

APRIL & MAY 2010

San Benito County Safety & Health Newsletter



Announcements

New Hire
Orientation – May
6th at 9am

Hartford May 12th
Call Lauren for appt.
888-593-0259

Leadership Training
in Morgan Hill 9am
to 4pm – Contact
HR for details

DSR Quarterly
Meeting at
Behavioral Health
on Friday, May 21st
at 9am

Memorial Day,
Observed –
Monday, May 31st

Individual Highlights:

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HEAT STRESS – Protect Yourself

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

- Call 911 at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

What's Your Safety IQ?

Take this safety IQ quiz and check your answers below. You may be surprised at how safety savvy you are!

Answer true or false:

1. **NEAR MISSES** – Defined as incidents where an injury, property damage or fatality easily may have occurred but didn't should be reported. TRUE FALSE
2. You can prevent **CUMULATIVE TRAUMA DISORDERS** by using a wrist rest while you're typing. TRUE FALSE
3. If you get something in your **EYE**, flush the eye with running tap water to get it out. Never rub the eye. TRUE FALSE
4. The U.S. Department of Homeland Security recommends that you include a three-day supply of water (one gallon for each person in your household) in your **DISASTER PREPAREDNESS KIT**. TRUE FALSE
5. You should stack loaded **BOXES, CRATES OR CARTONS** in interlocking rows, with the heaviest ones on top. TRUE FALSE
6. **OSHA's TOP INSPECTION PRIORITY** is based on employee complaints. TRUE FALSE

Answers: Give yourself a point for each correct answer

1. **TRUE.** A near miss should always be reported, even if nothing happened, so steps can be taken to minimize the chances of it happening again.
2. **FALSE.** Use a firm wrist rest only between keystrokes, not while typing. Choose a narrow wrist rest that is lower than your keyboard's space bar.
3. **TRUE.** You can also use water or a special fluid in a dropper positioned above the outer corner of the eye.
4. **TRUE.** Homeland Security recommends one gallon of water per person for three days for hydration and sanitation. Don't forget about pets too!
5. **FALSE.** Stack loaded boxes, crates or cartons on the side, with the largest area on the bottom, unless the instructions state to position them otherwise. You should stack bags and bundles in interlocking rows.
6. **FALSE.** OSHA's top inspection priority is based on reports of imminent dangers or accidents that are about to happen. Second are fatalities or accidents serious enough to send three or more employees to the hospital. The third priority is items identified in employee complaints.

If you earned five to six points, congrats! If your score is lower, you might want to review past issues of this newsletter.

GOGGLES – GLASSES – GUESSWORK?



Most of us wear our safety glasses or goggles without a second thought. However, they aren't always interchangeable between jobs. Different types of eye protection shield you from different types of hazards. Take the guesswork out of wearing goggles or glasses by reviewing this advice from OSHA:

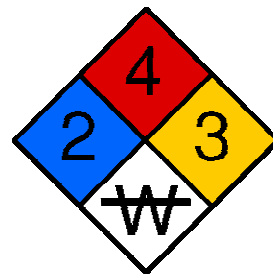
SAFETY GLASSES, available in glass or polycarbonate lenses (for the best impact protection), provide minimal protection. Wear these for working conditions where there may be minor dust, chips or flying particles. Side protection includes side shields and wraparound-style safety glasses. Prescription safety glasses are also available. Caution: Regular (non-safety) prescription lenses and contact lenses do not provide adequate protection. If you wear non-safety prescription glasses, you should wear goggles or a face shield over the glasses. Tip: Wear unvented goggles with contact lenses to prevent dust from entering the eyes.

GOGGLES provide higher impact, dust and chemical splash protection than safety glasses. For splash or fine dust protection, use goggles with indirect venting. For less fogging when working with large particles, use direct-vented goggles.

FACE SHIELDS protect the entire face; however, they are only secondary protection for the eyes. Never wear them without safety glasses or goggles.

SPECIALTY EYE PROTECTION is necessary for certain hazards. For example: Use tinted goggles for welding light protection.

EVER WONDER WHAT THIS SIGN MEANS?



The National Fire Protection Agency (NFPA) hazard identification system uses a diamond divided into four colors. An example is shown above. You will see hazard diamonds like this on trucks, storage tanks, bottles of chemicals, and in various other places around town. The blue, red, and yellow fields (health, flammability, and reactivity) all use a numbering scale ranging from 0 to 4. A value of zero means that the material poses essentially no hazard; a rating of four indicates extreme danger. The fourth value (associated with white) tends to be more variable, both in meaning and in what letters or numbers are written there like what kind of protective gear that should be used when handling the material. The NFPA system is used to alert workers about hazardous characteristics of chemicals in use as well as in containers or storage areas.

A WELL-SEASONED MIND

New scientific research shows these five spices are good for your brain.

TURMERIC – In India, where people eat curry almost every day, the Alzheimer’s disease rate is one-fourth the U.S. rate. Now researchers think they may know why. A University of California, Los Angeles study in mice showed that curcumin the active ingredient in turmeric, which give curry that distinctive yellow color broke up brain plaques of amyloid beta, the abnormal protein buildup that is a hallmark of Alzheimer’s. *HEALTHY WAY TO DISH IT UP...*For a brain boosting chicken salad, toss 2 teaspoons curry powder with 2 cups cubed chicken. Sauté in olive oil until cooked, then cool. Add raisins, diced apples, chopped almonds, chopped celery, and low-fat yogurt, to taste.

GINGER – A recent study found that more than 80 percent of migraine-prone patients with mild headaches who were treated with a combo of ginger and the herb feverfew staved off migraines. After two hours, 48 percent were pain free; for another 34 percent, the pain stayed mild. “If a headache doesn’t go to full-blown migraine, that’s success,” says Roger Cady, M.D., study author and director of the Headache Care Center in Springfield, Missouri. *HEALTHY WAY TO DISH IT UP...*Stir 3 teaspoons grated ginger into 1 cup boiling water; steep for 10 minutes, strain, and drink.

GARLIC – Long touted for its heart healthy benefits, garlic may also fight brain cancer. A 2007 study in the journal Cancer noted that garlic compounds eliminated brain cancer cells, leading some experts to predict that garlic based treatments for brain cancer aren’t far behind. *HEALTHY WAY TO DISH IT UP...*Mix ½ teaspoon garlic powder or 1 to 2 cloves fresh garlic with tomatoes and basil for a cancer-fighting marinara.

SAFFRON – Got a case of the blues? Before popping an anti-depressant, try eating more of this pungent herb. A 2007 University of Tehran study discovered that a twice-daily dose of saffron works as well as Prozac in treating mild to moderate depression. *HEALTHY WAY TO DISH IT UP...*Add ½ teaspoon saffron to the water while cooking 2 cups of rice.

CINNAMON – If you want to react faster during your next tennis game, chew cinnamon gum. Doing so, a recent study found, speeds the rate at which your brain processes visual cues. One reason the gum may help; cinnamon regulates blood sugar levels, and this helps you stay focused. *HEALTHY WAY TO DISH IT UP...*Sprinkle 1 teaspoon cinnamon on oatmeal for a brain healthy breakfast.

10 WINNING WAYS TO EASE WORKPLACE STRESS

1. Don’t leave home without eating a healthy breakfast – a cup of juice or coffee won’t suffice.
2. Pack energizing snacks (yogurt, cheese, popcorn, fruits, vegetables, peanut butter).
3. Pinpoint your stress triggers, and find ways to counteract them before getting angry or upset.
4. Focus on solving problems rather than getting mired in negativity and complaining.
5. Limit caffeine, which can make you feel edgy and nervous – drink water throughout the day instead.
6. Close your eyes, breathe deeply, and vividly imagine a scene that makes you feel good.
7. Accept changes in the workplace as normal, not threatening.
8. Take a break from your work area when it is permitted.
9. Keep a happy file with pictures, notes or other things that give you comfort or make you laugh.
10. At the end of each day, clear your work area and plan for the next day.

EMPLOYEE SAFETY AWARD for 2009-2010

This year's award recognizes Nadine Stevens-Deck of Child Support Services for her outstanding commitment to the Health and Safety of her coworkers and public of San Benito County. Gene Herndon of Trindel presented Nadine with a personalized handbag and certificate and recognized this years nominees Karen Rogers, Probation Department, Ann Dolmage, Building and Planning and Tina DeLaOssa of Child Support Services who have demonstrated an outstanding effort toward a safe and healthy workplace for the County of San Benito employees with a certificate of recognition and safety lapel pin.



*Nadine Stevens-Deck, Child Support Services
2009-10 Safety Award Receptient*



*Nominees Left to Right: Ann Dolmage, Tina DeLaOssa
and Karen Rogers*

Congratulations to this years winner and nominees!

What's Wrong With This Picture?????



I hope you all are enjoying this safety newsletter.
If you have any safety stories/information or suggestions you would like
posted, please send me an email.

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