



# Safety Insider

March 2005

Volume 14, Issue 5

## April 20th meeting with David Severson and Joan Urban

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### PREVENTION OF COMPUTER RELATED REPETITIVE STRAIN INJURIES - Part 2

Last month Dr. Dan Azar spoke on the diagnosis and treatment of Repetitive Strain Injuries (RSIs). He ran short of time and was unable to present information on the prevention of these injuries. We are fortunate to have 3 professionals join us, who specialize in the treatment, and more importantly, the prevention of RSIs. David Severson, PT, and Joan Urban, PTA, will discuss how they treat their patients who have been diagnosed with RSIs. They will emphasize proper ergonomics, exercise programs and other techniques that can not only help improve RSI symptoms, but also help prevent them. Norman Kahan, MD, will present his program of "Computing Without Pain with the MouseKeyDo System", demonstrating a technique for the treatment and prevention of computer related repetitive strain injuries. Norman Kahan, MD is the founder and director of Sports and Occupation Medical Associates in Cupertino, CA. He has combined his background in rehabilitation and his research in ergonomics to develop an entirely new way to type and mouse called The MouseKeyDo® System. David Severson, PT is the owner and director of Milpitas Physical Therapy Clinic. David graduated from the University of North Dakota, School of Physical Therapy in 1971. David's special interests are physical therapy program development and spine and extremity rehabilitation. Joan Urban, PTA is a 1985 graduate of the De Anza College Physical Therapy Assistant program. She has been employed at Milpitas Physical Therapy Clinic since 1985. She has extensive experience in treating and training patients with computer related repetitive strain injuries.

#### Meeting Location

11:30-1:00pm Arthur's

Buffet to include meat and vegetarian entrees for the same low price of \$20.00 for members who RSVP and \$25 for non-members and walk-ins.

2875 Lakeview Dr, Santa Clara, CA 95054, 408-496-6400. From US 101 (north and south bound). Exit Great America Parkway/Bowers Ave. and go south. Turn right on Augustine Dr. and right on Lakeview Dr. Arthur's is located in the same parking lot as Embassy Suites.

## President's Corner

Fellow members,

The beginning of the new year is traditionally the time many of us look forward to the next year. We set goals and make plans for both, our careers and our jobs. We want to improve our EHS programs and provide better service to our customers. We also seek to expand our knowledge base and bolster our skill set.

Membership and participation in professional associations, such as BAESG, are one means that help us achieve this. The presenters at meetings, symposia, and conferences provide valuable knowledge and best practices that we can bring to our vocation. Networking and information sharing with fellow members also contribute to our information base.

I can provide a personal testimonial to the benefits of involvement with BAESG (and other local associations). For me, the greatest benefits resulted from active participation. This is one of the reasons that I joined the BAESG Board of Directors. Although I recommend this level of involvement to everyone, you don't have to be a board member to benefit. Active involvement in group events, such as regular attendance at meetings (especially our Professional Development Conference in October, which also provides scholarships to students in local EHS academic programs) and making an effort to meet and get to know other members will provide a great reward.

Membership is important because this helps keep professional associations viable. Membership in BAESG offers a particularly good value. The cost is reasonable, and the benefits include: the best rates for our monthly meetings, a directory for networking with an exceptional group of fellow EHS professionals, and regular updates to the EHS jobs listing.

To promote early membership applications and renewals, we are holding a raffle for those who join or renew up through our next meeting on February 16. We will be awarding three \$100 gift certificates redeemable for EHS

training at Bay Area REBRAC. So for those of you who have not yet done so send in your membership forms and check out the course listing at <http://www.rebrac.org/bayarea/brochures.htm>.

In closing, I'd like to touch on one, often neglected, aspect of participation. Your feedback and input is critical to ensuring that we solicit speakers on the topics that are of greatest interest to you, and in making the BAESG an organization that addresses your needs as EHS practitioners. I encourage you to seek out BAESG board members and communicate to them your interests. And you can always communicate electronically. Contact information is posted at [www.baesg.org](http://www.baesg.org).

regards,  
Roy Dojahn, BAESG President  
[roy.dojahn@osram-os.com](mailto:roy.dojahn@osram-os.com)

## Message from your editor

Fellow members,

In the past couple of months I have been extremely preoccupied with happenings in my personal life, because of these things I find I am negligent in providing you the service you have come to expect with the newsletter. In January my mother and brother passed away from carbon monoxide poisoning. After returning from my out of state trip. I left again for a week long training with the National Association of Safety Professionals to return home and be involved in a car accident of which I sustained some minor injuries and one less car. On top of all that I am currently at the end of my third round of this nasty flu that has been going around since the beginning of this year.

So in light of all of that what have I learned? First let me tell you about what we have learned from carbon monoxide poisoning.

CO is a colorless, odorless gas that is formed when carbon in fuel is not burned completely. It is a component of motor vehicle exhaust, construction equipment and boats that makes up approximately 78% of the CO in national emissions. Other sources include metals processing and chemical manufacturing, residential wood burning, woodstoves, gas stoves, unvented gas and kerosene space heaters, generators and cigarette smoke.

Carbon Monoxide is harmful when breathed because it displaces oxygen in the blood and deprives the heart, brain and other vital organs of oxygen. Symptoms vary widely

from person to person. CO poisoning may occur sooner in those most susceptible; young children, elderly, people with lung or heart disease, people at high altitudes or those who already have elevated CO levels such as smokers.

CO binds to cells in the blood stream and the more CO in the blood the less oxygen your body is able to obtain and use. CO poisoning can be reversed if caught in time. But even if you recover, acute poisoning may result in permanent damage to the parts of your body that require a lot of oxygen such as the heart and brain.

You may be exposed to harmful levels of CO in boiler rooms, breweries, warehouses, petroleum refineries, pulp and paper production and steel production; around docks, blast furnaces or coke machines. You can also be at risk in one of the following occupations: welder, garage mechanic, firefighter, carbon-black maker, organic chemical synthesizer, metal oxide reducer, longshore worker, diesel engine operator, forklift operator, marine terminal worker, toll booth or tunnel attendant, customs inspector, police officer or taxi driver.

OSHA and the EPA have

various publications available for more information see

<http://www.epa.gov/iaq/co.html> and [http://www.osha.gov/OshDoc/data\\_General\\_Facts/carbon\\_monoxide-factsheet.pdf](http://www.osha.gov/OshDoc/data_General_Facts/carbon_monoxide-factsheet.pdf).

The second thing I learned I would like to share with you. Calling 911 on your cell phone.

We have all had to chance to call 911 on a cell phone at some point and found that we get to a dispatcher (after waiting on hold) who is not in our local area. This can be avoided by programming your local emergency number into your cell phone. I did that and when I was hit I used my programmed number to call San Jose 911 operators using the 7 digit phone number. My lesson learned is programming those numbers is great and using them when you are on surface streets will get you the help you need much sooner.... Unless you are on the freeway. Since the CHP is responsible for the freeways and they also have the responsibility for cell phone 911 operations you are best off dialing 9-1-1 and waiting for the operator.

With all of these happenings we are looking for someone who can take over the newsletter if interested please give me or one of the board members a call or email.

# Another AED Recall Under Way, Affecting 672 Units

## From the March 23 Occupational Health and Safety Magazine

Another worldwide recall of automated external defibrillators is under way, following the March 18 announcement by the U.S. Food and Drug Administration that HeartSine Technologies, Inc. of San Clemente, Calif., has recalled 672 units of samaritan® AEDs -- models SAM-001, SAM-002, and SAM-003 with certain serial numbers in the range of 1270 to 2324 -- because they may shut down before delivering a shock. FDA classified it as a Class I recall -- the most serious type of recall because it involves situations in which there is a reasonable probability that use of the affected product may cause serious injury or death if the problem is not corrected.

Since the beginning of November 2004, Access CardioSystems Inc. of Concord, Mass., has shut down and recalled all of its AEDs for a similar problem, and Medtronic Inc. recalled 1,924 older LIFEPAK 500 AEDs because they might not analyze a patient's heart rhythm and thus may fail to initiate defibrillation, the company said. HeartSine Technologies sent a letter Feb. 14, 2005, to its distributors and customers initiating the latest recall after several users complained their units shut down during an attempted charge, according to the company and FDA. No injuries have been reported, and HeartSine is providing a user-installable field software upgrade for all affected AEDs.

Of the 672 units involved, 532 were distributed within the United States and U.S. Territories. The products can be identified by the words "samaritan® AED" on the front of the device; the HeartSine samaritan® PAD automatic external defibrillator (Model SAM-300) is not subject to the recall. Consumers with questions can contact the company at (949) 218-0092 or (866) 478-7463.

For the latest news briefs, [click here](#). **Another AED Recall Under Way, Affecting 672 Units**

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# Membership and PDC announcements

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As some of you found out at the last meeting you needed to pay the higher non-member price for the meeting or renew your membership. Annual membership dues is just \$25.00. You can mail them or pay at the meeting. The last page of the newsletter includes an application for yourself or a friend. Don't miss your opportunity to be listed in this years directory.

**Our Professional Development Conference** helps fund the scholarships. We wish to thank the following sponsors for their contribution to the BAESG scholarship fund:

Bay Area REBRAC, EnviroSafetech, Advanced Chemical Transport, RKI Instruments and Romic Environmental Technologies.

The scholarship winners are: Nina Vining, a student at San Jose State studying Civil and Environmental Engineering. Kelly Jost, a student at San Jose State studying Environmental Sciences and Facilities Management and Serafin Tatad, a student at San Jose State and Mission College studying EHS Engineering and Fire Technology.

The next Professional Development Conference is being planned for Wednesday Oct 19th, 2005 at Mission College. The theme for this years conference is "Emerging Issues and Best Practices" Mark your calendars now for this upcoming PDC.

## **Advertise your Business in the BAESG Membership Directory & Web page!**

**If you have a business related to Environmental, Health and Safety,**

**Then advertising with BAESG is for you!**

Your ad, placed in the 2005 BAESG Membership Directory, will be seen by EH&S decision makers at companies throughout the San Francisco Bay Area. One low price places your ad in the Directory and on our fine website, <http://www.BAESG.org>.

Please see the guidelines below and note the **April 30<sup>th</sup>** deadline (Postmark on or before **April 15<sup>th</sup>** earns a 10% discount).

### **Advertising Guidelines:**

Must be a member of BAESG for 2005 to participate;

Camera ready artwork for the directory to be submitted for full page advertisement. Microsoft Word 6.0 preferred;

Payment in full required upon submission, by check. Rate is \$90 for a full page ad. Rate includes web accessible advertisement;

Copy not to exceed 8"X10";

The web accessible ad to be text only. The ad can link the browser to an existing home page if preferred. Text limited to 80 words;

BAESG Board reserves the right to reject or ask for revisions on any submittal judged not meeting BAESG standards;

Payment must be postmarked by April 31, 2005 to be considered for the 2005 BAESG directory. 10% discount for submittals postmarked on or before April 15, 2004.

Artwork and payment to be submitted to BAESG, PO Box 60363, Sunnyvale, CA 94088-0363

Contact Rebecca Anderson at [Rebecca.anderson@parc.com](mailto:Rebecca.anderson@parc.com) with any questions.

**Bay Area Environmental  
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WE'RE ON THE WEB  
[HTTP://WWW.BASEG.ORG](http://www.basg.org)

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The Bay Area Environmental Safety Group is a business league with the interest of serving the professional working in Silicon Valley and the Greater San Francisco Bay Area.

The BAESG was established in the early 1980's to fill a void that other safety-related associations were unable to satisfy.

Officers of the BAESG are committed to meeting the needs of environmental protection, occupational and public health, emergency preparedness, and safety professionals.

Each month, luncheon meetings are planned featuring speakers who have something to offer the EH&S professionals and the companies and organizations for which they serve.

## Conferences and Upcoming Courses

**Commonly needed training:**

various dates

- Title 22 Hazardous Waste Training,
- Chemical Safety And Hazard Communication,
- Hazwoper,
- *and more . . .*

REBRAC, at Mission College, in Santa Clara. <http://www.bayrebrac.org> for details

This space is available for your up-coming conferences and courses. Just send me an email.

Allied Health and Safety \$3211/month	University of Hawaii	<a href="http://workauth.hawaii.edu/zoom_job.php?3612">Http://workauth.hawaii.edu/zoom_job.php?3612</a> takekawa@hawaii.edu
EHS Specialist/Workforce Safety Specialist	Kaiser Initiatives	Lawanda.m.rushing@kp.org
Environmental, Safety and Health Engineer	Impax Labs	hrhayward1@impaxlabs.com or fax (510) 429-2146
HSE Specialist (temp 9 mo assignment)	Santa Clara	Jose Squires, (978)474-4455 x 107 or toll free (877) 807-8400 fax (866) 828-4151 joe@footbridgeeng.com
Environmental/Safety Representative \$25-\$28 hr	San Carlos moving to Palo Alto	Tim Strandberg TAC Worldwide Companies, tstrandberg@tacworldwide.com (877) 912-5720 or (408) 434-9800
Contractor representative to 52K	South San Jose	Kevin@trendtec.com

This space is available for your job opening free of charge. In addition your job info will be sent specifically to those members who are looking for a new job or just keeping an eye out for the perfect opportunity.

Don't forget if you want to be added to the email jobs distribution list send me an email and begin getting those job opportunities right away, no waiting for the next newsletter.

# BAESG MEMBERSHIP APPLICATION

Please use your browser's PRINT command to print this membership application form. Please complete the form and attach membership dues. Annual membership dues are \$25.00. (\$12.50 for full-time students and retired EH&S professionals). Make your check payable to **BAESG** and return with this application to:

Membership Director  
**Bay Area Environmental Safety Group**  
P. O. Box 60363  
Sunnyvale, CA 94088-0363

## **Personal Information and Company Address (to be listed in the Membership Directory)**

Name: \_\_\_\_\_

Full-time Student? Yes \_\_\_ No \_\_\_

Certifications (such as CIH, CSP) \_\_\_\_\_

Job Title (or field of study): \_\_\_\_\_

Company (or College/University): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, and ZIP CODE: \_\_\_\_\_

Daytime Phone (with area code): \_\_\_\_\_ FAX: \_\_\_\_\_

Email address: \_\_\_\_\_

Sponsor: \_\_\_\_\_

**Monthly newsletters will be sent to the above email address.**

### **Areas of Interest:**

Please indicate any areas of special interest that you would like to see covered during the monthly meetings, or topics that you would be interested in presenting.

TOPIC: \_\_\_\_\_

PRESENTING? Yes \_\_\_ No \_\_\_