

The Safety Net

San Diego



Can the KonMari Method Work in Safety?

The President's Catch and Release — March, 2019



Enrique Medina

Dear Chapter members, colleagues and friends, March is traditionally the Spring Cleaning month, which this year means implementing the famous KonMari Method. Alert safety professionals know what I'm talking about - if you are one, pat yourself smugly on the back. For those looking at back issues of Professional Safety for the method, let me enlighten you. This is the new decluttering method invented by Marie Kondo of Japan, who has taken social media, Netflix, and morning TV like a tsunami. It's simple. Keep only those things that spark joy. Everything else can go after you first thank the item for the joy it gave you.



Let's put aside your desk drawer, tool box or work vehicle for a moment. You can declutter those later. For now, let's focus on your work environment and how your daily routine, and your co-workers support your goals, and ultimately, lead you to find joy in your profession. I'm a fan of Cait Casey's "Everybody has a Story" column in the Safety Net, and one thing that all the folks interviewed have in common is the satisfaction - a fitting surrogate for "joy" - they get from helping other people be safer. There are many sizes and degrees of joy. For instance, preparing a safety tailgate talk, or comparing features between different types of gloves or safety glasses, or working on a complex JHA for a new operation all contribute to the feeling of joy we get from a job well done because they have a direct connection to someone working safely and not getting sick or injured. Being intentional when going through the more mundane steps in the process of accomplishing a goal is the key to sparking joy. The same goes for our interactions with people at work. We just have to recognize the people that help us find joy in our daily lives and let them know. Build your professional life around the people and things that will help you accomplish your goals and bring satisfaction. The clutter will be a bit

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easier to spot and discard. OK, you can keep that little hard hat key chain in your desk drawer.

Speaking of joy, we are in the final stretch of getting ready for the PDC. We have put so much time, energy, and attention into this event simply for the joy of doing something exceptional for our chapter. If when you read this, you are still not registered, go do it. I can guarantee you a giant, but safe, spark of joy. And don't forget about the Early Career Professionals Social Mixer

following the PDC at Nate's Garden. More details in the newsletter. I can't end without reminding you to send me an email at president@sandiego.assp.org to let me know you read this column.

Thanks,

Enrique Medina

San Diego ASSP Chapter President

EXECUTIVE COMMITTEE CHAIR UPDATES

Government Affairs Committee:

by Scott Simerson

U.S. Department of Labor Publishes New Frequently Asked Questions on Controlling Silica in General Industry

January 23, 2019

WASHINGTON, DC – The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has posted new frequently asked questions (FAQs) on the agency's standard for respirable crystalline silica in general industry.

OSHA developed the FAQs in consultation with industry and union stakeholders to provide guidance to employers and employees on the standard's requirements, such as exposure assessments, regulated areas, methods of compliance, and communicating silica hazards to employees. The questions and answers are organized by topic, and include an introductory paragraph that provides background information about the regulatory requirements.

Visit OSHA's silica standard for general industry webpage for more information and resources on complying with the standard.

https://www.osha.gov/dsg/topics/silicacrystalline/gi_maritime.html

U.S. Department of Labor Issues Final Rule to Protect Privacy of Workers

WASHINGTON, DC – To protect worker privacy, the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has issued a [final rule](#) that eliminates the requirement for establishments with 250 or more employees to electronically submit information from OSHA Form 300 (Log of Work-Related Injuries and Illnesses) and OSHA Form 301 (Injury and Illness Incident Report) to OSHA each year. These establishments are still

required to electronically submit information from OSHA Form 300A (Summary of Work-Related Injuries and Illnesses).

By preventing routine government collection of information that may be quite sensitive, including descriptions of workers' injuries and body parts affected, OSHA is avoiding the risk that such information might be publicly disclosed under the Freedom of Information Act (FOIA). This rule will better protect personally identifiable information or data that could be re-identified with a particular worker by removing the requirement for covered employers to submit their information from Forms 300 and 301. The final rule does not alter an employer's duty to maintain OSHA Forms 300 and 301 on-site, and OSHA will continue to obtain these forms as needed through inspections and enforcement actions.

In addition, this rule will allow OSHA to focus its resources on initiatives that its past experience has shown to be useful—including continued use of information from severe injury reports that helps target areas of concern, and seeking to fully utilize a large volume of data from Form 300A—rather than on collecting and processing information from Forms 300 and 301 with uncertain value for OSHA enforcement and compliance assistance.

The agency is also amending the recordkeeping regulation to require covered employers to electronically submit their Employer Identification Number with their information from Form 300A. The final rule's requirement for employers to submit their EIN to OSHA electronically along with their information from OSHA Form 300A will make the data more useful for OSHA and BLS, and could reduce duplicative reporting burdens on employers in the future.

OSHA has determined that this final rule will allow OSHA to improve enforcement targeting and compliance

(see *Government Affairs*, page 3)



EXECUTIVE COMMITTEE CHAIR UPDATES

(Government Affairs, continued from Page 2)

assistance, protect worker privacy and safety, and decrease burden on employers.

Collection of Calendar Year 2018 information from the OSHA Form 300A began on January 2, 2019. The deadline for electronic submissions is March 2, 2019.

From the Federal Register: Tracking of Workplace Injuries and Illnesses

January 25, 2019

To protect worker privacy, the Occupational Safety and Health Administration (OSHA) is amending the record-keeping regulation by rescinding the requirement for establishments with 250 or more employees to electronically submit information from OSHA Forms 300 and 301. These establishments will continue to be required to maintain those records on-site, and OSHA will continue to obtain them as needed through inspections and enforcement actions. In addition to reporting required after severe injuries, establishments will continue to submit information from their Form 300A.

<https://www.govinfo.gov/content/pkg/FR-2019-01-25/pdf/2019-00101.pdf>

From the Federal Register: Department of Labor Federal Civil Penalties Inflation Adjustment Act Annual Adjustments for 2019

January 31, 2019

The U.S. Department of Labor (Department) is publishing this final rule to adjust for inflation the civil monetary penalties assessed or enforced by the Department, pursuant to the Federal Civil Penalties Inflation Adjustment Act of 1990 as amended by the Federal Civil Penalties Inflation Adjustment Act Improvements Act of 2015 (Inflation Adjustment Act).

<https://www.govinfo.gov/content/pkg/FR-2019-01-23/pdf/2019-00089.pdf>

Cal/OSHA Reminder to Employers: Post Annual Work-Related Injury and Illness Summaries Starting February 1

January 31, 2019

Oakland—Cal/OSHA is reminding employers in California of the requirement to post their 2018 annual summaries of work-related injuries and illnesses. The summaries must

be posted each year from February 1 through April 30.

Instructions and form templates can be downloaded for free from Cal/OSHA's [Record Keeping Overview](#). The overview gives instructions on completing both the log (Form 300) and annual summary (Form 300A) of work-related injuries and illnesses. The annual summary must be placed in a visible and easily accessible area at each worksite. Current and former employees, as well as employee representatives, must be allowed to review the summary in its entirety.

The definitions and requirements for recordable work-related fatalities, injuries and illnesses are outlined in the [California Code of Regulations, Title 8, sections 14300 through 14300.48](#). Employers are required to complete and post Form 300A even if no workplace injuries occurred.

Posting the summary may reveal patterns or potential hazards that need to be addressed and helps ensure workers are aware of work-related injuries and illnesses that occurred the previous year. More information on posting requirements or how to reduce workplace injuries and illnesses is available on the DIR's [Employer Information](#) webpage.

Cal/OSHA Announces May 9 Advisory Committee Meeting to Evaluate Electronic Submission of Workplace Injury and Illness Records

February 6, 2019

Oakland—Cal/OSHA has scheduled an advisory committee meeting on the electronic submission of injury and illness records. The public meeting will be held on Thursday, May 9 from 10 a.m. to 3 p.m. at the Elihu Harris Building, 1515 Clay Street Suite 1304, Oakland.

On January 25, federal OSHA published a [final rule](#) to amend its recordkeeping regulation by rescinding the requirement for establishments with 250 or more employees to electronically submit information from OSHA Forms 300 and 301. Cal/OSHA has determined that by rescinding the requirement to electronically submit Forms 300 and 301 data, OSHA has substantially diminished the requirements that were originally set forth in OSHA's May 12, 2016, ["Improve Tracking of Workplace Injuries and Illnesses"](#) rule.

(see Government Affairs, page 4)



EXECUTIVE COMMITTEE CHAIR UPDATES

(Government Affairs, continued from Page 3)

Pursuant to California Labor Code section 6410.2(b), Cal/OSHA has scheduled this advisory committee meeting to evaluate how to implement the changes necessary to protect the goals of the Improve Tracking of Workplace Injuries and Illnesses rule.

Information on the [advisory committee meeting](#) has been posted online. Members of the public are invited to email their written comments ElectronicReporting@dir.ca.gov. The comment period is open until 5 p.m. on Friday, May 24.

Protecting America's Workers Act

February 7, 2019

H.R. 1074: To amend the Occupational Safety and Health Act of 1970 to expand coverage under the Act, to increase protections for whistleblowers, to increase penalties for high gravity violations, to adjust penalties for inflation, to provide rights for victims or their family members, and for other purposes.

https://www.govtrack.us/congress/bills/116/hr1074?utm_campaign=govtrack_email_update&utm_source=govtrack/email_update&utm_medium=email

H.J. Resolution 44

February 8, 2019

Disapproving the final rule of the Occupational Safety and Health Administration titled "Tracking of Workplace Injuries and Illnesses."

https://www.govtrack.us/congress/bills/116/hjres44?utm_campaign=govtrack_email_update&utm_source=govtrack/email_update&utm_medium=email

Public Affairs Committee:

by Isaac Szmulowicz

Red Cross Sound the Alarm

I hope everyone will join me in the next Sound the Alarm events on March 11th in Lakeside, April 6th in El Cajon, and May 4th in Chula Vista. Please see the brochure and save the dates in your calendar. The more volunteers available to help in installations or instruction or documentation, the safer we can make the communities being served. It is never too late to make a New Year resolution to help others.

For more details, see [page 10](#) of this newsletter for upcoming dates, or visit <https://www.redcross.org/local/california/san-diego/about-us/news-and-events/news/sound-the-alarm-and-save-a-life-in-your-community.html> for more information about the program.

Professional Development Conference:

by Steve Workman

The annual San Diego ASSP Chapter Professional Development Conference (PDC) is scheduled for March 12, 2019. [Register now!](#)

The 2019 PDC is shaping up as a valuable experience that will stay with you long after the day is over. If you have attended this event in the past, you can expect a completely new experience.

NEW Location

In the recent past, the Handlery Hotel in Mission Valley and Cuyamaca College were locations of this annual event. We have decided the 2019 PDC will take place at the [Jacobs Center](#). Sometime between now and March 12th be sure to drive by 404 Euclid Avenue, San Diego so you won't be finding your way for the first time. The main entrance is located at the intersection of Market St and Market Creek Place Driveway. Once you go under the overpass and see the Jacobs Center, turn right and the event center is around back, with plenty of parking.



Catering will be by [Kitchens for Good](#). All of their proceeds help individuals in need get jobs in the culinary industry and provide nutritious meals to hungry San Diegans.

See the [save the date flier](#) in this newsletter for details.



Study Group

Thinking about working on your ASP/CSP? If so, that's outstanding and we are pulling for you! If you'd like to receive personal coaching for your ASP/CSP preparation, contact our Chapter President Enrique Medina, CIH, CSP to start the ball rolling.

By becoming part of our ASP/CSP Study Group Community you will get support, advice, tips, prep course reviews, and post-test debriefing from your peers to assist you in studying for the ASP/CSP professional certification exams. This free service is open to all Chapter members, and members of allied organizations, and you can join at any time. Contact Enrique at (619) 297-1469 or President@sandiego.assp.org.

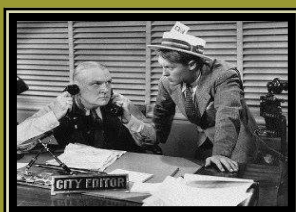
Job Line

by David Ferguson, CSP, CEA, REPA

Looking for a new job? Local employers are looking for you! Visit our job-line at <https://sandiego.assp.org/current-openings/> to see current opportunities such as:

- EH and S Manager (San Diego)
- Vallecitos Water District—[Risk Management Supervisor](#)
- County of San Diego—[Program Coordinator, Hazardous Materials Division](#)
- California Water Service—[Safety Program Manager \(Bakersfield\)](#)
- Environmental, Health and Safety Student Temporary Role
- Environmental Health and Safety Manager
- San Diego Convention Center—Safety Manager
- Janssen Pharmaceuticals—Sr. Environmental Health and Safety and Sustainability Engineer
- Solar Turbines—Environmental Health and Safety Intern
- Liberty Mutual—[Risk Control Internship](#)
- [CAL/OSHA Associate Safety Engineer](#)
- Cal/OSHA Safety and Health Inspectors

The [blue](#) links should take you directly to the posting, when available. Otherwise, see the [San Diego ASSP Job Listing](#) for full details and instructions on how to apply. Check out these and other great jobs today!



Editor's Note: Do you have an item of interest, safety-related event, sister-organization meeting, special accomplishment or other newsworthy article that you would like to share with your fellow San Diego ASSP members? Send it to me via e-mail no later than the 15th of the month and I will do my best to get it published. Here are some conditions: news articles, reports and other text-based submissions should be limited to a maximum of two pages, 10—12 point font. Artwork or graphics (flyers or posters) should be single-page, preferably in MS Word or MS Publisher format. If you are “borrowing” a news item previously published somewhere else (i.e., not your own original work), please provide the source and whether or not you have permission to reprint it. All submissions should be e-mailed to Newsletter@sandiego.assp.org. Please also provide your contact information, including name, e-mail address and phone number.

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



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SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met over the phone on Tuesday, February 5. Brooks Carder, Cait Casey, Lee Donahue, David Ferguson, Fernand Kuhr, Allison Long, Chris Malicki, Enrique Medina, Isaac Szmuiłowicz, Vaughn Osterhout, and Steve Workman attended.

OLD BUSINESS

1. Review Minutes from January, 2019:

The Executive Committee accepted the January 2, 2019 Executive Committee Meeting Minutes by vote. David Ferguson motioned to accept the minutes. Lee Donahue seconded it. All the attendees approved the motion.

2. Treasurer's Report:

The January Treasurer's Report was included in the agenda. Members may view a copy of the Treasurer's reports upon request to our President, Enrique Medina.

3. Quick Updates:

- Spring 2019 ASSP ROC—Allison Long
 - The venue selection is narrowing it down to the Hornblower Cruises. This "night out" event is paid for by the Chapter. Need additional entertainment ideas (like a Luau dance performance) from the EC.
 - The Wyndham Hotel was selected by the Society for lodging for the ROC attendees.
- Safety Professional of the Year (SPY) nomination was sent to the Society ahead of the deadline.
- Written copies of the Chapter Newsletter were handed out at the January breakfast meetings and were well received. We would like to rotate printings of it among the EC.

Gary Couture will print copies for the February breakfast meeting.

- PDC update: Steve Workman updated the EC. Steve talked to Sierra at the Jacobs Center to discuss changes in the contract (eliminate charge for IT tech for 5 hours). Still working on ideas for handouts/mementos for the attendees. Program design is moving along. Developing networking cards to encourage attendee interactions.

NEW BUSINESS

1. At this month's Chapter Breakfast Meeting Enrique Medina will present the Chapter Bylaw changes to a quorum of the membership for vote. Enrique will also present our Chapter's newest Certified Safety Professionals (CSPs) with a certificate marking the achievement.
2. Early safety career social mixer. One of the Chapter members (Jo Curcio) offered to host a social for new professionals.
3. North County Chapter of the ASSP. Vaughn Osterhout announced a monthly lunch meeting at the Drug Enforcement Administration facilities on February 21. Speaker information to be announced.
4. The Chapter officer nominating committee (Allison Long, Cait Casey, and Gary Couture) are working on a new slate of officers in time for a vote by the April monthly SD ASSP Chapter Breakfast Meeting. Enrique Medina suggested Dallas Salway may be a good choice for an officer position.

COMMITTEE REPORTS

1. Government Affairs — Nothing to

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- report.
2. Delegate — Nothing to report.
 3. Job Line — 12 job openings are described on the Chapter jobline.
 4. Membership — Six new members plus one transfer, and three expiring members, for a net gain of four. I will be contacting all of them following the magnet mail workshop..
 5. Newsletter — Some ExCom contributions were late. Difficult to access. Content was light due to the government shutdown. A subcommittee has been working on newsletter distribution with Magnet Mail. Solidifying the distribution process will be a crucial step to revising the format.
 6. North County Section — Nothing to report.
 7. Programs — Speakers are booked beyond June 2019.
 8. Public Affairs — ARC smoke alarm installs: Monday, March 11th, Lakeside; Saturday, April 6th, El Cajon; Saturday, May 4th, Chula Vista. Contact Isaac for meeting locations.
 9. Social Media — Nothing to report.
 10. Succession Planning — Working on ROC request for position descriptions for committee chairs. Need to pick one.
- Next EC Meeting:** March 5, 2019 – In-person meeting
- Next Event:** March 12, 2019, SD ASSP Professional Development Conference

Early Career Professionals

Following the Professional Development Conference on Tuesday, March, 12th, the Early Career Professionals will be meeting for a social mixer. There will be Happy Hour specials at Nate's and some free wine until it runs out!

Who: Early Career Professionals in Safety and a few honorary seasoned professionals to share any pro-tips and experiences.

What: Happy Hour to meet and mix with other Early Career Professionals to: expand your network, share experiences wherever you're at in your career, chat with some experienced safety professionals about their careers.

When: Tuesday, March 12th, from 4:30 PM to 7:30 PM

Where: Nate's Garden Grill (right next to City Farmer's Nursery) 3120 Euclid Avenue, San Diego, patio area


Contact: Jo Curcio, (619) 838-3676, call or text for more information

Calendar of Special Events

March 2019

Dates	Event
1-31	Brain Injury Awareness Month
1-31	National Nutrition Month
1-31	Workplace Eye Wellness Month
3-9	National Consumer Protection Week
10	Daylight Savings Time Begins
10-16	Patient Safety Awareness Week
12	SD ASSP Professional Development Conference
17	St. Patrick's Day
17-23	National Poison Prevention Week
30	World Bipolar Day



March 2019 						
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24	25	26	27	28	29	30
31						

Always find the latest San Diego ASSP events at <https://sandiego.assp.org/event/>!





San Diego Chapter American Society of Safety Professionals

A Not-For-Profit Organization

One Chapter - Two Convenient Locations

ASSP San Diego Chapter 2019 Professional Development Conference

The 2019 Professional Development Conference (PDC) sponsored by the San Diego Chapter of ASSP is scheduled for March 12, 2019 at [The Jacobs Center](#), 404 Euclid Street in San Diego. Catering will be by [Kitchens for Good](#).

Time	A Track	B Track
6:45 AM	Registration, networking, vendor time (45 min)	
7:30 AM	Opening remarks	
8:00 AM	Vendor Self Introductions	
8:20 AM	Captain Lee Boone, USCG —“The El Faro sinking, an excellent safety case study of one of our worst disasters at sea from the USCG’s lead investigator”	
9:20 AM	Break and Vendor Time (20 min)	
9:40 AM	DOSH (Cal OSHA) Brandon Hart , Communications and Strategic Planning Program Manager	
10:45 AM	Dr. Beatrice A. Golomb , MD, PhD, Prof. of Medicine, UCSD School of Medicine “The Link Between US Diplomat’s Mystery Ill- nesses in Cuba and China and Pulsed Radiofrequency/Microwave Radiation”	Christina Armatas , MD, MPH, Public Health Medical Officer Lorene Alba , AE-C, Health Education, Communications Specialist Occupational Lead Poisoning Prevention Program California Department of Public Health “Workplace Lead Poisoning Trends and Standards”
11:45 AM	Lunch break, networking, and vendor time (45 min)	
12:30 PM	 Dr. John Howard , MD, MPH, JD, LLM, MBA, Director, NIOSH “Perspectives on the Opioid Crisis”	Lunch and keynote speaker
1:30 PM	Kevin Bland Ogletree, Deakins, Nash, Smoak & Stewart “What To Do When OSHA Comes Knocking”	Kelly Bernish , CSP, past-Administrator of WISE “Women’s Safety Summit Update”
2:30 PM	Break and Vendor Time (20 min)	
2:55 PM	 Charlie Morecraft An ordinary guy with an extraordinary story! You may think you know him. His on-the-job decisions continue to affect his life in new ways every day.	
4:00 PM	Raffle, takeaways, and wrap up	

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Registration Details

	<u>Single Attendee</u>	<u>Group of 10</u>
Students	\$95	N/A
Regular Tickets	\$175	\$1500

Attendance is expected to exceed all previous years!

Register at sandiego.assp.org/events/assp-professional-development-conference/

Exhibitors

Your organization can participate as an EXPO vendor for **\$400**. As a vendor, your organization will have the opportunity to display your company's products or services and also interact and network with all of the event attendees. A number of planned breaks and "vendor" time will be provided during the event.

Included as a vendor participant you will receive:

- One 3' x 6' table and two chairs in the vendor area.
- Breakfast and lunch for two people.
- A reserved vendor table in the ballroom that will allow you to attend the presentations.
- 30-60 seconds of stage time to introduce yourself and your organization to the group.
- Your company logo as a vendor participant displayed on the San Diego ASSP website for a period of one year.

Sponsorships

Keel Level

Your organization can participate as a valued sponsor at this event by sponsoring the beverage station, breakfast, or lunch. Cost is **\$200**. Includes:

- Verbal recognition at the event.
- Your company logo or sign located at the sponsored item.
- Your logo as an event sponsor displayed on the San Diego ASSP website for a period of one year.

Flagship Level

Cost is **\$1000**. Includes:

- Everything listed in Keel level.
- Logo recognition on select event literature including photo booth photos.
- 2 event tickets – includes lunch.
- Double booth size.



Keynote Sponsor

Cost is **\$1500**. Includes:

- Logo/name recognition on select event literature.
- Verbal recognition at all sessions.
- 4 complimentary event tickets – includes lunch.
- Marketing/advertising material in program materials.
- 1 trade show table with choice of available position.
- Logo displayed in lunch room and breakout sessions.
- Sponsor Recognition at lunch.
- Reserved Table at Lunch.

Special accommodations will also be considered based on need. Please contact Chris Malicki at cmalicki@cavignac.com for more information concerning Sponsors and Vendors.

Event exhibitors and sponsors can register at
sandiego.assp.org/events/assp-professional-development-conference/

The Jacobs Center for Neighborhood Innovation

404 Euclid Avenue
San Diego, CA 92114

<http://www.jacobscenter.org/>

Kitchens for Good

All of their catering proceeds help individuals in need get jobs in the culinary industry and provide nutritious meals to hungry San Diegans.

<https://kitchensforgood.org/>



San Diego Chapter American Society of Safety Professionals A Not-For-Profit Organization One Chapter - Two Convenient Locations

ASSP San Diego Chapter 2019 Professional Development Conference Student Scholarship Essay Contest

The San Diego Chapter of ASSP is offering two scholarships for students to attend the 2019 Professional Development Conference (PDC) scheduled for March 12, 2019 from 7:00 AM to 4:00 PM at the Jacobs Center at 404 Euclid, San Diego, CA 92114.

This is an opportunity for students currently enrolled in Environmental Health and Safety (EHS) degree or certificate programs at Cuyamaca College, Southwestern College, and UCSD Extension to attend the full day conference at no cost. The speaker's program is attached.

The scholarship includes attendance to all conference sessions, the exhibitor area, continental breakfast, lunch, and the opportunity to network with EHS professionals, as well as to explore opportunities for internships. The winners will be recognized at the PDC, and will also be invited to attend as guests of SD ASSP at a future monthly breakfast meeting.

The scholarship essay contest rules are the following:

- Open to all registered students in the following programs:
 - ◊ EHS Management or OHS Associate and Technician programs at Cuyamaca College.
 - ◊ Environmental Management and OHS Associate or Certificate of Achievement programs at Southwestern College.
 - ◊ Safety and Health Specialist Certificate program at UCSD Extension
- Write a 500 to 1,000 word essay on one of the following topics (hint: content is much more important than word count)
 1. Why did you choose EHS as a career?
 2. What impact do you hope to make in your EHS career?
 3. What do you think is the most important factor in maintaining a safe workplace?
 4. Do you have a personal experience you can share that speaks to your interest in EHS?
- Submit your essay by Tuesday, March 5th, 2019.
- Email your essay to: president@sandiego.assp.org
- Indicate what program and institution you are attending.
- Include contact information so we can reach you by phone and email.
- SD ASSP, at its own discretion, reserves the right to select or reject any and all entries.

We look forward to your essay.

Thank you,

San Diego Chapter of the American Society of Safety Professionals



Help us Sound the Alarm about home fire safety.

The American Red Cross is teaming up with fire departments, volunteers, and partners to Sound the Alarm with home fire safety and smoke alarm installation events.

Help us install FREE smoke alarms and make our communities safer.

We need your help!

Every day 7 people die in home fires. You can help change that.

Join us at an installation event:

Lakeside – Monday, March 11th at 8A

El Cajon – Saturday, April 6th at 8A

Chula Vista – Saturday, May 4th at 8A

Could you or someone you know use a free installation? *Click here!*

**For more information visit www.SoundTheAlarm.org/SanDiego
or email Melissa.Altman@RedCross.org**



Everyone Has a Story

Meet Chris Malicki

By Cait Casey

Chris Malicki believes in education and experience. With a background in accounting and computers, Temecula's boom provided him an introduction to construction experience. As a laborer, grade checker, heavy equipment operator, foreman, superintendent, estimator, and project manager, Chris saw a lot of rocks on work sites while working towards earning an AA in geology from Mira Costa College. In July 1991, Senate Bill 198 went into effect, and Chris was charged to implement his first Illness and Injury Prevention Plan for a major government project. As Safety Officer, Chris had exposure and responsibility. He enrolled in basic courses and certifications. While employed as Training Director he attended every course available in safety and health, crediting the non-profit for providing his first significant and relevant safety training. OSHA 10, Competent Person designations, motorcycle safety, COSS, and driver's education complemented the position of Safety Manager with a multi-construction group earning CHST and OHST designations with 100% responsibility and exposure. Today Chris con-

sults with clients on all aspects of risk management and safety as a Safety Risk Advisor for a major San Diego commercial insurance agency.

Talking with Chris about the field applications of safety and health principles brought home the challenge of “book knowledge” education and “knowing what to look at” on construction sites. Only quoting regulations is like being a carpenter without a hammer. To facilitate a promising future for today and tomorrow's construction workforce, Chris teaches weekends and nights at one of California's best known and respected open shop apprenticeship programs. Skilled labor is not readily available in San Diego and a multi-year commitment to apprenticeship is daunting to many with 10 to 20% dropping out of the few that show up for the first classroom sessions. Chris shares his path to safety with students and promotes an alternative to practical field experience through summer construction jobs alongside a four-year degree from a major university majoring in construction management, OSH, applied science, or other related fields. He advocates acquiring OSHA 10, 30, and Competent Person designations in tandem with the degree and summer construction experience. Chris also



promotes internships with safety organizations and general contractors. With a four-year degree and solid construction field experience, Chris's “preferred path” for tomorrow's successful safety professional includes passing the ASP and CSP by age 24.

Chris recognizes Darby Vorce and Vince Hundley as instrumental in advancing his safety career. He continues his safety education, attending educational seminars such as ASSP Seminar Fest. He contributes time to our chapter through volunteering and holding many Executive Committee positions including being a former Chapter president and currently chairing the Programs Committee, and contributes to the annual chapter professional development day every March. Exposures will continue in the workforce; ASSP members such as Chris are there to provide guidance, educate, and mentor to protect against them.

Getting Started in Safety?

Are you just embarking down the path of a career in safety? Seasoned active professionals such as Chris Malicki are a fantastic resource for finding your way. Others who are closing out successful careers and are transitioning into retirement would also like to see their bodies of knowledge find new life. ASSP member Miles Katayama has generously offered to hand off his library of safety and health resource materials, spanning over 35 years, to an interested ASSP member learning the ropes of this career path. For more information or to get in touch with Miles, please write the editor at Newsletter@sandiego.assp.org.



OSHA Trade News Release

U.S. Department of Labor
OSHA, Office of Communications



U.S. Department of Labor Urges Employers to Prevent Worker Exposure to Carbon Monoxide from Portable Generators and Other Equipment

February 12, 2019

Washington, D.C.—The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) is reminding employers to take necessary precautions to protect workers from the serious and potentially fatal effects of carbon monoxide exposure. Recent incidents highlight the need to educate employers and employees about the dangers of carbon monoxide exposure from portable generators and other equipment in enclosed spaces.

Carbon monoxide is a colorless, odorless, and toxic gas, so it is important that employers and employees alike know the symptoms of overexposure. These can include headaches, dizziness, drowsiness, nausea, vomiting, or tightness across the chest. Severe carbon monoxide overexposure can cause neurological damage, coma, and death.

Every year, carbon monoxide poisoning claims the lives of employees nationwide, usually when fuel-burning equipment and tools are used in buildings or semi-enclosed spaces without adequate ventilation. The danger increases during the winter months when this type of equipment is used in indoor areas that have been sealed tightly to block out cold temperatures and wind.

In addition to portable generators and space heaters, sources of carbon monoxide can include anything that uses combustion to operate, such as power

tools, compressors, pumps, welding equipment, furnaces, gas-powered forklifts, and motorized vehicles.

To reduce the risk of carbon monoxide exposure in the workplace, employers should install an effective ventilation system, avoid the use of fuel-burning equipment and vehicles in enclosed or partially-enclosed spaces, and use carbon monoxide detectors in areas where the hazard may exist. They should also take other precautions as outlined in OSHA's [Carbon Monoxide Fact Sheet](#). Additional OSHA resources include [videos \(in English and Spanish\)](#), QuickCards (in [English](#) and [Spanish](#)) and a fact sheet on [portable generator safety](#). ▀

U.S. Department of Labor Provides Interim Compliance Guidance for Evaluation of Crane Operators

February 13, 2019

Washington, D.C.—The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has issued [enforcement guidance](#) on the requirements for evaluating crane operators that became effective February 7, 2019.

OSHA is enforcing the requirement that employers must evaluate their operators before allowing them to operate cranes independently. However, until April 15, 2019, OSHA intends to offer compliance assistance, in lieu of enforcement, for those employers who have evaluated operators in accordance with the final rule, and are making good faith efforts to comply with the new documentation requirement. ▀

Response from U.S. Department of Labor Regarding Fake OSHA Cards

February 15, 2019

Washington, D.C.—The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) issued the following statement in response to a New Jersey safety trainer's guilty plea of selling more than 100 fraudulent training cards.

"OSHA's outreach training serves to educate workers about safety issues they will encounter on the jobsite," said OSHA Regional Administrator Richard Mendelson. "Falsifying documents not only undermines the program, it fails to protect workers on the job. OSHA will refer fraudulent activity to the Department of Labor's Office of Inspector General, and trainers caught falsifying information will be subject to criminal prosecution."

The [Outreach Training Program](#) trains workers on the recognition, avoidance, abatement, and prevention of workplace hazards. The voluntary program also provides information on workers' rights, employer responsibilities, and how to file a complaint. ▀

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to help ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.



NIOSH Shows Our Love for PPE by Asking, “How Clean Is Clean?”



John Howard, M.D.
Director, NIOSH

It's February, which means that Valentine's Day is right around the corner, and love is in the air. At NIOSH, we like to use this time of year

as an opportunity to show our appreciation for the personal protective equipment that keeps the people we love safe.

In this spirit, NIOSH recently set a goal to improve the safety and health of fire fighters by reducing their exposure to harmful contaminants due to unclean or inadequately cleaned PPE. Fire fighter exposure to soiled or contaminated PPE is an increasing concern for long-term fire fighter health. The second leading cause of death across the U.S. is cancer and other diseases that result from chronic exposures; and fire fighters face a greater risk than most. One risk can be associated with fire ground exposures relating to protection and hygiene practices and persistent harmful contamination found in fire fighter PPE. Typically, fire fighter gear is

washed by independent service providers. But how do you know that the gear is truly clean?

In order to establish the scientific background necessary to answer this question, NIOSH partnered with the Fire Protection Research Foundation to establish clear and definitive guidance for applying cleaning and decontamination procedures that effectively remove both chemical and biological contaminants from fire fighter PPE. This study, which is part of what we call the [How Clean is Clean project](#), will help determine if PPE is truly free of harmful contaminants after using typical cleaning methods.

Already the project is making an impact. NIOSH researchers developed laboratory contamination, extraction, and analysis methods for heavy metals and semivolatile organic compounds. They then established a standardized method that can be used to determine the effectiveness of the cleaning techniques to decontaminate the PPE. Based on the results, NIOSH made recommendations to the National Fire Protection Association (NFPA) standards committees and established fire service guidance for maintaining contaminant-

free PPE. This has translated into changes to the [NFPA 1851 Standard on Selection, Care, and Maintenance of Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting](#).

Looking to the future, the *How Clean is Clean* team researchers have determined the same sort of lack of scientific evidence for another important fire fighter PPE question—How long does the gear remain reliable if well maintained or not often used? Answering this question will allow us to know how long turnout gear should stay in use when it is used often or in particularly hazardous scenarios. Thus, this next project is going to verify the testing performance requirements through the different stages of the gear's life to verify that it's still working properly.

NIOSH's love affair with PPE is everlasting, and we will continue to identify areas where additional research is necessary to keep our PPE users safe. ▀

Look for Dr. John Howard at the San Diego ASSP 2019 Professional Development Conference March 12th. Details in this [news-letter!](#)

Tree Trimmer is Electrocuted While Trimming a Palm Tree—California

A tree trimmer was electrocuted while trimming palm trees at a private residence. The trees were in close proximity to the utility power pole and high voltage lines. The tree trimmer was working alone. Although unwitnessed, it is likely that a trimmed palm frond contacted the high voltage line and conducted electricity to and through the victim.

IEQ Concerns Among Hospital Employees Working in a Radiology Department

HHE program investigators found exhaust particles entering the workspace, air bypassing the filtration systems, and outdoor air intakes at or below ground level. They recommended improving preventative maintenance on the ventilation systems and working with a mechanical engineer to ensure air supplied to the workspace meets current Indoor Environmental Quality (IEQ) guidelines for health care facilities. Read the [HHE report](#) to learn more.

This Month in History

Ten years ago this month, NIOSH and a university partner identified issues related to studying workplace exposure to engineered nanoparticles. These issues stemmed from the unique characteristics and properties of engineered nanomaterials, their relatively new status, and their use by workers in different industries and jobs. More information is available: [Issues in Developing Worker Epidemiological Studies Related to Engineered Nanoparticles](#).



HEALTH AND SAFETY NEWS

“Speeding Kills”: Reducing Speeding-Related Crashes New to NTSB “Most Wanted” List

Washington – The National Transportation Safety Board has included two new issues on its [2019-2020 Most Wanted List of Transportation Safety Improvements](#), while reiterating the need for increased implementation of collision-avoidance technologies.

Board members shared the additions during a [Feb. 4 press conference](#). They are:

- Implement a comprehensive strategy to reduce speeding-related crashes.
- Improve safety of Part 135 aircraft flight operations.

“Speeding kills,” NTSB Chairman Robert Sumwalt said, noting that it is responsible for more than 10,000 deaths a year. “A third of all highway-related fatalities are speeding related.”

Part 135 aircraft operations relate to air tour, air medical service, air taxi, charter and on-demand flights, which are not required to meet the same safety standards as commercial airlines, according to NTSB.

During a recent car-shopping trip, board member Jennifer Homendy learned that a collision-avoidance system added \$6,000 to the price of a new vehicle. “Safety should not be a luxury – it should be standard,” she said.

According to Sumwalt, the implementation of these technologies could save 1,000 lives a year. “Why aren’t these systems available in all new vehicles?” he asked.

The issues repeating from the 2017-2018 list are:

- Reduce fatigue-related accidents.
- Strengthen occupant protection.
- Require medical fitness – screen for

and treat obstructive sleep apnea.

- Fully implement positive train control.
- Eliminate distractions.
- End alcohol and other drug impairment.
- Ensure the safe shipment of hazardous materials.

In a statement released Feb. 4, the National Safety Council applauds the list and states that it remains committed to helping NTSB advance the recommendations.

“The list serves not only as a guidepost for action, but also a reminder of how much work needs to be done to safely transport the public from Point A to Point B,” the council states. “Our cars are safer and smarter than ever before, yet we continue to lose people each day to preventable crashes.” ■

This article originally appeared in [Safety+Health](#) on February 6, 2019.

Workplace Violence and Security: Are Your Employees Safe?

Is your office prepared to deal with workplace violence? If you’re unsure or think it’s unlikely to occur, consider this: “Some 2 million American workers are victims of workplace violence each year,” states OSHA, which adds that “workplace violence can strike anywhere, and no one is immune.”

Noting that workplace violence can take place at or outside of work, OSHA defines it as violence or the threat of violence against workers “that can range from threats and verbal abuse to physical assaults and homicide.”

At Risk

Although workplace violence can happen anywhere at any time, certain workers are at increased risk, OSHA states. These include employees who exchange money with the public, work alone or in small groups, and work early morning or late-night shifts. Additionally, workers in cer-

tain industries (e.g., health care and social services, and gas and water utilities), as well as phone and cable TV installers, letter carriers, and retail workers, are at increased risk.

How Employers Can Keep Workers Safe

It’s important to acknowledge workplace violence is a real threat, and take it seriously. “The best protection employers can offer is to establish a zero-tolerance policy toward workplace violence against or by their employees,” OSHA states. The agency advises employers to create a workplace violence prevention program and ensure all employees thoroughly understand it.

Other tips for keeping workers safe include:

- Provide safety education for employees so they know what behavior is and isn’t acceptable.
- Consider installing video surveillance, extra lighting and alarm systems.

- Minimize access by outsiders by using identification badges, electronic keys and, if necessary, security guards.
- Ensure field staff and employees working alone have cellphones and handheld alarms, and require them to report in regularly.
- Instruct workers to never enter a location that they feel may be unsafe.

Workers need to know employers have a system in place for their protection. “It is critical to ensure that all employees know the policy and understand that all claims of workplace violence will be investigated and remedied promptly,” OSHA states.

For more information, including what steps workers can take to protect themselves, as well as what employers should do after a workplace violence incident, visit www.osha.gov/OshDoc/data_General_Facts/factsheet-workplace-violence.pdf. ■

This article originally appeared in [Safety+Health](#) on January 30, 2019.

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



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Consumer Product
Safety Commission
4330 East West Hwy
Bethesda, MD 20814
www.cpsc.gov



US Health & Human Services
Food & Drug Administration
10903 New Hampshire Ave.
Silver Spring, MD 20993
www.fda.gov



U.S. Department of Transportation
Nat'l Highway Traffic Safety Admin.
1200 New Jersey Avenue, SE
Washington, DC 20590
www.nhtsa.gov

FEATURED SAFETY RECALLS

12/19: Volkswagen Atlas, Golf Sportwagen, and Jetta—Rear Coil Springs May Fracture: www.nhtsa.gov/recalls?nhtsald=18V904

12/19: Nissan Altima—Read Door May Open When Window Is Lowered: www.nhtsa.gov/recalls?nhtsald=18V915

12/20: Jeep Cherokee—Instrument Cluster May Fail: www.nhtsa.gov/recalls?nhtsald=18V917

12/20: Honda Clarity—Vehicle May Lose Power: www.nhtsa.gov/recalls?nhtsald=18V921

Starting 1/25-3/29: Audi, BMW, Chrysler, Daimler, Dodge, Ferrari, Ford, Freightliner, Jeep, Lexus, Lincoln, Mercedes-Benz, Mercury, Ram, Scion, Subaru, Tesla, Toyota, Volkswagen—Passenger Frontal Air Bag Inflator May Explode: due to the number of recalls, go to www.nhtsa.gov/recalls and enter a Vehicle Identification Number (VIN) to see if the recall applies

1/25: Ram Trucks—Steering Linkage May Separate: www.nhtsa.gov/recalls?nhtsald=19V021

1/31: Hill's Science Diet Canned Dog Food Has Elevated Vitamin D Levels: www.fda.gov/Safety/Recalls/ucm630232.htm

1/31: Daimler Vans—Loss of Steering Without Warning: www.nhtsa.gov/recalls?nhtsald=19V070

2/1: Striker Lifepak Defibrillator May Lock Up After a Defibrillation Shock Is Delivered: www.fda.gov/Safety/Recalls/ucm630455.htm

2/5: DeWALT Recalls Drills Due to Shock Hazard: <https://is.gd/fOcfwn>

2/5: Fisher-Price Recalls Children's Power Wheels Barbie Campers Due to Injury Hazard: <https://is.gd/ca3oSV>

2/6: Dell Recalls Hybrid Power Adapters Sold with Power Banks Due to Shock Hazard: <https://is.gd/L2eX9d>

2/7: Delta Electronics Recalls Solar Inverters Due to Fire and Impact Hazards: <https://is.gd/lidDi8>

2/12: Target Recalls Toddler Boots - Choking Hazard: <https://is.gd/Gay2NQ>

2/12: 3M DBI-SALA Self-Rescue Inspection Notice: <https://is.gd/SpJPE2>

2/13: Shop LC Recalls Disco Ball LED Light Due to Burn and Fire Hazards: <https://is.gd/k361wA>

2/14: PurpleAir Recalls Power Supply Units for Air Sensors Due to Fire and Burn Hazards: <https://is.gd/RJ85B7>

2/14: CVB Recalls LUCID Folding Mattress-Sofas Due to Violation of Federal Mattress Flammability Standard: <https://is.gd/AVW2M1>

2/15: Sid Wainer and Son Initiates Class 2 Recall for Jansal Valley Dukkah Due to Potential Glass Pieces: <https://is.gd/ZI1PTT>

2/19: Academy Sports + Outdoors Recalls Turkey Fryer Due to Fire Hazard: <https://is.gd/Q3lq6H>

2/20: Crate and Barrell Recalls Holiday Milk Bottles Due to Laceration Hazard: <https://is.gd/tmxLSp>

2/21: SRAM Recalls Bicycle Gear Hubs Due to Crash and Injury Hazards: <https://is.gd/waPZwe>

2/21: Shearwater Recalls Diving Transmitters Due to Drowning Hazard: <https://is.gd/s1rR4L>

2/26: JumpSport Recalls Mini Trampolines Due to Injury Hazard; New Instructions and Warning Labels Provided: <https://is.gd/u0zcsY>

2/26: D&D Futon Furniture Recalls Sleeper Chair Folding Foam Beds Due to Violation of Federal Mattress Flammability Standard: <https://is.gd/r2XVil>

2/27: Harbor Freight Tools Recalls 12V Rechargeable Flashlights Due to Overheating and Burn Hazards: <https://is.gd/U6o7jN>

2/27: Harbor Freight Tools Recalls Propane Torches Due to Burn Hazard: <https://is.gd/CRBGvX>

2/28: Biotouch Recalls Topical Anesthetic Due to Failure to Meet Child Resistant Closure Requirement; Risk of Poisoning: <https://is.gd/Sf4zJw>

2/28: Clinical Resolution Laboratory Recalls Topical Anesthetic Due to Failure to Meet Child Resistant Closure Requirement; Risk of Poisoning: <https://is.gd/YQQXBn>

**PRODUCT
RECALL**



Note: Agency logos are used here solely for identification and familiarity purposes, and do not constitute an endorsement by those agencies.



HELPFUL LINKS AND OTHER INFORMATION

American Industrial Hygiene Association: <http://www.aiha.org/>

American Red Cross: <http://www.redcross.org/>

American Society of Safety Professionals Main Website: <https://www.assp.org/>

ASSP Center for Safety and Health Sustainability: <http://www.centershhs.org/>

ASSP Learning Library: <http://www.safetybok.org/>

ASSP Risk Assessment Institute: <https://www.assp.org/advocacy/risk-assessment-institute>

California Division of Occupational Safety and Health (DOSH), (Cal/OSHA): <http://www.dir.ca.gov/dosh/>

Center for Disease Control and Prevention (CDC): <http://www.cdc.gov/>

Consumer Product Safety Commission (CPSC): <https://www.cpsc.gov/>

Electronic Library of Construction Occupational Safety & Health: <http://www.elcosh.org/index.php>

Environmental Protection Agency (EPA): <http://www.epa.gov/>

Federal Emergency Management Agency (FEMA) Main Page: <http://www.fema.gov/>

FEMA “Be Ready” Website: <http://www.ready.gov/>

Federal Motor Carrier Safety Administration: <http://www.fmcsa.dot.gov/>

Food and Drug Administration: <https://www.fda.gov/> **NEW**

Mine Safety and Health Administration (MSHA): <http://www.msha.gov/>

National Institute of Health Sciences (NIH): <http://www.niehs.nih.gov/>

National Institute of Occupational Safety and Health (NIOSH): <http://www.cdc.gov/niosh/>

National Occupational Research Agenda (NORA): <https://www.cdc.gov/nora/> **NEW**

Occupational Safety and Health Administration (OSHA) Main Website: <https://www.osha.gov/>

OSHA Silica Fact Sheets: <https://www.osha.gov/pls/publications/publication.searchresults?pSearch=Controlling+Silica+Dust+in+Construction+&pSearch=>

OSHA Silica Frequently Asked Questions: https://www.osha.gov/dsg/topics/silicacrystalline/generalindustry_info_silica.html **NEW**

San Diego ASSP Website: <https://sandiego.assp.org/>

US Chemical Safety Board (CSB): <http://www.csb.gov/>