



# The Safety Connection

## San Diego



Scott Simerson

### The President’s Message — October, 2020

I was going to confess my love of pumpkin spice this month, but the meme of Batman slapping Robin while shouting “I don’t care!” made me re-consider.

I love our profession because it aligns with my personal vision of how I fit in the grand scheme of life. As a boy growing up in the countryside, I liked to imagine my future

self, working in a corner office of a skyscraper with huge windows that looked out over the city below me. In this fantasy, I was not the boss, but the right-hand man, toiling behind the scenes to make sure everything turned out the right way. What I could not see in this vision was my actual occupation; I was in this fantastic office, but I had no idea what my company did there. At that age, my only knowledge of people who worked in nice offices came from the television shows I watched after school, and I knew I was not an advertising executive like Darrin Stevens (Bewitched, one of my favorite childhood shows). However, I was never worried about it, I knew it would solve itself eventually. Another occupational fantasy was to be a manager or concierge at an upscale hotel; someone who was knowledgeable, earnest, and able to fulfill the needs of my customers. This definitive role made me happy; I would be of service to others by helping them get things done,



PSA: PSLs aren’t for everyone.

(see [President’s Message, Page 2](#))

### Inside this issue:

PRESIDENT’S MESSAGE	1 - 2
LIST OF OFFICERS	2
EXCOM MTG MINUTES	3 - 4
GOVERNMENT AFFAIRS	4 - 6
PDT CALL FOR SPEAKERS	6
CHAPTER MEMBER NEWS	7
JOB LINE	7
ASSP CAREER CENTER	8
CALENDAR OF EVENTS	8
OSHA NEWS RELEASES	9
NIOSH NEWS	10
HEALTH & SAFETY NEWS	11
PRODUCT RECALLS	12
WILDFIRE SMOKE FACTS	13 - 14
CALIFORNIA GUIDANCE	15 - 16
HELPFUL LINKS	17
COVID CORNER	17

**CLICK ON THE TOPIC TO JUMP TO THAT PAGE!**

Thank you to all the sponsors of our 2020 Professional Development Conference!





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## *(President's Message, from Page 1)*

or providing them with useful information to help them enjoy their visit to my city.

As I mentioned in July, I have worked in the SOH profession since 2007, and the first several years were spent learning the mechanics of the job; how to conduct an inspection, a mishap investigation, a classroom training session, a leadership safety meeting. It wasn't until I became proficient in the structure and details of these functions that I was able to focus on the purpose of these functions; to provide services to others. Wow! I had stumbled into my dream job! Without the purposeful intent of knowing what profession I wanted to work in, I had accepted a somewhat random opportunity, and found it to be exactly what I wanted. I do believe in fate.

I believe that you are here for the same reason; you want to serve. You find joy in training others and helping them learn. You like pointing out potential problems in work areas so people can be safer and have lives without injury. You feel satisfaction in protecting your employer's assets from damage or loss. I'm thinking you have been serving in some form your whole life. Maybe you served your country by going into the Armed Forces, or the Peace Corps. Perhaps you volunteered for a local charity, church, or a non-profit. You may still be serving in this capacity, as you serve your employer, employees, co-workers, customers, and family (who has not provided unsolicited safety advice to family?). As an occupation, we put the needs of others before ourselves, to keep them safe. We find joy in this simple act. As a whole, we are not interested in leading the organization, unless it is a safety business, but we are the ones who strive to ensure the safety of workers and protect the interests of the organization

they work for.

I do not remember which class I learned this in, but everyone has internal and external customers, and they both deserve good customer service. I began to examine my work and home relationships under this newly adopted dogma and found that I had MANY customers, and that being an adult meant I had to treat each of them with respect and provide them with the information or action they legitimately needed. Work or home, it doesn't matter, you are on the clock, so to speak! At some point, you need to recognize and provide service to a truly internal customer, yourself. Serving others is your purpose, but you must set aside time to serve yourself, to allow yourself to recharge, rejuvenate. Do something that makes you feel good about yourself; take classes that seem fun, take classes to earn a certification or degree. Take up yoga, learn meditation, try a sensory deprivation tank, give up sugar for a month, or something easier, like getting eight hours of sleep each night. Serving yourself, doing something to make yourself better (in your eyes), will renew your spirit and purpose. Can't find anything to improve upon? Well then, get out there and continue to serve others!

P.S. This is a public service announcement; serve your country by voting on November 3rd, and encourage everyone around you to do the same!

Thank you,

Scott

[president@sandiego.assp.org](mailto:president@sandiego.assp.org)

Scott Simerson

President

San Diego ASSP Chapter

*Editor's Note: No cartoon characters were injured in the making of this column, and it's okay to like pumpkin spice lattes, if that's your thing.*



## SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met over the phone on Tuesday, September 1<sup>st</sup>. Cait Casey, Jo Curcio, Lee Donahue, David Ferguson, David Hiipakka, Fernand Kuhr, Chris Malicki, Scott Simerson, Isaac Szmulowicz, Dusty Walton-Bowen, and Wesley Williams were present.

### OLD BUSINESS

#### **1. Review/Approve Minutes from August 4<sup>th</sup>, 2020 ExCom Meeting:**

- a. Scott Simerson entertained the motion and Lee Donahue seconded the motion to approve the minutes for August 4<sup>th</sup>, 2020. Subsequent to changes, unanimous approval with no further discussion, no abstentions.

#### **2. Treasurer’s Report:**

- a. Continued light transactions.
- b. SD Chapter has around \$2400 in annual bank fees \$20.77/ avg. per transaction.
- c. Fees are driven by the amount [number] of transactions.
- d. Chris has started the process to explore other financial institutions.
- e. Credit unions are geared more toward individual members vs. business organizations or non-profits.
- f. Chris likes Torrey Pines Bank as they are local and seem to offer exceptional customer service similar to a credit union
- g. This effort is continuing.
- h. Members may view a copy of the Treasurer’s Report upon request to the Chapter President.

### NEW BUSINESS

1. Scott Simerson (SS): Team should work on the COMT each month in an effort to keep it front of mind and continue to improve. Please have suggestions sent to SS by the 30<sup>th</sup>.
2. San Diego Youth Services Support: SS wants to keep the Chapter actively supporting the organization through at least September. David H. will engage the Chapter members by pushing social media posts.
3. Wesley W.: COMT needs review – this conversation and meeting now puts it on the radar to start thinking about.
4. Wesley obtained sample face masks and is continuing to explore masks as a chapter promotional item. SS brought up the challenges or effectiveness between face coverings (gaiter style) and masks. This effort is continuing.
5. December 1<sup>st</sup> – Chapter Elections – call to members for Ex-Com Members
6. Budget Meeting – Schedule During the week of 9/21 – Wesley/Chris/Steve
7. Strategic Planning Meeting – To occur for a time in October. Scott to email ExCom and tentatively set meeting for “Super Meeting” for October 6. This will include the regular meeting the strategic planning meeting.

8. David H. is SD Chapter - Social Media
9. Claire is SD Chapter – Website
10. Lee will contact Third Hand Smoke to see about them presenting at a monthly meeting.
11. Wesley and Dusty were suggested as possibilities to attend ASSP Leadership on October 1st and 2nd.

### COMMITTEE REPORTS

1. Delegates — Nothing to report.
2. Government Affairs — Nothing to report.
3. Job Line — David thanked Lee for updating the job positions. There’s 31 positions which is a new high and there are a lot of construction related positions.
4. Membership — July experienced a significant loss of membership. Consider working with members regarding joining fees, deferrals, or special exemptions. Do we have contact at the Society level to help determine if we can do this? Consider working with a hashtag and work with David H. and social media to promote membership. Consider how radio uses hashtags to grab attention. Develop a hashtag for the SD Chapter. Steve W. could promote with KUSI. Jo will research the # options and provide an update. SS wants to work with Jo to follow-up on attrition of members. SS will reach out to Jo and she will provide him the contact info of these members. We want to understand what is driving the loss of membership.
5. Newsletter — We have good content & prompt reporting of info helps retain membership. Lee wants to get ahead of speakers and start publishing them for the months ahead. Lee will continue to publish the SDYS info. The President’s Award announcement needs updating. Lee would like information for presenters and other information by the 15th of each month.
6. Programs — Working on building out presenters, including Red Truck and SDG&E outreach presenter on fire prevention. October is ideal for this topic. It may be a two-part presentation. Fernand will look to expand his own spreadsheet of topics/presenters with one that has already been created in order to broaden the possible speakers. This effort is continuing.
7. Public Affairs — Still involved with the Red Cross. They are still looking for speakers to support their online presentations. On 9/25 from 9:00 a.m. – 10:00 a.m. there is a Hero’s Recognition. Opportunities for active members to join the CERT “LISTOS” campaign which is a 6 hour class to receive calls and help people w/personal issues and preparedness. LISTOS is open to other.
8. Social Media — Continuing to support Chapter initiatives and waiting for his next assignment.

*(see ExCom Minutes, Page 4)*



SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

*(ExCom Minutes, from Page 3)*

- 9. Webmaster—No update.
- 10. Succession Planning — Nothing to report. Wants to work on reaching out to other organizations.
- 11. Special Projects — Nothing to report.
- 12. PDC — This effort is continuing.

**Last Call:** No further comments.

**Next Monthly Meeting:** Tuesday, October 13<sup>th</sup>, 2020—GoTo Webinar—Fire Prevention—SDG&E Presenter/Red Truck

**Next PDT Planning Meeting:** September 22<sup>nd</sup>, 2020—GoTo Meeting

**Next EC Meeting:** October 6<sup>st</sup>, 2020—GoTo Meeting

**Next PDT Date:** March 9<sup>th</sup>, 2020—GoTo Meeting

EXECUTIVE COMMITTEE CHAIR UPDATES

**Government Affairs Committee:**

*by Scott Simerson*

**U.S. Department of Labor and FDA Develop Checklist to Protect Food Industry Employees Amid the Coronavirus Pandemic**

August 19, 2020

**WASHINGTON, DC**—The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) and the Food and Drug Administration (FDA) have developed a checklist for human and animal food manufacturers to consider when continuing, resuming or reevaluating operations due to the coronavirus pandemic.

The [checklist](#) is useful for persons growing, harvesting, packing, manufacturing, processing or holding human and animal food regulated by FDA. The checklist includes the following considerations:

- Ensure employee health and a safe workplace;
- Investigate exposure and determine when an employee should be tested for the coronavirus; and
- Configure the work environment to help minimize the risk of spreading the coronavirus among workers.

In addition, the checklist provides examples of ways to align workstations to include social distancing practices.

Food manufacturers can use this checklist in conjunction with other sector-specific information, such as guidance from the Centers for Disease Control and Prevention and OSHA for [agriculture](#) and [meat and poultry processing](#) workers and employers.

The checklist is OSHA’s latest effort to protect America’s workers and help employers provide healthy workplaces during the coronavirus pandemic. OSHA has published numerous alerts and advisories for various industries, in-

cluding [Guidance on Returning to Work](#), which assists employers as they reopen businesses and employees return to work.

**FSIS to Host Public Meeting on the Future of Consumer Food Safety Education**

September 3, 2020

The U.S. Department of Agriculture’s (USDA) Food Safety and Inspection Service (FSIS) is holding a virtual public meeting at 4:00 p.m. ET on Oct. 6 to discuss the state of consumer food safety education, current research, and future studies and engagement to close the gap between food safety messages and consumer action.

“USDA has been a leader in consumer education for years, and now we have the evidence to show how and why our food safety messages are critical,” said USDA Under Secretary for Food Safety Dr. Mindy Brashears. “By using research to continually improve food safety education, based on empirical data instead of assumptions, we can change consumer behavior and decrease foodborne illness nationally.”

The public meeting, “Food Safety: Consumer Outreach and Education Today and for the Future,” will be held virtually on Oct. 6, 12 - 4 p.m. ET. It will feature presentations from food safety experts on their current and upcoming work and will highlight partnerships that have set the stage for the continued improvement of consumer food safety. Participants must register online to attend (<https://ems8.intellor.com/?do=register&t=1&p=831094>), and can indicate if they would like to speak at the meeting when they register.

FSIS invites those interested in public health and ad-

*(see [Government Affairs](#), page 5)*



## EXECUTIVE COMMITTEE CHAIR UPDATES

*(Government Affairs, continued from Page 4)*

vancing food safety to comment on activities and research that promote safe consumer food handling. Interested parties should submit comments at <http://www.regulations.gov>, docket number FSIS-2020-0026, by Oct. 9. If you would like your comment to be considered for the public comment period of the meeting, please submit it on or before September 18.

Food safety experts know that following the four steps to food safety, “Clean, Separate, Cook and Chill,” is easier said than done. FSIS is conducting groundbreaking research to understand how consumers truly handle food in the home, with research partners RTI International and North Carolina State University. By observing consumers as they prepare meals and conducting interviews, focus groups and web surveys, FSIS uses data to redesign and reimagine food safety outreach for the future.

### Cal/OSHA Issues Citations to Multiple Employers for COVID-19 Violations

September 4, 2020

**Oakland**—Cal/OSHA has cited 11 employers for not protecting employees from COVID-19 exposure during inspections of industries where workers have an elevated risk of exposure. The industries include food processing, meatpacking, health care, agriculture and retail. The employers listed below were cited for various violations including some classified as serious, with proposed penalties ranging from \$2,025 to \$51,190.

“We have identified these industries as priorities in our strategic enforcement efforts to make sure employers have adequate COVID-19 infection prevention procedures in place,” said Cal/OSHA Chief Doug Parker. “These are industries where workers have been disproportionately affected, and these citations are the first of many to be issued in the coming weeks and months.”

The employers cited for COVID-19 and other safety and health violations include:

Employer Name	Industry	Worksite Location	Inspection Type	Proposed Penalties
DL Poultry, Inc.	Food Processing	Monterey Park	Complaint-initiated	\$51,190
Uni-Kool Partners	Food Processing	Salinas	Complaint-initiated	\$5,850
Olson Meat Company	Meatpacking Facility	Orland	Complaint-initiated	\$9,000
Sutter Bay Medical Foundation	Health Care	Berkeley	Accident-initiated	\$6,750
*Serve Max Farm Labor Contractor	Agriculture	Vacaville	Enforcement taskforce	\$11,250
*Ruiz Farm Labor	Agriculture	Dixon	Enforcement taskforce	\$4,500
*Michel Labor Services Inc.	Agriculture	Dixon	Enforcement taskforce	\$11,700
Sierra-Cascade Nursery Inc.	Agriculture	Macdoel (Siskiyou County)	Enforcement taskforce	\$4,050
*Planasa, LLC	Agriculture	Macdoel (Siskiyou County)	Enforcement taskforce	\$5,400
*Duncan Family Farms	Agriculture	Tulelake (Siskiyou County)	Enforcement taskforce	\$5,060
M & J Williams Inc. DBA Grocery Outlet Bargain Market	Retail	Santa Clara	Enforcement taskforce	\$2,025

\*Includes heat illness prevention violations

The employers were cited for not protecting workers from exposure to COVID-19 because they did not take steps to update their workplace safety plans to properly address hazards related to the virus.

The inspections were opened after notification of serious illnesses, complaints of workplace hazards and after proactive joint enforcement efforts.

D.L. Poultry, Inc. in Monterey Park and Olson Meat Company in Orland put their workers at risk for serious illness because they did not ensure their workers were physically distanced at least six feet apart in the processing area, nor did they install Plexiglas or other barriers between the workers. Uni-Kool Partners in Salinas put their workers at risk as they did not implement procedures to screen employees and visitors arriving at the facility, and failed to take appropriate measures for employees who exhibited COVID-19 symptoms at the facility.

Sutter East Bay Medical Foundation in Berkeley was cited

*(see Government Affairs, page 6)*



## EXECUTIVE COMMITTEE CHAIR UPDATES

### *(Government Affairs, continued from Page 5)*

after an employee became ill with COVID-19. Cal/OSHA found the employer failed to comply with the Aerosol Transmissible Disease standard that requires proper respiratory protection in health care settings when transporting patients suspected of having airborne infectious diseases such as COVID-19.

The agricultural employers cited were inspected in July as part of Governor Newsom’s multi-agency strategic enforcement taskforce to address COVID-19 hazards. Several of these employers were also cited for failure to protect their workers from heat illness.

Cal/OSHA also conducted almost 8,000 compliance assistance visits in July to identify and correct issues on the spot, and engaged with more than 400,000 businesses as part of an ongoing outreach and education effort that has included emails and conference calls with trade associations, employer groups, employers, labor and other stakeholders. Cal/OSHA is also [providing live, online training for employers](#) in the agriculture, meatpacking and food pro-

cessing sectors.

Cal/OSHA has [created guidance](#) for many industries in multiple languages including videos, daily checklists and detailed guidelines on how to protect workers from the virus. This guidance is meant to provide a roadmap for employers on their existing obligations to protect workers from COVID-19.

Cal/OSHA helps protect workers from health and safety hazards on the job in almost every workplace in California. Employers and workers who have questions or need assistance with workplace health and safety programs can call [Cal/OSHA’s Consultation Services Branch](#) at 800-963-9424.

Complaints about workplace safety and health hazards can be filed confidentially with [Cal/OSHA district offices](#). Employees with work-related questions or complaints may contact DIR’s Call Center in English or Spanish at 844-LABOR-DIR (844-522-6734).

**Contact:** Erika Monterroza / Frank Polizzi, [Communications@dir.ca.gov](mailto:Communications@dir.ca.gov), (510) 286-1161.

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## San Diego ASSP 2021 Professional Development Training *Call for Speakers*

The San Diego Chapter of the American Society of Safety Professionals is pleased to announce a call for speakers in support of the **2021 Professional Development Training (PDT)** to be held on **Tuesday, March 9, 2021**. If you or someone you know is a dynamic, knowledgeable speaker with valuable information to share with the safety community, **please consider speaking on one of the subjects below**. Thank you!

- Occupational Safety and Health
- Regulatory and Legal Issues
- Risk Assessment and Management
- Industrial Hygiene
- Environmental Issues
- Other topics with broad appeal or related to EHS practice

Presentations should be **one hour** in length (including Q & A), geared toward a professional, technical, and sophisticated audience of safety, health and environmental professionals, and **should not be a marketing pitch**. Desired speakers will leave attendees with a **valuable takeaway related to EHS practice**.

Submit your proposal to Mr. Wesley Williams ([president-elect@sandiego.assp.org](mailto:president-elect@sandiego.assp.org)) by ~~October 15, 2020~~ **extended to November 30th, 2020!** Proposals will be reviewed by the PDT Planning Committee and entrants notified within a few weeks of application closing. Your time and help is appreciated.



EXECUTIVE COMMITTEE CHAIR UPDATES

**Membership Chair**

by Jo Curcio

**Welcome to our newest members!**

- Kugan Panchadsaram
- Erick San Martin
- Albert Veytia



**Job Line**

by David Ferguson, CSP, CEA, REPA

Looking for a new job? Local employers are looking for you! Visit our job-line at [sandiego.assp.org/current-openings/](http://sandiego.assp.org/current-openings/) to see current opportunities such as:

- Cal/OSHA—[Inspectors](#)
- C.I.K. Power—[Safety Manager](#)
- County of Orange, CA—[Asst. Safety & Health Mgr.](#)
- ASI Hastings—[Safety Coordinator](#)
- W3Global—[Safety Manager](#)
- Dexcom—[Senior EHS Specialist](#)
- OSHA—[Industrial Hygienists](#) (Region V)
- Kisco Senior Living—[National Director of EHS](#)
- Reyes Construction—[Safety Director](#)
- Sanford Burnham Prebys Medical Discovery Institute—[Environmental Health and Safety Director](#)
- Dempsey Construction—[Safety Manager](#)
- Cal/OSHA—[Assistant Safety Engineer](#)
- Borrego Solar—[EHS Director](#) (Oakland)
- SDG&E—[Industrial Hygienist](#)
- SDSU—[Occupational and Industrial Hygiene Services Manager](#)
- VA San Diego—[Industrial Hygienist](#)
- Sedgwick—[Senior Risk Control Mgr, So. California](#)
- Henkels and McCoy—[Safety Specialist III](#)
- Schuff Steel—[Field Safety Manager](#)
- Patricio Enterprises—[Safety and Occupational Health Representative](#)
- Keller North America—[HSEQ Manager](#)

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!

**Check us out on social media!**



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[American Society of Safety Professionals—San Diego ASSP Chapter](#)



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[ASSPSanDiego](#)



**Instagram**  
[assp\\_san\\_diego](#)



Do you have an item of interest, safety-related event, sister-organization meeting, special accomplishment, or other newsworthy article that you would like shared with your fellow San Diego ASSP members? Submit it for consideration via e-mail no later than the 15<sup>th</sup> of the month! Please e-mail all submissions along with your contact information, including name, e-mail address, and phone number, to [Newsletter@sandiego.assp.org](mailto:Newsletter@sandiego.assp.org).



## 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 [jobs.assp.org/](http://jobs.assp.org/).

### Calendar of Special Events October 2020

<u>Dates</u>	<u>Event</u>
1-31	Nat’l Substance Abuse Prevention Month
1-31	Antidepressant Death Awareness Month
1-31	National Crime Prevention Month
1-31	Halloween Safety Month
1-31	Home Eye Safety Month
1-31	National Protect Your Hearing Month
1-31	National Domestic Violence Awareness Month
2-8	NSC Congress & Expo
4-10	National Mental Illness Awareness Week
4-10	National Fire Prevention Week
18-24	National School Bus Safety Week
18-23	National Teen Driver Safety Week
21	Hagfish Day
25-31	National Lead Poisoning Prevention Week
29	World Stroke Day

October 2020 						
Su	Mo	Tu	We	Th	Fr	Sa
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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	31

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

*Click on an event to learn more!*



## OSHA News Releases

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



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 [www.osha.gov](http://www.osha.gov).

### U.S. DOL Releases Work-Related Injury and Illness Data

September 4, 2020

**WASHINGTON, DC** — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has released work-related [injury and illness data](#) electronically submitted by employers. The agency has posted Form 300A data for calendar years 2016, 2017 and 2018, as well as a data dictionary.

The release follows two rulings in Freedom of Information Act (FOIA) cases. See *Center for Investigative Reporting v. De-*

### U.S. DOL Awards \$11.2M in Worker Safety and Health Training Grants Program

September 24, 2020

**WASHINGTON, DC** — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has awarded approximately \$11.2 million in Susan Harwood federal safety and health training grants to 90 nonprofit organizations nationwide. The grants will provide education and training programs to help workers and employers recognize serious workplace hazards, including the coronavirus, implement injury prevention measures and understand their rights and responsibilities under the Occupational Safety and Health Act of 1970.

Under President Trump's Qualified Opportunity Zones Executive Order, OSHA

### U.S. DOL to Hold Teleconference To Solicit Public Input on OSHA Whistleblower Program

September 24, 2020

**WASHINGTON, DC** — The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) will hold a teleconference Oct. 13, 2020, to solicit public comments and suggestions on key issues facing OSHA's whistleblower protection program. This is the sixth in a series of meetings on how the agency can improve the whistleblower program.

The [meeting](#) will be held from 1- 4 p.m. EDT and is open to the public. Advance registration is needed. To partici-

part of Labor, No. 4:18-cv-02414-DMR, 2020 WL 2995209 (N.D. Cal. June 4, 2020); *Public Citizen Foundation v. United States Department of Labor*, No. 1:18-cv-00117 (D.D.C. June 23, 2020).

Electronic submissions are required of establishments with 250 or more employees that are currently required to keep OSHA injury and illness records, and establishments with 20-249 employees that are classified in [specific industries](#) with historically high rates of occupational injuries and illnesses.

The fact that an employer provided data awarded 80 grants to conduct occupational safety and health training in urban and economically distressed areas. The 2020 Harwood grant awards also funded 12 targeted-topic training grants, and four training and education materials development grants on topics related to the coronavirus pandemic.

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

U.S. Department of Labor news materials are accessible at [www.dol.gov](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).

pate, [register by Oct. 6, 2020](#). Call-in information will be provided to all registrants. There is no fee to register.

The agency is seeking comments on:

- How OSHA can better deliver whistleblower customer service?
- What types of assistance OSHA can provide to help explain the agency's whistleblower laws to employees and employers?
- Are there particular whistleblowing issues in the healthcare, retail and gro-

does not mean that the employer is at fault, that the employer has violated any OSHA requirements, that OSHA has found any violations, or that the employee is eligible for workers' compensation or other benefits.

For more information, and a link to the Injury Tracking Application, visit the [Injury Tracking Application Electronic Submission of Injury and Illness Records to OSHA](#). ■

Check OSHA's [COVID-19 webpage](#) at [www.osha.gov/coronavirus](http://www.osha.gov/coronavirus) frequently for updates. For further information about coronavirus, please visit the U.S. Department of Health and Human Services' [Centers for Disease Control and Prevention](#).

trainees include small-business employers and underserved vulnerable workers in high-hazard industries. The fiscal year 2020 award categories are as follows: Targeted Topic Training, Training and Educational Materials Development, and Capacity Building.

[Learn more about the 2020 Susan Harwood Training Grant Program recipients.](#)

The program honors the late Susan Harwood, former director of OSHA's Office of Risk Assessment, who died in 1996. During her 17-year OSHA career, she helped develop federal standards to protect workers exposed to bloodborne pathogens, cotton dust, benzene, formaldehyde, asbestos and lead in construction. ■

ery industries of which OSHA should be aware?

Submit materials electronically at <http://www.regulations.gov>, the Federal eRule-making Portal, or by mail. Written or electronic comments must be submitted by Oct. 6, 2020. See the [Federal Register notice](#) for submission details. Comments must be identified with Docket No. OSHA-2018-0005. ■

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.



## Update on Coronavirus Disease 2019 (COVID-19) Response

### COVID-19 Update

As part of NIOSH’s efforts to keep our stakeholders up to date on the CDC and NIOSH COVID-19 response, below is a summary of new information posted:

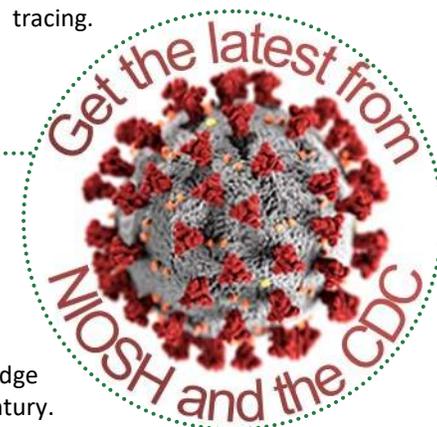
- A recent NIOSH Science Blog Post, [The COVID-19 Pandemic and the Opioid Overdose Epidemic: A Perfect Storm for Workers?](#), discusses the interlinked nature of the COVID-19

and opioid misuse, opioid use disorder, and overdose. The new challenges and stressors workers face during the pandemic may lead to an increase in substance use.

- CDC has published a new webpage on [Optimizing Personal Protective Equipment \(PPE\) Supplies](#). This resource provides links for strategies to optimize the supply of various types

of PPE, as well as general PPE information.

- A new infographic on [COVID-19 Case Investigation and Contact Tracing in Nonhealthcare Workplaces](#) is available. When a COVID-19 case is identified that impacts a workplace, the health department may ask the employer for help. This infographic provides tips for employers if they are asked to assist a health department with case investigations and contact tracing.



### Excerpt from [NIOSH’s Dedication to Ensuring Effective Respiratory Protection](#)

John Howard, M.D. Director, NIOSH

NIOSH’s annual Respiratory Protection Week observance last month was an opportunity for us to recognize all the workers who rely on respiratory protection to keep them safe. NIOSH researchers strive to provide the science necessary to inform difficult respiratory protection decisions. These efforts are not new, although respiratory protection has never been such a trending topic. One example, included in this issue of *Enews* under [Research Rounds](#), is the NIOSH testing of air-purifying respirators equipped with chemical, biological, radiological, or nuclear canisters to ensure that first responders are protected in emergencies.

Last year, we celebrated 100 years of respiratory protection,

appreciating both its history and recognizing NIOSH’s role in its evolution. This year, we have been *making* history, at an unprecedented pace, building upon the knowledge established in the last century.

Typically, NIOSH makes 400 respirator approval decisions per year. As of September 1, we had already made 574 (468 granted, 106 denied) respirator approval decisions, including 64 filtering facepiece respirators and 52 powered air purifying respirators just being brought to market. In addition, NIOSH approved 681 new configurations of elastomeric air purifying respirators with N95 minimum particulate protections...

To read the full article, please visit [www.cdc.gov/niosh/enews](http://www.cdc.gov/niosh/enews)

### Outside NIOSH: Portable Air Cleaners: Making Indoor Work Safer During Wildfires

The wildfire season continues to increase in severity and length, especially out West. Wildfire smoke is dangerous and contains chemicals and mostly fine particulate matter or PM<sub>2.5</sub>. This harmful substance can stay in the air for long periods, and people can inhale it deep into their lungs. Studies show PM<sub>2.5</sub> is linked to systemic inflammation and disorders that affect the heart and lungs. It is also associated with increases in death.

During a wildfire, public health recommendations include use of an indoor portable air cleaner, which removes particulate matter from rooms by moving air through a filter. Studies show this type of device can decrease concentrations of PM<sub>2.5</sub> in homes caused by smoke from wildfires. However, limited information exists on exposure to wildfire-sourced PM<sub>2.5</sub> in office settings—an environment that can greatly differ from a home. NIOSH-funded researchers at Montana Technological University addressed this issue, focusing on the device’s effectiveness in de-

creasing PM<sub>2.5</sub> in offices and exploring associations between outdoor and indoor PM<sub>2.5</sub> concentrations during wildfires.

Reported in the *Journal of Occupational and Environmental Hygiene*, the study found PM<sub>2.5</sub> levels in offices were like those reported outside by a local National Ambient Air Quality Standards monitoring station during a wildfire in the Pacific Northwest. However, the portable air cleaner reduced the amount of PM<sub>2.5</sub> by 73% during working hours and 92% during nonworking hours. During wildfire season, scientists compared two identical offices—one with the device and one without it. They also developed a method to improve their measuring instruments by correcting for overestimated PM<sub>2.5</sub> levels. These findings show that indoor work environments, such as offices, can have high PM<sub>2.5</sub> levels during wildfires but using a portable air cleaner can minimize the problem and protect health.

More information is available:

- [NIOSH Extramural Research and Training Programs: Training Project Grants](#)



HEALTH AND SAFETY NEWS

COVID-19 pandemic: Survey of remote workers shows opinions on returning to the office vary

excerpt from September 1, 2020

Washington—Workers’ opinions about returning to the office amid the COVID-19 pandemic vary greatly based on each individual’s situation, but most want

their employer to take certain actions to ensure their safety when they do, results of a recent survey show.

Clutch, a business-to-business ratings and review company, surveyed 400 U.S workers to learn about their experiences working remotely and their thoughts on returning to the office. More than 3 out

of 5 respondents (61%) said they haven’t returned to the office or a “shared co-working space.”

Other findings...

...This article originally appeared in Safety+Health on September 1st. Click here to read the full article.

Cleaning vs. disinfecting/sanitizing: What’s the difference?

August 23, 2020

A best practice to prevent the spread of COVID-19 and other viral respiratory infections is routinely cleaning and disinfecting/sanitizing surfaces, the Centers for Disease Control and Prevention says.

That’s because recent studies have found that SARS-CoV-2 – the coronavirus that causes COVID-19 – can remain viable for hours to days on surfaces made from a variety of materials. To effectively remove and eliminate the virus, however, workers need to understand that the terms “cleaning” and “disinfecting/sanitizing” aren’t interchangeable, NIOSH Director John Howard pointed out during a March 31 webinar hosted by the National Safety Council in conjunction with the agency.

“Cleaning is getting the dirt out,” Howard said. “Sanitizing is what’s used in public health a lot to get down to a certain level of bacteria – sometimes 95% is

killed. Disinfection is killing everything. That’s where you want to aim.”

CDC’s explanation goes a step further:

Cleaning

Cleaning refers to the removal of germs, dirt and impurities from surfaces. It doesn’t kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting/sanitizing

Disinfecting/sanitizing refers to using chemicals (e.g., Environmental Protection Agency-registered disinfectants) to kill germs on surfaces. This process doesn’t necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Sterilization

Sterilization describes a process of destroying or eliminating all forms of microbial life and is carried out in health care facilities by physical or chemical methods.

Among CDC’s tips to clean and disinfect

surfaces:

- Wear disposable gloves.
• Clean surfaces using soap and water, then use a disinfectant.
• When using EPA-registered disinfectants, follow the instructions on the label to ensure safe and effective use of the product.
• More frequent cleaning and disinfection may be required based on level of use.
• Surfaces and objects in public places (e.g., shopping carts and point-of-sale keypads) should be cleaned and disinfected before each use.

This article originally appeared in Safety+Health on August 23rd.

How healthy is your home workstation? Researchers identify key ergo issues

excerpt from August 24, 2020

Cincinnati—Millions of people working from home during the COVID-19 pandemic may be sitting at improperly arranged workstations that increase their risk of eye, head, neck, back, shoulder,

wrist and forearm stress and strain injuries, according to the results of a recent survey conducted by University of Cincinnati researchers.

The researchers conducted an ergonomics assessment of 843 university faculty and staff members’ home workstations via an email survey. In addition, 41 employees submitted photos of their workstations for review. Identified as the top

ergonomics issues concerning chairs were lack of lumbar support (73%), back support not being used (69%), seat was too hard (63%), and seat was too low or too high (43%)...

...This article originally appeared in Safety+Health on August 24th. Click here to read the full article.

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



Consumer Product  
Safety Commission  
4330 East West Hwy  
Bethesda, MD 20814  
[www.cpsc.gov](http://www.cpsc.gov)



US Health & Human Services  
Food & Drug Administration  
10903 New Hampshire Ave.  
Silver Spring, MD 20993  
[www.fda.gov](http://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](http://www.nhtsa.gov)

## FEATURED SAFETY RECALLS

### Important: CPSC Recall Remedy Notice Due to COVID-19

Due to the extraordinary circumstances surrounding COVID-19, some of the remedies identified in recall press releases may not be available at this time. Consumers should check with recalling firms for further details. *It is important to remember that CPSC and recalling firms urge consumers not to use recalled products.*

- 8/27: Kia Optima and Sorento: Hydraulic Electronic Control Unit May Short: [is.gd/yH4zTE](https://is.gd/yH4zTE)
- 8/27: Hyundai Santa Fe: Anti-lock Brake System Module May Short: [is.gd/DpcKKQ](https://is.gd/DpcKKQ)
- 9/1: BD Provides Update on Previously Disclosed Recall of BD Alaris System Hardware: [is.gd/7d90IZ](https://is.gd/7d90IZ)
- 9/2: IMMI Recalls Harnesses Made for Polaris, Can-Am, and Kawasaki UTVs Due to Injury Hazard: [is.gd/YAntpR](https://is.gd/YAntpR)
- 9/2: Advantus Recalls Fluorescent Computer Task Lamps Due to Burn Hazard: [is.gd/QByQfx](https://is.gd/QByQfx)
- 9/2: Hanamint Recalls Swivel Rockers, Club Swivel Rockers and Club Swivel Gliders Due to Fall Hazard: [is.gd/GiNs8I](https://is.gd/GiNs8I)
- 9/3: StoreYourBoard.com Recalls Hi-Lift Storage Hoists Due to Injury Hazard: [is.gd/ljKJ6w](https://is.gd/ljKJ6w)
- 9/3: SODA SENSE Recalls CO2 Canisters Due To Injury Hazard: [is.gd/YCdsCe](https://is.gd/YCdsCe)
- 9/3: CFMOTO Recalls Recreational Off-Highway Vehicles Due to Fire Hazard: [is.gd/846q1S](https://is.gd/846q1S)
- 9/3: Decathlon USA Recalls Swiss Balls Due to Injury Hazard: [is.gd/LCQKKW](https://is.gd/LCQKKW)
- 9/9: WHILL Recalls WHILL Personal Electric Vehicles Due to Crash and Injury Hazards: [is.gd/LRQsFS](https://is.gd/LRQsFS)
- 9/9: Cycling Sports Group Recalls Front Racks for Cannondale Treadwell Bicycles Due to Fall Hazard: [is.gd/gyZC3W](https://is.gd/gyZC3W)
- 9/9: Royal Gourmet Recalls Deluxe Gas Grills Due to Fire Hazard; Sold Exclusively at Wayfair.com: [is.gd/AolAOT](https://is.gd/AolAOT)
- 9/10: Organic Aromas Recalls Wintergreen Essential Oil Due to Failure to Meet Child Resistant Packaging Requirements; Risk of Poisoning: [is.gd/QORLeN](https://is.gd/QORLeN)
- 9/10: Residential Elevators Recalls Elevators Due to Impact Hazard: [is.gd/MfeTRj](https://is.gd/MfeTRj)
- 9/11: Medique Recalls 31 Different Over-the-Counter Drugs Due to Failure to Meet Child Resistant Packaging Requirement; Risk of Poisoning: [is.gd/CSNNIU](https://is.gd/CSNNIU)
- 9/16: RH Recalls Industrial Three-Panel Mirrors Due to Injury Hazard: [is.gd/LCz7ch](https://is.gd/LCz7ch)
- 9/16: Monoprice Recalls Ethernet Cables Due to Fire Hazard: [is.gd/fuUufP](https://is.gd/fuUufP)
- 9/16: MWE Investments Recalls Westinghouse Portable Generators Due to Fire Hazard: [is.gd/26hWue](https://is.gd/26hWue)
- 9/16: Cooper Tire: Low Tread Gauge May Cause Tire Failure: [is.gd/PAM2id](https://is.gd/PAM2id)
- 9/23: Pedego Recalls Electric Bikes Due to Fall Hazard: [is.gd/lhy2mT](https://is.gd/lhy2mT)
- 9/23: Caravan Global Recalls Chairs Due to Fall and Injury Hazards; Sold Exclusively at H-E-B Stores: [is.gd/hq2fGs](https://is.gd/hq2fGs)
- 9/23: Specialized Bicycle Components Recalls Sirrus Bicycles with Alloy Cranks Due to Fall and Injury Hazards: [is.gd/FcZF5H](https://is.gd/FcZF5H)
- 9/23: Kobalt Cordless Electric Chainsaws Sold Exclusively at Lowe's Stores Recalled Due to Laceration Hazard; Distributed by Hongkong Sun Rise Trading: [is.gd/nEjbrb](https://is.gd/nEjbrb)
- 9/23: Kobalt Cordless Electric Pole Saws Sold Exclusively at Lowe's Stores Recalled Due to Laceration Hazard; Distributed by Hongkong Sun Rise Trading: [is.gd/TT0ufO](https://is.gd/TT0ufO)
- 9/24: CFMOTO Recalls Recreational Off-Highway Vehicles Due to Crash Hazard: [is.gd/qjrbcy](https://is.gd/qjrbcy)
- 9/24: The Vitamin Shoppe Recalls Vthrive Bioactive Multivitamins Due to Failure to Meet Child Resistant Packaging Requirement; Risk of Poisoning: [is.gd/G3opai](https://is.gd/G3opai)
- 9/30: STIHL Recalls to Repair Mini-Cultivator Attachments Due to Laceration Hazard: [is.gd/BJWyBP](https://is.gd/BJWyBP)
- 9/30: Petzl Recalls Safety Ropes Due to Fall and Injury Hazard: [is.gd/Wj3wqf](https://is.gd/Wj3wqf)

**PRODUCT  
RECALL**

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



## WILDFIRE SMOKE FACTSHEET

# Prepare for Fire Season



If you live in an area where the wildfire risk is high, take steps now to prepare for fire season. Being prepared for fire season is especially important for the health of children, older adults, and people with heart or lung disease.

### Before a Wildfire

- **If any family member has heart or lung disease, including asthma**, check with your doctor about what you should do during smoke events. Have a plan to manage your condition.
- **Stock up** so you don't have to go out when it's smoky. Have several days of medications on hand. Buy groceries that do not need to be refrigerated or cooked because cooking can add to indoor air pollution.
- **Create a “clean room”** in your home. Choose a room with no fireplace and as few windows and doors as possible, such as a bedroom. Use a portable air cleaner in the room.
- **Buy a portable air cleaner** before there is a smoke event. Make sure it has high efficiency HEPA filters and it is the right size for the room.
- **Know how you will get alerts** and health warnings, including air quality reports, public service announcements (PSAs), and social media warning you about high fire risk or an active fire.
- **Ask** an air conditioning professional what kind of high efficiency filters to use in your home's system and how to close the fresh-air intake if your central air system or room air conditioner has one.
- **Have a supply of N95 respirators** and learn how to use them. They are sold at many home improvement stores and online.
- **Organize your important items** ahead of time, including financial and personal documents. Know your evacuation routes and where to go if you have to evacuate. Make sure to prepare your children, and consider your pets when making an evacuation plan.





## During a Wildfire

- **Follow instructions from local officials** to keep yourself and your family safe.
- **Stay inside** with the doors and windows closed. Run your air conditioner with the fresh-air intake closed (“recirculate mode”) to keep smoke from getting indoors. Seek shelter elsewhere if you do not have an air conditioner and it is too warm to stay inside with the windows closed.
- **Follow your health care provider’s advice if you have heart or lung disease**, and follow your management plan if you have one. If your symptoms worsen, reduce your exposure to smoke and contact your provider.
- **Do not add to indoor air pollution.** Do not burn candles or use gas, propane, wood-burning stoves, fireplaces, or aerosol sprays. Do not fry or broil meat, smoke tobacco products, or vacuum. All of these can increase air pollution indoors.
- **Use a portable air cleaner** to reduce indoor air pollution. Follow the manufacturer’s instructions on where to put the air cleaner and when to replace the filters.
- **Reduce how much smoke you inhale.** If it looks or smells smoky outside, avoid strenuous activities such as mowing the lawn or going for a run. Wait until air quality is better before you are active outdoors.
- **Pay attention to local air quality reports and health warnings.** Smoke levels can vary a lot during the day, so you may have a chance to do errands and open up windows when air quality is better. Public service announcements give you important information such as changing conditions, cancelled events, or evacuation notices.
- **Do not rely on dust masks or bandanas** for protection from smoke. An N95 respirator can protect you if it fits snugly to your face and is worn properly. These are not recommended for children.
- **Reduce smoke in your vehicle** by closing the windows and vents and running the air conditioner in recirculate mode. Slow down when you drive in smoky conditions.

### For more information:

- **Get air quality information:** Check your local news, the [airnow.gov](https://airnow.gov) website, or your state air quality agency’s website.
- **Learn about home air cleaners:** <https://www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home>
- **Find certified air cleaning devices:** <http://www.arb.ca.gov/research/indoor/aircleaners/certified.htm>
- **Learn how to use an N95 respirator mask:** <http://www.bepreparedcalifornia.ca.gov/Documents/Protect%20Your%20Lungs%20Respirator.pdf>
- **Learn more about wildfire smoke:** *How Smoke from Fires Can Affect Your Health:* <https://airnow.gov/index.cfm?action=smoke.index>



U.S. Environmental Protection Agency • EPA- 452/F-18-001



Sandra Shewry  
Acting Director

## State of California—Health and Human Services Agency California Department of Public Health



GAVIN NEWSOM  
Governor

October 9, 2020

TO: All Californians  
SUBJECT: Guidance for Private Gatherings

### Summary

This guidance provides an updated plan for Californians to gather outside their household and replaces the prior gatherings guidance issued on [September 12, 2020](#) and [March 16, 2020](#). It applies to private gatherings, and all other gatherings not covered by existing sector guidance are prohibited. Gatherings are defined as social situations that bring together people from different households at the same time in a single space or place. When people from different households mix, this increases the risk of transmission of COVID-19.

### Mandatory Requirements for All Gatherings

All persons planning to host or participate in a private gathering, as defined above, must comply with the following requirements. Local health jurisdictions may be more restrictive than this guidance. Refer to your local guidance for what is allowed in your area.

#### 1. Attendance

- **Gatherings that include more than 3 households are prohibited.** This includes everyone present, including hosts and guests. Remember, the smaller the number of people, the safer.
- Keep the households that you interact with stable over time. By spending time with the same people, risk of transmission is reduced. Participating in multiple gatherings with different households or groups is strongly discouraged.
- The host should collect names of all attendees and contact information in case contact tracing is needed later.

#### 2. Gather Outdoors

- Gatherings that occur outdoors are significantly safer than indoor gatherings. All gatherings must be held outside. Attendees may go inside to use restrooms as long as the restrooms are frequently sanitized.
- Gatherings may occur in outdoor spaces that are covered by umbrellas, canopies, awnings, roofs, and other shade structures provided that at least three sides of the space (or 75%) are open to the outdoors.
- A gathering of no more than three households is permitted in a public park or other outdoor space, even if unrelated gatherings of other groups up to three households are also occurring in the same park or other outdoor space. If multiple such gatherings are occurring, mixing between group

gatherings is not allowed. Additionally, multiple gatherings of three households cannot be jointly organized or coordinated to occur in the same public park or other outdoor space at the same time – this would constitute a gathering exceeding the permitted size.

#### 3. Don't Attend Gatherings If You Feel Sick or You Are in a High-Risk Group

- Anyone with any COVID-19-like symptoms (fever, cough, shortness of breath, chills, night sweats, sore throat, nausea, vomiting, diarrhea, tiredness, muscle or body aches, headaches, confusion, or loss of sense of taste/smell), **must stay home and not come into contact with anyone outside their household.**
- Anyone who develops COVID-19 within 48 hours after attending a gathering should notify the other attendees as soon as possible regarding the potential exposure.
- People at higher risk of severe illness or death from COVID-19 (such as older adults and people with chronic medical conditions) are strongly urged not to attend any gatherings.

#### 4. Practice Physical Distancing and Hand Hygiene at Gatherings

- For any gatherings permitted under this guidance, the space must be large enough so that everyone at a gathering can maintain at least a 6-foot physical distance from others (not including their own household) at all times.
- Seating must provide at least 6 feet of distance (in all directions—front-to-back and side-to-side) between different households.
- Everyone at a gathering should frequently wash their hands with soap and water, or use hand sanitizer if soap and water are not available. A place to wash hands or hand sanitizer must be available for participants to use.
- Shared items should not be used during a gathering. As much as possible, any food or beverages at outdoor gatherings must be in single-serve disposable containers. If providing single-serve containers is not possible, food and beverages must be served by a person who washes or sanitizes their hands frequently, and wears a face covering. Self-serve items from communal containers should not be used.

#### 5. Wear a Face Covering to Keep COVID-19 from Spreading

- When gathering, face coverings must be worn in accordance with the CDPH [Guidance on the Use of Face Coverings](#) (PDF), unless an exemption is applicable.
- People at gatherings may remove their face coverings



briefly to eat or drink as long as they stay at least 6 feet away from everyone outside their own household, and put their face covering back on as soon as they are done with the activity.

- Face coverings can also be removed to meet urgent medical needs (for example, to use an asthma inhaler, take medication, or if feeling light-headed).

## 6. *Keep it short*

- Gatherings should be two hours or less. The longer the duration, the risk of transmission increases.

## 7. *Rules for Singing, Chanting, and Shouting at Outdoor Gatherings*

- Singing, chanting, shouting, and physical exertion significantly increases the risk of COVID-19 transmission because these activities increase the release of respiratory droplets and fine aerosols into the air. Because of this, singing, chanting, and shouting are strongly discouraged, but if they occur, the following rules and recommendations apply:
- All people who are singing or chanting should wear a face covering at all times while singing or chanting, including anyone who is leading a song or chant. Because these activities pose a very high risk of COVID-19 transmission, face coverings are essential to reduce the spread of respiratory droplets and fine aerosols;
- People who are singing, shouting, chanting, or exercising are strongly encouraged to maintain physical distancing beyond 6 feet to further reduce risk.
- People who are singing or chanting are strongly encouraged to do so quietly (at or below the volume of a normal speaking voice).
- Instrumental music is allowed as long as the musicians maintain at least 6-foot physical distancing. Musicians must be from one of the three households. Playing of wind instruments (any instrument played by the mouth, such as a trumpet or clarinet) is strongly discouraged.

## Context

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow necessary precautions and to adapt the way they live and function in light of this ongoing risk. The safest way to gather is to spend time with people in the same household or to gather virtually.

In general, the **more people from different households** a person interacts with at a gathering, the **closer** the physical interaction is, and the **longer** the interaction lasts, the higher the risk that a person with a COVID-19 infection, symptomatic or asymptomatic, may spread it to others. Public health studies have also shown that the risk of transmission is increased **in indoor spaces**, particularly when there isn't appropriate ventilation.[1] Un-

like indoor spaces, wind and air in outdoor spaces can help reduce spread of the virus from one person to another.

Planning scenarios published by the CDC estimate that, on average, a person with COVID-19 goes on to infect between 2-4 people, with a best estimate of 2.5 when there are no preventive measures.[2] For example, if each infected person spreads the virus to two people, who in turn spread it to two others each; those four will spread the virus to eight others; those eight will spread the virus to 16; and so on. As a result, after 10 transmission cycles, one person could be responsible for 1,024 other people contracting the virus.[3] Additionally, there is broad agreement that people who are not experiencing symptoms can still spread COVID-19[4]. The fact that COVID-19 can be spread by people who don't have symptoms or aren't showing symptoms yet is one of the aspects of the COVID-19 that makes it difficult to control.

All gatherings pose a higher risk of transmission and spread of COVID-19 when people mix from different households and communities. The likelihood of transmission and spread increases with laughing, singing, loud talking and difficulty maintaining physical distance. Limiting attendance at gatherings is a way to reduce the risk of spread as it lowers the number of different people who are interacting. Additionally, by limiting attendance there is an improved ability to perform effective contact tracing if there is a positive case discovered, which can help to slow the spread of COVID-19[5]. People who do choose to attend gatherings should discuss and agree upon the specific group rules before convening together.

[1] See, e.g., Hiroshi Nishiura, et al., [Closed environments facilitate secondary transmission of coronavirus disease 2019 \(COVID-19\)](https://www.medrxiv.org/content/10.1101/2020.02.28.20029272v2.full.pdf) (PDF), ([www.medrxiv.org/content/10.1101/2020.02.28.20029272v2.full.pdf](https://www.medrxiv.org/content/10.1101/2020.02.28.20029272v2.full.pdf)); Hu Qian, et al., "Indoor transmission of SARS-CoV-2" ([www.medrxiv.org/content/10.1101/2020.04.04.20053058v1](https://www.medrxiv.org/content/10.1101/2020.04.04.20053058v1)) [pre-print] published in medRxiv on April 4, 2020.

[2] See the [CDC COVID-19 Pandemic Planning Scenarios](#) web page

[3] See, e.g., Report 3: Natsuko Imai et al, WHO Collaborating Centre for Infectious Disease Modelling, MRC Centre for Global Infectious Disease Analysis, J-IDEA, "Imperial college London, UK. Transmissibility of 2019 -n-CoV." See also Inglesby T B JAMA Public Health Measures and the Reproduction Number of SARS-CoV-2. JAMA Network.2020.7878 (May 1, 2020).

[4] World Health Organization (WHO) [Transmission of SARS-CoV-2: implications for infection prevention precautions](#)

[5] See Harvard Health [Preventing the spread of the coronavirus Social distancing, hand washing, and other preventive measures](#)

California Department of Public Health  
PO Box, 997377, MS 0500, Sacramento, CA 95899-7377  
Department Website ([cdph.ca.gov](https://cdph.ca.gov))





## HELPFUL LINKS AND OTHER INFORMATION

American Industrial Hygiene Association

[www.aiha.org](http://www.aiha.org)

American Red Cross

[www.redcross.org](http://www.redcross.org)

American Society of Safety Professionals Main Website

[www.assp.org](http://www.assp.org)

ASSP Center for Safety and Health Sustainability

[www.centershhs.org](http://www.centershhs.org)

ASSP Learning Library

[www.safetybok.org](http://www.safetybok.org)

ASSP Risk Assessment Institute

[www.assp.org/advocacy/risk-assessment-institute](http://www.assp.org/advocacy/risk-assessment-institute)

Cal/OSHA

California Division of Occupational Safety and Health (DOSH)

[www.dir.ca.gov/dosh](http://www.dir.ca.gov/dosh)

Center for Disease Control and Prevention (CDC)

[www.cdc.gov](http://www.cdc.gov)

Consumer Product Safety Commission (CPSC)

[www.cpsc.gov](http://www.cpsc.gov)

Electronic Library of Construction Occupational Safety & Health

[www.elcosh.org/index.php](http://www.elcosh.org/index.php)

Environmental Protection Agency (EPA)

[www.epa.gov](http://www.epa.gov)

Federal Emergency Management Agency (FEMA)

[www.fema.gov](http://www.fema.gov)

FEMA “Be Ready” Website

[www.ready.gov](http://www.ready.gov)

Federal Motor Carrier Safety Administration

[www.fmcsa.dot.gov](http://www.fmcsa.dot.gov)

Food and Drug Administration

[www.fda.gov](http://www.fda.gov)

Mine Safety and Health Administration (MSHA)

[www.msha.gov](http://www.msha.gov)

National Institute of Health Sciences (NIH)

[www.niehs.nih.gov](http://www.niehs.nih.gov)

National Institute of Occupational Safety and Health (NIOSH)

[www.cdc.gov/niosh](http://www.cdc.gov/niosh)

National Occupational Research Agenda (NORA)

[www.cdc.gov/nora](http://www.cdc.gov/nora)

Occupational Safety and Health Administration (OSHA)

[www.osha.gov](http://www.osha.gov)

OSHA Silica Fact Sheets

[www.osha.gov/pls/publications/publication.searchresults?pSearch=Controlling+Silica+Dust+in+Construction+&pSearch=](http://www.osha.gov/pls/publications/publication.searchresults?pSearch=Controlling+Silica+Dust+in+Construction+&pSearch=)

OSHA Silica Frequently Asked Questions

[www.osha.gov/dsg/topics/silicacrystalline/generalindustry\\_info\\_silica.html](http://www.osha.gov/dsg/topics/silicacrystalline/generalindustry_info_silica.html)

San Diego ASSP Website

[sandiego.assp.org](http://sandiego.assp.org)

US Chemical Safety Board (CSB)

[www.csb.gov](http://www.csb.gov)

### The COVID Corner

#### City of San Diego

[www.sandiego.gov/coronavirus](http://www.sandiego.gov/coronavirus)

Status of City Services: [www.sandiego.gov/status](http://www.sandiego.gov/status)

#### County of San Diego

[www.sandiegocounty.gov/coronavirus](http://www.sandiegocounty.gov/coronavirus)

211 San Diego: [211sandiego.org](http://211sandiego.org)

Sheriff's Department: [www.sdsheriff.net](http://www.sdsheriff.net)

Office of Education: [covid-19.sdcoe.net](http://covid-19.sdcoe.net)

#### State of California

[covid19.ca.gov](http://covid19.ca.gov)

Employment Development Department: [www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](http://www.edd.ca.gov/about_edd/coronavirus-2019.htm)

Cal/OSHA: [www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html](http://www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html)

Department of Public Health: [cdph.ca.gov/covid19](http://cdph.ca.gov/covid19)

#### Federal Government

[www.coronavirus.gov](http://www.coronavirus.gov)

The White House: [www.whitehouse.gov/briefings-statements/coronavirus-guidelines-america](http://www.whitehouse.gov/briefings-statements/coronavirus-guidelines-america)

OSHA: [www.osha.gov/coronavirus](http://www.osha.gov/coronavirus)

CDC: [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

#### Global/Nongovernmental Resources

ASSP: [www.assp.org/covid-19](http://www.assp.org/covid-19)

Johns Hopkins: [coronavirus.jhu.edu](http://coronavirus.jhu.edu)

United Nations: [www.un.org/en/coronavirus](http://www.un.org/en/coronavirus)

World Health Organization (WHO):

[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

AIHA Back to Work Safely: [www.backtoworksafely.org](http://www.backtoworksafely.org)