



Safety Insider

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November Meeting Announcement:

**An Overview of the California Voluntary Protection Program
(Cal/VPP)**

**Speaker: Mr. Iraj Pourmehraban, PE, CSP, Cal/OSHA
Consultation VPP Manager**

**Mr. Pourmehraban will present an overview of the
California Voluntary Protection Program offered by
Cal/OSHA**

Meeting Time and Location:

Wednesday, November 16, 2005 11:30 am – 1:00 pm

Registration and Lunch starts at 11:30 am

Speaker begins at noon, and finishes about 1:00 pm

Meetings are held at Arthur's Restaurant. This South Bay landmark is located at 2875 Lakeview Drive, Santa Clara.

From 101 take the Bowers Avenue /Great America Parkway exit and head south on Bowers. Turn right on Augustine Drive (about one block from the freeway), and then take another right onto Lakeview Drive.

Lunch features a sumptuous buffet featuring a variety of choices, including vegetarian offerings.

Cost is \$20 for BAESG members with reservations and \$25 for non-members. Walk-ins are charged an additional \$5. Avoid the additional charge, make your reservation now via email to BAESGreservation@aol.com. Please leave your name and affiliation.

Save the Date –

Joint BAESG/SESHA Holiday Party December 7, 2005

This will be an evening event at Arthur's Restaurant. Expect an excellent dinner, cash bar, socializing, and a raffle. Stay tuned for details!

News and Updates

For Some, Thumb Pain Is BlackBerry's Stain **By Amy Joyce**

Sandy Boyd's BlackBerry had become her passion. Now it has also become a source of pain.

About three months ago, the National Association of Manufacturers vice president noticed that, as she started to type, the area between her thumb and wrist would begin to throb.

Orthopedists say they are seeing an increasing number of patients with similar symptoms, a condition known as "overuse syndrome" or "BlackBerry thumb." In some patients, the disability has become severe...

... The American Society of Hand Therapists issued a consumer alert in January saying that handheld electronics are causing an increasing amount of carpal tunnel syndrome and tendinitis. With that warning, the society included directions on how to properly hold the devices, urging users to take breaks and, if possible, place pillows in their laps so their wrists are in a more upright position.

(The alert is here –Ed:

<http://www.asht.org/asht%20issues%20alert%20on%20handheld%20electronics1.pdf>)

But at airports and hearing rooms and other places where handheld users while away pauses by thumbing their keyboards, there are no pillows in evidence and very few breaks from the tap-tap-click of e-mailing...

... BlackBerry subscribers now total 2.51 million, more than double the 1.07 million subscribers a year ago. Research in Motion Ltd., the maker of the BlackBerry, declined through a spokeswoman to comment on the disability issue. Some other handheld devices, such as PalmOne Inc.'s Treo and T-Mobile Inc.'s Sidekick phones, use similar thumb-operated keyboards. The small keyboards are tough on hands and wrists, according to Paige Kurtz of the American Society of Hand Therapists.

The pains associated with BlackBerrys and other handhelds used to be common among video game players, but Stuart Hirsch, clinical assistant professor of orthopedics at St. Joseph's Hospital and Medical Center in Paterson, N.J., believes teens who are frequent gamers are a little more immune. Also, though many handheld game devices also use thumb-operated controls, they typically don't require as much range of motion as keyboards spanning the entire alphabet as well as punctuation marks.

"Tendinitis won't affect your teenage son the way it will a parent," Hirsch said. "Children are more tolerant of overuse than adults because they are younger."

XBox includes a "Healthy Gaming Guide" message on its Web site, encouraging users to be aware of pain when they overuse the video game device: "When playing video games, as with many activities, you may experience occasional discomfort in your hands, arms, shoulders, neck or other parts of your body. However, if you experience symptoms such as persistent or recurring discomfort, pain, throbbing, aching, tingling, numbness, burning sensation, or stiffness, DO NOT IGNORE THESE WARNING SIGNS. PROMPTLY SEE A QUALIFIED HEALTH PROFESSIONAL."

However, a British researcher of cyber culture, Sadie Plant, found that teenagers and young adults throughout the world are becoming so adept at using their thumbs for messaging, they have started to use them for ringing doorbells and pointing. Japanese teenagers are sometimes called "the thumb generation" because of their heavy-duty messaging. Plant has said that teens use their thumbs more than index fingers, making them faster and more muscled.

Hirsch, who said he has seen at least a couple of patients with injuries related to their PDA or thumb keyboard, said he tells patients to send short answers on the devices. "Many people who are traveling use their BlackBerry to save them time," he said. "Thumbs were not designed for individuals to do this without certain limits. I'm not sure why some people have trouble with it and some don't. Some people are going to be more sensitive to this product."

Workplace injuries in white-collar jobs have grown with the widespread use of mobile communications technology. It used to be that worker's compensation was reserved mostly for blue-collar workers who smashed fingers in heavy machinery or fell off ladders. Factory workers complained for years of what were then mysterious ailments -- carpal tunnel, tendinitis and "trigger finger." Today, those injuries have spread across cubicle-land.

According to the Bureau of Labor Statistics, ergonomic disorders are the fastest-growing category of work-related illnesses for which it receives reports. In 1981, only 18 percent of all reported illnesses were repetitive strain injuries, known as RSI. By 1992, that figure had grown to 52 percent.

That number has leveled off, said Emil Pascarelli, author of "Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome" and professor emeritus of clinical medicine at Columbia University.

He attributes the change to companies and employees becoming more knowledgeable about setting up a workstation to prevent injuries. However, with the onslaught of tiny handheld devices, Pascarelli said there is a "potential for an epidemic" for new repetitive strain injuries. "These new devices are really introducing a new potential injury issue. I think it has the potential for being an explosive issue in the next few years," he said.

Boyd is trying to wean herself from her BlackBerry by writing fewer and shorter messages. "I was writing treatises on my BlackBerry," she said. "I have to not bring it with me. Because if it's near me, I'm not always so good about not using it." ...

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(Complete article – Ed:

http://www.washingtonpost.com/wp-yn/content/article/2005/04/22/AR2005042201739_2.html)

Internship Opportunities and Student Candidates

The **BAESG**, as an extension of our Scholarship program, is working on developing and establishing a network to bring together students in EHS-related studies with employers who would like to offer job experience via internships or co-op opportunities.

If you know students who are looking for EHS work experience, please contact **Michael Hall** by email at: mike_hall@wvmccd.cc.ca.us

If your department, or company, has internship opportunities and are looking for interested students, please contact **Helen Jespersen** by email at: Helen_Jespersen@amat.com

Upcoming Events

If you'd like to see your event advertised in this space, and on our website, email your announcement to: baesg@aol.com

LOCAL:

Bay Area Rebrac

For more information visit: <http://rebrac.org/bayarea/>
All courses at Mission College in Santa Clara

Confined Space Awareness (Nov 14)
Title 22 Hazardous Waste Management (Nov 18)
Federal OSHA 10 Hour Construction in English (Dec 1 & Dec 2)
DOT Transporting Hazardous Materials (Dec 2)
California Underground Storage Tank Designated Operator Exam Preparation (Dec 2)
Federal OSHA 10 Hour Construction in Spanish (Dec 6 & Dec 7)
8 Hour HazWoper Refresher (Dec 9)

UC Santa Cruz Extension

For more detailed information visit: <http://www.ucsc-extension.edu/ucsc/publicViewHome.do?method=load>
All courses will be held in Cupertino, California,

40 Hour HAZWOPER Training and Certification (Nov 14 – 18)
ISO 14000 and Environmental Management Systems: Introduction (Nov 03 and Nov 04)
Occupational Health & Safety Regulatory Update (Feb 24, 2006)

Berkeley Center for Occupational & Environmental Health Continuing Education

For more information visit: www.coehce.org

Ergonomic Interventions and Research: Preventing Musculoskeletal Disorders in Healthcare, Construction and Other Industries (December 8-9)

NATIONAL:

2005 International Truck and Bus Safety and Security Symposium

Alexandria, VA (November 14-16)
www.nsc.org/truckandbus/index.htm

11th Annual National Ergonomics Conference and Exposition

Las Vegas, NV (November 29-December 2)

www.ErgoExpo.com

ACGIH 2006

Society of Toxicology (SOT) Annual Meeting

San Diego, CA (March 6-8, 2006)

American Industrial Hygiene Conference and Exposition (AIHce)

Chicago, Illinois (May 13-18, 2006)

www.acgih.org/events/conference.htm

6th U.S. EPA Indoor Air Quality (IAQ) Tools for Schools National Symposium

Washington, D.C. (January 12-14, 2006)

www.neha.org/pdf/research/2006_IAQ_promo.pdf

70th Annual Educational Conference and Exhibition

San Antonio, TX (June 25-28, 2006)

www.neha.org/ACE/abstracts

INTERNATIONAL:

European Conference on Industrial Pollution and Sustainable Development

Maribor, Slovenia (Dec 15-16)

www.ipsd.info

28th International Congress on Occupational Health

Milan, Italy (June 11-16, 2006)

www.who.int/occupational_health/en/

9th World Congress of the International Federation of Environmental Health

Dublin, Ireland (June 19-22, 2006)

www.ehoa.ie or www.ifeh2006.org

16th World Congress on Ergonomics

Maastricht, Netherlands (July 10-14, 2006)

www.who.int/occupational_health/en/

Job and Career Opportunities

Note: The following positions were collected from a variety of sources. BAESG has not verified the informational content of any of these ads.

1.) Construction Safety and Quality Control Managers

Projects are located in Hawaii.

Responsibilities:

The selected candidate will work onsite at the customer's project site to provide comprehensive oversight and management of project Construction Quality Control and Health and Safety. This person will be responsible for interacting with the client on a daily basis to assure they are informed and up to date on project progress,

problems, and general status. Additionally, the candidate will be in charge of assuring the project is built to the plans and specifications and assuring that construction health and safety laws and regulations are followed on a day to day basis.

Excellent compensation, will consider either independent consultant or employee status.

Experience Requirements:

6-10 plus years of experience in the construction industry with a portion of that spent in construction quality control, preferably managing; and experience with construction health and safety. Prefer persons that have experience with DOD projects.

Skills Required:

Also requires excellent verbal and written communication skills, analytical, and interpersonal skills; working knowledge of personal computers and related word processing, spreadsheet, and database applications.

Education Requirements:

Qualified candidates must possess the following training and certifications or be willing to get them prior to being hired:

USACE CQC certification;

Construction 30-hour safety training

CCHEST Safety Trained Supervisor Certification

Engineering degree is preferred but not required.

Up to 3 positions may be available starting around the beginning of next year. Interested candidates may send their resume to kahuluiqc@aol.com

2.) Senior Wastewater Control Inspector

Under direction, a Senior Wastewater Control Inspector provides lead direction to a staff of Wastewater Control Inspectors; performs wastewater source control work including sampling, monitoring, and inspection of facilities. Annual salary is \$64,896 - \$78,876.

Typical duties may include: Planning, scheduling, and reviewing the work of Wastewater Control Inspectors engaged in sampling, monitoring, and inspection activities; training assigned employees and demonstrating how to apply equipment and work techniques used in sampling and inspection; explaining the application of laws, codes, ordinances, and procedures involved in activities such as sampling and inspection; assisting in the evaluation and development of recommendations and work plans to improve the efficiency and effectiveness of work procedures applied to inspections, sampling, quality assurance, equipment maintenance, and safety; assisting in determining section priorities and long-term work schedules; assisting in preparation of the budget by providing recommendations on equipment, material, and personnel needs and by providing written justifications as required; monitoring and reporting on budget expenditures; assisting supervisor in conducting employee evaluations by providing observations and verbal feedback on work performance and training progress; compiling data and preparing periodic and special compliance reports on discharges from District facilities required by regulatory agencies; preparing technical reports on outcomes and status of project assignments; conducting sampling, inspecting, and monitoring discharges from District, commercial, industrial, and trucked waste dischargers; conferring with District employees, representatives of commercial and industrial facilities and others on matters relating to the work; investigating reports of illegal discharges entering the District's wastewater collection system; assisting in developing and implementing special projects related to wastewater sampling, discharge monitoring, and source inspections; working with multiple user groups and stakeholders including Laboratory staff, Wastewater Treatment Operations supervisors and staff, and outside contractors; and providing expert testimony in court proceedings concerning illegal discharges.

REQUIREMENTS

Completion of the twelfth grade, or its equivalent, and three years of experience in work providing a knowledge of wastewater treatment processes, or two years of experience in industrial waste inspection. College graduation with major work in a related field may be substituted for up to two years of experience.

HOW TO APPLY

A completed East Bay Municipal Utility District employment application must be received by Human Resources by November 14, 2005, at 4:30 p.m. You can obtain an application on www.ebmud.com, by calling (510) 287-0742 or by visiting us at 375 11th Street, Oakland, CA 94607.

3.) EHS Specialist, Fremont, CA

Cherie Sorenson, Recruiter 951/273-9718

www.sanfordrose.com/corona <http://www.sanfordrose.com/corona>

4.) Loss Control Specialist: Construction

Location: San Francisco, CA

Base Salary: \$ 75,000. - \$ 95,000. DOE

Position Requirements:

Responsibilities for performing loss control services – including risk selection, account management, risk improvement services and vendor management. The successful candidate should have a minimum of 5-7 years of loss control field experience in casualty insurance with a commercial carrier, broker, agency or in the private sector. Experience should include risk improvement service to large, multi-location policyholders; excellent presentation, writing and communication skills with senior management and the flexibility to travel. Territory is the State of California.

Required Skills:

- Construction experience (framing & roofing highly desirable).
- Significant Workers' Compensation insurance experience.
- Partial or fully bilingual competence in Spanish an asset.
- Ability to interact with a variety of personalities.
- College degree, CSP, ARM or similar designation preferred

The position will provide marketing support and service strategy development to large client organizations and selected policyholders. Service will include approximately 90% Workers' Compensation emphasis and 10% divided between General Liability, Fleet Auto and other selected coverages. Client offers a dynamic work environment and a competitive compensation and benefits package. Company auto or full expense allowance will be provided.

Note:** There is no relocation for this position. Candidates must live within commuting distance to downtown San Francisco.

Contact:

Edward E. Adams – President/CEO

SourceOne Consultants, Inc.

9025 East Kenyon Avenue,

Suite 218

Denver, Colorado 80237

Phone: (303)-889-5909 Direct Line. Mon-Fri: 6:00 AM-3:00 PM MDT

Fax: (303)-694-4106 Days Only.

Sat/Sun: 8:00 AM – Noon MDT

5.) EH&S Specialist

<http://jobs.stanford.edu>

requisition #8908

information: 650/725-1175 or llouie@stanford.edu

BAESG Meeting Topics Survey

Please indicate your level of interest in the following topics for future luncheon meetings.
 Print this page and forward your input to Michael Hall at his fax line: **408-855-5583**

Topics	Highly	Some What	Limited
Business Continuity			
Disaster Shelter in Place			
IC for Industry			
Confined Space Regulations			
TGO from an Inspectors Perspective			
Fire Codes Basics			
Electrical Safety			
Storm Water Program			
West Nile Virus			
Managing Electronic or Universal Waste			
Worker Comp.			
Air Permitting Issues			
Building Code Basics			
AEDs			
Biotech/Biopharmaceutical Safety Issues			
Biotech/Biopharm Environmental Issues			

(1) What other Lunch meeting topics are you interested in?

(2) Are you willing to be a potential speaker and or can you recommend Potential Speakers?

Topic **Speakers Name, Title and Contact Information**

(3) Would you be interested in attending a facility tour after lunch? ___ YES ___ NO

If yes what types of tours would interest you?

- _____ A behind the scenes tour of a manufacturing facility
- _____ A tour of an E-Waste Recycling Facility
- _____ A behind the scenes tour of a Non-manufacturing Facility
- _____ A behind the scenes tour of a Public agency facility
- _____ Other: _____

BAESG MEMBERSHIP APPLICATION/ RENEWAL

Your membership is important because it helps keep this organization viable. Membership in BAESG offers a particularly good value. The cost is reasonable, and benefits include: the best rates for our monthly meetings that feature excellent speakers on the topics you are interested in as an EHS professional; access to a membership directory of an exceptional group of fellow EHS professionals; the opportunity to network with fellow EHS professionals, and regular updates to the EHS jobs listing.

Print out this page and fill in the relevant information, or staple a copy of your business card to this form (for inclusion in the membership directory) and attach a check for 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**.

Mail your completed application form and payment to:

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

Please complete all the following Personal Information and Company Address for correct listing 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): _____

Street Address: _____

City, State, and ZIP CODE: _____

Daytime Phone (with area code): _____ FAX: _____

Email address: _____

Sponsor: _____

Note: All BAESG-related correspondence will be sent to the email address you list above.

Areas of Topic Interest for meeting presentations:

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.

TOPICS: _____

ARE YOU INTERESTED IN PRESENTING ON THIS TOPIC? Yes ___ No ___