



Safety Newsletter

JULY 2021

INDOOR AIR QUALITY



You look to your home or car as your sanctuary. It's safe and inviting. But what about the air in your home? Can it be dangerous? Indoor Air Quality or IAQ isn't something that most homeowners or renters think about. But recent studies prove that indoor air pollution can lead to drowsiness, discomfort, and even serious illness.

According to a [Berkeley Lab study](#), "...the aggregate health consequences of poor indoor air quality...are as significant as those from all traffic accidents or infectious diseases in the United States."

We want to help you learn the truth about IAQ and the contaminants in the indoor air you breathe every day. And how to control them. Breathing fresh, clean, and pure air helps your family live happier and healthier.

So let's find out more...

The movement toward air tight homes started with the energy crisis of the 1970s. The cost of oil was so high that energy efficiency became a top priority in new building and design. The home construction industry responded with better insulation, roofing, and more efficient HVAC systems. And now, with today's global concern with climate change, energy efficiency is an even greater priority.

The result is less fresh air flowing through homes, making the air quality more toxic. You can reduce your risk of breathing unhealthy air in your home by understanding and controlling dangerous pollutants.

Here's more about common indoor air pollutants and IAQ, some which may surprise you.

If you suffer from sneezing, watery eyes, or coughing you may be allergic to the air in your own home. Other symptoms include shortness of breath, dizziness, lethargy, fever, and digestive problems.

More serious diseases transmitted by air are tuberculosis, measles, staphylococcus infections, and Legionella. So let's take a look at some of the biological contaminants, or germs, in your home or office.



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MOLD

Indoor molds can cause health problems because they produce allergens and irritants. If you inhale or touch mold or mold spores, you may get reactions such as sneezing, runny nose, red eyes, and a skin rash. If you're an asthma sufferer, molds can also cause asthma attacks.



Mold is a fungus that grows as a multicellular filament called hyphae. Hyphae cause biodegradation of natural materials such as food, paper, or wood. Mold needs water to grow, so the major source for mold in your house is in places where moisture is allowed to accumulate. Or from moisture in the air.

The best way to eliminate mold in your home is to control moisture. Fix the sources of surface water problems such as leaks from indoor pipes, seepage in places such as the cellar or attic, and condensation from your air conditioner.

Control the moisture in the air by keeping a comfortable indoor humidity of 30-60%. To do this, vent bathrooms, dryers, and other sources of water and steam from within your home. Air conditioners and dehumidifiers are also a great way to dry the air. Use exhaust fans when you're cooking or cleaning and increase the ventilation throughout your home when you can. All of these tips will help improve the IAQ in your home. Molds can grow on wood, paper, carpet, and food...so wherever you find moisture, dry it up and do everything you can to prevent condensation.



DUST

Indoor dust can include tiny bits of organic matter such as plants, skin, soil, insects, food, fibers, and animal matter (see Pet Dander below). It can also be parts of your carpet or furniture as they slowly deteriorate.

It's estimated that one-third of the dust in your home comes from indoor inorganic sources like carpet fibers. Two-thirds comes from both soil tracked in and outdoor air particles.

One of the most powerful biological allergens in the house is caused by dust mites, according to the U. S. Environmental Protection Agency (EPA). It's not the dust mites themselves that cause problems, it's the mite feces that can cause an allergic person to suffer asthma or nasal allergy symptoms.

Pet dander and pollen are the other two organic sources of dust that cause some people allergic reactions. See below for more on IAQ.



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PET DANDER

Manufacturers of shampoos, lotions, cosmetics, and deodorants use phenol to preserve their products. Phenols are also found in plastic materials such as water bottles and in household cleaning products. They can cause reproductive system toxicity and hormone disruption.

FLUORINATED CHEMICALS

There's a good chance that you are a happy pet owner who loves your animal and couldn't imagine life without them. In fact, according to the American Society for the Prevention of Cruelty to Animals (ASPCA) it's estimated that there are 70-80 million dogs and 74-96 million cats owned in the U. S. 37-47% of all households have a dog and 30-37% have a cat.

All of those pets produce allergens from their skin, saliva, urine, and feces. Cats cause allergies because of the Fel d 1 protein produced by their skin, saliva, and sebaceous glands. In dogs, it's the Can f 1 and Can f 2 protein that trigger allergic reactions. These microscopic pet allergens remain suspended in the air for long periods of time and they easily stick to furniture, bedding, and fabrics reducing IAQ. For many people, animal allergens may cause them to experience congestion, sneezing, runny nose, wheezing, and tightness in the chest. Each individual is different, but controlling pet dander is a big solution for controlling IAQ.

POLLEN IN THE HOUSE

Pollens originate from plants. They get inside your home through open doors and windows or tracked and carried in on clothing. Many pollens are allergens that contribute to allergic disease and asthma. Even though these large size pollen grains quickly settle, they can return to the air when disturbed creating unhealthy IAQ.

Scientists believe that climate change and resultant warmer temperatures will cause pollen season to start earlier in the year. According to the Berkeley Lab, "Between 1995 and 2013, the ragweed pollen season increased in 10 or 11 central U. S. and Canadian cities by 1-27 days per year..." And higher temperatures and higher carbon dioxide levels are linked to increased plant biomass, which could potentially cause them to create even more pollen.

CONTROLLING MOLD, DUST, DANDER, AND POLLEN IN YOUR HOME

The keys to controlling these biological contaminants and IAQ are cleanliness, adequate ventilation, and moisture control. Maintenance of heating and air conditioning systems helps along with pest management to control insect and animal allergens. Air conditioning, vacuuming with a heavy duty HEPA filter, and a quality air purifier are all effective in controlling the organic dust, pollen, mold, and pet dander that accumulates in your indoor air.



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2021-2022 COUNTY OF RIVERSIDE VEHICLE INSURANCE CARD

Vehicle Code section 16028(a) VC is the California statute that requires motorists to carry proof of financial responsibility when driving their vehicles. There is no exemption for government vehicles. Proof of financial responsibility is the legal term for proof of automobile insurance. A party must provide this documentation to law enforcement when requested to do so.

16028(a) VC states that "upon the demand of a peace officer...every person who drives a motor vehicle upon a highway shall provide evidence of financial responsibility for the vehicle that is in effect at the time the demand is made."

The certificate below is provided by HR Risk Management every July 1st for use by County employees.

**CUT OUT THE INSURANCE CARD BELOW AND PLACE INTO
THE GLOVE COMPARTMENT OF YOUR COUNTY ASSIGNED
VEHICLE**



CALIFORNIA INSURANCE IDENTIFICATION CARD			THIS CARD MUST BE KEPT IN THE INSURED VEHICLE AND PRESENTED UPON DEMAND		
COMPANY PRISM (Public Risk Innovation, Solutions and Management)			IN CASE OF ACCIDENT:		
POLICY NUMBER(S) PRISM 21 GL2-06	EFFECTIVE DATE 7/1/2021	EXPIRATION DATE 7/1/2022	Report all accidents to your Claims Administrator as soon as Possible. Obtain the following information:		
YEAR	MAKE/MODEL	VEHICLE IDENTIFICATION NUMBER	1. Do not admit responsibility.		
Any Vehicle Owned by the County of Riverside			2. Obtain name and address of each driver, Passenger and witness.		
AGENCY/COMPANY ISSUING CARD Riverside County Risk Management P.O. Box 1210 Riverside, CA 92502			3. Obtain name of Insurance Company and policy number for each vehicle involved.		
Coverage Subject to Self Insured Retention			Claims Administration Contact Info: Riverside County P.O. Box 1210 Riverside, CA 92502 951-955-3540		
INSURED: Riverside County					



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COMBUSTION CAUSED INDOOR AIR POLLUTION

Many of us enjoy snuggling up to a warm fire during the colder months of the year. But what about the smoke that gets into the air? Does it affect our lungs? Is it healthy to breath in fireplace smoke?

Wood smoke is a mixture of gases and fine particles called particle pollution or particulate matter (PM). These particles can cause burning eyes, runny nose, and illnesses such as bronchitis. Fireplace smoke also contains several toxic air pollutants. These include: benzene, formaldehyde, acrolein, and polycyclic aromatic hydrocarbons (PAHs).

Some people are more susceptible to the risk of wood smoke, especially if they are older and/or have heart or lung disease. Risks are greater for children, too, because their respiratory systems are still developing. They also breathe more air per pound of body weight than adults. Therefore, they are likely to take in more of the toxic smoke from your fireplace.

You can reduce the effects of fireplace and woodstove smoke in your home by burning clean, seasoned firewood. Also, get a modern fireplace insert to maximize burning efficiency and turn on your air purifier while burning.



COOKING FUMES

Indoor air scientists are performing cutting edge research into cooking and its impact on air quality. At the Berkeley Lab in California, they're finding hazardous levels of nitrogen dioxide and carbon monoxide in many of the homes they've studied.

In fact, indoor air pollution from using gas burners was so bad that many of the residences they observe exceeded *outdoor* air quality standards for several pollutants. Lab scientist Brett Singer put it this way, "If these

conditions were outdoors the EPA would be cracking down. But since it's in people's homes, there's no regulation requiring anyone to fix it. Reducing people's exposure to pollutants from gas stoves should be a public health priority."

So because you cook indoors, you may be exposed to nitrogen dioxide and formaldehyde that exceeds federal *outdoor* standards. And you may be exposed to carbon monoxide that exceed national ambient air standards. Keeping your indoor air clean of cooking fumes and particles should be a priority for every household.

Cooking hoods and air purification are two important solutions. Air conditioners help but quality air purifiers along with certified cooking hoods are the best ways to keep your indoor air fresh, clean, and pure while cooking.



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VOC (VOLATILE ORGANIC COMPOUNDS)

VOCs are gasses emitted from solids or liquids. For example, most of the scents or odors you smell in your home are of VOCs. They can originate from household products, fuels, or building materials, all prevalent in the typical household. In fact, according to the Environmental Protection Agency (EPA), levels of VOCs of all kinds are up to 10 times higher indoors than outdoors.

The adverse health effects of VOCs indoors are eye, nose and throat irritation. Also headaches, loss of coordination, and nausea. Even damage to the liver, kidney, and central nervous system. Some VOCs are suspected carcinogens, causing cancer in humans.

The EPA lists everyday items that are sources of VOCs. You'll find these in most homes.

HOUSEHOLD PRODUCTS THAT EMIT VOCS

- Paints, paint strippers and solvents
- Wood preservatives
- Aerosol sprays
- Cleaners and disinfectants
- Moth repellents and air fresheners
- Stored fuels and automotive products
- Hobby supplies
- Dry-cleaned clothing
- Pesticides

OTHER PRODUCTS THAT EMIT VOCS

- Building materials and furnishings
- Office equipment such as copiers and printers
- Graphics and craft materials including glues and adhesives, permanent markers, photographic solutions

VOCs include a variety of chemicals such as benzene, methylene chloride, formaldehyde, ammonia, and toluene. Though there are no federally enforceable standards set for VOCs in residential or non-industrial settings, you can take precautions against over-exposure.

Use products such as paint strippers, adhesive removers, and aerosol spray paints outside or in well ventilated areas indoors. When painting indoors, maximum ventilation is important. When you're finished, get rid of unused paint supplies immediately. Also, discard unused auto fuels in the basement or attached garage.

VOCs are a part of life at home, so the best defense against dangerous emissions is good ventilation and quality air purification systems or purifiers.



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INDUSTRIAL HYGIENE CORNER



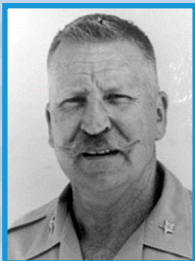
Have you ever heard or said this? Well, the truth is there is no such thing as gasoline fumes. Fumes are the product of solids, not liquids. The definition of a fume is: *An airborne particulate formed by the evaporation of solid material.* Fumes can range in size from .001-1.0 micrograms.

In an occupational setting, fumes are mostly produced from hot processes such as burning, welding, metalizing, grinding, soldering, etc. Smoke, which is the product of the incomplete combustion of organic material such as coal, oil or wood, depending on the size can also be categorized as a fume.

material such as coal, oil or wood, depending on the size can also be categorized as a fume.

Health effects-Since fumes originate from a multitude of products, their health effects vary greatly. Prolonged exposure to welding fumes for example may cause lung damage and various types of cancer (e.g. lung, urinary tract, larynx, etc.). However, fumes from the hot processes of road and roofing asphalt may cause eye irritation, skin cancer and fatigue just to name a few. So, next time you hear the phrase "gas fumes", you know differently.

Did you know Riverside County was home to ten recipients of the Congressional Medal of Honor?



Captain Lewis Lee "Red" Millett
Korean War

2nd Lt. Audie L. Murphy
World War II



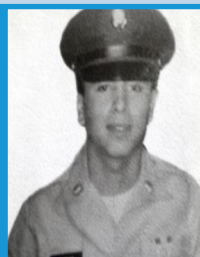
The Most Decorated Soldier of WWII



Spec4 George A. Ingalls
Vietnam



Private First Class Salvador J. Lara
World War II



Specialist Fourth Class Jesus S. Duran
Vietnam War



Captain William L. McGonagle
USS Liberty Incident



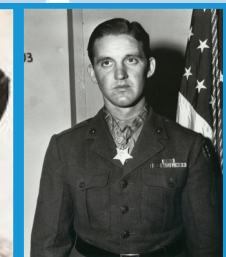
Col. Cornelius C. Smith
Battle at White River



Col. Mitchell Paige
World War II



SSG Ysmel R. Villegas
World War II



HA1C Robert E. Bush
World War II



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GET TO KNOW THE SAFETY FORMS HAZARD REPORTING FORM & GEN 30

County Safety Division Form 401 The Hazard Reporting Form

Have you ever noticed an unsafe condition around the office or with County owned equipment and didn't know what to do? The HR Safety Division has a mechanism to report hazardous conditions in the workplace.

Normally located where required labor posters are posted, Form 401 or the Hazard Reporting Form is an easy way to identify and notify your department management of a potential safety hazard. The process is easy! Fill out the form and give it to your supervisor, then email it to the HR Safety Division at SafetyDivision@rivco.org.

Of course you can always report hazardous or life safety issues anonymously at the Safety Office Hotline (951) 955-5868.

HAZARD REPORTING FORM
(Attach additional pages as needed)

DATE: _____

TO: _____ DEPARTMENT _____

TO: Human Resources Safety Division Mail Stop 2170

FROM: _____ DEPARTMENT _____

To report a hazard anonymously, please call the Safety Office Hotline at (951) 955-5868

Please indicate type of hazardous circumstances: Hazardous Condition
 Hazardous Act (Procedure or Practice)

Location: _____

Description of unsafe condition or act:

Employee's Suggestion for Improving Safety: _____

SUPERVISOR'S RESPONSE - WITHIN 5 WORK DAYS

I agree this is a hazard

Date Corrected: _____
Estimated Date of Correction: _____
Action Taken: _____

I do not agree that this is a hazard

Reason: _____

Employees are advised that use of this form or other reports of unsafe conditions or practices are protected by law. The employer is prohibited from taking any action against an employee in reprisal for exercising rights to participate in the reporting of hazards. The employer will investigate all hazard reports as required by the Injury and Illness Prevention Program Standard (TSCCR & 3203) and advise the person who reported it of the employer's response. If the report was made anonymously, the employer will advise employees of the area affected.

EMPLOYEE: Complete Hazard Reporting Form and send copy of form to your immediate supervisor. Provide a copy to Department Safety Representative/Coordinator and County Safety Division.

SUPERVISOR: Send a copy of the Hazard Reporting Form Response to employee, Safety Representative/Coordinator and County Safety Division. Keep original copy for review by Department Head and required record-keeping.

SOP Form No. 401 (05/13)

County of Riverside General Form 30 Authorization to Drive Riverside County Vehicle or Private Vehicle for County Business

**AUTHORIZATION TO DRIVE RIVERSIDE COUNTY VEHICLE
OR PRIVATE VEHICLE FOR COUNTY BUSINESS**

Name (Last)	(First)	(Middle)	Home Address (Street)	(City)	(Zip Code)
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Driver's License #	State	Class	Expiration Date	County Employee # (if available)	Date of Birth
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Dept. & Division _____ Telephone # _____ Job Title _____ License Restrictions _____ Are you required to wear corrective lenses or contacts? (If none, write no)

Have you been issued any tickets for moving violations within the past three (3) years? Yes No
If yes, please explain _____

Have you had any vehicular accidents, regardless of fault, over the past three (3) years? Yes No
If yes, please explain _____

I hereby declare that I will:

- a. Report immediately to my supervisor, manager or department head, all incidents or accidents involving a County of Riverside vehicle or my private vehicle that occurs during the course and scope of my employment. (BOS Policy D1, 6) I also agree to complete a Confidential Report Form 942.6 available from the County of Riverside Safety Office Intranet Site, and also available on the County of Riverside Workforce Exchange website: <http://www.rivco.org/employees>
- b. Inform my supervisor, manager or department head immediately if my license is amended, expired, suspended or revoked. (BOS Policy D1, 6c)
- c. Maintain the minimum vehicle liability insurance as required by the State of California for my private vehicle used during the course and scope of my employment; if my private vehicle is registered/licensed out of the State of California, I will obtain insurance equal to or greater than the minimum vehicle liability insurance required by the State of California for any private vehicle used while in the course and scope of County business. (BOS Policy D1, 6b)
- d. Maintain routine general maintenance on vehicle and operate my private vehicle in a safe operating condition. (Safety Manual Document 4001, III Vehicle Safety Guidelines)
- e. Operate a County owned vehicle in a manner that is safe and in accordance with the California Vehicle Code and the County director/policemen. Said policies are: Automobile Policy and Regulations, Salary Ordinance 440 & Safety Manual Document 4001.

I understand that failure to do any of the above may result in disciplinary action.
I acknowledge that my personal insurance is primary when using my private vehicle on County business; that I am responsible for all deductible(s) of my personal insurance. (BOS Policy D-1, 6b)
I hereby acknowledge the County may from time to time request and/or review my Department of Motor Vehicles driving record and I hereby authorize release of said information.

Signature of Employee _____ Date _____

_____ I hereby authorize the above named individual to drive a County or private vehicle in accordance with the California drivers license class for which the individual is licensed. I also acknowledge that I have verified that the employees' personal vehicle is insured in compliance with requirements of the State of California. (D, 6b)

Signature _____ Date _____
Department Head / Designer

_____ I hereby cancel this authorization effective:

Signature _____ Date _____
Department Head / Designer

General Form 30 (Rev 4/10/13) Distribution - Original to Safety Office, Mail Stop # 2170 "Attach copy of current Driver's License" Copy to Department Copy to Employee

County Safety Manual Document 4001 states in Section 1- General Instructions for Authorization to Drive, Subsection A(1)

"A. Each employee must have an Agency/Department/District written authorization to drive a County vehicle or other vehicle on County business.

1. The employee must complete General Form #30, Authorization to Drive A Riverside County Vehicle or Private Car for County Business.

The process is easy, just complete the form and make a photocopy of your current and valid driver's license. Then give it to your supervisor or email it directly to the HR Safety Division at-

SafetyDivision@rivco.org



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JULY 4TH SINCE 1776

INDEPENDENCE DAY

INTERESTING FACTS ABOUT OUR NATION'S BIRTHDAY



In July 1776, the estimated number of people living in the newly independent nation was 2.5 million.

Source: Historical Statistics of the United States: Colonial Times to 1970

The nation's estimated population on July 4, 2013 is 316.2 million.

Source: U.S. and World Population Clock

July 2, 1776

The Fourth of July commemorates the adoption of the Declaration of Independence. It was initially adopted by Congress on July 2, 1776, but was revised and the final version was adopted two days later. America's second president John Adams believed that July 2nd should have been celebrated as Independence Day instead of July 4th.



July 4, 1777

Philadelphia celebrated the first anniversary with an official dinner for the Continental Congress. Ships in Boston, Baltimore, Savannah, Charleston, Norfolk and New York City harbors were decked with red, white, and blue bunting.



July 4, 1801

The first official Fourth of July party was held at the White House.



July 4, 1826

John Adams, the second president, and Thomas Jefferson, the third president both signatories of the Declaration of Independence 50 years prior, died hours apart on July 4, 1826.





July 4, 1870

It took nearly 100 years for Congress to make the Fourth of July an official holiday.



DID YOU KNOW?

 Denmark began throwing a Fourth of July bash in 1912 after thousands of Danes emigrated to the United States, to this day it is still celebrated in Denmark.

 In 1998, Congress passed a bill declaring the 21 days between Flag Day and Independence Day as "Honor America Days."

The Declaration of Independence BY THE NUMBERS

56 Number of signers to the Declaration of Independence.

70 Benjamin Franklin (age 70) was the oldest of the signers.

26 Edward Rutledge (age 26) was the youngest.

1 John Hancock, President of the Second Continental Congress, was the first signer.

Sources: U.S. News & World Reports, The History Channel, United States Census Bureau, Live Science and FlagandBanner.com resources.

4TH OF JULY SAFETY TIPS

FIREWORKS, BBQs, and TAKING CARE of PETS



We all know that fireworks (even safe and sane fireworks) are illegal to possess in Riverside County. But as a reminder to County employees who live in areas that allow fireworks, or in case you happen to encounter a live firework, here are some helpful tips to avoid injury and have a safe 4th of July.

According to Susan Merrill at AllProDad.com, here are "10 Fireworks Safety Tips" to observe:

1. Fireworks packaged in brown paper are made for professional displays – avoid buying.
2. Always have an adult supervise fireworks activities, especially with sparklers.
3. Back up to a safe distance immediately after lighting fireworks.
4. Never point or throw fireworks at another person.
5. Keep a bucket of water or a garden hose handy in case of fire and to douse used fireworks before discarding in trash.
6. Never allow young children to play or ignite fireworks.
7. Never carry fireworks in a pocket or shoot them off in metal or glass containers.
8. Never try to re-light or pickup fireworks that have not ignited fully.
9. Never place a part of your body directly over a firework device when lighting.
10. Make sure fireworks are legal in your area before buying or using them.



Did you know that on average, 10,200 home fires are started by grills throughout the US, and that JULY is the peak month?

Here are some grilling tips from the National Fire Protection Assoc.

1. Propane and charcoal BBQ grills should only be used outdoors.
2. Keep children and pets at least three feet away from the grill area.
3. Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
4. Always make sure your gas grill lid is open before lighting it.
5. When you are finished grilling, let the coals completely cool before disposing in a metal container.



We all know how much fun our K-9 friends can be, but did you know that a dog's hearing is 4X more sensitive than a humans? Loud noises can scare your best friend, and parties are a perfect place for your hungry pooch to find not so friendly dog "treats."

Here are four tips to protect your dog on the 4th of July:

1. Find a safe and secure spot for your pet inside the home. Try a partially covered kennel.
2. Make sure your dog is wearing their dog license and that the information is up to date (including the "chip" registration.)
3. Don't take your dog to a public fireworks display, a scared dog is not a friendly dog.
4. Keep glowsticks, fireworks, hot charcoal, and human food away from your pet. All can cause discomfort or injury to your little friend.



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