

The Safety Net

San Diego



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The President's Message — November, 2019



Steve Workman

Seems like an explosion of Safety/Environmental conferences in San Diego in the past few months.

In September the National Safety Council's Safety Congress & Expo was at

the Convention Center. In October the Industrial Environmental Association (IEA) 34th annual Conference was also at the Convention Center and Infragard San Diego Earthquake Symposium was held at Irwin Jacobs Hall at Qualcomm.

I shared my experience at the National Safety Council's Safety Congress in this column last month.

The IES Conference was a great two day event. I attended and represented the San Diego ASSP chapter. This was the first time in 35 years that the IEA offered a Health & Safety track. The IEA staff assured me they

did not intend to compete with our chapter in the field of Health & Safety. I assured them that we do not feel threatened and look forward to a continuing partnership. A 50% discount was offered to ASSP members. Next year's IEA conference is scheduled for September 30th-October 1st. Look for the IEA booth in the vender area of our PDC in March of 2020.

The Infragard San Diego Earthquake Symposium was advertised in last month's newsletter.

It was held October 9th. The presenters focused on the earthquake risk to the San Diego area. Just about every San Diego emergency re-

(see **President's Message**, page 2)



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



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(President's Message, from Page 1)

sponse entity presented how they would respond in a coordinated effort. Interruption of utilities and the efforts to restore them was discussed by representatives from San Diego County Water Authority and SDG&E. Also presented was an early warning system that would be activated within seconds of an earthquake occurring. It would provide a short notice to locations not located next to the epicenter but still expected to feel the shaking.

As an ASSP San Diego chapter member, last month you received a variety of event notifications from Social Media Chair David Hiipakka. These are examples of our efforts to provide opportunities to become more involved in our

chapter. I want to thank David for getting these opportunities out to our members. Volunteers have kept this chapter viable for 55 years. Our chapter has been recognized at the Gold level from 2012 to 2018. Last year we were recognized at the next level, Platinum. Becoming more involved doesn't always mean holding an office on the Executive Committee. There are many other opportunities available. Talk to any officer or the person sitting next to you at the next breakfast meeting. You can also send an email to any officer listed on our website.

Regards,

Steve Workman, CEAS
President
San Diego ASSP Chapter

SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met over the phone on Tuesday, October 1st. Teresa Bonilla, Brooks Carder, Cait Casey, Jo Curcio, David Ferguson, Dave Hiipakka, Fernand Kuhr, Chris Malicki, Enrique Medina, Scott Simerson, and Wesley Williams attended.

OLD BUSINESS

1. Review Minutes from September 3rd, 2019:

Scott Simerson entertained the motion, Teresa Bonilla moved, and Enrique Medina seconded the motion to approve the minutes for September 3rd, 2019.

2. Treasurer's Report:

Spent more than we took in, experimenting with QuickBooks while keeping the current setup, sent out report for everyone to review.

NEW BUSINESS

1. Newsletter Name—Possible vote

from members.

b. Proposal from the Forum Public Relations – Marketing – Attachment —

- a. Discussed the possibility of seeking out other proposals. Teresa Bonilla will reach out to a contact about getting another proposal or to offer feedback or review the proposal from Forum Public Relations. The possibility of a marketing class before the end of the year was discussed. A sub small committee consisting of Enrique Medina, Brooks Carder, and David Hiipakka will meet in regard to marketing.
- b. Possibly having interns to help marketing within the chapter. Other points:

(see ExCom Meeting Minutes, page 3)



(ExCom Meeting Minutes, continued from Page 2)

- Market training to the group.
 - Meet without the consultant.
 - \$7-15,000k to start out with a firm.
 - Timing doesn't work with holiday season.
 - Tying together with the scholarships.
 - No interns to do important work.
 - How to get trained within The EC (online, in person).
 - Reaching out to Arrielle of society on how to market the chapter. What society has in place.
 - Digital Marketing.
 - Hosting a class from the chapter.
3. **October ROC in Alaska – Discount for presenting at PDC – Steve**
- a. Scott Simerson will go instead of Steve Workman.
 - b. Find out the status about the Book of Knowledge.
4. **ASSP LB JTS (10/16, CA \$204 registration) – SW propose payment for EC member** — Will be on a Wednesday. Jo Curcio will potentially attend. Will be looking for speakers, new memberships, and a speaker for human performance improvement.

COMMITTEE REPORTS

1. Government Affairs — Nothing to report.
2. Delegate — Nothing to report.
3. Job Line — There are 17 current positions listed in the job line.
4. Membership — 4 new members, 2 opportunities in the future for outreach which includes UCSD Extension student fair in March and a possible ASSP class next spring.

5. Newsletter — Nothing to report.
6. Programs — Confirmed monthly meeting speakers and topics:
October: “Protection from Wildfire Smoke” Cal/OSHA Regulation presentation by Enrique Medina MS, CIH, CSP, FAIHA of Alliance Consulting International.
1November: Opioid abuse, medical and recreational marijuana issues, and drug testing and treatment under the Department of Transportation, voluntary reporting, and reasonable suspicion guidelines by Majid Karimi.
7. Public Affairs — Safety Striders walk upcoming—Lung Association 5k walk on November 10th.
8. Social Media — Nothing to report.
9. Succession Planning—Creating more safety net interviews leading to the 2020 PDC. There will be an AIHA and ASSP discussion between the respective San Diego Chapter Presidents.
10. Special Projects—Nothing to report
11. PDC — 2020 PDC Planning – Updated spreadsheet, might cover expenses for speakers for the right situation. Suggestions for challenge coin. Teresa Bonilla will look into it.

Next Breakfast Meeting: October 9, 2019 – “Protection from Wildfire Smoke” Cal/OSHA Regulation presentation by Enrique Medina MS, CIH, CSP, FAIHA of Alliance Consulting International.

Next Event: Sound the Alarm event on November 2nd in Chula Vista. 11th. Lung Association 5K Walk on November 10th.

Next EC Meeting: November 5th, 2019—Conference call

EXECUTIVE COMMITTEE CHAIR UPDATES

Government Affairs Committee:

by Scott Simerson

H.R. 806: Portable Fuel Container Safety Act of 2019

The summary below was written by the Congressional Research Service, which is a nonpartisan division of the Library of Congress, and was published on Sep 13, 2019.

Portable Fuel Container Safety Act of 2019

This bill directs the Consumer Product Safety Commission (CPSC) to require fuel containers to include devices that impede flames from entering the container. This require-

ment applies to flammable, liquid fuel containers of fewer than five gallons that are intended for transport. CPSC may either promulgate a rule or adopt an existing standard. Additionally, CPSC must educate consumers about dangers associated with using or storing such containers near an open flame or a source of ignition. The bill also requires child resistant caps on kerosene and diesel fuel containers. Currently, this only applies to gasoline containers.

*(see **Government Affairs**, page 4)*



(Government Affairs, continued from Page 3)

U.S. Department of Labor Selects New Director For OSHA's Construction Directorate

September 16, 2019

WASHINGTON, DC – The U.S. Department of Labor has selected Scott Ketcham as the new director of the Occupational Safety and Health Administration's (OSHA's) Directorate of Construction (DOC) in Washington, D.C. Ketcham had served as deputy director of DOC since February 2017.

Prior to coming to OSHA's national office, Ketcham worked for 19 years as an OSHA acting deputy regional administrator, area director, assistant area director, and compliance officer and manager in offices in the Seattle, Dallas and Philadelphia regions. Before joining OSHA, he spent five years as a staff industrial hygienist with the U.S. Army Medical Activity at Bassett Army Hospital on Ft. Wainwright, Alaska. He retired from the U.S. Army after 24 years of active and reserve service.

Ketcham holds a master's degree in Public Administration from the University of Alaska, a Bachelor's of Science degree from Texas A&M University, and is a Certified Safety Professional. He has a strong background in the general industry, maritime and construction industries.

"Scott Ketcham is a dedicated public servant," said Loren Sweatt, Principal Deputy Assistant Secretary for Occupational Safety and Health. "He has demonstrated strong leadership throughout his OSHA career, and I am confident he will continue to achieve the mission of assuring safe and healthful working conditions for construction workers in his new position."

H.R. 2211: STURDY Act

The summary below was written by the Congressional Research Service, which is a nonpartisan division of the Library of Congress, and was published on Sep 17, 2019.

Stop Tip-overs of Unstable, Risky Dressers on Youth Act or the STURDY Act. This bill requires the Consumer Product Safety Commission to revise the safety standards for free-standing clothing storage units such as a dressers, bureaus, or chests of drawers. Such standards must include specified testing related to tip overs and new warning requirements for all such products entering the U.S. market.

U.S. DEPARTMENT OF LABOR IMPLEMENTS OPIOID SAFETY CONTROLS TO HELP INJURED FEDERAL

WORKERS AVOID RISK OF LONG-TERM OPIOID USE

September 23, 2019

WASHINGTON, DC – Today, the U.S. Department of Labor's Office of Workers' Compensation Programs (OWCP) announced the implementation of new opioid controls to protect injured federal workers. The new controls aim to reduce the risk of long-term opioid use. The Department is committed to reducing the potential of opioid misuse among injured federal workers receiving benefits under the Federal Employees' Compensation Act (FECA).

The new controls impose a 7-day limit on the initial fill of an opioid prescription. The limit follows the Centers for Disease Control and Prevention (CDC) guidelines and is consistent with restrictions now in place in states across the country. Day-supply limits on initial opioid prescriptions have been a widely used strategy to reduce the chances of unintended chronic opioid use. A limit on additional opioid prescriptions, however, is less common. The Department has taken the additional step to limit the number of subsequent opioid prescriptions.

The new policy allows filling three subsequent 7-day opioid prescriptions for a maximum of 28-days, but requires prior Departmental approval for any prescription beyond this period. To obtain the approval, the prescribing provider must complete a detailed evaluation of the injured worker and certify the medical need for additional opioids. The Department's FECA Medical Benefits Examiners will review these evaluations.

These new controls are a part of the Department's ongoing efforts to reduce the potential for opioid misuse and addiction among injured federal workers. The Department created the Opioid Action Plan in response to the President's initiative in combating the opioid epidemic. The plan centers on four areas: effective controls, tailored treatment, impactful communications and aggressive fraud detection.

The President's focus on the nation's opioid crisis has shown some promising results. Among injured federal workers, the Department's latest data shows 34% decline in overall opioid use, 25% decline in new opioid prescriptions, 54% decline in new opioid prescriptions lasting more than 30 days, 71% drop in claimants with a morphine equivalent dose (MED) of 500 or more, and a 43%

(see Government Affairs, page 5)



(Government Affairs, continued from Page 4)

drop in users with an MED of 90 or more. These efforts to protect the federal workforce will continue.

U.S. Department of Labor Announces New Members Selected to the National Advisory Committee on Occupational Safety and Health

September 23, 2019

WASHINGTON, DC – The U.S. Department of Labor has selected 12 members to serve on the National Advisory Committee on Occupational Safety and Health (NACOSH). The members, four of whom were designated by the Secretary of Health and Human Services (HHS), represent occupational health, occupational safety, labor, management, and public interests. The newly appointed members include:

Occupational health representatives:

Patricia Bertsche, Ph.D., Occupational Health & Wellness Consultant, PKB Consulting, LLC (HHS Designee); appointed to a two-year term

John Lambeth, CIH, CSP, Director, Safety and Health, AFL-CIO (HHS Designee); appointed to a one-year term

Occupational safety representatives:

Michael Belcher, CSP, President, SafetyPro, LLC; appointed to a two-year term

Kelli Smith, Occupational Health Director, Cummins, Inc.; appointed to a one-year term

Labor representatives:

Robyn Robbins, Director, Occupational Safety and Health, United Food & Commercial Workers (UFCW) International Union; appointed to a one-year term

Steven Sallman, Safety and Health Specialist, Safety & Environment Department, United Steelworkers (USW); appointed to a two-year term

Management representatives:

Amy Harper, Deputy Director, National Safety Council; appointed to a one-year term

William Walkowiak, Director, Occupational Safety Policy and Programs, Office of the Deputy Assistant to the Air Force; appointed to a two-year term

Public representatives:

Mark Friend, CSP, Professor & Interim Dean, School of

Graduate Studies, Embry-Riddle Aeronautical University; appointed to a one-year term

Cynthia Lewis, M.S.P.H., ASP, Director, Gulf Coast Safety Institute (HHS Designee); appointed to two-year term

Andrew Perkins, CIH, CSP, Senior Industrial Hygienist, Alabama Power Company (HHS Designee); appointed to a one-year term

Anne Soiza, Assistant Director, Washington Department of Labor and Industries, Division of Occupational Safety and Health. The Secretary also appointed Ms. Soiza to chair the Committee; appointed to a two-year term.

NACOSH advises, consults with, and makes recommendations to the Secretaries of Labor, and Health and Human Services on matters relating to the Occupational Safety and Health (OSH) Act of 1970 including regulatory, research, compliance assistance and enforcement issues. The committee holds at least two meetings per year, which are open to the public.

U.S. Department of Labor Approves New Respirator Fit Testing Protocols to Protect Workers from Airborne Contaminants

September 25, 2019

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) today issued a final rule that provides employers with two new fit testing protocols for ensuring that employees’ respirators fit properly.

The new protocols are the modified ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol for full-facepiece and half-mask elastomeric respirators, and the modified ambient aerosol CNC quantitative fit testing protocol for filtering facepiece respirators. Both protocols are variations of the original OSHA-approved ambient aerosol CNC protocol, but have fewer test exercises, shorter exercise duration, and a more streamlined sampling sequence.

These two quantitative methods add to the four existing in Appendix A of OSHA’s Respiratory Protection Standard, which contains mandatory respirator fit-testing protocols that employers must choose from to protect employees from hazardous airborne contaminants. The rule does not require employers in general industries, shipyard employ-

(see Government Affairs, page 6)



(Government Affairs, continued from Page 5)

ment, and construction to update or replace their current fit testing methods, and does not impose additional costs.

The rule becomes effective September 26, 2019.

U.S. Department of Labor Proposes Revisions to OSHA’s Beryllium Standards for Construction and Shipyards

September 27, 2019

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) has finalized its June 27, 2017, proposal to revise the construction and shipyards standards.

In the final rule, to be published on September 30, 2019, OSHA:

Does not implement the proposal to revoke all of the standards’ ancillary provisions; but

Extends the compliance dates for the ancillary provisions to September 2020 to account for OSHA’s new proposal to revise or remove specific provisions; and

Maintains enforcement of the permissible exposure limit.

In a forthcoming rulemaking, OSHA will publish a proposal to amend the beryllium standards for construction and shipyards by more appropriately tailoring the requirements of the standards to the exposures in these industries. The proposed changes would maintain safety and health protections for workers, facilitate compliance with the standards, and increase cost savings.

U.S. Department of Labor Implements New Weighting System For Workplace Safety and Health Inspections

September 27, 2019

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) announced that it has recently implemented the OSHA Weighting System (OWS) for fiscal year (FY) 2020. OWS will encourage the appropriate allocation of resources to support OSHA’s balanced approach of promoting safe and healthy workplaces, and continue to develop and support a management system that focuses enforcement activities on critical and strategic areas where the agency’s efforts can have the most impact.

Under the current enforcement weighting system, OSHA

weights certain inspections based on the time taken to complete the inspection or, in some cases, the impact of the inspection on workplace safety and health. OWS recognizes that time is not the only factor to assess when considering the potential impact of an inspection. Other factors - such as types of hazards inspected and abated, and effective targeting - also influence the impact on workplace safety and health. The new system adds enforcement initiatives such as the Site-Specific Targeting to the weighting system.

The OWS replaces the current enforcement weighting system initiated in FY 2015. The new system is based on an evaluation of the existing criteria and a working group’s recommendations regarding improvements to the existing weighting system. OSHA has been running the new weighting system currently to confirm data integrity.

The system will continue to weight inspections, but will do so based on other factors, including agency priorities and the impact of inspections, rather than simply on a time-weighted basis. The new OWS approach reinforces OSHA’s balanced approach to occupational safety and health (i.e., strong and fair enforcement, compliance assistance and recognition) and will incorporate the three major work elements performed by the field: enforcement activity, essential enforcement support functions (e.g., severe injury reporting and complaint resolution), and compliance assistance efforts.

OWS will become effective October 1, 2019.

U.S. Department of Labor to Hold Public Meeting On Leading Indicators for Safety and Health Programs

October 7, 2019

WASHINGTON, DC – The U.S. Department of Labor invites interested parties to attend a discussion on leading indicators for occupational safety and health programs. The meeting will be held on November 7, 2019, in Washington, D.C.

A key component of a safety and health program is to monitor performance and progress using leading indicators that track how well various aspects of the program are performing. The November discussion will focus on the use of leading indicators, how they are chosen, what they track, whether they are effective, if there is commonality across an industry, and any challenges encountered using

(see Government Affairs, page 7)



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such indicators.

Those interested in participating in the meeting or attending as an observer must register at Leading Indicators Meeting Registration by October 30, 2019. The meeting will not include formal presentations, but instead will be conducted as a group discussion. Written comments can be submitted to the docket, OSHA-2019-0005, through February 7, 2020.

WHAT: Public Stakeholder Meeting on Leading Indicators for Safety and Health Programs

WHEN: Thursday, November 7, 2019, 1:00 p.m. to 4:30 p.m. EDT.

WHERE: U.S. Department of Labor
Frances Perkins Building, Room N-4437
200 Constitution Avenue, NW
Washington, DC 20210

U.S. Department of Labor Proposes Revisions to OSHA’s Beryllium Standards to Protect Construction and Shipyards Workers

October 7, 2019

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) placed on public inspection today a proposal to protect workers in shipyards and construction from beryllium exposure by more appropriately tailoring the requirements of the standards to the exposures in these industries.

The proposal ensures consistency with the general industry standard where appropriate based on a July 2017 final rule clarifying certain requirements with respect to materials containing only trace amounts of beryllium. The proposed changes would maintain safety and health protections for workers, while facilitating compliance with the standards, and yielding some cost savings.

The proposed rule would revise the following paragraphs: Definitions; Methods of Compliance; Respiratory Protection; Personal Protective Clothing and Equipment; Hygiene Areas and Practices; Housekeeping; Medical Surveillance; Hazard Communication; and Recordkeeping. The proposal also sets a hearing date for December 3, 2019. OSHA will continue enforcement of the permissible exposure limit. Comments, materials, and other information may be submitted electronically at <http://www.regulations.gov>, the

Federal e-Rulemaking Portal, by facsimile or mail. See the Federal Register notice for submission details.

U.S. Department of Labor Forms National Alliance With Waste and Recycling Industry Associations

October 8, 2019

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) has formed a national alliance with the National Waste & Recycling Association (NWRA), and Solid Waste Association of North America (SWANA) to protect the safety and health of workers in the solid waste industry.

During the two-year agreement, the Alliance will address transportation hazards, including backovers and distracted driving; slips, trips, and falls; musculoskeletal injuries; heat and cold stress; and needle stick and other hazards. Participants plan to develop and share information about preventing and mitigating these hazards through articles, toolkits, fact sheets, exhibits at local and national industry conferences, and discussions at forums and other meetings. Participants will focus their efforts and outreach on small- and medium-sized employers.

Formed in 1962, NWRA represents nearly 700 public and private companies, manufacturers, and service providers in the waste and recycling industry, and provides members with advocacy, education, and safety expertise. Formed in 1961, SWANA represents more than 10,000 public and private sector professionals committed to advancing from solid waste management to resource management through education, advocacy and research.

The OSHA Alliance Program fosters collaborative relationships with groups committed to worker safety and health. Alliance partners help OSHA reach targeted audiences, such as employers and workers in high-hazard industries, giving them better access to workplace safety and health tools and information.

Protection of Workers from Wildfire Smoke - Advisory Meetings

October 9, 2019

(From an email sent by Mr. Stan Geist (Region GA))

Please follow the link to the Division’s page discussing this standard. While ASSP offered no comment, the CIHC did offer a reasoned comment that is worth a read.

(see Government Affairs, page 8)

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(Government Affairs, continued from Page 7)

To all interested parties, the Cal/OSHA Advisory Meeting Protection of Workers from Wildfire Smoke webpage has been updated. The meeting transcript and comment letters have been posted online.

<https://www.dir.ca.gov/dosh/doshreg/Protection-from-Wildfire-Smoke/>

For questions regarding wildfire smoke, please contact Deputy Chief of Health Eric Berg at (510) 286-7010 or Senior Safety Engineer Amalia Neidhardt at (916) 263-1944.

Public Affairs Committee:

by Isaac Szmuiłowicz

Fernand Kuhr and I attended on behalf of the SD ASSP the 17th Annual Real Heroes Breakfast held Friday, Oct. 11, aboard USS Midway Museum. This popular event recognizes individuals and organizations that embody the mission and spirit of the Red Cross by saving lives and creating safer, stronger and more resilient communities. Every story was very inspirational and uplifting. Please read all of them: <https://www.redcross.org/local/california/san-diego/about-us/news-and-events/press-releases/red-cross-announces-2019-real-heroes.html>



The honored heroes.

I am proud to report that two lives were saved through the



The Reiders and what was left of their home.

American Red Cross of San Diego/Imperial Counties' Sound the Alarm. Save a Life. Smoke Alarm Installation & Home Fire Safety Program. On December 4, 2018,

the Red Cross hosted a Sound the Alarm installation event in Cameron's Mobile Estates in Santee, installing more than 250 smoke alarms in 125 homes. Jack Reider allowed a team of vol-

unteers into his home where they installed three smoke alarms and reviewed escape routes in case of a fire. Less than six months later, Jack and his wife Shirley experienced a home fire on May 29, 2019. The couple and their dog were able to safely escape the home as smoke alarms sounded. For more details please see the link: <https://www.redcross.org/local/california/san-diego/about-us/news-and-events/news/sound-the-alarm-two-more-lives-saved.html>

Isaac Szmuiłowicz

(619) 417-7189

PA Chair for the San Diego Chapter of ASSP

Safety Striders:

"You really can change the world if you care enough."

—Marian Wright Edelman

The San Diego American Society of Safety Professionals is taking a stand against lung cancer, and we hope you'll stand with us! Together, we can make a difference to those affected by this devastating disease. We can show the world that it's time to make surviving lung cancer the expectation, not the exception.

There are three ways you can help us in making this vision a reality—go to http://participate.lcrf.org/site/TR?team_id=62495&fr_id=3982&pg=team and

- **Donate** to a team member to support our fundraising efforts – find one on the right side of the page,
- Click on the **"Join"** button to join our team, or
- **Spread the word** about our fundraising efforts by sending the link to this webpage to everyone you know!

The money we raise together will support the Lung Cancer Research Foundation and its mission to improve lung cancer outcomes by funding research for the prevention, diagnosis, treatment and cure of lung cancer. On event day, our team will enjoy being together, but the real reward is that we're raising funds that will save lives. You can help us bring hope to those affected by lung cancer.

Please donate today and invite a friend to do the same. If you can join our team for the event, we'd love to have you! We can't wait to celebrate our successes with you on event day.

(see ExCom Chair Updates, page 9)



(ExCom Chair Updates, continued from Page 8)

October Breakfast Meeting Recap:

by Dave Hiipakka

Our latest October 8th meeting was a full house learning about the Cal/OSHA Emergency Regulation on Protection from Wildfire Smoke, with a very active questions & an-



Enrique Medina explains a point.

swer session afterwards.

Compliance Strategies were offered attendees by our own Past-President Enrique Medina, MS, CIH, CSP.

This presentation

helped safety professionals understand, implement, and comply with the emergency regulation effective July 29, 2019. Key questions of what, when, why, and most importantly, how to apply the rule were addressed. Practical strategies to protect workers from health impacts of wildfire-generated particle pollution while limiting unnecessary down time at the jobsite also given. The pros and cons of particle monitors as alternative compliance methods were discussed very comprehensively. DOWNLOAD A COPY from our webpage: <https://sandiego.assp.org/download/3522/>

Mark your calendar for future San Diego Chapter Breakfast Meetings: Nov. 12th 2019 - SDG&E Substance Abuse Program Manager. \$20 Members & Non-members / \$10 Students. Registration (register via credit card on the San Diego ASSP Chapter website events page) and Welcome begin at 7:15 am.

Membership Chair

by Jo Curcio

Welcome to our newest members!

Fikeyda Davis

Tracy Jones

David Pierce

Martha Lara

Rachel Silveri-Dix



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:

- Sentry—Safety Services Consultant
- Hach Company—[EHS Colorado Site Manager](#)
- California Dept. of Public Health—Occupational Health and Safety Specialist
- Harper Construction—SSHO (5 positions total available in California and Arizona)
- Western Precooling—Safety Manager
- Cal/OSHA—Assistant Safety Engineer
- American Equity Underwriters—Loss Control Manager (Southern California)
- ABM—Environmental Health and Safety Manager ([Los Angeles](#) and [San Francisco](#))
- Huntington Ingalls Industries—Environmental Health and Safety Manager
- Huntington Ingalls Industries—Industrial Hygienist
- EHS Specialist III (BDB)
- EHS Specialist III (TC)
- Energy Development Group—Industrial Hygienist
- 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!



ASSP Career Center

The ASSP Career Center is a free comprehensive resource available to all ASSP Chapter members who are looking for a job or those who are employed and want to advance their safety careers.

The Career Center's Job Seeker Resource Center offers resume writing tips, tools to build your resume online, and a Resume Bank where you can post your resume anonymously for employers to view, except for your name and contact information. But that's not all! You also get interview preparation and follow-up strategies, such as how to bring up and negotiate a salary.

The Job Board lets you to search for job postings throughout the US and internationally by applying filters that fit your criteria, and save them by keyword, location, industry, or job function. The Job Alert automated search sends new postings that meet your criteria right to you, instead of having to log in to search for new jobs. You also get help with career advancement to move your career forward or change industry sectors, including using social media for networking, how to work effectively with recruiters, how to give notice, and negotiating salary and benefits. And you have access to expert coaching!

Employers can post and manage job openings, search and manage job candidates, create a company profile, upload position templates, consult a Resume Bank, and much more. This is a great free resource designed with you in mind—visit the ASSP Career Center and Job Board at <https://jobs.assp.org/>.

Calendar of Special Events

November 2019

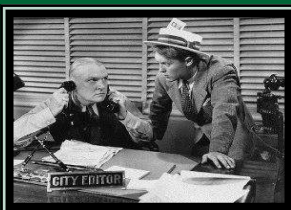
Dates Event

- 1-30 Epilepsy Awareness Month
- 1-30 Lung Cancer Awareness Month
- 1-30 Movember—Men's Health
- 3 Daylight Savings Ends - **Fall Back!**
- 3-10 Drowsy Driving Prevention Week
- 6 National Stress Awareness Day
- 10 San Diego ASSP Safety Striders
- 11 Veterans Day
- 14 World Diabetes Day
- 17 National Take a Hike Day
- 17-23 International Fraud Awareness Week
- 25 Int'l Day for the Elimination of Violence Against Women
- 28 Thanksgiving
- 30 National Meth Awareness Day

November 2019 						
Su	Mo	Tu	We	Th	Fr	Sa
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Click on an event to learn more!

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



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 letter-sized 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. E-mail all submissions to Newsletter@sandiego.assp.org. Please also provide your contact information, including name, e-mail address, and phone number.



MONTHLY CHAPTER MEETING, NOVEMBER 12TH

San Diego Gas and Electric Substance Abuse Program Manager

At this meeting: Please come to hear the San Diego Gas & Electric Substance Abuse Program Manager, Majid Karimi, present on opioid abuse, medical and recreational marijuana issues; and drug testing and treatment under the Department of Transportation, voluntary reporting, and reasonable suspicion guidelines.

Our Speaker: Majid Karimi has degrees in Biology and Chemistry. He is a Certified Safety Professional (CSP) and Certified Hazardous Materials Manager (CHMM) with more than 22 years of Environmental, Health, Safety, Training, and Industrial Hygiene program development and implementation experience in Manufacturing, R&D, Laboratory, Testing, Engineering, Education, Utilities and Construction environments. Majid's role as the Safety Compliance Manager at SDG&E for the last 4½ years also includes managing the company's drug and alcohol program. His presentation will discuss the rapid proliferation of opioid drug abuse in North America as well as the incidence and type of drugs detected in the workforce. He administers a Substance Abuse Program that includes randomized urinalysis under Department of Transportation guidelines. Employees are also governed by voluntary self-reporting and treatment options. Represented (union) and non-represented employees may be subject to drug testing under "reasonable suspicion" observation and interviews.



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.



\$20 All Attendees, \$10 Students

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.

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

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.



Stepladder Safety

This time of year many of us may find ourselves using a stepladder at work or at home to hang up or take down decorations.

Rules for safe Stepladder use any time of year include:

Always

- Inspect the ladder for defects. (i.e., loose steps, broken rungs, loose nails, rivets, damaged bases, loose or bent spreaders, loose or damaged hinges, or an extreme wobbly condition from being worn out)
- Use the "A" frame set-up. (Some manufacturers now have step ladders that convert to a straight ladder.)
- Make sure the spreaders are completely open and locked.
- Use the right size ladder for the job.
- Face the ladder when climbing up and down. Use both hands when you are going up or down any ladder.
- Watch the placement of the step ladder and protect yourself from traffic.
- Have one person on the ladder at a time.
- Keep your body centered on the ladder so your belly button is between the side rails.

Never

- Use a defective ladder.
- Stand on the top two steps.
- Use a stepladder as a straight ladder. (Unless designed to do so.)
- Straddle between the ladder and another object.
- Sit or stand on top of the stepladder.
- Rest a ladder on a window or window sash or place it in front of a door.
- Move a ladder while you are on it.
- Hurry to get the job done!



Lock spreaders & follow all label instructions.



What would you say if you saw a coworker using a stepladder incorrectly?

If you see something, say something.

Follow these simple rules and stepladders can be useful tools that make everyone's job easier, safer, and more productive.



OSHA Trade News Release

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



U.S. Labor Department Awards Workplace Safety and Health Training Grants to Assist in Edu- cating Workers, Job Creators Act

October 1, 2018

Washington, DC — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has awarded \$9.3 million in Susan Harwood federal safety and health training grants to 74 nonprofit organizations nationwide. The grants will provide educational and training programs to help employees and employers recognize serious workplace haz-

ards, implement injury prevention measures, and understand their rights and responsibilities.

OSHA also awarded \$1million in direct grants to five organizations to train and protect workers involved in hurricane recovery activities.

The Susan Harwood Training Grants Program funds grants to nonprofit organizations, including community and faith-based groups, employer associations, labor unions, joint labor-management associations, colleges, and universities. Target trainees include small-business employers and underserved vulnerable workers in high-hazard industries.

The Fiscal Year 2018 award categories

and enforcement efforts while its inspectors will record trenching and excavation inspections in a national reporting system, and each area OSHA office will develop outreach programs.

"Removing workers from and helping workers identify trenching hazards is critical," said Deputy Assistant Secretary of Labor for Occupational Safety and Health Loren Sweatt. "OSHA will concentrate the full force of enforcement and compliance assistance resources to help ensure that employers are addressing these serious hazards."

The emphasis program began October 1, 2018, with a three-month period of education and prevention outreach. During this period, OSHA will continue to respond to complaints, referrals, hospitalizations, and fatalities. Enforcement activities will begin after

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>.

are as follows: Targeted Topic Training; Training and Educational Materials Development; and Capacity-Building Developmental/Capacity-Building Pilot. Targeted Topics included training materials and courses to educate workers to identify hazards and work safely.

For a complete list of the 2018 Susan Harwood Training Grant Program recipients, visit the [Award Announcements](#) page. ■

U.S. Department of Labor news materials are accessible at <http://www.dol.gov>. The Department's [Reasonable Accommodation Resource Center](#) converts departmental information and documents into alternative formats, which include Braille and large print. For alternative format requests, please contact the Department at (202) 693-7828 (voice) or (800) 877-8339 (federal relay).

US Department of Labor Updates National Emphasis Program on Trenching and Excavation Safety

September 16, 2019

Washington, DC — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has updated the National Emphasis Program (NEP) on preventing trenching and excavation collapses in response to a recent spike in trenching fatalities.

OSHA's [NEP](#) will increase education

the outreach period and remain in effect until canceled. OSHA-approved State Plans are expected to have enforcement procedures that are at least as effective as those in this instruction.

OSHA has developed a series of [compliance assistance resources](#) to help keep workers safe from trenching and excavation hazards. The [trenching and excavation webpage](#) provides information on trenching hazards and solutions. ■

The mission of the Department of Labor is to foster, promote, and develop the welfare of the wage earners, job seekers, and retirees of the United States; improve working conditions; advance opportunities for profitable employment; and assure work-related benefits and rights.



New NIOSH Virtual Tool Kit to Help First Responders Work Safely Around Illicit Drugs

NIOSH has [released a virtual tool kit](#) for First Responders on how to protect themselves from exposure to illicit drugs. The tool kit includes short training videos and shareable infographics that cover protection when illicit drugs may be present and when they are present, what PPE to wear, and how to decontaminate themselves and their equipment. Other resources based on key points from [NIOSH recommendations](#) are also included in the virtual tool kit.

New NIOSH Webpage on Suicide and Occupation

NIOSH recently published a webpage on [Suicide and Occupation](#). This page identifies information we know about the suicide problem, factors that are linked to increased risk of suicide among occupations, ways to prevent suicide in the workplace, and a host of other resources.

Feedback Wanted on the 5th Edition of NMAM

The editors of NIOSH Manual of Analytical Methods (NMAM) are collecting feedback about the current edition of NMAM to learn more about how customers use analytical methods in their work and how they use NMAM. Survey results will be used to help focus future method development activities, improve NMAM methods, and identify website content or features in need of improvement. The survey is anonymous, and no individually identifiable data will be collected, published, or released. If you are an NMAM user, we invite you to complete the [NMAM Customer Satisfaction Survey](#). Thank you for your time and your feedback.

NIOSH Center for Motor Vehicle Safety Evaluation 2014–2018

Motor vehicle crashes are the leading cause of work-related deaths in the United States. Since 2014, NIOSH's Center for Motor Vehicle Safety (CMVS) has followed a 5-year strategic plan for research and prevention, covering all workers who drive on the job. In this new report we

evaluated progress toward our strategic goals from 2014 through 2018. Read the [Evaluation Report, Performance Measures, and Impact Stories](#) from the five priority worker groups.

NIOSH Announces Recipients of Commercial Fishing Safety Research and Training Grants

NIOSH and the U.S. Coast Guard are pleased to [announce the recipients](#) of the 2019 Commercial Fishing Occupational Safety Research Cooperative Agreement and Training Project Grant Program. This year's program made nine awards totaling \$5.25 million. These awards support critical research and training projects to improve the occupational safety of workers in the high-risk commercial fishing industry. The 2019 awards mark the first time the Commercial Fishing Occupational Safety Research Cooperative Agreements and Training Project Grants have been available—a second round of funding is planned for 2020.

Faces of Work-related Chronic Obstructive Pulmonary Disorder (COPD) Videos Now Available in Spanish

The [Faces of Work-related COPD](#) is a video series originally released in English that is now also available in Spanish. The series consists of four short videos that include a physician explaining what COPD is. Also included are interviews with patients diagnosed with work-related COPD who discuss work exposures, their quality of life having the disease, and ways to minimize the risks of getting the disease. This series is part of a NORA Respiratory Health Cross-Sector Council initiative.

Upcoming NORA Construction Sector Council Meeting

The NORA Construction Sector Council meeting is scheduled for November 20–21 in Washington D.C. The Council has three active working groups that are addressing falls, struck-by incidents, and work organization in the construction industry. If you are interested in participating on any of these workgroups please contact [Scott Earnest](#) or [Liz Garza](#).



HEALTH AND SAFETY NEWS

Eating at your desk? Keep it safe

Do you regularly eat at your desk? If so, you'll want to make sure to "give bacteria the pink slip the next time you desktop dine," the Academy of Nutrition and Dietetics says.

Here's how:

- Thoroughly [wash your hands](#) before and after eating. If you can't get to a sink to wash your hands, use an antibacterial hand cleaner at your desk.
- Don't let food sit out for more than two hours before putting it in a refrigerator.

erator.

- Ensure the temperature of [workplace refrigerators](#) is below 40° F.
- Frequently wash reusable lunch totes or insulated bags.
- Don't thaw frozen foods on countertops – do so in a refrigerator or microwave instead.
- Eating leftovers for lunch? Make sure you reheat them to at least 165° F.

Don't forget: The same food safety tips apply to carry-out and fast food. ■



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

Older workers' health: Finding the right job fit matters, researchers say

Houston — For older workers, the right job fit can benefit overall health and well-being, while a poor fit is more likely to push them into retirement, according to researchers from Rice University and Colorado State University.

The researchers studied 383 workers at least 51 years old, along with retirees who participated in the [Cognition and Aging in the USA study](#) between 2007 and 2014. The participants included professionals in construction, transportation, business,

finance, engineering, architecture, arts and entertainment, media, and sports.

After analyzing data on cognitive abilities and job demands, the researchers found that the workers whose reasoning abilities matched well with their job demands reported fewer chronic health problems, such as high blood pressure, heart disease, stroke, diabetes, cancer, lung disease, arthritis, memory-related diseases, and emotional or psychiatric issues.

Conversely, when the workers could not keep up with the reasoning demands of their work, the likelihood of them staying on the job rather than retiring fell 34%.

Study lead author Margaret Beier, a psy-

chological sciences professor at Rice, said the findings have implications on designing work to help keep employees engaged past the typical retirement age.

"This is particularly important given that the average age of workers in the U.S. is increasing," Beier said in an Aug. 13 press release from Rice. "Mature workers are a great benefit to the workforce by sharing their knowledge and mentoring younger workers."

The study was [published online](#) Aug. 12 in the Journal of Occupational Health Psychology. ■

This article originally appeared in [Safety+Health](#) on September 18, 2019.

OSHA approves two protocols for respirator fit testing

Washington—OSHA has issued a final rule that adds two fit testing protocols to the agency's respiratory protection standard ([1910.134](#)).

According to a Sept. 25 press release, the additions are:

- The modified ambient aerosol condensation nuclei counter quantitative fit testing protocol for full-facepiece and half-mask elastomeric respirators
- The modified ambient aerosol CNC

quantitative fit testing protocol for filtering facepiece respirators

These new methods are in addition to the standard's four existing protocols and are



variations of OSHA's original ambient aerosol CNC protocol, but have fewer test exercises, shorter exercise duration and a

more streamlined sampling sequence, the release states.

OSHA claims the amended rule will not impose extra costs on employers and will not require those in general industries, shipyard employment and construction to update or replace any current fit testing methods.

The amended final rule is scheduled to be [published](#) in the Sept. 26 Federal Register. ■

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

[Safety+Health](#) is the official magazine of the National Safety Council. You can sign up for free monthly newsletters [here](#).

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



"Providing Leadership & Direction to
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



NHTSA
NATIONAL HIGHWAY TRAFFIC
SAFETY ADMINISTRATION

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

- 10/3: E&E Recalls Bedroom Dressers Due to Tip-Over and Entrapment Hazards: <https://is.gd/feRfni>
- 10/3: Ridgewood Recalls Four-Drawer Dressers Due to Tip-Over and Entrapment Hazards: <https://is.gd/q21qVn>
- 10/3: VIQUA Recalls Solenoid Valve Kits for UV Water Treatment Systems Due to Electrical Shock Hazard: <https://is.gd/kNIQ8s>
- 10/3: Signature Hardware Recalls Bath Stools Due to Fall and Injury Hazards: <https://is.gd/q8jlmQ>
- 10/3: Ample Hills Manufacturing, LLC Issues Allergy Alert on Undeclared Peanut in Peppermint Pattie Ice Cream: <https://is.gd/EoyplS>
- 10/3: King Arthur Flour Expands Recall of unbleached All-Purpose Flour (5 lb. & 25 lb.) for E. Coli 26: <https://is.gd/YZj1DQ>
- 10/4: Fit For Life Recalls SPRI Ultra Heavy Resistance Bands Due to Injury Hazard: <https://is.gd/uZ5waw>
- 10/4: fluidfreeride Recalls Mercane WideWheel Electric Scooters Due to Fall and Injury Hazards: <https://is.gd/XQR3N7>
- 10/4: Cornerstone Premium Foods Voluntarily Recalls Frozen Blackberries Due to Possible Health Risk of Norovirus: <https://is.gd/l4BGa0>
- 10/4: Harbor Freight Tools Recalls Gordon Folding Knives Due to Laceration Hazard: <https://is.gd/dyoCIP>
- 10/4: J. M. Smucker Company Issues Voluntary Recall of Specific Lots of Robin Hood® All Purpose Flour Distributed and Sold in the U.S. Only for E. Coli 26: <https://is.gd/IGFsZL>
- 10/5: Jeep Wrangler—Seatbelt Buckle May Separate from Seat Frame: <https://is.gd/nBnOM0>
- 10/8: Ronson Brand Tech Torch Recalled by Zippo Due to Fire Hazard: <https://is.gd/Z9nJiy>
- 10/8: IKEA Recalls Infant Bibs Due to Choking Hazard: <https://is.gd/O717sB>
- 10/8: Kawasaki Motors USA Recalls Lawn Mower Engines Due to Burn and Fire Hazards: <https://is.gd/h3WIHq>
- 10/9: Blue Bell Ice Cream Recalls a Select Lot of Butter Crunch Half Gallons for Possible Foreign Object: <https://is.gd/F7zgsI>
- 10/10: Carrier Recalls Carrier- and Bryant-Branded Heat Pumps Due to Fire Hazard: <https://is.gd/8O5R9F>
- 10/10: Update: Recall of Frozen Cookie Dough Products Due to Allergen Health Risk is Expanded to Include Additional Lot Codes: <https://is.gd/26tBTM>
- 10/12: Lamborghini—Unexpected Engine Stall: <https://is.gd/lMtERf>
- 10/12: Subaru—Occupant Detection System May Deactivate Airbag: <https://is.gd/j8pf2y>
- 10/18: Johnson & Johnson Consumer Inc. to Voluntarily Recall a Single Lot of Johnson's Baby Powder in the United States: <https://is.gd/lzmLfH>
- 10/18: Soft Play Recalls Spider Climb Playground Climbers Due to Fall Hazard: <https://is.gd/SgvTvY>
- 10/22: Federal Cartridge Recalls Blackhawk Gun Holsters Due to Injury Hazard: <https://is.gd/o8N6s7>
- 10/26: Toyota/Lexus—Frontal Air Bag Inflators May Explode: <https://is.gd/guH6TO>
- 10/29: Michaels Recalls Tassel Keychain Mobile Power Banks Due to Fire and Burn Hazards: <https://is.gd/owVgx8>
- 10/29: Hit Promotional Products Recalls Ceramic Mugs Due to Burn and Laceration Hazards: <https://is.gd/v141Wg>
- 10/30: Kawasaki Motors USA Recalls Lawn Mower Engines Due to Burn and Fire Hazards: <https://is.gd/9WbUKY>
- 10/31: New Port Sales Recalls All-Gloo Craft Glue Due to Failure to Meet Child Resistant Closure Requirements; Poison Hazard to Children: <https://is.gd/Tqgmjf>
- 10/31: Wawona Frozen Food Voluntarily Recalls Frozen Raspberries Due to Possible Health Risk: <https://is.gd/48u97Q>
- 10/31: John Deere Recalls Compact Utility Tractors Due to Injury Hazard: <https://is.gd/DEpyia>

**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/>