



**SAFETY CENTER**  
INCORPORATED®

# INSIDE SAFETY

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## Can You See It?



How important are your eyes to you? How important is good eyesight on the job? The month of March has been declared as Workplace Vision Wellness Month. It is estimated over 1,000 eye injuries occur in American workplaces every day and as many as 75% of the American workforce using computers on a regular basis develop adverse visual symptoms.

No matter where we work, whether it is an office, construction site, warehouse or a chemical plant, there is potential danger for our vision. Eyestrain, flying particles, dust, fumes, and vapors are just some of the hazards our eyes must face. Through education and training, an estimated 90% of eye injuries can be eliminated or reduced in severity.

Ways to prevent eye injuries and/or strains:

- Inspect all work environments and identify areas that present eye hazards.
- Inform and educate all personnel of potential eye hazards and the solutions available.
- Encourage employees to have regular eye exams and to use their prescriptive eyewear.

- Provide protective eye wear appropriate to job function, hazard and individual fit needs.

- Continue to educate and review eye protection policies and plans on a regular basis.

Promoting eye wellness in your workplace will not only help protect your employees' vision and prevent injuries, it can help save your company from the huge financial cost occurring with eye injuries.

For more information, training tools and resources go to:

Safety Center Incorporated  
[www.safetycenter.org](http://www.safetycenter.org)

Occupational Safety & Health Administration (OSHA)  
[www.osha.gov](http://www.osha.gov)

Cal/OSHA Consultation  
[www.dir.ca.gov/DOSH/Consultation](http://www.dir.ca.gov/DOSH/Consultation)



## Construction Industry's Sixth Annual Statewide Safety Expo

The 2010 Safety Expo, an annual conference dedicated to bringing California's construction industry the latest education and training on safety and construction management, will be held Mar. 30 – Apr. 1 at Cosumnes River College in Sacramento. Presented by the Construction Industry Education Foundation (CIEF) in partnership with the Sacramento Regional Builders Exchange, the event will feature more than 140 sessions and is open to all in the construction industry profession. The cost to attend the event for all three days is \$50.00.

The Sacramento Regional Safety Forum (SRSF) will be held at the Safety Expo on Thursday, April 1. Speaker, Marti Fisher will be presenting on Heat Illness from 7:40am to 9:40 am. No charge for Expo participants, all others \$10 at the door.

For SRSF information and to RSVP, contact - [annette@safetycenter.org](mailto:annette@safetycenter.org)

### Expo information and contacts:

Heidi Hughes, event Director - [Heidi@sbxchange.net](mailto:Heidi@sbxchange.net)

Jim Neely, Safety Director - [jneely@sbxchange.net](mailto:jneely@sbxchange.net)

To register, industry professionals are encouraged to visit the Expo website at [www.safetyexpo.com](http://www.safetyexpo.com)



**Members Only**

*Welcome New Members!*

**Enroll in any Professional Safety Institute (PSI) class and receive \$25 off per class.**

- Establishing a Successful Safety Program
- Industrial Hygiene
- Selling Safety
- OSHA Recordkeeping
- Conducting Safety Inspections
- Solving Safety Problems
- Conducting Accident Investigations
- Training Programs & Presentations
- Controlling Risk
- Making Safety Performance Matter

**Kalani Walther**  
**Danny Munoz - Sacramento**  
**Public Library**  
**Cucamonga Valley Water District**  
**Olam Tomato Processors, Inc.**  
**Kelly Topping - Amy's Kitchen**

*Member of the Month*

**Modesto Irrigation District**

**Offer ends June 30, 2010 and can not be combined with any other discounts or offers.**

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 3909 Bradshaw Road  
 Sacramento, CA 95827-3891*

Complete all 10 PSI classes and be eligible for a CSMS designation.

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**Our next CSMS exam dates are:**  
**May 13, 2010      August 10, 2010**

**Open Enrollment - March, April & May 2010**

March 2010		Mem	Non	April 2010		Mem	Non
15-16	2-Day Express Counterbalanced Forklift Trainer Certification	945	995	22	Industrial Hygiene (SoCA)	230	265
17	Rough Terrain Upgrade	445	495	23	Selling Safety (SoCA)	230	265
18	Confined Space Awareness (SoCA)	130	155	23	Confined Space Awareness	130	155
18-19	2-Day Express Counterbalanced Forklift Trainer Certification	945	995	26-27	2-Day Express Counterbalanced Forklift Trainer Certification	945	995
19	4-Hour Defensive Driving Course	50	65	27-30	First Aid/CPR/AED Instructor (SoCA)	425	480
23	1-Day Disaster Preparedness	150	175	29	Cal OSHA 8 Commercial Construction`	100	150
25	Competent Person Excavation	130	155	<b>May 2010</b>			
26	Competent Person Fall Protection	130	155	4	Establishing a Successful Safety Program	230	265
26	Cal OSHA 8 Construction Recertification (SoCA)	75	95	5	Industrial Hygiene	230	265
29-31	Cal OSHA 8 Commercial Construction TTT	695	765	6	Selling Safety	230	265
30-31	Fed OSHA 10 for General Industry (SoCA)	175	185	6	Competent Person Fall Protection (SoCA)	130	155
<b>April 2010</b>				10-11	4-Hour Defensive Driving Course Instructor	310	365
1	First Aid/CPR (SoCA)	55	70	10-13	4-Day Forklift Trainer Certification	1,200	1,250
6	First Aid/CPR	55	70	12	Heat Illness Workshop (SoCA)	75	95
7	Wilderness First Aid	75	90	13	CSMS Examination	395	445
8	Temporary Traffic Control & Flagging	75	95	13	Competent Person Excavation (SoCA)	130	155
9	4-Hour Defensive Driving Course	50	65	14	IVES Trainer Recertification	230	250
13-15	Training Programs & Presentations	690	825	14	4-Hour Defensive Driving Course	50	65
14	Competent Person Fall Protection	130	155	17-18	2-Day Express Counterbalanced Forklift Trainer Certification (SoCA)	945	995
15-16	Fed OSHA 10 for Construction (SoCA)	175	185	18	Violence in the Workplace	75	95
16	Competent Person Excavation	130	155	19	Competent Person Excavation	130	155
19-22	First Aid/CPR/AED Instructor	425	480	20	Scaffold Awareness	75	95
21	Establishing a Successful Safety Program (SoCA)	230	265	20	Scaffold User Training (SoCA)	130	155

Please visit our website [www.safetycenter.org](http://www.safetycenter.org) for updates and course descriptions

All courses are held at Safety Center's Sacramento Campus, 3909 Bradshaw Road, Sacramento, CA 95827 except those noted with "(Southern CA)" for Southern California courses. Please contact Gayleen Grigoreas, (909) 625-9650, to enroll in Southern California courses.