



RISK MANAGEMENT
SAFETY AND
LOSS CONTROL

**THIS
QUARTER'S
SAFETY
EMPHASIS IS
SEASONAL
SAFETY**

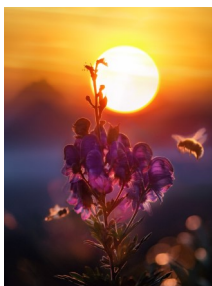
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Risky Business

SAFETY & LOSS CONTROL NEWS — 2ND QUARTER 2023

Spring and Summer Safety!



Spring and Summer bring brighter, longer days, blooming flowers, and warmer temperatures along with new and unique hazards. Here comes the sun, so prepare for exposures with sunscreen that you apply before work and keep a supply with you for reapplication during the day. Are you affected by seasonal allergies? See your healthcare provider for treatments that won't make you sleepy at work and

keep a supply of tissues on hand. Watch for stinging/biting insects that are especially active this time of year by applying bug repellent with DEET, wearing long sleeves and pants, and avoiding areas of heavily flowering plants. Get acclimated to the heat that will be coming - it takes two weeks until your body is ready to tackle a full workload in the heat. To prevent heat illness, stay hydrated and seek a break in the shade when you need it.

~Kayvan Vafa

Avoiding Seasonal Fatigue

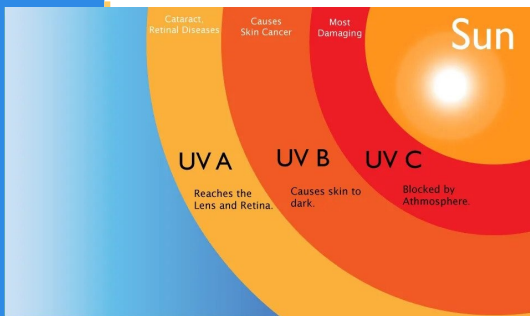
Longer summer days mean more activity before and after work, postponing bedtimes, and missing out on sleep which can leave you feeling fatigued. The consequences of fatigue can be serious and include reduced mental and physical functioning, impaired judgement and concentration, slow reaction times, increased risk-taking behavior, and decreased motivation. All of these impacts can greatly increase the likelihood of an injury at work or home. To avoid seasonal fatigue:

- Go to bed at a regular time that will allow you at least 7 hours of sleep
- Keep your sleeping area cool and dark
- Eat smaller, more frequent healthy and well-balanced meals
- Stay hydrated - adult men need about 13 cups of water a day while adult women need about 9 cups per day. Drink more when physically active or exposed to heat.
- Mindfulness lifts your mental energy so take a moment to close your eyes and take several deep breaths throughout the day to soothe your nervous system.



Here Comes the Sun!

Summer is here so put your ultraviolet (UV) exposure protections in place! Overexposure to harmful UV rays can occur any time of the year and cause damage to the skin and eyes, sunburn, heat stress, and sunburn. Exposure to the sun is cumulative, so even in small amounts, UV radiation can cause damage. UV rays are even more dangerous because they cannot be seen; take preventative measures to protect skin when outdoors before it can lead to potential skin damage or skin cancer. Always take the time to protect your skin when outdoors!



The two main types of UV radiation that reach the earth are UVA and UVB. Scientists now believe that both UVA and UVB rays contribute to skin damage, including skin cancer. UVB radiation is known to cause damage to the DNA of skin cells. Skin cancers develop when this damage affects the DNA of genes that control growth and division of skin cells. Recent research has found that UVA also contributes to skin cancer formation. Artificial sources of UV light, such as sunlamps and tanning booths, may also increase risk of developing skin cancer.

Protecting Against UV Radiation

Limit Exposure

One of the best ways to protect against UV rays is to limit your exposure to them, when possible. Pay attention to the day's weather forecast. UV rays are most intense during midday, usually between the hours of 10 a.m. and 4 p.m., when the sun is high in the sky. Avoid outdoor activities during these times when possible. If you must be outdoors, protect your skin.

Cover Up

When outdoors, wear long-sleeved shirts and long pants to cover as much skin as possible. Tightly woven fabrics provide greater protection than loose weaves.

Although dark colored clothing prevents more UV rays from reaching your skin, it can trap heat quickly and cause overheating. Sunscreen and light colored clothes are best when working outdoors in direct sunlight for long periods.

A bandana around the neck provides further protection. Wear a hat that shades the face, neck, and ears with a 3 to 4-inch brim all around as the neck, ears, eyes, forehead, nose, and scalp.

Sunscreen

Use sunscreens with a Sun Protection Factor (SPF) of 15 or higher, which represents the level of sunburn protection provided by the sunscreen. An SPF of 4 blocks out 75% of the sun's burning UV rays, an SPF of 15 blocks out 93%, and an SPF of 30 blocks out 97%. It is important to remember that sunscreen does not provide complete protection against UV radiation. Sunscreen products labeled 'broad-spectrum' protect against both UVA and UVB radiation.

Important Safety Training Dates for 2023

AED/CPR/FIRST AID AED/CPR and First Aid classes are back to their usual format of in-person classroom training and skills demonstrations. Look up the dates and times and sign up on Vector Solutions.

GET COVID-19 TRAINING

Check out the two updated COVID-19 Prevention and Safety training options in Vector Solutions. **COVID-19 training is required annually and for new employees.**

- CCC COVID-19 Safety in the Workplace
- TAILGATES - CCC - COVID-19 Safety Training

GENERAL SAFETY TRAINING ONLINE:

To enroll in safety trainings that can ensure your safety and compliance with Cal/OSHA training standards, go to the self-assign button on the left side of the training portal. A search box will appear to search for titles and keywords of online classes.

Required annually and for new employees:

- CCC Injury and Illness Prevention Program (IIPP) Training
- CCC Bloodborne Pathogen Awareness
- CCC Emergency Evacuation Procedures - All County
- CCC Heat Illness Prevention
- CCC Respiratory Protection
- CCC HSD 2022 Workplace Violence Prevention

Recommended annually, when there are changes, for re-training purposes and for new employees:

- CCC Driver Safety Training
- CCC Hazard Communication
- CCC Office Ergonomics Awareness Training
- CCC Serious Injury and Illness Reporting
- TAILGATE - Workplace Violence
- TAILGATE - Shelter in Place Procedures - Violence



See the "**OSHA Training Matrix**" on the front page of Vector Solutions for a complete list of Cal/OSHA required trainings, frequencies and options

The above classes are available online and on-demand by employees any time using the self-assign feature. If your department requires or desires an in-person training or other custom training solution, contact Risk Management by email riskmsafety@riskm.cccounty.us or by phone (925) 335-1400.



Log into the Vector Solutions website at www.targetsolutions.com/ccc for the full list of ONLINE, ZOOM, and HYBRID classes!

Biting/Stinging Insects

Outdoor workers are at risk of being stung by flying insects such as bees, wasps, and hornets, and biting insects, such as black widow spiders. While most bites and stings cause only mild discomfort, some may result in severe allergic reactions which require immediate medical care (anaphylaxis). Before beginning any outdoor task, take the following steps so you are prepared if you or a coworker is stung or bitten:



- ⇒ Inspect work areas before beginning outdoor tasks to identify potential signs of biting or stinging insects and avoid these areas if possible
- ⇒ Have a fully-stocked and up-to-date first-aid kit with supplies for bites and stings
- ⇒ Identify people with severe allergies to bites/stings before commencing outdoor work
- ⇒ If you have severe allergies and carry an epinephrine pen (‘Epi-pen’) share where you keep it and how to use it with your supervisor and coworkers

Most individuals generally have mild symptoms, such as swelling, itching, and redness from biting insects. If more severe symptoms such as swelling of the face, throat or tongue, difficult breathing, or hives are observed after an insect bite or sting, take immediate emergency medical action, as these are potential signs of anaphylaxis, a life-threatening condition.

Allergens

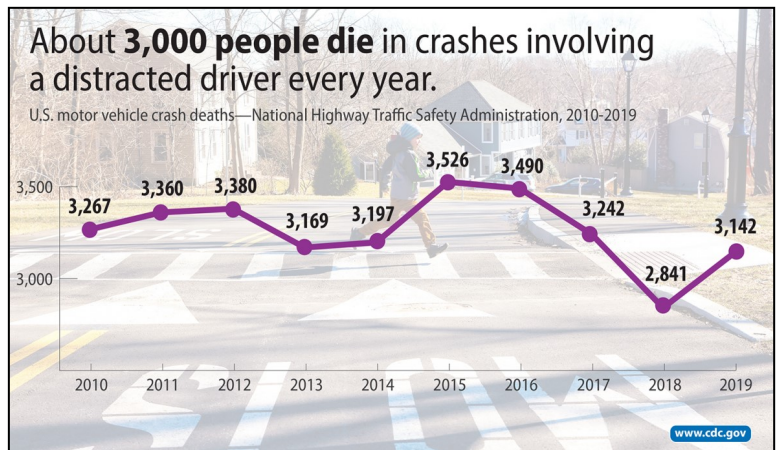
This is a time of increased seasonal allergens from trees, flowers, and grasses; however, allergens can be found in both outdoor and indoor environments. Allergens vary from person to person, and come from a wide variety of sources. Anyone is susceptible to allergies, and they can develop at any time. An infant can be allergic to milk, a child to poison ivy, and the elderly can react to a new medication. Individuals born with parents that have allergies are more likely to also have the same, or additional allergies. Repeated exposure to a substance is required before the body can recognize it as foreign and mount an allergic response. Unfortunately, some people may not know they are allergic to a certain substance or ingredient until after exposure. If you suffer from allergies or severe allergic reactions, speak to your healthcare provider for solutions to make you more comfortable and safe. Doctors use a wide range of techniques to identify allergens a person reacts to including skin or patch tests, provocation and elimination in the eyes and nose, food elimination to identify suspected food allergies, as well as laboratory tests to measure the amount of Immunoglobulin E (IgE) present.



Distracted Driving Awareness

Approximately 3,000 people die each year and 1,000 people are injured every day in distracted driving accidents. Cell phones are involved in 12% of all car accidents. When you're behind the wheel, your only job is to drive. Driving requires constant concentration, and even brief lapses can lead to property damage and serious injuries. With technology at our finger tips, being distracted while driving is easier than ever, but it is important to remember that no text, call, or email is worth losing your life. Distracted driving isn't just risky for you, it can be deadly for every nearby driver, pedestrian, bicyclist and worker. The National Safety Council reports that at least eight people a day are killed in distracted driving crashes. Statistics on fatalities caused by distracted driving between 2010 and 2019 are shown to the right.

There are various causes of distractions which can lead drivers to lose concentration when driving. According to the California Department of Motor Vehicles (CA DMV) and the Centers for Disease Control and Prevention (CDC) list the three main types of driver distractions to the right.



3 TYPES OF DISTRACTED DRIVING

WHY IS TEXTING SO BAD?
 Texting while driving has become a huge risk factor because it employs all three forms of distracted driving.

- MANUAL** (Hand icon): Anything that takes one or both hands off the wheel.
 - Eating or drinking
 - Adjusting car settings
 - Reaching for objects in the car, such as purses or wallets
- VISUAL** (Eye icon): When drivers take their eyes off the road. This includes in-vehicle distractions.
 - Consulting a map or GPS device
 - Staring at a roadside crash, major attractions, billboards or pedestrians
- COGNITIVE** (Brain icon): Anything that takes your mind off of the road.
 - Talking to passengers
 - Talking on cell phones
 - Allowing your mind to wander

Texting involves all three types of distractions. The CDC states that when driving at 55 mph, the average text can take a driver's eyes off the road long enough to cover an entire football field!

Additional Resources

- ◆ [NSC National Distracted Driver Awareness Month Website](#)
- ◆ [Take the Pledge to Avoid Distracted Driving](#)

Spot the Hazards!



As a source of energy, electricity is used without much thought to the hazards it can pose. Because it is a familiar part of our day to day lives, it is often treated without the proper precautions. Power cords on the ground, under desks, and underfoot pose several safety challenges. See if you can spot what is wrong in this picture!

The answers are at the bottom of this page with the safety concerns and applicable regulatory requirements listed for your reference.

Don't take safety for granted; use extension cords and power strips properly at home and in the workplace.

Cal/OSHA Corner

It's the End of an Era - Thankfully - But COVID-19 Protections Continue: February 2023 marked the end of a three-year state of emergency in California caused by the COVID-19 outbreak.

In April, California rolled back face covering requirements for employees of healthcare and other "high-risk" locations, including correctional institutions and emergency homeless shelters. The California Department of Public Health changed isolation requirements for most employees. The emergency regulation Title 8 §3205 was replaced with a non-emergency regulation which will remain in place until February 3, 2025 (with recordkeeping extending to 2026). These changes were included in the County's new COVID-19 Prevention Program (CPP), Exposure Decision Trees, and other supporting policies. The federal state of emergency ended in May 2023.

Stay up to date on the County's CPP available from your supervisor or on the Risk Management intranet site (<https://www.insidecontracosta.org/667/4211/COVID-19-Resources>)

ANSWERS

- 1) Manufacturers and nationally recognized testing laboratories determine the proper uses for power strips. For example, the UL Directory contains instructions that require UL-listed relocatable power taps (RPTs) to be directly connected to a permanently installed branch circuit receptacle; they are not to be series-connected to other RPTs or connected to extension cords. Cal/OSHA [Title 8 §2340.2\(b\)](#) requires listed or labeled equipment to be installed and used in accordance with any instructions included in the listing or labeling.
- 2) The extension cords are creating a trip hazard. [Title 8 §3273](#) requires walking surfaces to be kept in a clean, orderly, and sanitary condition, free of potential slip, trip, and fall hazards.
- 3) The power cords may be providing power to devices for which they were not designed. Power strips are NOT designed for high power loads such as space heaters, refrigerators and microwave ovens, which should all be plugged directly into an outlet. Power strips are designed for multiple low-powered loads, such as computers, peripherals, or audio/video components.
- 4) It is possible the power cords are being routed improperly. [Title 8 §2500.8](#) requires flexible power cords not to be routed through walls, windows, ceilings, floors, or similar openings.

Hazardous Materials Safety Quiz

Hazardous materials are found in almost all workplaces. These materials can pose serious health and safety risks to employees when not stored, handled, or used properly. Take the quiz below and see how many questions regarding hazardous materials you can answer correctly!

- 1) The symbol to the right is used when something in your workplace is a:
 - a. Chemical weapon
 - b. Biohazard
 - c. Toxic substance
 - d. Radiation danger
- 2) Which of the following is *not* a chemical-related health hazard?
 - a. Carcinogenicity
 - b. Reactivity
 - c. Corrosivity
 - d. Toxicity
- 3) A container holding a hazardous material must include which of the following as of June 15, 2014:
 - a. Identity of the hazardous chemical only
 - b. Identity of the hazardous chemical, instructions on how to use
 - c. Identify of the hazardous chemical, names of employees authorized to use
 - d. Much more than listed above
- 4) If you wanted to convey the most severe type of hazard, which word would you use?
 - a. Warning
 - b. Notice
 - c. Danger
 - d. Caution
- 5) The symbol to the right means which of the following:
 - a. Danger, ionizing radiation
 - b. Danger, how-hanging and powerful fan
 - c. Danger, risk of frostbite
 - d. None of the above
- 6) The hazard symbol to the right is used when something is:
 - a. Corrosive
 - b. Almost empty
 - c. Flammable
 - d. Highly acidic
- 7) If you transfer chemicals from a labeled container to a portable container, you don't need to comply add a secondary label on the new container when:
 - a. You hand the container off to someone else
 - b. You leave the work area before using the materials
 - c. You don't use the materials before the end of your work shift
 - d. None of the above



Answers: 1) B 2) B 3) D 4) C 5) A 6) A 7) D



Stay Hydrated

Fill a reusable bottle with water and bring it with you

Stay Cool

Stay inside an air conditioned place or go to a pool

Summer clothes

Wear lightweight, light colored clothes

Plan Your Day

Avoid going out or exercising at the hottest times of the day

Help Others

Check in on those at risk, like the sick, older adults, children

Stay Healthy in the Heat



Source: National Weather Service

Sign and Post YOUR Safe at Work Pledge!

SAFE AT WORK

I pledge to:

- Actively help my Department improve our safety programs
- Report hazards promptly and suggest solutions
- Be a good safety role model for my friends and family, even off the job

JUNE

National Safety Month

an **NSC** initiative

June 2023

Employee Name & Signature

Date

June is National Safety Month



Stay Safe at Work and Home

Preventable injuries, commonly known as “accidents,” are the fourth leading cause of U.S. deaths.

June is National Safety Month where we can all work together to highlight leading causes of preventable injury and death so everyone can live their

fullest lives in the workplace and at home. Each week of June, Risk Management’s Safety and Loss Control Unit will distribute a safety message with the goal to create healthier, safer environments. This year’s topics include:



Dedicated to preventing injuries and illnesses.
[**CONTACT US!**](#)

RISK MANAGEMENT
SAFETY AND
LOSS CONTROL

2530 Arnold Drive, Suite 140, Martinez
 925-335-1424
Safety Newsletter E-mail:
Shanon.Winston@riskm.cccounty.us

Safety and Loss Control Intranet Site:
<https://www.insidecontracosta.org/469/Safety-and-Loss-Control>



Emergency Preparedness

WEEK 1



Slips, Trips and Falls

WEEK 2



Heat-Related Illness

WEEK 3



Hazard Recognition

WEEK 4

Safety is all of our responsibility. The County provides a safe work environment, as well as the financial support, management oversight, PPE, tools and training you need to do your job safely. Both management and workers need to do their part to make safety a core value. Workers take and understand their training, follow safe work practices, and notify their supervisor or safety coordinator if they have any safety concerns or observe hazards in the workplace. Together, these elements are part of a greater safety management system that aims to continuously identify hazards and reduce risks to an acceptable level.

Take the pledge on page 8 to show your commitment to safety, from the workplace to anyplace. **Post** your pledge in the workplace to show your support for safety initiatives! **Send** photos of your individual posted pledge or your unit, division, even DEPARTMENT pledges to be featured in Risky Business! (send photos to riskmsafety@riskm.cccounty.us).



We all deserve a safe workplace so we can live our fullest lives.