

gettested.ruhealth.org



WILDFIRE SMOKE EXPOSURE

In response to the dangerous levels of air quality following the wildfires in Northern and Southern California, the California Division of Occupational Safety and Health (Cal/OSHA) has implemented the proposed regulation addressing hazardous wildfire smoke exposure to protect outdoor workers from unhealthy air quality.

This regulation effects mostly County of Riverside employees who work outdoors.

Safety can provide awareness training to your department upon request.

For more information go to:

<https://www.dir.ca.gov/oshsb/documents/Protection-from-Wildfire-Smoke-Emergency-apprvdtxt.pdf>



EVERY REGISTERED VOTER WILL RECEIVE A VOTE-BY-MAIL BALLOT

HOW TO VOTE

BALLOT IN MAILBOX

CAST YOUR BALLOT USING THE U.S. POSTAL SERVICE. ALL POSTAGE IS PRE-PAID. MUST BE POSTMARKED BY NOV. 3.



BALLOT DROP OFF BOX

CAST YOUR BALLOT BY DROPPING IT OFF AT ONE OF 80 DROP OFF LOCATIONS IN RIVERSIDE COUNTY. VISIT VOTEINFO.NET FOR A LIST OF LOCATIONS.



VOTER ASSISTANCE CENTERS

GET IN PERSON ASSISTANCE AT ANY OF THE 130 VOTER ASSISTANCE CENTERS IN RIVERSIDE COUNTY BETWEEN OCT. 31 AND NOV. 3. VISIT VOTEINFO.NET FOR A LIST OF LOCATIONS.



VISIT
VOTEINFO.NET
FOR MORE INFORMATION

SAFETY FIRST



RIVCO HR
ASSISTANCE