



SAFETY CENTER
INCORPORATED®

INSIDE SAFETY

November 2008

VOLUME 22 NUMBER 10

14th Annual Occupational & Regulatory Symposium

Safety professionals who want to move to a whole new level and receive the most current Occupational Health and Safety information, should attend the 14th Annual Symposium at Safety Center's Sacramento campus. Our speakers touch on diverse topics of concern to safety managers and professionals. Plus, this year we will offer a whole new track for supervisors

This is also the perfect networking opportunity to learn from other safety professionals what has worked and what has not worked for them in their careers. Registration includes: all conference materials, continental breakfast, "Excellence in Safety" Awards Luncheon and refreshments throughout the day.

The event will be held **February 5th, 2009** from 8am-4pm at Safety Center. For more information and to register, **contact Quen Cach @ 800-825-7262 x 219.**

FIRST 72 HOURS - Are you Ready?

When large-scale natural or man-made disasters occur, emergency responders will be overwhelmed. Phone lines are busy. Buildings have collapsed. People are hurt or appear to be dead. Your family is scared and looking to you for answers. What will you do?

Learn how to protect yourself, your family and co-workers. Our next First 72 Hour course is on March 4-7, 2009, at Safety Center's Sacramento campus. Reserve space now by calling Quen at 800-825-7262 x 219.

Jack Frost Coming? Tips to Protect Workers



Cold weather is coming and outdoor workers and their employers will be defending against the hazards of frigid temperatures. When a person is exposed to cold weather for an extended period of time, the person can tire easily and become fatigued. Such conditions can cause frostbite and hypothermia. Trench foot, which is caused by the exposure to water and cold temperatures, can also cause a serious health condition.

According to the U.S. Department of Labor, the danger signs of prolonged exposure to freezing or cold temperatures are shivering, slurred speech, clumsy movements, fatigue and confused behavior. When these signs are observed, immediate emergency help is needed.

One of the most important steps a person can take to fight the weather's harmful effects is the wearing of proper clothing. Employers can also help by allowing workers to come out of the cold for periods of time.

How to Protect Workers

Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help workers. Teach workers about hypothermia and how to treat it.

- **Impending hypothermia** occurs when the body's core temperature drops to 95 F (35 C). The skin may become pale, numb and waxy. Muscles become tense. Fatigue and weakness begin to show.

The treatment for impending hypothermia includes removal from the cold, wet environment, providing external heat (fire, blankets) and providing hot, sweet drinks like sugar water (not alcohol, tea, coffee or hot chocolate).

- **Mild hypothermia** occurs when the body's core temperature drops to 93.2 F (34 C). Uncontrolled shivering begins. The individual is still alert but movement becomes less coordinated and some pain and discomfort exists.

The treatment for mild hypothermia includes removal from the cold environment, keeping the head and neck covered to prevent further heat loss and providing warm, sweetened drinks (no alcohol, hot chocolate, tea or coffee). Give them sugar in hot water and high calorie food like hot pasta instead. **Do not rub** the person's body or place them in a warm water bath as this may stop their heart.

- **Severe hypothermia** occurs when the body core temperature drops below 87.8 F (31 C). The skin becomes cold and may be bluish in color. The individual is weak and uncoordinated. Speech is slurred and the victim appears exhausted, denies there is a problem and may resist help. Gradually there is a loss of

Jack Frost Coming - cont. from front page.

consciousness with little or no breathing occurring. The individual may be rigid and appear dead.

The treatment for severe hypothermia includes immediate external warming. One method may be by placing the victim in a warmed sleeping bag with two other people. Keep the person awake and apply mild heat to stop loss of heat, not to re-warm.

Check for pulse and breathing. If neither is present, begin CPR and mouth-to-mouth resuscitation. Continue until medical help arrives.

Never give up on the victim. Even though cold, stiff and bluish with fixed pupils and no heart tones or signs of breathing, victims have been resuscitated and have recovered fully.



Southern CA Happenings

Ask Gayleen

SLOW FOR THE CONE ZONE

Presenter: Mitch Martin
Field Training Officer, CALTRANS

Caltran's slogan is not just for the safety of the highway worker, but for the benefit of the public. Every year, more than 1,000 people die in highway workzone crashes, and more than 40,000 are injured.

NOVEMBER 18, 2008
BREAKFAST MEETING
7:30 AM-9:00 AM

Southern California Branch Office
111 S. Spring Street
Claremont, CA 91711
(909) 625-9650

Members

Only

Welcome New Members!

Straight Line
City of Woodland - Public Works
Mid Peninsula Water District
Walter Edwards - Tetra Tech, Inc.

Member of the Month
E & J GALLO WINERY

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
Assoc. Ed.: Geraldine Joerger
Layout: Marlene Myers

Open Enrollment November & December 2008, January 2009

| November | | Mem | Non | | | | |
|-----------------|--|------------|------------|---------------------|--|------------|------------|
| 3-6 | Premium Forklift Instructor Certification | \$1,200 | \$1,250 | 10 | Making Safety Performance Matter | 230 | 265 |
| 4 | Establishing a Successful Safety Program | 230 | 265 | 10 | Trainer Upgrade-Rough Terrain Forklift Telehandler | 445 | 495 |
| 5 | Industrial Hygiene | 230 | 265 | 10-11 | First Aid/CPR Instructor Program(Southern CA) | 385 | 435 |
| 5 | First Aid/CPR/AED-MEDIC (Southern CA) | 60 | 75 | 11 | IVES Instructor Recertification | 230 | 250 |
| 6 | Selling Safety | 230 | 265 | 11 | Solving Safety Problems | 230 | 265 |
| 6 | Cal/OSHA-8 Residential Framing | 100 | 150 | 12 | Defensive Driving Course 4-Hour | 50 | 65 |
| 12-13 | FED OSHA-10, Construction (Southern CA) | 175 | 185 | 15-17 | Confined Space Entry/Rescue | 450 | 525 |
| 14 | Defensive Driving Course 4-Hour | 50 | 65 | 17 | Competent Person Excavation | 130 | 155 |
| 17 | Confined Space Awareness | 130 | 155 | January 2009 | | | |
| 18 | Establishing a Successful Safety Program (Southern CA) | 230 | 265 | | | Mem | Non |
| 20 | WorkZone Safety (TTC & Flagging) | 75 | 95 | 8 | First Aid/CPR | \$ 55 | \$ 60 |
| 21 | Competent Person Excavation | 130 | 155 | 12-13 | 2-Day Express Counterbalanced Forklift Trainer | 945 | 995 |
| December | | Mem | Non | 21 | 4-hr Fall Protection (Southern CA) | 75 | 95 |
| 1-2 | 2-Day Express Counterbalanced Forklift Trainer Certification (Southern CA) | \$ 945 | \$ 995 | 22 | Cal/OSHA 8 Commercial Construction | 100 | 150 |
| 1-2 | Defensive Driving Course 4-Hour Instructor | 310 | 365 | 26-27 | 2-Day Express Counterbalanced Forklift Trainer (Southern CA) | 945 | 995 |
| 1-4 | Aerial Lift Instructor | 1,200 | 1,250 | 28 | Work Zone Safety (TTC & Flagging) | 75 | 95 |
| 8-9 | 2-Day Express Counterbalanced Forklift Trainer Certification | 945 | 995 | 29 | Competent Person Fall Protection | 130 | 155 |
| 9 | Controlling Risk | 230 | 265 | 30 | Competent Person Excavation | 130 | 155 |
| 9-10 | Cal/OSHA-8 Residential Framing TTT | 650 | 725 | | | | |

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.