



SAFETY CENTER
INCORPORATED®

INSIDE SAFETY

May 2009

VOLUME 28 NUMBER 16

SPRING IS IN THE AIR, AND SO ARE ALLERGIES!

It's that time of year! Spring is in the air and summer is on the way. Do you suffer from allergies and hay



fever? Do you seem to have more than your share of colds during certain times of the year? Are you sneezing? Do you have itchy eyes, a stomach ache, and nasal congestion? Many people mistake allergies and hay fever for colds. Airborne allergens like pollen wreak havoc with people everywhere and can interfere with normal, everyday activities. Reactions to allergies can range from simple sneezing to life threatening. While there may not be a cure for your specific allergies or hay fever, there are some ways to help alleviate symptoms associated with them. Treatments range from simple over-the-counter remedies to prescription medication and allergy shots to avoidance of the allergen by taking more drastic measures such as moving from one city or area to another.

Knowing your specific allergen trigger(s) is the key. Avoiding airborne allergens completely is virtually impossible. Simple things like knowing the weather forecast can also be important. Knowing the allergy

conditions for your area can help. According to a recent article on WebMD, "Worst Allergy Cities in America for Spring Allergies," San Diego is #10 and Stockton is #15 on a list of the top 100 worst cities. Sacramento is #42, Modesto is #85 and Los Angeles is #86, while Bakersfield is #98 and San Francisco is #99.

While outdoor allergens may be a problem, the National Safety Council indicates that the indoor air often contains higher concentrations of hazardous pollutants than outdoor air. The difference in indoor air can be improved. Why is indoor air so bad? Homes and office buildings have become better insulated and when we trap the hot or cold air inside, we also trap in pollutants and sometimes generate more.

So what's the problem? On average, people spend 90 percent of their time indoors. Sixty five per cent of that time is spent at home. Unfortunately, those who spend the most time in their homes such as the elderly, children, pregnant women and those with chronic illnesses are those most susceptible to indoor pollutants. Children breathe in 50 percent more air than adults and after some activities, indoor air pollution levels can be 100 times higher than outdoors.

Some of the more obvious indoor pollutants are chemicals, cleaning pro-

ducts and pesticides. Other pollutants include tobacco smoke, heating, and dust mites found in carpets and furniture. In the home, cooking without using a fan and bathing in a poorly ventilated bathroom can also cause pollutants.

Many indoor pollutants cannot be detected by our senses making the adverse reaction to those pollutants hard to attribute to any one cause. Why? The common symptoms of indoor air pollutants are headaches, tiredness, dizziness, nausea, itchy nose and scratchy throat. And, all of these symptoms can be the result of a number of other ailments. How can indoor pollution be improved in buildings? For starters, by using air cleaners with properly maintained air filters to remove or reduce the pollen and mold spores in the air.

If you think you may be suffering from allergies or hay fever, be informed. Do some research. The internet is a great place to start. For more information on pollen and allergies, visit www.pollen.com, WebMD at <http://organized-wisdom.com>, or the National Safety Council at www.nsc.org. Then, be sure talk to your doctor to determine what may be the best course of action for you.

GESUNDHEIT!!

www.safetycenter.org



1ST ANNUAL SAFETY SYMPOSIUM HUGE SUCCESS!

The Safety Forum of the Inland Empire's 1st Annual Safety Symposium was a HUGE success!

We had 108 in attendance, including 10 exhibitors, and five guest speakers. Feedback we have received is very positive. The attendees were very pleased with the safety topics that were chosen for the day, and the quality of the guest speakers was top notch.

"I'm all the way over here in Orange County, but did attend the Safety Forum on Tuesday. What a fantastic event this was! The choice of speakers was excellent, as well as the topics each spoke on. I came away from the forum with a ton of great information and a renewed excitement for my profession. I have been revitalized. Thank you, thank you, and thank you." Tim Landosky, Safety & Environmental Compliance Manager, Money Mailer.

Members *Only*

Welcome New Members!

**Torres Construction Corp.
Joe Murillo – Collins Electrical Co.
Hector Madrid – 7 Up Bottling Co.
Armour Steel Co., Inc.**

Member of the Month

***County of Sacramento
Safety Office***

Inside Safety Newsletter is published monthly by

Safety Center Incorporated

3909 Bradshaw Road

Sacramento, CA 95827-3891

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Publisher: Elizabeth McClatchy

Editor: Jerry Bach, CSHM

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Layout: Marlene Myers

Open Enrollment May, June & July 2009

May 2009		Mem	Non				
11-14	4-Day Premium Forklift Trainer Certification	1,200	1,250	23-25	Confined Space Entry & Rescue	450	525
14	Competent Person Excavation (Southern CA)	130	155	25	Temporary Traffic Control & Flagging (Southern CA)	75	95
15	Competent Person Excavation	130	155	26	Defensive Driving Course 4-Hour	50	65
15	IVES Trainer Recertification	230	265	30-7/1	Cal/OSHA 8 Commercial Construction TTT (Southern CA)	695	765
18-19	Defensive Driving Instructor	310	365	July 2009		Mem	Non
21	4-Hour Heat Illness Workshop (Southern CA)	75	95	2	Temporary Traffic Control & Flagging (Southern CA)	75	95
27	Scaffold Awareness	75	95	7	Controlling Risk	230	265
29	Defensive Driving Course 4-Hour	50	65	8	Making Safety Performance Matter	230	265
June 2009		Mem	Non	8	Confined Space Awareness (Southern CA)	130	155
1-2	Two Day Expres Counterbalanced Trainer (Southern CA)	945	995	9	Solving Safety Problems	230	265
2	Heat Illness Wordshop 4-hr (Southern CA)	75	95	10	First Aid/CPR	55	70
8-10	Cal/OSHA 8 Commercial Construction TTT	695	765	10	OSHA Recordkeeping (Southern CA)	230	265
9	MEDIC CPR/FA AED (Southern CA)	60	75	15	Respirator Training (8-12am) (Southern CA)	150	175
9	Confined Space Awareness	130	155	15	Respirator Fit Testing (1-5pm) (Southern CA)	40	50
10-11	MEDIC CPR/FA AED Instructor (Southern CA)	385	435	16	Competent Person Fall Protection	130	155
12	First Aid/CPR	55	70	17	Defensive Driving Course 4-Hour	50	65
15-16	Two Day Expres Counterbalanced Forklift	945	995	20-21	Two Day Expres Counterbalanced Forklift	945	995
16	Competent Person Fall Protection (Southern CA)	130	155	23	Cal/OSHA 8 Commercial Construction	100	150
17	Rough Terrain Upgrade	445	495	30	Confined Space Awareness	130	155
18	Competent Person Fall Protection	130	155	NEW CLASS - <i>Scaffold Awareness</i>			
19	Competent Person Excavation	130	155	May 27, 2009 - Sacramento Campus			
22-25	Aerial Lift Trainer Certification	1,200	1,250				

Please visit our website 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.