



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Long Beach Chapter

October 2020 Newsletter

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2020 ASSP LONG BEACH CHAPTER MEETING

Meetings for our chapter are held virtually at this time, until further notice. Meeting information will be emailed regarding virtual meetings as they are scheduled. The next meeting is set for October 22, at 12:00 PM (noon). The meeting will feature Zohra Ali of Cal/OSHA's consultation branch for Los Angeles and Orange counties, and she will present the Cal OSHA regulatory updates for our chapter.

CHAPTER PRESIDENT'S MESSAGE

I want to start with a note of sympathy for our safety community members who have suffered losses during the COVID-19 pandemic. ASSP has resources for learning, networking, and transitioning jobs. If you need help or can help others in our chapter, I invite you to contact one of the officers and let us know you need help, or provide what type of help you can provide others.

Despite all the difficulties over the last six months, I hear stories from other Safety Professionals about new ways of collaboration, relationship developments, and creative

solutions to safety problems that have been born out of this challenging time. For example, ASSP Region One, which includes all California chapters, has had more participation than ever in the technical meetings because members can avoid large cities' congested traffic. It has also provided high-quality sessions at no cost for the attendees. Unfortunately, the Joint Technical Seminar, which is the largest Professional Development event for our chapter, was postponed to October 2021, but we are confident that it will come back even stronger. I am also excited about the remainder of 2020, and the fast-approaching 2021, as we will be offering technical sessions in diverse fields with highlights on risk management.

ASSP Long Beach has over 100 members, and we have tremendous potential to grow together. That is why I invite each of you to be involved, whether you are a long-standing member that laid a solid chapter foundation, or a new member that can help write the chapter's future. Our chapter officers are here to serve you, but we will be able to do more with your help and convert our potential into strong results.

I want to highlight that one of our goals is serving the community. We have plans to work closely with the City of Long Beach and helping small businesses, schools, or other organizations, so I encourage you to be part of this effort and contact me, or any of the chapter officers, to share your ideas or to let us know the best way you can help.

Thanks for being part of ASSP Long Beach. Together, we will continue strengthening our profession and giving back to our dynamic community.

Julian Arevalo, CSP
ASSP Long Beach Chapter President

CALENDAR OF EVENTS

- October 22 – noon, Regulatory updates by Cal/OSHA
- November 18 –noon, Risk Management Part Two
- December (week of 6-12, day to be confirmed). Holiday social gathering with social distancing.
- January 21 (2021) – noon, Risk Management Part Three
- February 18 – noon, Technical Meeting
- March 25 – noon, Technical Meeting
- April 22 – noon, Technical Meeting
- May 27 – noon, Technical Meeting
- Jun 24 – noon, Technical Meeting

PUBLICATIONS BY LONG BEACH CHAPTER BOARD MEMBERS

Rosa Carillo (Wise Officer) published an article in the ASSP Professional Safety Journal title *Social Systems and Psychological Safety*. Jed Douglas (Vice President) published an article in the Master Brewers of the Americas Technical Quarterly titled *Industrial Hygiene in Breweries*.

LONG BEACH AIR QUALITY AT HISTORIC LOWS

According to the Los Angeles Times, on September 10, 2020, we had the worst smog in 30 years. If children had been in school, they would have been sent home, as happened in the 1960's. California wild fires are largely responsible for this situation and judging from previous years, the situation is likely to get worse. The South Coast Air Quality Management District (SCAQMD) website is a valuable source of information for air quality issues.

<http://www.aqmd.gov/home/air-quality/wildfire-health-info-smoke-tips>

Protect Yourself During a Wildfire

If you smell smoke or see ash due to a wildfire, here are ways to limit your exposure:

- Remain indoors with windows and doors closed or seek alternate shelter;
- Avoid vigorous physical activity;
- Run your air conditioner if you have one. Make sure it has a clean filter and that it is recirculating the indoor air to prevent bringing additional smoke inside;
- Create a clean air space in your home by using a portable air cleaner instead of or in addition to your air conditioner. Use in one or more rooms with both the doors and windows closed;
- Avoid using a whole-house fan or a swamp cooler with an outside air intake; and,
- Avoid using indoor or outdoor wood-burning appliances, including fireplaces and candles.

Do not rely on dust masks for protection. Paper “dust masks” can block large particles, such as sawdust, but do not protect your lungs from the small particles or gases in wildfire smoke. Disposable respirators such as N-95 or P-100 respirators can offer some protection, if they are worn properly and have a tight fit. Information about using respirators to protect from wildfire smoke or ash can be found here:

https://www3.epa.gov/airnow/smoke_fires/respiratory-protection-508.pdf

GREAT SHAKEOUT

We live in an earthquake prone area. When a quake strikes, we must have a plan and practice it by performing drills.

International Shakeout Day is October 15, 2020 (it's always the third Thursday of October). During the COVID-19 pandemic, the Shakeout is still happening. The start time for the shakeout is at 10:15 AM (the time always matches the date of the shakeout!) It's your decision as to where and when to have your own Shakeout drill, and

it's good to practice different scenarios each year. Also, you should consider performing drills at home and at work.

Here's the Great Shakeout link for more information:

<https://www.shakeout.org/california/>



EMERGENCY PREPAREDNESS

When preparing an emergency preparedness bag, for earthquakes, wildfires, or other unplanned situations that require immediate evacuation, the items listed below should be considered. It is prudent to have a bag in both your home and vehicle; consider using a bag that can be secured with a combination lock.

Food

- Avoid salty foods that will make you thirsty; opt for foods with a high liquid content.
- Use food with a long shelf life that does not require refrigeration, cooking, water, or special preparation, e.g. salt-free crackers, whole grain cereals, canned goods, and high calorie-content meal substitute bars.
- Kitchen accessories and cooking utensils; especially a manual can opener.

Water

- Plan on at least a ½ gallon of water per person per day for at least 3 days.

Clothing

- Rain-jacket, poncho, or other waterproof jacket with a hood and waterproof pants.
- A warm wool or fleece sweater; these materials still keep you warm when they are wet.
- Socks and undergarments; pack 3 pairs per person.
- A floppy hat for sun protection.

Communications

- Hand crank, or solar powered radios are best.
- Phone and charger.

First Aid Kit

- Bandages, ibuprofen, ointments, scissors, tweezers, and alcohol preparation pads.

Fire extinguishers

- ABC types are recommended, sizing varies, but 2.5lb travels easier.

Special needs

- Prescription medications
- Extra eyeglasses (even if they are an old prescription, they will still help you see)
- Contact lens and solutions
- Hearing aid batteries
- Items for infants (formula, diapers, bottles, and pacifiers)

Hygiene

- Deodorant
- Toothpaste/Toothbrush
- Moist towelettes/wipes
- Toilet paper and any other items unique to your family's needs.

Tools

- Crescent/adjustable wrench (for turning off gas and water valves)
- Pocket Leatherman/Swiss Army device equipped with safe cutting tools and screwdrivers
- Duct tape and firm cord to secure items
- Lighter and/or a supply of matches in a waterproof container
- Claw hammer to break through wood and debris
- Whistle for signaling rescue workers

Important Papers and Cash

- Small denomination bills (\$1, \$5, and \$10s) and quarters
- Insurance policies (home, auto, and life)
- Photo copies of driver's licenses, IDs, and/or passports
- Bank statement showing account numbers

Pet Needs

- Food
- Water
- Leash
- Vet Records

Personal Safety/Miscellaneous

- Mace/Pepper Spray (hopefully this will never be needed)
- Sunscreen

- Insect Repellent
- Spare house keys
- Combination lock to secure items in shelter; you can consider locking your bag
- Locked (combination) box to secure important papers and cash
- Fast drying towel and shower shoes
- PPE (safety glasses, face coverings, nitrile/work gloves, etc.)
- Pen and paper
- Inflatable pillow (pool raft might be used for a bed)
- Flashlight (solar or battery powered); this could also be a radio combo

Comfort Items

- Playing cards and dice (games will help with the anxiety of the situation)
- Toys for children (a softy teddy bear may provide comfort)
- Books/Magazines (individual read or story time)
- Treasured photos (irreplaceable nostalgia)

EMPLOYMENT OPPORTUNITY

EHS Manager +/- \$125k + bonus + benefits + (\$300 per month expense account) / Director level potential / Multi-Billion dollar food and beverage company / West Covina, CA area

Preferred candidate will have **Director level potential**, proven EHS management experience of several years in a large manufacturing plant, union experience, Bachelor's degree, CPG, food, beverage, cosmetics or other related manufacturing industries background with track record of reducing accidents and improving the safety culture within the facility This position will based in the West Covina, CA area.

Responsibilities and Duties:

- Design and implement EHS policies, processes, and programs, and ensure thorough cascading in cooperation with Operations.
- Coordinate and assist implementation of corporate programs including safety standards, reporting, policies, auditing, and property insurance risk recommendations
- Coach Operations Management on safety initiatives implementation and execution; collaborates with appropriate plant personnel to resolve safety and/or environmental issues
- Review safety statistics to identify safety concerns and trends, and work with respective cross-functional, Engineering, and plant teams to make improvements and implement best practices; provide counsel and leadership to address issues and concerns
- Participate in and provide guidance and support for EHS internal and external audits, ensure the preparation of action plans, and validate completion within the time frame established

- Promote safety awareness through internal communications and programs, including hosting monthly Operations Safety Chats with all plants
- Update, communicate, and implement safety information, work instructions, processes, documents and training programs; ensure this information is readily available as appropriate for the topic
- Review the incident investigation process with the appropriate Plant management team to ensure conformance with established reporting requirements
- Assemble and publish the monthly safety report and develop other reports and safety presentations
- Ensure equipment safety retrofits and other required safety initiatives are applied when determined appropriate; work with Procurement to ensure OEM machine and equipment safety alerts are communicated to the plants

Interested candidates call 310-914-8277 or 818-938-9710 (direct lines) or email mostrin@purcellintl.com.

Murray Ostrin

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NEWSLETTER SUBMISSION REQUIREMENTS

Please submit articles, stories, job openings and other pertinent information for inclusion in the newsletter to Jed Douglas via email at vp@longbeach.assp.org by the 15th of the last month of each quarter (March, June, September, and December). The job of the newsletter editor is to edit your documents prior to placing them in the newsletter, so do not despair if you are not the best typist or writer. Submit whatever you have, even if it's written in pencil on the back of an envelope, and if deemed relevant, we will publish it.
Thanks

CALOSHA APPEALS BOARD HAS REVISED THE APPEALS PROCESS

September 30, 2020

Occupational Safety and Health Appeals Board (OSHAB) Stakeholders:

OSHAB is pleased to announce that our new regulation package has been approved and will go into effect on October 1, 2020. The package includes a new process for docketing and perfecting appeals, outlined in rule §359.1.

California employers will no longer be required to send or upload a copy of their citation package in order to docket an appeal. Instead, OSHAB will assign a docket number (same as the inspection number) to every case that is initiated through phone, mail, FAX or through the OASIS portal after the employer provides certain specified information. The Division of Safety and Health (Cal/OSHA) district offices will receive a NOTICE OF DOCKETED APPEAL for each case, and will upload the citation package within 15 working days to OSHAB through the OASIS online portal.

Once the citation package is uploaded into OASIS and the case is timely and otherwise complete, the Board will issue a NOTICE OF PERFECTED APPEAL to the parties and the appeal case will be assigned to an Administrative Law Judge to complete the adjudication. The Board believes this new process will help make the appeal process more inclusive.

Other regulation changes will also take effect on October 1, including a new process for attorneys to issue their own subpoenas, new advice on discovery, and changes to the expedited appeals process to bring it into line with the amendments to section 359.1.

The new regulations are posted at the OSHAB website at:

<https://www.dir.ca.gov/oshab/Rulemaking/2019/Occupational%20Safety%20and%20Health%20Appeals%20Board%20Regulations.pdf>

Please let us know how we can be of assistance to you. Our office number is 916-274-5751 or toll-free (877) 252-1987.