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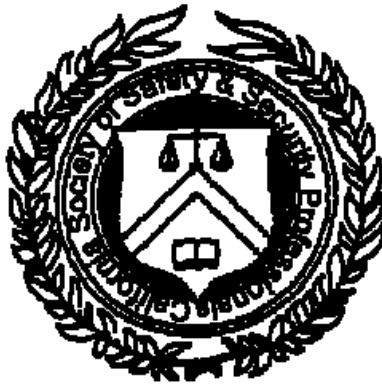
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August 3, 2007 Lunch Meeting 12 Noon

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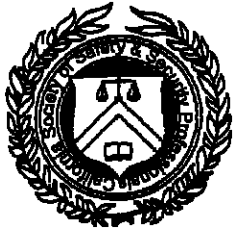
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C S S S P

California Society of Safety & Security Professionals Los Angeles County Chapter

Volume 48

August 2007

August Speaker

Dr. Denise Herz, Ph.D. She currently is an Associate Professor at California State University Los Angeles in the School of Criminal Justice and Criminalities. Dr. Herz has been working with the Los Angeles Superior Court, the Los Angeles County Department of Children and Family Services, and the Los Angeles County Probation Department to examine issues related to dependency court youths who "crossover" into delinquency. Dr. Herz has authored several reports and academic journal articles related to her work. Dr. Herz received her M.A. and Ph.D. in Criminology from the University of Maryland at College Park.

Dr. Herz will provide an overview on Criminal Justice, Security and Safety in their shared realities and provide examples of how these fields must communicate and collaborate to reach their commonly held goals of improving the public safety and the well-being of the communities.

Join us in a most exciting presentation by Dr. Herz.

June Speaker

Joseph M. Kaplan, President of Los Angeles National Safety Council, Emeritus shared with us his experience with safety over the past 50 years. He installed the new Chapter Officers for 2007-08.

Memberships

Melody A. Bigornia, Student Member
Wanda Kay Arns, Student Member
Maribel Mendoza, Student Member
Carmelita V. Silvino, Student Member
Osiris Y. Ayoola, Student Member
Shani Perera, Student Member
Elizabeth Blanchard, Student Member
Mario Manriquez, Student Member
Dr. Denise Herz, Ph.D., Professional Member
Cesar G. Jerez, Professional Member
Ed Green, Professional Member
Flint Nathaniel Smith III, Professional Member
Vanessa Hernandez, Professional Member

President's Message

Wow, here goes another year in high gear. It seems the years go by faster the older we get. I always thought that "Retirement," was where you sat in a lawn chair all day, with a toddy in your hand, and waited until the sun set so that you could get ready for the next day. With John O'Toole, this is just a pipe dream. That being said, I think I had better get myself in gear to fill our outgoing President's shoes. He has done a tremendous job over the past two years and if I want to follow in his footsteps I had better hustle. I'm not worried though, I have a great officer's corps to guide me and keep me out of trouble.

The Board of Directors for our organization has met and there appears to be a really good foundation of programs and activities planned for our group this year. We have discussed organizing our resources, evaluated our meeting location, suggested a few by-laws changes and massaged our speaker program for the upcoming year. Also, with the addition of Scott MacKay as the University Liaison at CSUDH, I believe we will have a firm continuation of our bonanza of success.

I wish to thank all of our officers for their effort at keeping our society on the leading edge of progress.

Thank you again, Jeff, you have given us the benefit of your leadership over the past two years and even though you were burdened with many professional activities, you still managed to bring our society to the forefront of professionalism.

"I feel that the greatest reward for doing is the opportunity to do more." Dr. Jonas Salk

Crist Wagner

Remember, the Heat's On

Drinking water is a large defense against heat-related illnesses, but there are other steps that can be taken to protect workers.

by Shel Segal

With the warm and humid summer months just around the corner, it is important to remember what kind of illnesses and other heat-related ailments can arise from being out in the heat too much.

Jerry Bach, vice president of the Sacramento, Calif.-based Safety Center, is an expert in trying to keep you safe during this time of the year. Bach wants you to remember that when a crew of workers or an individual works in a setting where heat can become a problem, this may lead to heat exhaustion, heat stroke, or even death. You must know how to take control of the situation and not be victimized.

Staying hydrated is the main factor in avoiding heat-related illnesses. Four cups an hour is advised to enable the body to stave off heat-related problems. In fact, somewhere in the vicinity of two gallons of water a day is what is recommended by Bach for someone who works in a heat "at risk" environment. "Water isn't the sole prevention tool in fighting heat-related illnesses, but it sure is an important one," he said. "It keeps the body cool and able to cope with hot and humid situations, but only to a point."

If you work for a company that has its employees working in heat-related situations, it must have policies and written procedures to be followed. The policies and procedures should answer questions such as:

- What do you do when it gets hot?
- How long can employees work in the heat before receiving a break?
- What should be done in the event of a medical emergency?

"Anyone who supervises a crew in the heat, whether it is a foreman or the company president, needs to be completely up to speed with these procedures," Bach said. "These individuals are responsible for their workers' well-being. And they must make sure any and all policies and procedures on the books are enforced."

Two Distinct Reactions to Heat

Don't be the hero when first starting to work in the heat, Bach said. Make sure you take it slowly and gradually build up your strength, endurance, and tolerance of the heat so your body gets used to the warm environment. "It actually can take anywhere from four to 10 days for the body to get used to the warmer elements," he said.

There are two main heat-related illnesses: heat exhaustion and heat stroke. Even though they are similarly named, they are two very different reactions to heat, and it is necessary to know how to recognize and treat each one. The less dangerous of the two (but a menace nonetheless) is *heat exhaustion*. Heat exhaustion is characterized by extreme sweating, pale face, blurred vision, dizziness, headache, and fatigue. If someone is seen with these symptoms, seek immediate emergency medical attention because heat exhaustion can be fatal.

Even more serious than heat exhaustion is *heat stroke*. Someone with heat stroke will most likely have hot, dry skin, can be shivering and having convulsions, exhibit bouts of restlessness and irritability, and can eventually collapse. Again, if someone is in this condition, seek immediate emergency medical attention. Heat stroke is often fatal.

Basics Elements of a Heat Stress Program

Heat-related problems such as heat exhaustion, heat stroke, and even death can be minimized or even eradicated with the correct plan and approach. Make sure employees drink plenty of water throughout the day and take frequent breaks in a shaded area. If you provide a misting machine, ensure they take advantage of that benefit, too.

Also, make sure they recognize the symptoms of heat exhaustion and heat stroke, know the difference between them, and call for emergency personnel if they suspect someone is suffering from one of these ailments. And make sure your company has a plan or policies in place to deal with the dangers of working in heated environments.

"Follow these steps, and you should remain safe throughout the summer months when these illnesses traditionally rear their ugly heads," Bach said

Supervisors also must give workers plenty of breaks and encourage them to take advantage of the shade, misting machine, or other provision taken to help fight the heat on a hot and humid summer day. "Take breaks, drink water, and stay safe," Bach summarized. He said still another tactic has been proven to keep workers safe, especially those who work in the construction and agricultural industries.

Alternative Lockout/Tagout

Selection of an alternative method shall be based upon a qualitative risk assessment of the associated machine, equipment, or process and shall take into consideration that existing safeguards provided with the machine, equipment, or process may need to be removed or modified to perform a given task.

ANSI/ASSE Z244.1 does not prescribe a specific methodology for performing the risk assessment. Annex A, however, provides guidance.

1. Identify all tasks: All tasks and activities should be considered, including set-up, installation, removal, maintenance, operating, adjusting, cleaning, troubleshooting, and programming.

2. Identify hazards: Hazards, such as electrical, gravity, mechanical, chemical, thermal, pneumatic, hydraulic, radiation, and human factors associated with each task, should be considered.

3. Assess potential consequences: Assess the most severe injury that could occur with each task.

4. Assess potential exposure to hazards: Evaluate the potential exposure of all persons to the identified hazards.

5. Assess probability of occurrence: Estimate the probability of occurrence of the hazardous event by considering the following factors:

- Safeguards, safety devices, and safety systems
- Reliability, history, and failure mode
- Operational/maintenance demands of task
- Possibility of defeat or failure of safeguards
- Accident history of task, activity, machine, equipment, or process
- Competence of persons performing task
- Working environment

6. Evaluate the risk: Each identified hazard and task should be evaluated to determine the level of risk. This will determine whether the task is an acceptable risk.

7. Achieve an acceptable level of risk: If the level of risk is found to be acceptable, the process is complete. If the risk(s) is/are determined to be unacceptable, the risk reduction process should be implemented.

Electrical Cord Safety

Don't use...

- Cords or wires with damaged or worn insulation.
- Electrical equipment that smokes, sparks, shocks, smells, blows a fuse, or trips a circuit.
- Any non-ground fault circuit interrupter outlet in a wet area.
- Cords or electrical equipment in areas with explosive or flammable materials that are not approved for this specific use.
- A cord with a bent or missing grounding plug.
- A metal ladder or hard hat when working near electricity.
- Metal tools to work on electrical equipment.
- Electrical cords to raise or lower equipment.
- Extension cords unless necessary, and then only use a cord that is rated high enough for the job.

Don't touch...

- Anything electric when your hands are wet, when you're standing on a wet floor, or when you're in contact with a wet surface.
- An electrical fire or an electrical shock victim.

Don't place...

- Cords where they can be stepped on, run over by material handling equipment, or damaged in any other way.
- Cords near heat or water.
- Sharp fasteners or nails on electrical cords.

Don't permit...

- Overloaded outlets or circuits.
- Loose electrical connections.
- Dust or dirt buildup on machinery.
- Blind reaches into any areas that may contain energized parts.
- Combustible trash on or around electrical equipment or circuits.
- Anyone who isn't trained and qualified to repair electrical equipment.
- Attempts to use or start locked or tagged out electrical equipment.
- Unauthorized removal or a lockout device or tag.
- Any hesitation in calling trained emergency responders for electrical fires, shock, or serious burns.