



HEARING PROTECTION

CAUTION



HEARING
PROTECTION
REQUIRED
IN THIS
AREA

SAFETY FIRST  RIVCO HR

Noise is unwanted sound that can affect job performance, safety, and your health. Psychological effects of noise include annoyance and disruption of concentration. Physical effects include loss of hearing, pain, nausea, and interference with communications when the exposure is severe.

Noise levels are measured in decibels (dBA). Normal conversation ranges between 60-65 dBAs. Decibels are measured on a scale like the one for earthquakes. So as the decibels increase only slightly, the noise increases dramatically. Seventy-three decibels is twice as loud as seventy. OSHA has standards that say how long you can be exposed to a particular noise level, before hearing protection is required.

| <u>Allowed to be unprotected</u> | <u>At this noise level</u> |
|----------------------------------|----------------------------|
| Up to 8 hours | 90 dBA |
| Up to 4 hours | 95 dBA |
| Up to 1 hour | 105 dBA |

Hearing protection is essential when noise exposures can't be controlled at their source or sufficient distance cannot be achieved between you and the source. Both earplugs and earmuffs provide a physical barrier that reduces inner ear noise levels and prevent hearing loss from occurring. However, people often resist wearing these or use them incorrectly.

Employees resist wearing hearing protection more than any other type of personal protective equipment. One reason is, they don't think they really need it. But hearing loss occurs so gradually (even in intense exposures) that by the time you notice it, irreversible damage has already occurred. Another reason for not wearing hearing protection is that it can feel uncomfortable. Sometimes workers "spring" the muffs so they don't seal properly against the head or snip off the inner portion of ear plugs leaving only the outer end to fool their supervisor. If you feel the need to do this, see your supervisor about obtaining a different type or style that fits you correctly and comfortably.

Slight initial discomfort may be expected when a good seal between the surface of the skin and the surface of the ear protector is made. The amount of protection you obtain depends on obtaining a good seal and even a small leak can substantially reduce the effectiveness of the protector. Remember to check the seal several times each day. Protectors - especially ear plugs - have a tendency to work loose as a result of talking or chewing, and must be resealed occasionally.

Get Ready to ShakeOut.

October 15, 2020 [Register Now at www.ShakeOut.org](http://www.ShakeOut.org)

Shake
Out

HEARING PROTECTION

COUNTY OF RIVERSIDE HUMAN
RESOURCES SAFETY DIVISION

Safety Newsletter

Properly designed, fitted, and clean ear protectors will cause no more discomfort to most workers than wearing a pair of safety glasses. Earplugs are made of soft material such as neoprene to prevent injury to the ear canal. Skin irritations, injured eardrums, or other adverse reactions from using earplugs are very rare if they are kept reasonably clean.

Some signs that you should be wearing hearing protection include:

- *If you have to raise your voice for someone 3 feet away to hear you, the site is too noisy, and you need hearing protection. You need hearing protection also if you're operating on or near noisy equipment.*
- *If you have roaring or ringing noises in your ears at the end of the workday, you are probably being exposed to too much noise.*
- *If speech or music sounds muffled to you after you leave work, but it sounds fairly clear in the morning when you return to work, you are being exposed to noise levels that are causing a temporary hearing loss. In time, this can become permanent if you do not take care.*



NOISE LEVELS BY DECIBELS

| | |
|---|-----------|
| Pneumatic Precision Drill | 119 |
| Hammer Drill | 114 |
| Chain Saw | 110 |
| Spray Painter | 105 |
| Hand Drill | 98 |
| NIOSH Recommended Exposure Limit | 85 |
| Normal Conversation | 60 |
| Whisper | 30 |



Sources: NIOSH Noise Meter http://www.cdc.gov/niosh/topics/noise/noisemeter_html/hp98.html
NIOSH Power Tools Data Base <http://www.niosh.gov/niosh-sound-vibration/>



Shake Out

The Great California ShakeOut

Annual Statewide Earthquake Drill

Local Government

At 10:15 a.m. on October 15, 2020, millions of Californians will “Drop, Cover, and Hold On” in The Great California ShakeOut, the state’s largest earthquake drill ever! All local governments and their agencies are encouraged to participate in the drill (or plan a more extensive exercise).

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and your community.

Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.



Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great California ShakeOut is held on the third Thursday of October each year.

Everyone can participate! Individuals, families, businesses, schools, colleges, government agencies and organizations are all invited to register.

Register today at ShakeOut.org/california

HOW TO PARTICIPATE

Here are a few suggestions for what local governments and agencies can do to participate in the ShakeOut. More information is at ShakeOut.org/california/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/california/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/california/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:15 a.m. on October 15. You may also want to coordinate an exercise of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Learn about CISN software at www.cisn.org
- Inspect your facilities for items that might fall and cause injury, and secure them.
- Encourage employees to prepare at home.
- Provide first aid and response training for employees.

Share the ShakeOut:

- Encourage employees to ask their friends, families, and neighbors to register.
- Agencies with outreach roles can include ShakeOut messaging in their routine activities.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/california/resources.
- Share photos and stories of your drill at Shakeout.org/california/share.



As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Receive ShakeOut news and other earthquake information
- Be counted in the largest earthquake drill ever
- Set an example that motivates others to participate

© 2020





**James L. Jackson, CEAS-I, CIH, CIEC, MS, Ed. D.
Certified Industrial Hygienist
Certified Indoor Environmental Consultant**



Dr. James Jackson serves as lead Industrial Hygienist. He holds a Bachelor of Science (BS) in Health Science and a Master of Science (MS) in Health Services Administration from California State University, San Bernardino and a Doctorate (Ed. D.) in Education with a Health Emphasis from the University of La Verne. Dr. Jackson is a certified Industrial Hygienist (CIH) with the American Board of Industrial Hygiene, a Certified Indoor Environmental Consultant (CIEC) as well as a Certified Ergonomics Assessment Specialist (CEAS I). In addition to Industrial Hygiene, Dr. Jackson instructs a variety of awareness courses including, but not limited to Blood-borne pathogens, Aerosol Transmissible Diseases (Including COVID-19), Infectious Diseases, The Fundamentals of Industrial Hygiene and Train-The-Trainer respirator fit testing. Dr. Jackson began with the County of Riverside in 2005 with the Department of Public Health conducting asbestos, lead and community Industrial Hygiene work throughout Riverside County. Additionally, he has over 20 years of experience as an associate faculty with Riverside and Mt. San Jacinto Community College Districts. For more information on Industrial Hygiene: GO TO- <http://www.abih.org/what-is-a-cih-video>



**Michael Persaud
Safety Industrial Hygienist III**

Michael Persaud is a Safety Team member that has been with the County of Riverside for almost 14 years. As an Industrial Hygienist, he brings to the workplace a wide variety of knowledge and experience in the identification, study and control of environmental health hazards that arise out of or during the course of employment. His duties include investigating, evaluating and documenting those environmental factors (chemical, biological, physical and ergonomic) that can negatively influence employee health. Responding to workplace concerns in a friendly but scientific approach is only a small part of the job. Michael is integral in suggesting and providing solutions that would serve to appropriately correct any discovered conditions.

Although Michael was born in South America and emigrated to the United States when he was 7 years old, he considers himself a Brooklyn NY native. Growing up in New York City gave such a worldly perspective that Michael joined the Navy after high school in order to travel the world and serve this amazing country. After completing a 6-year term in Naval Aviation, Michael stayed in California to complete his Bachelor of Science degree from San Diego State University.

Michael has enjoyed his 30-year journey of being an Industrial Hygienist because it blends scientific knowledge with interaction with people in their professional environment. Industrial Hygiene is an ever-evolving scientific experiment where the rewards always seem to make jobs safer, healthier and better. It is both fascinating and a privilege to review the various ways people go about their livelihood and try to help them reach the goal of being able to look back and say they have had a safe and healthy journey.

TAKE 3 ACTIONS TO

FIGHT FLU



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!



A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



WWW.CDC.GOV/FLU

#FIGHT FLU



AGGRESSIVE DRIVING

COUNTY OF RIVERSIDE HUMAN
RESOURCES SAFETY DIVISION

Safety Newsletter



Driving regularly on Southern California freeways and highways can be challenging, frustrating and time consuming for even the most skilled, patient and safe drivers. Each year, we encounter increased highway traffic congestion, increased interaction with heavy trucks, longer commute times and last, but not least, increased exposure to aggressive, unsafe drivers who drive distracted, as if they are the only ones on the road or as if they don't care about anyone else but themselves. The downside is that repeated exposure to these driving environment factors can turn even the most skilled, patient and safe drivers into aggressive, unsafe drivers themselves.

A recent study by the AAA Foundation for Traffic Safety (AAAFTS) found that nearly 80 percent of drivers expressed significant anger, aggression or road rage behind the wheel at least once in the previous year. So, the question you must now ask yourself is "have you become an aggressive, and possibly unsafe, driver?"

To answer that question, we must first understand what the definition of aggressive driving is and/or behavioral characteristics of an aggressive driver are. The National Highway Transportation Safety Administration (NHTSA) defines aggressive driving as occurring when "an individual commits a combination of moving traffic offenses so as to endanger other persons or property." According to the AAA Foundation for Traffic Safety (AAAFTS), any unsafe driving behavior, performed deliberately and with ill intention or disregard for safety, can constitute aggressive driving.



Examples of aggressive driving behaviors include:

- *Speeding, particularly in heavy traffic, or racing*
- *Driving in excess of the posted speed limit or too fast for current highway environment conditions*
- *Tailgating or improper following*
- *Improper or erratic lane changing or turning without signaling*
- *Failure to obey traffic signs, traffic control devices including signals, traffic officer directions and failure to observe safety zone traffic laws*
- *Weaving in and out of traffic including driving on road shoulders, medians, sidewalks or in ditches and passing where prohibited*
- *Blocking or failing to yield right of way to vehicles attempting to pass you or change lanes in front of you*
- *Operating the vehicle in an erratic, reckless, careless or negligent manner or suddenly and deliberately changing speeds to impede the speed or travel direction of other vehicles*
- *Using headlights, brakes or horns to "punish" other drivers*

In a survey conducted by the AAAFTS, almost 9 of 10 respondents acknowledged that they believe aggressive drivers were a “somewhat” or “very serious” threat to their personal safety. Many of those same respondents also admitted to having engaged in at least one of the aggressive driving behaviors listed above. A separate study conducted by the AAAFTS found that potentially aggressive driving actions – such as tailgating, erratic lane changing, or illegal passing – are a factor in up to 56% of fatal crashes.

Extreme cases of aggressive driving can escalate to road rage. Examples of road rage are:

- *Cursing and making rude or obscene hand gestures to other drivers*
- *Honking to show annoyance or anger at other drivers*
- *Throwing objects at other vehicles*
- *Deliberately ramming or sideswiping other vehicles*
- *Deliberately forcing another driver’s vehicle off the road*
- *Following and physically confronting other drivers*

So, what can you do to prevent yourself from becoming an aggressive driver or, if you believe you have already crossed that line, how do you restore your good and safe driving skills and habits? Here are some tips:



Rage & Aggression on the road

Nearly **80%** of drivers expressed significant anger, aggression or road rage behind the wheel at least once in the past year.

8 million drivers engaged in extreme road rage, including purposely ramming another vehicle or getting out of the car to confront another driver.

TIPS TO AVOID ROAD RAGE

- 1 DON'T OFFEND**
- 2 BE TOLERANT & FORGIVING**
- 3 DON'T RESPOND**

AAA.com/PreventRoadRage

1. Manage your behavior and responses:

When you see other drivers doing things that are illegal, inconsiderate or incomprehensible, don't take or respond to those behaviors personally. Just continue to follow the rules of the road and be calm and courteous when behind the wheel. Most drivers aren't thinking about their impact on you or anyone else; they are just rushed, distracted or upset:

- *Maintain adequate, safe following distance*
- *Use turn signals to indicate your intentions; don't intentionally cut other vehicles off when passing or changing lanes; don't deliberately impede their speed or travel direction*
- *Don't block other vehicles from passing, merging or changing lanes in front of you*
- *Use your high beams, brake lights and horns responsibly and only when necessary*
- *Avoid use of hand gestures which send negative messages and ignore such hand gestures directed at you*
- *In parking lots, park in one parking space only: leave adequate space between your vehicle and adjacent parked vehicles to avoid crowding; avoid door dinging adjacent vehicles*

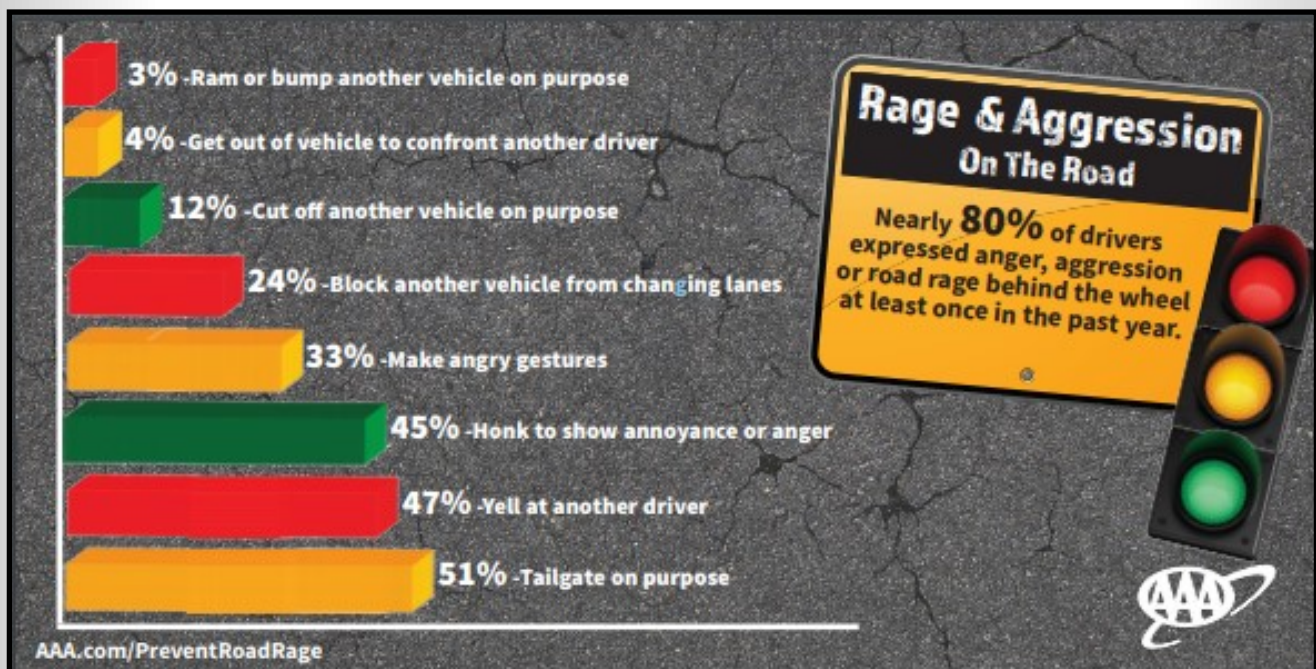
2. Dealing with confrontation:

- *Don't respond to aggression with aggression – it could ultimately cost you your life*
- *Avoid eye contact with angry drivers*
- *Allow and even take actions to facilitate the aggressive driver being able to move on past you, creating separation and a safety cushion of space between them and you*
- *If you feel you are at risk, drive to a public place (police station, fire station, hospital, etc.), then honk your horn to draw attention or help to your vehicle, then call 911*
- *Park so you can pull out quickly and safely if someone approaches you aggressively on foot or in a vehicle*
- *If threatened, use your horn to attract attention or help and/or call 911, but remain in your locked vehicle with the windows up*
- *If confronted, stay as calm and courteous as possible; decisions made in a panic are often poor ones*



3. Always remember:

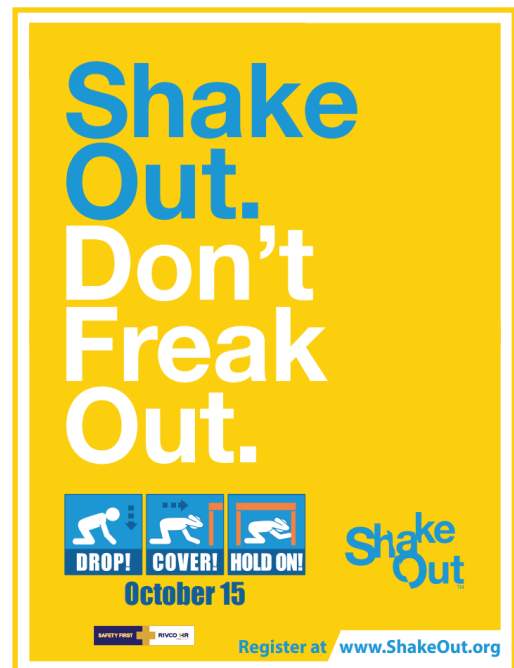
- *Don't be the offender – never deliberately initiate any interaction with another driver or vehicle that could trigger them to respond in a negative and aggressive manner*
- *Be tolerant and forgiving – assume the other driver's actions aren't personal toward you and they are just having a bad day*





SAFETY POSTERS ON PAGES

10 & 11



CAUTION



**HEARING
PROTECTION
REQUIRED
IN THIS
AREA**



Shake Out. Don't Freak Out.



October 15

**Shake
Out™**

SAFETY FIRST

RIVCO HR
why.com

Register at www.ShakeOut.org