



The Great
Riverside County



Shake Out

OCTOBER 15TH @ 10:15 AM



DROP!

COVER!



HOLD ON!

Get Ready to ShakeOut.

October 15, 2020 Register Now at www.ShakeOut.org



To assist Riverside County departments in their voluntary participation in this year's Great Riverside County Shakeout, the Safety Division is adopting a COVID friendly earthquake preparedness drill that can be conducted in the office or at home. Follow the simple directions below to participate in this year's drill.

Simple Drop, Cover, and Hold On Drill

This drill uses simple steps to inform all employees how to perform Drop, Cover, and Hold On – a quake-safe action designed to protect lives from falling furniture and flying objects that can become projectiles during ground shaking.

BEFORE the Drill

1. Inform your employees regarding:
 - The date and time of the drill which is: October 15th, 2020 @ 10:15 AM.
 - How to correctly perform Drop, Cover, and Hold On, wherever they are.
 - Your expectations for their participation (i.e. Drop/Cover/Hold On under a workstation or any protective object in their office or home, post-drill discussions).
 - If you will participate in a ShakeOut drill, encourage employees, staff, contractors, etc. to invite friends, families, and neighbors to register as individuals or organization at www.ShakeOut.org, in their area, so they can participate and receive information directly on how to be safe during an earthquake.

DURING the Drill

1. Via the public announcement (PA) system, email, cell phone/text message, or verbal direction:
 - Announce that the earthquake drill has begun and to Drop, Cover, and Hold On.
 - Suggest that while down on the floor, employees look around at what would be falling on them in a real earthquake. Items should be secured or moved after the drill.
2. After at least one minute, announce that the shaking is over and that employees can stand up again. Thank them for participating.
3. Encourage employees and staff to discuss their experiences with one another while enforcing social distancing standards.

AFTER the Drill

1. Ask for feedback on how the drill went.
2. Schedule the next drill for one year later (or sooner if employees need to practice).

Encourage employees to be prepared to survive and recover at home by following the Seven Steps to Safety at www.EarthquakeCountry.org/sevensteps.

EMERGENCY SURVIVAL KITS FOR HOME AND OFFICE

According to Ready.Gov, After an emergency you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.



Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- *Water - one gallon of water per person per day for at least three days, for drinking and sanitation*
- *Food - at least a three-day supply of non-perishable food*
- *Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert*
- *Flashlight*
- *First aid kit*
- *Extra batteries*
- *Whistle to signal for help*
- *Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place*
- *Moist towelettes, garbage bags and plastic ties for personal sanitation*
- *Wrench or pliers to turn off utilities*
- *Manual can opener for food*
- *Local maps*
- *Cell phone with chargers and a backup battery*
- *Feminine supplies and personal hygiene items*
- *Complete change of clothing appropriate for your climate and sturdy shoe*
- *Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives*
- *Glasses and contact lens solution*
- *Don't forget extra masks and hand sanitizer!!!*



The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others



in their neighborhood or workplace during a disaster or emergency when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.



REGISTER TODAY!

<https://www.rivcocert.org/registration.htm>



Welcome to the newest addition to the Safety Newsletter, The Industrial Hygiene Corner! Safety's own resident hygienists Dr. James Jackson and Michael Persaud will be presenting articles covering a range of industrial hygiene topics important to County employees. If you have an IH question drop them a line at:

Dr. James Jackson: JLJACKSON@RIVCO.ORG

Or

Michael Persaud: MPERSAUD@RIVCO.ORG



James L. Jackson, CEAS-I, CIH, CIEC, MS, Ed. D.



Michael Persaud, BS, Safety Industrial Hygienist III



Frequently asked IH questions before returning to office-based work activity:

Q: My understanding is that main HVAC filters are changed out or cleaned at all County-occupied facilities (leased/owned) on a set schedule unless there are extenuating circumstances (e.g., heavy ash from a fire, mold, etc.). Is my understanding correct?

A: HVAC filters should be changed/cleaned per filter manufacturers' directions; this is usually four times/yr. (Quarterly). Yes, special circumstances may require an earlier change-out.

Q: My understanding is that the air exchange rates in County owned/leased facilities are based on ASHRAE standards. Is my understanding correct?

A: Yes, that is correct.

Q: Is there a need to change or clean HVAC filters more often during the pandemic?

A: No, the efficacy of HVAC filters is based more on MERV ratings, not shorter change-out intervals. Ironically, HVAC filters work better over the course of their service time!

Q: My understanding is there has been some discussion in the industry that increasing air exchange rates in offices due to COVID-19 might be beneficial, but if there are fewer occupants (our current situation), doing so would be unnecessary at this time. Is that correct?

A: Maybe, but keep in mind standard building HVAC systems are designed to provide and maintain comfortable indoor temperatures and not "scrub" out a room of disease-causing aerosols like the exhaust systems employed in isolation rooms. The best prevention for COVID-19 at this point still remains isolation of the ill, cleaning frequently touched surfaces, social distancing, handwashing and face masks.

Q: If yes, will the County revisit increased air exchange rates if the offices ever become fully occupied again?

A: Air exchange rates are calculated using many variables with one being maximum space occupancy. Air exchange rates are already set for maximum building occupancy.

FACE MASKS

FACE COVERINGS, MASKS & RESPIRATORS



When to Use Them to Prevent the Spread of COVID-19

California and the Centers for Disease Control and Prevention (CDC) are encouraging everyone to use cloth face coverings when around coworkers or in public to prevent the spread of COVID-19. Employers must provide face coverings for workers or reimburse them for the reasonable costs of obtaining them.



Graphic: CDC



Graphic: CDC



NIOSH
N95

	Reusable Cloth Face Covering	Disposable Surgical Mask or Procedure Mask	Disposable N95 Respirator, PAPR, Elastomeric Respirator
Respiratory protection for the wearer	✗	✗	✓
Protects people near the wearer (Use with physical/social distancing)	✓	✓	✓
Who should use it?	General public, most workers	Surgical masks are currently prioritized for source control and other specified uses in health care facilities and other workplaces.	Health care workers, first responders, others at highest risk of exposure to COVID-19

- All face coverings, surgical masks, and respirators must cover the nose and mouth.
- Wash or sanitize hands before and after using or adjusting face coverings, surgical masks, and respirators.
- Wash face coverings after each shift and discard if they no longer cover the nose and mouth, have stretched-out or damaged ties or straps, cannot properly stay on the face, or have holes or tears.
- When removing any face covering, surgical mask, or respirator, do not touch the outside.
- N95 and other tight-fitting respirators must be fit tested to select a model and size that fits the individual and provides a reliable level of protection. At this time, they are reserved primarily for health care workers, first responders, and those exposed to other hazardous particles.

TIME TO FALL BACK.....

COUNTY OF RIVERSIDE HUMAN
RESOURCES SAFETY DIVISION

Safety Newsletter



**DAYLIGHT SAVING TIME
ENDS ON
SUNDAY,
NOVEMBER 1ST @ 2AM**

END OF DAYLIGHT SAVING TIME CAN BE DANGEROUS

BY SAFETY TOOLBOX TOPICS

On November 1st, most people in the United States will turn their clocks back one hour for the end of Daylight Saving Time. Most of us think: *"Fantastic! I get another hour of sleep"*; and yes you will. However, there is a huge difference between the "society clock" and the "biological clock" we all work from. During such time changes there is statistically an increase in safety incidents.

With the end of daylight savings time comes an increase of darkness around the time of rush hour, when traffic is at a peak and many are making our way home from work. Drivers aren't used to the decreased visibility – nor are pedestrians, who might take chances crossing roads when they shouldn't.

Pedestrians walking around at dusk are nearly three times more likely to be struck and killed by cars in the days following the end of daylight saving time than just before the time change. A study of seven years of nationwide traffic fatalities was conducted at Carnegie Mellon University, calculating the risk per mile walked for pedestrians. The study found that the per-mile risk jumps 186 percent from October to November.

The National Road Safety Foundation (NRSF) has done studies proving that auto accidents increase after the clocks fall back an hour. Besides the lack of visibility, the NRSF notes that commuting in the dark can also make drivers drowsier than usual. According to some health studies, changes in waking time coupled with the earlier onset of darkness throws off our internal clocks. This increases driving risks, primarily because in our 24/7 society, we have a fundamental problem of already being sleep deprived.

The end of daylight saving time can leave many feeling fatigued, which can pose safety risks both at home and in the workplace. Some things to keep in mind when switching back to standard time are:

Fatigue -- Studies suggest that it takes people who work traditional hours several days to fully readjust their sleep schedule after the time change. While it may seem a welcome gift to get an extra hour of sleep as opposed to losing an hour in the spring, there is a physiological consequence to changing our clocks. Don't be surprised if you feel a bit sluggish during the first week or so of November.

Accidents -- Evidence suggests that time changes increase safety problems both at work and at home. Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert. Try to avoid building up a sleep debt in the days before the change.

WHOA PARTNER! DON'T FORGET... EVERY NOV 1ST

Check and replace the batteries in your smoke and carbon monoxide (CO) alarms in your home and office space



SAFETY FIRST + RIVCO HR

HALLOWEEN SAFETY

Halloween & COVID-19: Have Fun While Staying Safe

Brought to you by [healthychildren.org](https://www.healthychildren.org)

Choosing costumes, decorating pumpkins, and getting special treats brings joy to many children at Halloween. Some Halloween traditions may look different this year to keep everyone safe during the COVID-19 pandemic. However, there are still plenty of ways families can have fun while avoiding the scare of being exposed to or spreading the virus.

Most importantly, keep doing what you have been doing: avoiding large gatherings, keeping a distance of six feet from others, wearing cloth face coverings (think superhero!), and washing hands often. Some ideas for ways to keep safety steps in place while celebrating:

Virtual costume parties & parades

Use video chats for an online party with friends and family and show off costumes and play games. Have fun with it! In cold climates, this may be the first time your child can wear a costume that isn't buried under a parka! Outdoor costume parades are another option, if it is possible for everyone to stay at least 6 feet apart and wear cloth face coverings.

Remember: a costume mask is not a substitute for a cloth face covering unless it has multiple layers of breathable fabric and covers the mouth and nose snugly.

If children plan to use their cloth face coverings as part of their costumes, they should not paint them since some paints contain toxins.

Spooky movie night

Celebrate with a movie night and dress as your favorite characters. Do this as a family at home or consider letting your child watch with their friends while video chatting, with everyone starting the movie at the same time.

Decorating pumpkins

This is one Halloween tradition that's as safe and fun as ever. As always, just be careful to avoid pumpkin carving injuries. Children can draw a face with markers. Then parents can do the cutting. When the carving is done, consider putting a battery-operated light rather than an open-flame candle inside. Roast the seeds from the pumpkin for a healthy snack!

Halloween-themed treats

Make some fun Halloween treats as a family. Decorate a pizza with toppings in the shape of a jack-o'-lantern, for example, or make tangerine pumpkins (peel the tangerine and stick a thin slice of celery on top to look like a stem). Make sure the treats are not choking hazards if you have children under age 3.

CREATE HALLOWEEN MAGIC AT HOME

- Use video chat to show off costumes or host an outdoor costume parade (but stay 6 feet apart & wear cloth face coverings).
- Have a spooky movie night in costumes.



Halloween & COVID-19: Have Fun While Staying Safe

Brought to you by healthychildren.org

Outdoor community events

Look for community events focused on safe ways to have fun. These may include programs offered by a park district, arboretum, zoo or other outdoor venues in your area. Stay away from crowds and clustering, and follow safe distance rules even when outdoors.

Avoid indoor events such as haunted houses. A local haunted forest or corn maze may be a better option, as long as cloth face covering use, physical distancing and one-way walk through is enforced. If you think there may be screaming, leave extra distance to lower the risk of spreading respiratory virus. If you go to a pumpkin patch or apple orchard, also use hand sanitizer before and after touching what you pick.

If your children will be outside, mark their costumes with reflective tape. Remind them to be careful around cars, as drivers may not see them. Make sure shoes fit well and costumes are short enough to prevent tripping or contact with flames.

If there is trick-or-treating in your community...

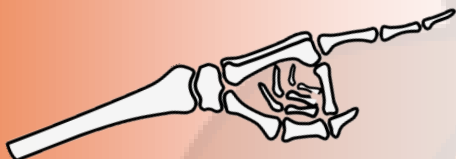
Trick-or-treating may be discouraged or cancelled in some areas this year. A family scavenger hunt for treats in your home or yard can be a fun alternative. If trick-or-treating is still on in your neighborhood, avoid large groups or clustering at doorsteps or anywhere else. If you hand out treats, consider sitting outside and lining up individually prepacked treat bags for families to take (don't forget to wear your own mask!). Non-edible treats are a good option, especially for children who suffer from food allergies.

How much touching objects spreads the COVID-19 virus isn't clear. But if your child collects treats from a few, socially distanced neighbors, you may want to wipe the packages or let them sit for a couple days before giving them to your child. And, of course, good hand hygiene like washing hands or using hand sanitizer before and after trick-or-treating is always a good idea!

Remember

Halloween during the COVID-19 pandemic is a chance for you and your children to get creative, and maybe even invent some new traditions for your family! It's also a great opportunity to model flexibility and a positive spirit. If you're excited and make it fun, your kids will have fun, too.

More importantly, this is a good time to teach children the importance of protecting not just themselves but others, as well. The decisions we make on this one day can have a ripple effect beyond our own families. Finding safe ways to celebrate can create magical memories.



WHAT ABOUT TRICK-OR-TREATING?

- **Look for outdoor events.**
But avoid crowds, wear masks, & keep safe distances.
- Give out individual treat bags & if your child collects treats, wipe them down or let them sit a couple of days before opening.
- **Use cloth face coverings as part of a costume** (think Superhero)! Do **not** paint them, though. Paints may contain toxins.
- **And wash hands frequently!**