

The Safety Net

San Diego



Countdown Begins—Lots Still To Do

The President's Catch and Release — May, 2019



Enrique Medina

Dear Chapter members, colleagues and friends,

This is my next to last column as president, and there is still much to report about our activities, and opportunities to become involved

with the Chapter. Last month, our Chapter hosted the ASSP Region I Regional Operating Committee meeting with presidents and leaders of most of the 18 chapters of this region. You can read all about it in the [excellent articles by Scott Simerson and Wesley Williams](#), who are candidates for President-elect and Secretary, respectively, and attended the meeting to learn about how chapters run. Scott and Wes captured the flavor, spirit, and purpose of the meeting perfectly. Incoming President Steve Workman and Treasurer candidate Chris Malicki also attended. As the host chapter, we treated the 45 attendees to a ferry ride to Coronado, and a magnificent view of our downtown skyline on the way to the ROC networking dinner. Past-

President Allie Long, who brought the ROC to San Diego, came along. It was a lot of fun.

The [candidate slate for Chapter Officers](#) for the 2019-2020 term that starts July 1 was published last month and announced at the breakfast meeting. You can see the [announcement in this newsletter](#), and reminder emails. The elections will take place at the May 14 breakfast meeting. Please register online to attend, so we have the required quorum to hold the election. We will also be welcoming Jo Curcio and David Hiipakka as new Membership and Social Media Committee Chairs, respectively. These volunteers



deserve our thanks. There is still an opening for Program Chair, and we always need volunteers to help the committees!

In fact, we are

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TO JUMP TO THAT PAGE!*

Thank you to all of our 2019 Professional Development Conference sponsors!





looking for two members who would like to help shape the future of our Chapter by attending a one-day strategic planning retreat on Saturday, June 1 in Escondido with the current and incoming Executive Committee members. With the help of Facilitator Brooks Carder, PhD, the goal is to develop a mid-range (3-5 year) plan for the Chapter to help guide future leadership teams serve the membership better. You need to be part of that mix. You don't have to be an active Chapter member to be

considered. Just send me a short email telling me why you would like to participate at president@sandiego.assp.org. Your fellow members will thank you for stepping up.

Thanks,

Enrique Medina

San Diego ASSP Chapter President

EXECUTIVE COMMITTEE CHAIR UPDATES

Government Affairs Committee:

by Scott Simerson

S. 670: A bill to make daylight savings time permanent, and for other purposes.

Introduced March 6, 2019

SECTION 1. SHORT TITLE.

This Act may be cited as the “Sunshine Protection Act of 2019”.

SEC. 2. MAKING DAYLIGHT SAVINGS TIME PERMANENT.

(a) Repeal of Temporary Period for Daylight Savings Time.—Section 3 of the Uniform Time Act of 1966 ([15 U.S.C. 260a](#)) is hereby repealed.

(b) Advancement of Standard Time—

(1) IN GENERAL.—The second sentence of subsection (a) of section 1 of the Act of March 19, 1918 (commonly known as the “Calder Act”) ([15 U.S.C. 261](#)), is amended—

- (A) by striking “4 hours” and inserting “3 hours”;
 - (B) by striking “5 hours” and inserting “4 hours”;
 - (C) by striking “6 hours” and inserting “5 hours”;
 - (D) by striking “7 hours” and inserting “6 hours”;
 - (E) by striking “8 hours” and inserting “by 7 hours”;
 - (F) by striking “9 hours” and inserting “8 hours”;
 - (G) by striking “10 hours;” and inserting “9 hours;”;
 - (H) by striking “11 hours” and inserting “10 hours”;
- and

(I) by striking “10 hours.” and inserting “11 hours.”.

(2) STATE EXEMPTION.—Such section is further amended by—

(A) redesignating subsection (b) as subsection (c); and

(B) inserting after subsection (a) the following:

“(b) Standard Time for Certain States and Areas.

—The standard time for a State that has exempted itself from the provisions of section 3(a) of the

Uniform Time Act of 1966 ([15 U.S.C. 260a\(a\)](#)), as in effect on the day before the date of the enactment of the Sunshine Protection Act of 2019, pursuant to such section or an area of a State that has exempted such area from such provisions pursuant to such section shall be, as such State considers appropriate—

“(1) the standard time for such State or area, as the case may be, pursuant to subsection (a) of this section; or

“(2) the standard time for such State or area, as the case may be, pursuant to subsection (a) of this section as it was in effect on the day before the date of the enactment of the Sunshine Protection Act of 2019”..”.

(3) CONFORMING AMENDMENT.—Such section is further amended, in the second sentence, by striking “Except as provided in section 3(a) of the Uniform Time Act of 1966 ([15 U.S.C. 260a\(a\)](#)), the” and inserting “Except as provided in subsection (b),”.

Cal/OSHA Reminds Employers to Protect Outdoor Workers from Heat Illness

News Release No.: 2019-34

April 10, 2019

Oakland—Temperatures at outdoor worksites across California are rising as the weather warms up. On Friday, Cal/OSHA will participate in a news conference and training sessions to help employers plan for and prevent heat-related illness and death from affecting outdoor workers.

Cal/OSHA’s heat illness prevention model includes annual trainings statewide in both [English](#) and [Spanish](#). On Friday, Nisei Farmers League and nine other agricultural employers will co-sponsor training sessions in Easton in both

(see **Government Affairs**, page 3)



EXECUTIVE COMMITTEE CHAIR UPDATES

(Government Affairs, continued from Page 2)

languages. This collaborative training has been held every year since 2008 to protect outdoor workers from heat illness and to highlight the requirements of the state’s heat illness prevention standard.

Next Tuesday, April 16, Cal/OSHA will host a [Heat Illness Prevention Network](#) conference call to review best practices and allow for questions and answers.

“When it comes to preventing heat illness, employers with outdoor workers should not wait until it gets hot to review their procedures and ensure their training is effective,” said Cal/OSHA Heat and Agriculture Program Coordinator David Hornung. “Workers should know the signs and symptoms of heat illness and what to do in case someone gets sick. This helps prevent serious and fatal heat illnesses while working outdoors.”

Heat illness is a serious hazard for people who work outdoors. Cal/OSHA’s investigates heat-related incidents and complaints of hazards at outdoor worksites in industries such as agriculture, landscaping and construction. These investigations ensure compliance with the [heat illness prevention standard](#) and the [injury and illness prevention standard](#), which require employers to take the following basic precautions:

1. Train all employees and supervisors on heat illness prevention.
2. Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8-ounce glasses of water per hour, and *encourage them to do so*.
3. Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. They should not wait until they feel sick to cool down. *Shade structures must be in place upon request or when temperatures exceed 80 degrees Fahrenheit.*
4. Closely observe all employees during a heat wave and any employee newly assigned to a high heat area. Lighter work, frequent breaks or shorter hours will help employees who have not been working in high temperatures adapt to the new conditions.
5. Develop and implement written procedures for

complying with the Cal/OSHA heat illness prevention standard, including plans on how to handle medical emergencies and steps to take if someone shows signs or symptoms of heat illness.

“We continue to conduct outreach, training, and enforcement to ensure the heat illness prevention standard is followed and outdoor workers have access to the water, rest and shade that keeps them healthy,” said Cal/OSHA Chief Juliann Sum.

The most frequent heat-related violation that Cal/OSHA cites during enforcement inspections is for failure to have an effective written heat illness prevention plan specific to the worksite. Serious heat-related violations are often related to inadequate access to water and shade, and to a lack of supervisor and employee training.

Additional information about heat illness prevention, including details on upcoming training sessions throughout the state are posted on Cal/OSHA’s [Heat Illness Prevention](#) page. Cal/OSHA also has extensive multilingual materials for employers, workers and trainers on its [Water. Rest. Shade.](#) public awareness campaign website.

Questions related to heat illness prevention should be directed to [Cal/OSHA’s Consultation Services Branch](#), which provides free and voluntary assistance to employers and employee organizations to improve their health and safety programs. Employers should call (800) 963-9424 for assistance from Cal/OSHA Consultation Services.

Employees with work-related questions or complaints may contact DIR’s Call Center in English or Spanish at 844-LABOR-DIR (844-522-6734). The California Workers’ Information line at 866-924-9757 provides recorded information in English and Spanish on a variety of work-related topics. Complaints can also be filed confidentially with [Cal/OSHA district offices](#).

H.R. 2262: To prioritize educating and training for existing and new environmental health professionals.

Status: Introduced on April 10, 2019, Text: Not available yet. (Will provide updates as received – SS)

(see [Executive Committee Updates](#), page 4)



EXECUTIVE COMMITTEE CHAIR UPDATES

(Executive Committee Updates, continued from Page 3)

Public Affairs Committee:

by Isaac Szmuiłowicz

1. Gary Couture and I participated in the most recent Sound the Alarm Event. The team of volunteers installed 327 smoke alarms and made 133 homes safer in several Mobile Parks in El Cajon.
2. This spring, Red Cross volunteers and our partners will install 100,000 free smoke alarms in high risk neighborhoods nationwide. Sound the Alarm installation and fire safety events will take place in more than 100 communities across the country, providing a lifesaving service in our quest to reduce death and injury from home fires.

I hope everyone in ASSP San Diego and North County will join in the next Sound the Alarm event on:

Saturday, May 4th from 8AM - 1PM

Chula Vista – Goal is to install 1,000 alarms!

Meeting site: Feaster Charter School, 670 Flower St,
Chula Vista CA 91910

For anyone planning on attending, please encourage them to sign up in advance by going to the website:
https://volunteerconnection.redcross.org/?nd=public_shift_listing&view_id=2&zip_code=92116

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 resolution to help others.

3. From Melissa Altman to us: "Your outreach efforts to the Spanish speakers is very appreciated. We are in dire need so all your help is awesome!"
4. Veronica Worthington, who was one of our contacts with the Red Cross, left. Our new contact is:

Rob Binder, Strategic Account Executive
American Red Cross - Training Services
Mobile: (619) 214-4171
Email: robert.binder@redcross.org

5. I am attending today the Valley Coastal ASSP PDC - Airtel Plaza Hotel, Van Nuys, California.

Thank you,
Isaac Szmuiłowicz

ASSP Region 1 Operating Committee:

Thoughts by Scott Simerson and Wesley Williams

Day 1 Thursday April 4th, 2019:

Scott Simerson:

Attending the ROC was a great opportunity to meet fellow safety professionals from the 19 chapters on the Pacific Rim, even though only 17 chapters were represented. When I first walked into the room, I realized I did not know anyone there. The first person to greet me was Atis ("Ah-tiss") Zikmanis, and his warm welcome put me at ease. After settling in at one of the eight round tables, I was soon joined by Enrique, Steve, Wesley, and Chris. An agenda was handed out and we began the process of conducting the meeting. The process was more formal than our chapter meetings, with the appointment of a parliamentarian to keep us on topic, and a timekeeper to mind the clock.

As the Regional Vice President James Boretti brought up the orders of business and the group discussed them, I realized I was amongst "family". Much like everyone has a work family and other non-biological groups they closely interact with, this group of safety professionals expressed similar experiences to what I have lived through over the past 12 years in occupational safety. As representatives of their chapters, they voiced challenges similar to those that our own chapter faces. As Enrique said at the April breakfast meeting, we are not the highest-performing chapter, but we are also not the least-performing chapter. Everyone struggles with low rates of volunteerism, low meeting attendance, and trying to find better ways to get members engaged with the chapter.

The point of the meeting was not to solve all the problems ASSP faces, but to come up with solutions to a few problems this time, then a few more at each meeting. The RVP was well-prepared to tap the expertise in the room and we conducted a brain-storming session on how to improve the resources provided to each chapter by society, and how to improve the value of the chapter to its members.

It was during these sessions I found myself bonding with these former strangers, who were now, hours later, my work associates, and quickly becoming friends. I met people from Los Angeles, Sacramento, Walla Walla, Bakers-

(see ASSP ROC, page 5)



EXECUTIVE COMMITTEE CHAIR UPDATES

(ASSP ROC, continued from Page 4)

field, San Francisco, and Portland. After experiencing the vibrancy and engagement of this conference, I expressed my desire to visit other chapters during their regular meetings. Granted, it would require a day away from work, but I would like to support my fellow safety professionals in their chapters.

Wesley Williams:

There were chapters from Hawaii, Alaska, Washington, Oregon, and California who all were brought together as one team to tackle growth and improvement within our region 1. The discussion started about the different Region 1 positions, their roles, and how they support the society as a whole (Regional Vice President and Area directors). Topics included the importance of recognition for members who have been around for many years and for members who volunteer on the chapter specific executive committees. The many ways the ASSP are there to help was discussed, where to find help, how they can help, and the importance of staying on top of financials on a monthly basis. We broke out into groups to discuss and come up with ways to grow membership, on how to stay engaged to keep monthly meetings fresh and interesting, the importance to get out into the community, and to ensure that members are getting something valuable as being a part of the ASSP. The boat ride to Coronado and the dinner at Il Fornaio was a fantastic night of bonding, laughter, and joy.

Day 2 Friday April 5th, 2019:

Scott Simerson:

In my opinion, the exchange of ideas over the two days was the best aspect of the conference. Mr. Mark Stone, of the San Francisco chapter, liked the networking raffle card that we used at our PDC and asked Enrique for a copy of it. I found inspiration in activities that other chapters are doing; Sacramento hosts monthly "Capitol Coffee" meetings, where they bring coffee and meet with state legislators to discuss upcoming safety-related legislation. Other chapters host evening socials at local breweries, and other have concluded technical tours at a brewery or winery. Some chapters are using social media to advertise upcoming meetings and events, which allows members to see who else is attending.

Being a member of ASSP means being part of a larger work family; people you can share experiences with, learn from, gain insight into different aspects of our safety mission, network to learn of new opportunities, and join others in studying for professional certifications. Through volunteering in the leadership of ASSP, leadership skills and personal development are gained and the value of being a member is even more profound.

Wesley Williams:

Day 2 focused primarily on unity at the upcoming Safety 2019 Conference in New Orleans, and a presentation by one of the region 1 area directors. We broke out in groups after agreeing to 3 points of interest that will be focused on regarding areas that the region 1 chapters felt we need to improve and work on (for example managing a successful budget). We went into depth on how to boost membership attendance as all chapters discussed best practices and areas where they struggled. There also was a presentation from Mr. Carl Heinlein (Director at Large with ASSP) on society leadership opportunities. Overall, I am so fortunate to have the opportunity to attend the ROC which was hosted by the San Diego Chapter. I look forward to being involved as a leader in future region 1 operating committees and to stay and be more involved with the San Diego Chapter's Executive Committee.

2019 Annual Executive Committee Election:

Executive Committee Officer candidates:

President:

Steve Workman

President-Elect:

Scott Simerson

Treasurer:

Chris Malicki

Secretary:

Wesley Williams

Delegate:

Steve Workman

Delegate:

Teresa Bonilla

We appreciate your support as Members of the San Diego Chapter and look forward to seeing you for the vote on May 14th, 2019.



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:

- Port of San Diego—Risk Management and Safety Intern
- York—Risk Control Specialists (Northern and Southern California)
- Morrow-Meadows—Safety Engineer (Los Angeles area)
- Environmental Health and Safety Manager
- Harper Construction—Site Safety and Health Officer, Temporary
- San Diego Convention Center—Safety Manager
- County of San Diego—Departmental Safety Coordinator
- Liberty Mutual—[Risk Control Internship](#)
- [CAL/OSHA Associate Safety Engineer](#)
- ASML—[EH and S Specialist](#)
- 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.



MONTHLY CHAPTER MEETING, MAY 14

Mentorship in Professional Safety: Essential Thoughts on the Mentor & Value to the Mentee

At this meeting: Mentorship in business is both an essential activity and unique skill, serving as a powerful asset in the world of safety professionals. Critical to the development of aspiring, new or experienced safety professionals, mentorship, as will be highlighted, does not reside solely in the purview of managers and supervisors. Mentorship, at its core, assists the safety professional in entering the field, achieving technical, operational and business growth and ultimately in becoming leaders is embedded in the model and discussion. Dan will review with us thoughts on a 4 Quadrant Mentorship Model, its connection to safety as well as the important roles of both the mentor and mentee.

Our Speaker: Dan Hopwood – CSP, SMS, ARM

Mr. Hopwood is a very well-known insurance industry professional with over four decades of insurance and risk management experience. His experience includes years with Zenith Insurance in top level management and advisory roles. He has also served as the San Diego ASSP Chapter President and Region 1 ASSP Regional Vice President.

Dan has spent countless hours coaching and mentoring general industry, construction, and other safety and risk management professionals and his wisdom and innate ability to positively influence others is well known in the safety community.



Admiral Baker Clubhouse
3604 Admiral Baker Road
San Diego, CA 92120

Registration and Breakfast begins at 7:15 a.m.
Welcome and Speaker begins at 7:30 a.m.



\$18 Members* with RSVP by 5/10/2019 by 5:00 P.M.

\$23 No RSVP by 5/10/2019 and for Non-Members/Guests

\$10 Students

**CLICK HERE TO GO
TO THE REGISTRATION PAGE**

***Members include:** ASSP, ACWJPIA, AHMP, AIHA, IHPM, RNCN, RIMS, PARMA, CPCU, PWI, WUSMA

RSVP/Registration: Please RSVP **OR** register with payment by credit card on the San Diego ASSP Chapter website events page using the **BLUE BUTTON** link.

Please note: RSVPs and pre-registrations are very helpful in determining the head-count for the luncheon catering. Those who RSVP may still pay by check, credit card or cash at the door if preferred.

Directions: Interstate 15 to Friars Road East; left onto Santo Road (traffic light); immediate right on Admiral Baker Road; go STRAIGHT at STOP sign; pass the recreation area and part of the golf course; road curves to right at the driving range; keep going all the way to the club-house parking lot—a total of 0.9 miles from Santo Road.

Next month: Rod Libbe of WCIRB presents "The Workers' Compensation System in California"

July: Officer Transition

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



"Providing Leadership & Direction to
the Safety Professional since 1911"

2018 - 2019 Officers

PRESIDENT & DELEGATE:

Enrique Medina, MS, CIH, CSP
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TREASURER:

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Allison Long
past-president@sandiego.assp.org

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ncchair@sandiego.assp.org

NORTH COUNTY SEC/TRES:

Isaac Szmuiłowicz, CSP, COSS
nctreasurer@sandiego.assp.org

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PROGRAMS CHAIR:

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PDC COMMITTEE CHAIR:

Steve Workman
president-elect@sandiego.assp.org

HOUSE OF DELEGATES MEMBER:

Gary Couture, MS-OSH, COSS
delegate@sandiego.assp.org

SUCCESSION PLANNING CHAIR

Cait Casey
planning@sandiego.assp.org

SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met in over-the-phone on Tuesday, April 9. Teresa Bonilla, Brooks Carder, Cait Casey, Gary Couture, Lee Donahue, David Ferguson, Allison Long, Chris Malicki, Enrique Medina, Scott Simerson, Isaac Szmuiłowicz, Claire Wilson, and Steve Workman attended.

OLD BUSINESS

1. Review Minutes from March 5, 2019:

The Executive Committee (EC) accepted the March 5, 2019 Executive Committee Meeting Minutes by vote.

2. Treasurer's Report:

The February 2019 Treasurer's report was included in the provided agenda. Members may view a copy of the Treasurer's report upon request to our President, Enrique Medina.

3. Quick Updates:

- a. Professional Development Conference: Steve Workman stated he received many positive remarks from attendees and vendors. There were also suggestions for improvements for the PDC in 2020.
- b. Spring 2019 ASSP ROC—Enrique Medina
 - A count of 40 ROC attendees are signed up at Wyndham Harbor Drive
 - Dinner will be held at il Fornaio on Coronado Island with transit to the restaurant via ferry boat.
 - Members not pre-registered for the ROC will have their parking paid by SD Chapter at hotel. Allison Long will host interactive verbal games for introductions

and networking.

- c. By Laws for revision (tabled)

NEW BUSINESS

1. Office Nominations for the 2019-2020 term:
 - a. Allison Long to finalize the slate.
 - b. Publication of nominated officers—30 days before election. Announcement will be made to Chapter members by April 6; Allison Long and Enrique Medina will prepare an email blast and will make an announcement at the breakfast meeting.
 - c. The nominated officers are as follows:
 - Chapter President—Steve Workman
 - President-Elect—Scot Simerson
 - Treasurer—Chris Malicki
 - Secretary OPEN (waiting on response from candidates)
 - House of Delegates (HOD) Assignments
 1. Chapter agrees to fund cost for chapter representatives (2019-2020 year).
 2. Teresa Bonilla is interested in representing the North County Chapter and HOD.
 3. Chris Malicki is interested and willing to serve as a backup HOD Delegate.
 4. Steve Workman (as Chapter President) is HOD delegate 1 of 2.
 5. Gary Couture attended as Past President and currently serves as second HOD repre-

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sentative.

2. Organizational Development Retreat:

Enrique Medina discussed topics about the Executive Committee organizational development retreat that will be led by Dr. Brooks Carder on June 1, 2019. Dr. Carder stated we can prepare for the retreat by reading an article he will provide. "Best to be part of the process, as a summary is not as effective as participation in the retreat process." The intent is to focus on the next two-years; a vision for achievable chapter change. The Executive Board and select interested volunteers (for an effective day maximum including Ex BD 20 total) will attend.

2. Delegate — Nothing to report.
3. Job Line — Nothing to report.
4. Membership — Nothing to report.
5. Newsletter — Nothing to report.
6. North County Section — Nothing to report.
7. Programs — Nothing to report.
8. Public Affairs — There is a Red Cross event that needs ASSP support.
9. Social Media — Nothing to report.
10. Succession Planning — Need additional interview candidates for chapter stories and/or mentor into ExCom positions.

Next EC Meeting: May 7, 2019 – Call-in meeting

Next Event: Chapter breakfast meeting, May 14, 2019

COMMITTEE REPORTS

1. Government Affairs — Nothing to report.

Calendar of Special Events

May 2019

Dates Event

- 1-31 Motorcycle Safety Month
- 1-31 National Electrical Safety Month
- 1-31 National Lyme Disease Awareness Month
- 1-31 National Mental Health Awareness Month
- 1-31 National Skin Cancer Awareness Month
- 1-31 National Stroke Awareness Month
- 1-31 National Water Safety Month
- 1-31 National Wild Fire Awareness Month
- 1-31 Building Safety Month
- 5-11 North American Occupational Safety & Health Week
- 6-10 National Safety Stand-Down to Prevent Workplace Falls
- 12 National Fibromyalgia Awareness Day
- 12-18 National Police Week
- 12-18 National Prevention Week
- 18 Armed Forces Day
- 18-24 National Safe Boating Week
- 19-25 EMS Week
- 20-26 Healthy Safe Swimming Week
- 21 American Red Cross Founder's Day
- 24 National Don't Fry Day
- 27 Memorial Day
- 29 National Senior Health & Fitness Day
- 31 National Heat Awareness Day

May 2019 						
Su	Mo	Tu	We	Th	Fr	Sa
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	

Always find the latest San Diego ASSP events at
[https://sandiego.assp.org/event/!](https://sandiego.assp.org/event/)





Everyone Has a Story

Wesley Williams' Story

As interviewed by Cait Casey

Hurricane Katrina brought Wesley to safety. Native New Orleanian, University of New Orleans marine engineering program, shipbuilding - pipefitting apprentice at Northrop Grumman and entrepreneurial enterprises were pre-Katrina. Refinery safety looked like an option. I knew refineries blow up and there a lot of things you can't shutoff or control. A family friend spoke about safety as a career and getting the necessary credentials. Starting as an untrained laborer, Wesley recalls six seconds of instruction, handed two nonworking monitors to calibrate and designated Confined Space Attendant; asking, how are we going to rescue someone 20 feet down a ladder in a dark hole?

A shipyard fatality etched Wesley's experience. On break, a worker leaned against an unsecured guardrail and fell to his death. The rail, removed for work access by a subcontractor, was not properly reconnected. Wesley acknowledged while state regulations are different, effective



practices make the difference. So many things can happen on the job. Working together, paying attention to surroundings, and collaborating at meetings demands a focus on changes to what we do now. It changes what we have ahead for fluid process and safe project management.

California: Wesley's safety introduction

He worked with a safety minded contractor learning safe work practices. A safety mentor provided opportunities on the San Diego County Complex; Wesley assisted with orientations and hazard recognition on projects. He developed skills in safety and an appreciation for training. He took introductory AGC courses in confined space, silica, and fall protection. Trench and excavation and cranes were covered in construction classes at UC San Diego Extension OSHA Training Institute, followed by OSHA 510, OSHA 500, and acquiring the CHST designation.

General Contractors' challenges are significant. The lead, foreman, or supervisor may know the basics. How to transfer safety knowledge and practice in the field, address changes to operations as written, and effectively and safely manage competing sub-contractor timelines are questions that need answers. The pressures are many and often conflicting. The new hire and workers transferring into a new project or phase move from job to job, and without leadership commitment to safety, they fall back on old ways of doing things. Untrained labor in the field is at risk. Field changes, rules and regulations, and trust building around why and how of process, are often perceived as time consuming. Every job becomes a whole new thing. Different subcontractors, different trades, and different companies have different rules and enforcement commit-

ments. In the field things change frequently. Can we build trust, teach the "how and why" and affect a change in jobsite behaviors/culture, recognition/prevention of hazards?

What if we change the bid process, and pay to do the job right? Wesley reflected training and pre-vetting within bid process could focus hiring. Competitive by who's qualified with certified competencies, not just price. Profile companies and by projects, if disclosed and shared, takes time. Jobs lined up with qualified trades and labor secured by fall protection and other essential training prior to site entry would make safety personal and affordable to subs and GC. The GC hires, *then* vets subcontractors. Pre-hire interviews identify workers' skills to be safe and competent. Review experience modification rates, subs and their third and fourth tier hires with updated IIPPs, interview with hazard analysis. Pre-hire interviews can identify workers' skills to be safe and competent. Safety, no matter the discipline, must become personal.

Much that we do in life is to get the job done. It's as if we do not value our life in regard to time and money and risk our lives unknowingly and willfully. I want people to know their lives matter. Care about what we do and understand why it is done. Make it personal, understandable, and help each other on the job site. Safety is Personal.

Wesley is working on his AA safety degree, wants to learn new things on every job, and gain an ASP and CSP. He is an active participant in San Diego ASSP chapter, 2019 Professional Development Team, and an awardee of the 2019 PDC scholarship.

Wesley is currently on the [election slate](#) for the position of Chapter Secretary.



Inspection Notice IMMEDIATE ACTION REQUIRED 3M™ DBI-SALA® ExoFit NEX™ Harnesses

3M Fall Protection has learned of the possibility of a manufacturing defect in a dorsal d-ring utilized in ExoFit NEX™ harnesses manufactured between January 2016 and December 2018. Although there have been no reported incidents involving this condition, a dorsal d-ring with this defect will not support the load in a fall arrest event which could result in serious injury or death. Harnesses manufactured only within this date range require immediate inspection for lot number 09P1 stamped into a dorsal d-ring. We believe that only one harness was manufactured with a defective D-ring, but we urge inspection of all potentially affected harnesses out of an abundance of caution in the interests of worker safety.

End Users: Upon receipt of this Notice, immediately inspect your harness following the steps below:

Step 1: Locate the label pack on the harness to identify the manufacturing date. If the harness has a manufacturing date of 16/01 (2016, January) through the end of 18/12 (2018, December), continue to step 2. If the harness is not in this range, the unit is not impacted by this notice. If the harness is within this date range, continue to step 2.

Step 2: Locate the D-ring on the back of the harness to inspect for a stamped lot date of 09P1. If you find a D-ring with code 09P1 and the harness has a manufactured date within the affected date range, take the harness out of service immediately. If the D-ring is not stamped with code 09P1, you may continue using your harness.

Please note that both the manufactured date range (2016, January through 2018, December) on the harness label AND the lot number code 09P1 stamped on the D-ring must be present on the same harness for the harness to be considered suspect and removed from service. All other harness/d-ring combinations are acceptable for use.



Step 1 Manufacture Date on Harness Shown in Red Circle – must be between 16/01 (2016, January) and 18/12 (2018, December)



Step 2 Lot Code Stamp Location on D-ring – lot code must be (09P1)

Affected Part Numbers: <https://multimedia.3m.com/mws/media/1675006O/3m-dbi-sala-exofit-nex-harnesses-inspection-notice-part-numbers.xlsx>

End-users: If you find an affected harness, take the unit out of service immediately. You can contact us at 3M Customer Service at (833) 638-2697 or at 3musfopserviceaction@mmm.com to return your harness and a replacement harness will be provided free of charge.

Distributors: Please contact our Customer Service department at (833) 638-2697 or email at 3musfopserviceaction@mmm.com to obtain a listing of harnesses sold to you with the affected manufacturing date range. If after inspection you discover you have an affected product in stock, please return the harnesses to 3M Fall Protection immediately for replacement. Please immediately forward this Inspection Notice to any of your customers who have purchased ExoFit NEX product within the affected manufacturing date range from you and provide any assistance requested by your customers to complete the process.

3M remains committed to providing quality products and services to our customers. We apologize for any inconvenience that this situation may cause you or your customers. We appreciate your continued support of 3M Fall Protection products and services.
3M Fall Protection April 16th, 2019



OSHA Trade News Release

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



US DOL, Workplace Safety Organizations Announce 6th Annual National Fall Prevention Safety Stand-Down

April 22, 2019

Washington, DC — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) is joining with occupational safety organizations for the 6th annual [National Fall Prevention Safety Stand-Down](#), May 6-10, 2019. The week-long event will focus attention on preventing falls in construction, the leading cause of fatalities in the industry.

The national stand-down encourages employers and workers to pause voluntarily during the workday for safety demonstrations, training in hazard recognition and fall

Statement by Acting Assistant Secretary of Labor for OSH Loren Sweatt on Workers' Memorial Day 2019

April 25, 2019

Washington, DC — Acting Assistant Secretary of Labor for Occupational Safety and Health Loren Sweatt issued the following statement regarding Workers' Memorial Day 2019:

"The U.S. Department of Labor is committed to ensuring that American jobs are safe jobs.

"Today is a day to remember that since 1971, the Occupational Safety and Health Administration (OSHA) has been working to help make workplaces safer. OSHA has aided in the creation of a safe culture for American workplaces because every worker in America should return home at the end of each and every workday, safe and unharmed.

"Workplace safety is everyone's business, and must be everyone's priority. Safety must start on day one and be a continuous process. OSHA will continue to work with its partners across the country – employers, workers, trade associations, labor unions, and safety and health professionals – to ensure that every workplace is safe and healthful.

"Together, we can continue to protect the health and safety path that leads to safe, family-sustaining career opportunities." ■

prevention, and talks about hazards, protective methods, and the company's safety policies, goals and expectations.

"Falls can be prevented when employers train and educate workers about these hazards properly and provide appropriate protection," said Acting Assistant Secretary of Labor for Occupational Safety and Health Loren Sweatt. "This should be a priority during the first week of May and must be a priority every day. OSHA has tools readily available for employers and workers to address the prevention of fall hazards."

OSHA anticipates thousands of work sites and millions of workers to observe the stand down worldwide in 2019. To help guide their efforts, the Agency's [fall prevention webpage](#) provides information on how to conduct a successful event, and educational [resources](#) in English & Spanish, including:

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>.

US DOL to Hold Meeting to Solicit Public Input on OSH Act Whistleblower Protection Provision

April 19, 2019

Washington, DC — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) will hold a meeting May 14, 2019, in Washington, D.C., to solicit public comments and suggestions from stakeholders on issues relating to whistleblower protection under Section 11(c) of the Occupational Safety and Health Act.

This is the third in a series of meetings at which OSHA is seeking public input on how it can improve whistleblower customer service, and enhance public understanding of the whistleblower laws.

Open to the public, the [meeting](#) will be held from 1:00 p.m. - 4:00 p.m. EDT at the U.S.

- A [series of fall safety videos](#) that demonstrate how to prevent fall hazards from floor openings, skylights, fixed scaffolds, bridge decking, reroofing, and leading edge work.
- OSHA's [Fall Prevention Training Guide](#) that provides a lesson plan for employers, including several Toolbox Talks.
- Fact sheets on [ladders](#) and [scaffolding](#) that describe the safe use of these types of equipment while performing construction activities.
- A brief video, [5 Ways to Prevent Workplace Falls](#), encourages employers to develop a fall prevention plan, and to provide workers with fall protection and training.

Employers are encouraged to provide feedback after their events, and to obtain a personalized [certificate of participation](#).

The national safety stand-down is part of OSHA's fall prevention campaign, and was developed in partnership with the National Institute for Occupational Safety and Health, National Occupational Research Agenda, and The Center for Construction Research and Training (CPWR). To learn more about preventing falls in construction, visit [OSHA's Fall Prevention Campaign](#) page. ■

Department of Labor, Frances Perkins Building, 200 Constitution Ave., NW, Washington, DC 20210 in Room S-3215A-C. Those interested in participating or attending the meeting, either in-person or via telephone, must [register by April 30, 2019](#). There is no fee to register.

As discussed in more detail in the Federal Register notice announcing this meeting, the public may also submit written or electronic comments by May 7, 2019. In particular, OSHA is interested in comments on how it can deliver better whistleblower customer service, and the types of assistance it can provide to explain the whistleblower laws it enforces. All materials may be submitted electronically at <http://www.regulations.gov>, which is the Federal eRulemaking Portal using OSHA Docket No. OSHA-2018-0005. ■



Health Hazard Evaluation (HHE) Program Update

Evaluation of Illicit Drug Exposures to Law Enforcement and EMS Personnel

HHE Program investigators found that law enforcement officers and EMS personnel experienced adverse health effects during a response to a drug overdose. Among our recommendations was to work with 911 dispatch coordinators to identify possible improvements in information gathering and communication before arriving at scenes where there might be illicit drugs. Read the [HHE report](#) to learn more.

New Video Available on the Dangers of Illicit Drugs for First Responders

NIOSH just released a [new video](#) to help emergency responders understand the risks and to communicate what they can do to protect themselves from exposure to illicit drugs. Using actual police body cam footage, the video shows what happens when an officer is exposed to illicit drugs like fentanyl and provides recommendations on how other officers and responders can prevent it from happening to them.

Health Hazard Evaluation (HHE) Program Update

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Join the National Safety Stand-Down to Prevent Falls in Construction, May 6-10

NIOSH and partners invite you to join the [National Campaign to Prevent Falls in Construction](#) and take part in the sixth annual National Safety Stand-Down to Prevent Falls in Construction from May 6–10. Set aside time during that week to openly discuss with your employees how to prevent falls. Campaign materials are available (in Spanish and English) to raise awareness about construction falls and to provide practical information about fall prevention on our main [campaign website](#). You can also [order](#) your free 2019 Stand-Down hard hat stickers and fall-related Hazard Alert Cards to pass out during your event.

Concrete Finisher Electrocuted When Bull Float Contacted an Energized Power Line—Michigan

A concrete finisher was electrocuted when the handle of the 29-foot-long metal bull float he was using contacted an energized 7,200 volt power line. The decedent and his coworkers were performing concrete finishing work for a residential driveway. When the bull float handle contacted the overhead line, the concrete finisher fell forward, letting go of the pole. The concrete finisher died at the hospital. Read the report [here](#).

Fire Fighter Fatality Investigation and Prevention Program Update

44-Year-Old Fire Fighter Suffers Sudden Cardiac Arrest at Station—Georgia

A career fire fighter completed a physical ability test at the beginning of her 24-hour shift and then reported to the station and was assigned as the driver of a unit. The fire fighter and her crew responded to two emergency calls later that morning. After returning to the station, the fire fighter went into cardiac arrest. The fire fighter was pronounced dead at the hospital. Read the report [here](#).

Health Insurance Coverage among US Workers; Differences by Work Arrangements

NIOSH recently [published a study](#) that compared the rates of health insurance coverage among workers in different work arrangements between 2010 and 2015. While rates of health insurance coverage among workers in all categories went up significantly during this time period, substantial disparities in health insurance coverage persisted for workers with non-standard work arrangements. [Learn more](#).

Register Now! Free Robotics and Workplace Safety and Health Webinar

Join us on April 10 for a webinar on Robotics and Workplace Safety and Health. [Preregistration is required to attend](#). This is the first installment in the [NIOSH 2019 Expanding Research Partnership](#) webinar series, designed to promote the work of innovative and impactful intramural and extramural research partnerships.



HEALTH AND SAFETY NEWS

Majority of Employees Say Their Jobs Are Highly Stressful: Poll

Carlsbad, CA — Nearly 4 out of 5 workers from a wide range of industries say they experience elevated stress levels because of their job, results of a recent [online poll](#) show.

Participants were asked by job search website CareerCast.com to rate their job-related stress from 1 (lowest) to 10 (highest). About 78% rated their stress as 7 or higher, up from 69% in the 2017 survey. Similarly, a 2017 Gallup Poll found that 79% of workers felt stressed

"sometimes or frequently" during their workday, a press release from CareerCast.com states.



Meeting deadlines was the most common cause of stress cited, at 38%. Interacting with the public and growth potential were tied for a distant second at 14%.

The most stressful jobs, according to scores from 11 stress factor categories, included enlisted military personnel, firefighters, airline pilots and police officers. Among the least stressful were diagnostic medical sonographers, compliance officers, hair stylists and audiologists.

The release cautions that the poll was conducted online and is not scientific. However, "the answers do reinforce what other scientific studies deduce: The workforce is stressed." ■

This article originally appeared in [Safety+Health](#) on April 25, 2019.

Opioids in the Workplace: What Employers Need to Know

The National Safety Council reported in January that, for the first time on record, the odds of dying from an unintentional opioid overdose in a given lifetime (1 in 96) are greater than the lifetime odds of dying in a motor vehicle-related crash (1 in 103).

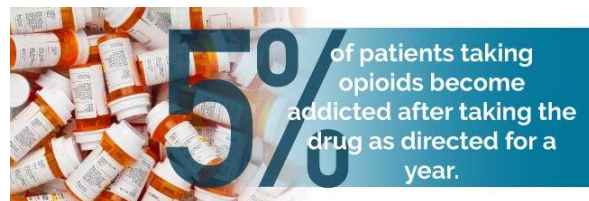
Although this may seem shocking, opioid overdoses have been at an epidemic level in the United States for years. In fact, drug poisoning now is the No. 1 cause of unintentional death. "Every day, more than 100 people die from opioid drugs – 37,814 people every year – and many of these overdoses are from prescription opioid medicine," NSC states.

painkillers also profoundly increase workers' compensation costs, increase the length of worker disability and increase work time lost," the council adds.

What can employers do?

Less commonly known is that non-opioids have been shown to be as effective as opioid medications for pain, NSC states, adding that "employers should understand and insist upon conservative prescribing guidelines for pain treatment for all participating providers in their medical, workers' comp and occupational health programs."

NSC recommends workplaces follow these steps to help combat opioid abuse at work:



- **Train supervisors.** It's crucial that managers stay current on their workplace's policies for prescription drug use and understand signs of impairment in their workers.

- **Offer an employee assistance program.** "Promoting drug-free workplace initiatives increases employee use of these resources," the council notes, adding that supervisors should feel comfortable advocating EAPs.

- **Consider drug testing.** Drug-testing programs must address nonmedical drug and prescription drug abuse in the workplace, according to NSC. Although most employees use prescription medications correctly, some do not.

Download the National Safety Council report on how employers can help control opioids in the workplace. ■

This article originally appeared in [Safety+Health](#) on March 24, 2019.



A workplace problem

When used correctly, prescription medication is an essential part of an employee health care benefits package. However, NSC notes, opioid medications are powerful, highly addictive, and increase the risk of workplace incidents and injuries – even when used as prescribed. "Prescription

- **Establish a clear, written policy on prescription medication.** For example, your policy may stipulate that it's a violation for workers to use, possess, sell, trade or offer for sale alcohol, illegal drugs or intoxicants. NSC recommends consulting with your organization's legal team to ensure all federal and state-specific guidelines are reflected in your policy.

- **Educate workers.** Although the doctor-patient relationship is confidential, employees should be encouraged to discuss concerns with their employers

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



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the Safety Professional since 1911"



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

- 4/1: NadaMoo! Voluntarily Recalls Select Pints of Strawberry Cheesecake Due to Undeclared Almond: <https://is.gd/EGVVHp>
- 4/2: John Deere Recalls Attachment Kits for Compact Utility Tractor Snow Blowers and Brooms Due to Injury Hazard: <https://is.gd/QOKHaP>
- 4/2: Amerex Group Recalls Infant Fur Jackets Due to Choking Hazard: <https://is.gd/tkqyXN>
- 4/2: Ocean Reef Recalls Neptune Space Integrated Diving Masks Due to Injury Hazard: <https://is.gd/ZMFCSM>
- 4/2: Spector & Co. Recalls Power Bank Chargers Due to Fire Hazard: <https://is.gd/PyM8o3>
- 4/3: Conagra Brands Announces Recall of Hunt's Tomato Paste Cans Due to Potential Presence of Mold: <https://is.gd/OcLT42>
- 4/3: Matco Tools Wireless Chargers Recalled by Professional Tool Products Due to Burn Hazard: <https://is.gd/OBCHu4>
- 4/3: Quality Bicycle Products Recalls Bicycles Due To Injury Hazard: <https://is.gd/ZRO3Kb>
- 4/4: Vivitar Recalls Hot/Cold Massage Balls Due to Burn Hazard; Sold Exclusively at Target: <https://is.gd/Yawqs4>
- 4/4: Thorgensen Family Farm Recalls Raw Frozen Ground Pet Food Because of Possible Listeria Health Risk: <https://is.gd/TAIOFq>
- 4/8: Ford Trucks—Damage to Block Heater Connector May Cause Fire: <https://is.gd/iqmSij>
- 4/9: Marpac Recalls Sound Machines Due to Burn Hazard: <https://is.gd/arV4Vo>
- 4/10: KTM and Husqvarna Motorcycles Recall Motorcycles Due to Crash Hazard: <https://is.gd/7mYgRn>
- 4/11: DICK'S Sporting Goods Recalls Hunters' Tree Stands Due to Fall Hazard: <https://is.gd/Yd2g2R>
- 4/11: Specialized Recalls Bicycles with Steerer Tube Collars Due to Fall and Injury Hazards: <https://is.gd/q8e5rN>
- 4/11: Subaru—Ignition Switch May Turn Off: <https://is.gd/6FHJW>
- 4/11: Great American Marketing Company Recalls Ready To Eat Products Because of Possible Health Risk: <https://is.gd/NGY1VL>
- 4/12: Fisher-Price Recalls Rock 'n Play Sleepers Due to Reports of Deaths: <https://is.gd/fW5b4x>
- 4/12: Caito Foods, LLC Voluntarily Recalls Fresh Cut Melon Product Because of Possible Health Risk: <https://is.gd/ZMCGZf>
- 4/15: H&M Recalls Children's Bathrobes Due to Violation of Flammability Standard: <https://is.gd/JGLN18>
- 4/16: Jensen Tuna of Louisiana is Voluntarily Recalling Frozen Ground Tuna Imported from JK Fish, Because it may Potentially be Contaminated with Salmonella: <https://is.gd/VhDFUd>
- 4/17: MTD Recalls Lawn Mowers Due to Injury Hazard; Sold Exclusively at Lowe's: <https://is.gd/eUgpot>
- 4/17: Heat Hero Recalls Portable Plug-in Heaters Due to Fire and Burn Hazards: <https://is.gd/6c90wn>
- 4/17: Go Couture Recalls Children's Loungewear Due to Violation of Federal Flammability Standard: <https://is.gd/JJqA4O>
- 4/18: RH Recalls Callum Canopy Beds Due to Injury Hazard: <https://is.gd/zohUkv>
- 4/18: Tekno Products Recalls Tuff Smoke-Less Grills Due to Fire and Burn Hazards: <https://is.gd/FNAZec>
- 4/18: Target Recalls Wooden Toy Vehicles Due to Choking Hazard: <https://is.gd/f5QUVL>
- 4/18: Arctic Cat Recalls Snowmobiles Due to Fire Hazard: <https://is.gd/0eG11F>
- 4/23: Bodum Recalls Stove Top Espresso Makers Due to Fire and Burn Hazards: <https://is.gd/PEp1yS>
- 4/23: Flying Tiger Copenhagen Recalls Toy Train Carts Due to Choking Hazard: <https://is.gd/qtcpfR>
- 4/25: Ruggable Recalls Shag Rugs Due to Violation of Federal Flammability Standard: <https://is.gd/V9I5VX>
- 4/25: Viessmann Recalls Boilers Due to Carbon Monoxide Hazard: <https://is.gd/1ENZrt>
- 4/25: Kids II Recalls All Rocking Sleepers Due to Reports of Deaths: <https://is.gd/PcBo2M>
- 4/25: GMC/Chevrolet Trucks—Engine Block Heater/Terminal Short-Circuit: <https://is.gd/Ary4Fd>
- 4/26: Tween Brands Recalls Light Up Bed Canopies Due to Fire and Burn Hazards; Sold Exclusively at Justice: <https://is.gd/MJr9hQ>
- 4/30: DAVIDsTEA Recalls Valentine's Day Stackable Mugs Due to Fire Hazard: <https://is.gd/8Mp04y>

**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/>