

Safety Insider

January 2014

Bay Area Environmental Safety Group

Meeting Time and Location

Wednesday, February 19, 2014
12:00 – 1:00 PM
Registration starts at 11:30 AM

\$27 Members with reservations
\$37 Non-Members and Walk-ins

Santa Clara Golf and Tennis Club
Conference Center
5151 Stars and Stripes Drive
Santa Clara, CA
(408) 330 – 0001

For directions go to
www.baesg.org or see Page 3

RSVP at
baesgreservation@aol.com

February Meeting Topic:
How to Develop Equipment/Tool
Specific Lockout/Tagout Procedures

Presented By: Mr. Jay Jamali

CSP, CHMM, CHCM

Mr. Jay Jamali is the safety director for Enviro Safetech with over 25 years of experience. Jay has a Bachelor degree in safety engineering, minor in industrial hygiene, and a master degree in safety management. Mr. Jamali has been an instructor for UC Santa Cruz safety management certificate program for over 20 years. Jay is ASSE's LOTO subject matter expert and presents on this topic at their Seminarfest and International Professional Development Conference.

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Welcome Our 2014 Board Members!

President – Roy Dojahn

Secretary – Jared Carson

Treasurer – Joe Caller

Membership Director – Steve Hochstadt

Program Director – Michael Hall

Newsletter Editor - Stanley Li

Jobs Coordinator – Quinn Duane

PDC Co-Coordinator – Mershad Yazdi

Jobs Distribution List

If you are interested in receiving updates about current job openings in our industry, or if you would like to communicate a current job opening to other BAESG members, please email our Jobs Coordinator Quinn Duane at: jobs.baesg@gmail.com

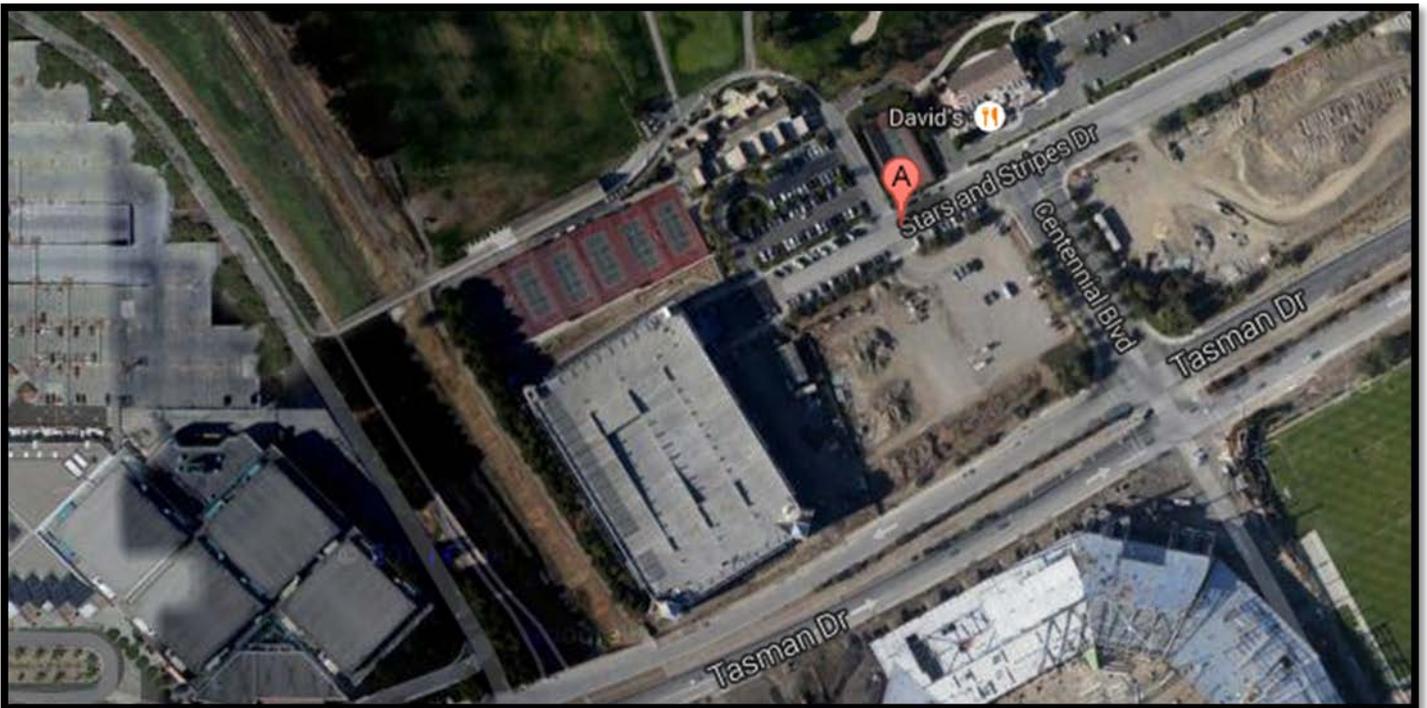
MEETING LOCATION

Santa Clara Golf and Tennis Club Conference Center
5151 Stars and Strips Drive
Santa Clara, CA, (408) 980-9515

(Off Tasman across from the new stadium entrance)
(Second traffic light east of the Hilton on Tasman)

Lunch will feature a sumptuous Chef's Choice Menu.

Please let Jared know if you have any special Dietary needs, such as vegetarian.



2013 Professional Development Conference Sponsors



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**Save the date for the 2014
Professional Development Conference,
Wednesday, October 15, 2014.
Location and Topics To Be Determined.**

Special Request

If you are interested in speaking at this year's Professional Development Conference, we are looking for speakers on a variety of topics- individuals who can reveal insights and experiences in applying special knowledge or topics in the Environmental, Health and Safety arena. If you have insights or experiences that can help people develop their skills in EHS, we would love to hear from you. Please contact Mershad Yaazdi via email: myazdi@ymail.com.



Tailgate Topic

Safety Tailgate Talk

Cold Stress

Have you ever heard of the wind chill factor? On a TV news report about a blizzard, you might hear that the wind chill factor was 40° below zero. The temperature itself wasn't that low, but to know how cold it felt you have to figure in the wind. It's important to know that you can get frostbite or hypothermia at temperatures as warm as 28°F, depending on the wind chill factor. The effects of cold on your body range all the way from numbness, to the loss of a hand or foot, to hypothermia and even death. But there are many effective precautions we can take to make sure you work safely in the cold.

When and where you may be exposed to extremely cold temperatures in your work:

- Outdoors on a cold day
- In an unheated building
- When working in cold water
- In a refrigerated room
- During a vehicle breakdown
- When handling cold objects or materials

Some effects of cold on your body:

- **Dehydration.** You can get dehydration from cold as easily as you can from heat.
- **Numbness.** It's usually in your extremities, fingers, toes, ears, nose tip, and cheeks.
- **Shivering.** This is the body's way of trying to warm up.
- **Frostbite.** Parts of your body freeze, especially your extremities. The first warning sign may be a sharp, prickly sensation, but if the affected body parts are already numb, you won't feel anything so there won't be any warning. Your skin may turn another color (red, white, gray, purple, or black, depending on the severity). Skin can also peel off. You can get a permanent injury, like loss of a body part.
- **Immersion foot (trench-foot).** This is damage you get if your skin is exposed to cold and dampness too long. The skin doesn't actually freeze, but you can get swelling, tingling, itching, loss of skin, or skin ulcers.
- **Hypothermia.** This is the most serious effect of cold. Your body can't maintain its normal temperature (98.6° F). Symptoms include low body temperature, violent shivering, slow or slurred speech, drowsiness, confusion, hallucinations, a weak and irregular pulse, or even unconsciousness. If not treated right away, you can die.

The best first aid treatment for frostbite:

- Cover the skin with warm hands until numbness stops and you start to feel pain.
- Place bare frostbitten fingers under your armpits, next to the skin.
- Place bare frost bitten feet under the clothing of a co-worker, next to the skin, or
- Wrap affected body parts in a warm, dry towel, cloth, or blanket.

NEVER treat frostbite by:

- Vigorous massaging. (It can bruise frozen skin.)
- Exposing to flame or fire. (It can thaw frozen skin too quickly and cause burns.)
- Rubbing with snow. (It can reduce skin temperature and make frostbite worse.)

What to do and not to do if someone has hypothermia:

- Get medical attention immediately.
- Call 911 to get an ambulance if needed.
- Keep the person warm.
- Don't massage the person's extremities.
- Don't give the person hot liquids. They won't help much in this case.

Some people are more likely than others to suffer from the effects of cold.

You have a higher risk from cold if:

- You are not physically fit.
- You have a chronic illness, especially one affecting your heart or blood vessels.
- You drink alcohol or take drugs (either illegal drugs or prescription drugs).
- You are wet or damp from work or weather.
- You are fatigued.
- You are exposed to vibration from tools or other operations on the job.
- You don't wear the right clothing.
- You are not used to working in cold. The more you work in cold, the more your body gets used to it. This is called becoming acclimatized to cold.

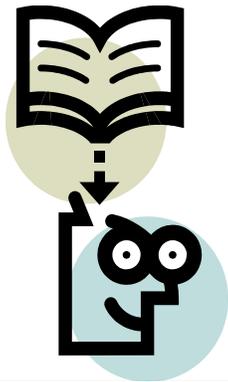
Kinds of clothing that protects you best from cold:

- Many layers of loose clothing are best.
- Wear only dry clothing. Change clothes if they get wet or sweaty.
- Don't wear a waterproof shell if you're sweating. It won't let inner moisture evaporate. You'll soak in sweat. In the rain, wear a water repellent shell instead.
- Wear a full head covering. You can lose a lot of body heat through a bare head.
- Wear mittens or gloves. Below 0° F, mittens are better. Machine controls in cold areas should be a type you can use with mittens on.
- Wear waterproof boots (or rubber over-boots) if it's both cold and wet.

Precautions to take on the site to protect against cold stress:

- Drink warm liquids but not too much coffee. Soup and broth are better.
- Take your breaks in a warm area (like a heated shed, trailer, or van).
- Point out where warm liquids and warm break areas are available on this site.
- Eat a high calorie diet for reserve energy.
- Cover all skin when it's extremely cold.
- Never touch cold metal with your bare skin.
- Keep your hair short. Long hair and beards get icy and also hide signs of frostbite.
- Stay physically fit.
- Limit your use of alcohol. Ask your doctor about prescription drugs you're taking.
- Watch for frostbite. See if your fingers, toes, ears, or nose have numb or hard areas.
- Use the buddy system. Watch your coworker for signs of frostbite or hypothermia.
- Know what to do if you or your coworker shows any symptoms.
- Notify your supervisor and stop work if you notice any major symptoms.

Featured Articles



#1 . By Sandy Smith, EHS Today, January 10, 2014

W.Va. Residents Told: Don't Drink the Water!

State and federal resources are mobilizing in West Virginia, trying to supply hundreds of thousands of residents in nine counties with water following a chemical spill in the Elk River, which supplies water to the area.

The smell of licorice in the air was the first clue that something might be wrong in the Kanawha Valley in West Virginia on Jan. 9. When personnel from the West Virginia Department of Environmental Protection and the state's Emergency Operations Center investigated, they discovered a chemical spill in the Elk River that runs through the valley.

The leak, which originated from a 48,000-gallon tank at the Freedom Industries chemical storage facility, has contaminated the Kanawha Valley water system used by West Virginia American Water, which supplies water to the area.

The chemical, 4-methylcyclohexane methanol, is used to wash coal and is harmful if swallowed. Residents in Kanawha, Boone, Putnam, Lincoln, Logan, Clay, Roane and Jackson counties were warned not to use tap water by West Virginia American Water.

“Customers should not use their water for any purpose. Bottled or alternative sources of water should be used for drinking, making ice, brushing teeth, washing dishes, bathing, food preparation, baby formula and all other purposes until further notice,” [West Virginia American Water said in a post on its Facebook page](#). “Water quality specialists continue to monitor water, and crews will conduct flushing throughout the distribution system. West Virginia American Water will inform you when it is determined that the water is once again safe to use.”

Gov. Earl Ray Tomblin on the evening of Jan. 9 issued a State of Emergency for Boone, Cabell, Clay, Jackson, Kanawha, Lincoln, Logan, Putnam and Roane counties. Residents served by Lincoln PSD, Queen Shoals PSD, Reamer PSD, City of Culloden PSD, and City of Hurricane PSD also are affected.

“Right now, our priorities are our hospitals, nursing homes, and schools,” said Tomblin. “I’ve been working with our National Guard and Office of Emergency Services in an effort to provide water and supplies through the county emergency services offices as quickly as possible.”

On Jan. 10, President Barack Obama declared an emergency exists in the state of West Virginia and ordered federal aid to supplement state and local response efforts due to the emergency conditions resulting from the chemical spill. The president's action authorizes the Federal Emergency Management Agency (FEMA) to “coordinate all disaster relief efforts which have the purpose of alleviating the hardship and suffering caused by the emergency on the local population, and to provide appropriate assistance for required emergency measures.”

Specifically, FEMA is authorized to identify, mobilize and provide equipment and resources necessary to alleviate the impacts of the emergency.

Trouble Just Starting for the Source of the Spill

Gary Southern, president of Freedom Industries, released a statement Jan. 10, saying that “Since the discovery of the leak, safety for residents in Kanawha and surrounding counties has been Freedom Industries’ first priority.”

He said the company has been working with local and federal regulatory, safety and environmental entities, including the DEP, Coast Guard, Army Corp of Engineers and Homeland Security, and is “following all necessary steps to fix the issue.”

“Our team has been working around the clock since the discovery to contain the leak to prevent further contamination,” said Southern.

He added that at this point, Freedom Industries still is working to determine the amount of 4-methylcyclohexanemethanol, or Crude MCHM that has been released, and that the first priority is safety, containment and cleanup.

Southern’s problems might just be starting. United States Attorney Booth Goodwin announced that his office and federal law enforcement authorities have opened an investigation into the circumstances surrounding the spill. “Yesterday’s release of a potentially dangerous chemical into our water supply has put hundreds of thousands of West Virginians at risk, severely disrupted our

region's economy and upended people's daily lives," said Booth. "We will determine what caused it and take whatever action is appropriate based on the evidence we uncover."

Sen. Jay Rockefeller weighed in, saying, "I am deeply troubled by yesterday's chemical spill at the Freedom Industries plant in Charleston and concerned about the problems it is causing thousands of West Virginians across nine counties ... Along with those at the highest levels of our federal and state government, I am closely monitoring the response."

And, he added, "Once all of the impacted counties and residents are able to return to a semblance of normalcy, I expect a full accounting of what happened – and what can be done – to make sure this type of disaster never happens again."

Residents are being told to seek medical help if they are concerned they consumed the tainted water, but officials note that because the chemical was highly diluted in the river, the health impact should be minimal.

West Virginia American Water is working with DuPont, which has operations in the area, and the U.S. Army Corps of Engineers to determine the level of contamination in the water supply and to determine when the water ban can be lifted.

#2. By Harold Mandel, Health Examiner, December 11, 2013. Silica Exposure at Work Could Be Carcinogen

There are deep fears of being exposed to toxic agents at work which could cause [cancer](#). The [American Cancer Society](#) reported on Dec. 10, 2013, there is a need for increased attention to cancer risk from [silica](#).

This type of action could help millions of Americans who are exposed to silica at work.

The [Occupational Safety and Health Administration](#) notes that silica exposure is a serious threat to about 2 million U.S. workers, including more than 100,000 workers who are in high risk jobs such as abrasive blasting, foundry work, stonecutting, rock drilling, quarry work and tunneling. Very serious health conditions can result from silica exposure.

Crystalline silica is classified as a human lung carcinogen. Furthermore, breathing crystalline silica dust can cause silicosis, which can be disabling, or even fatal. A cure for silicosis does not exist. Also, smoking causes lung damage which adds to the damage which is caused by breathing silica dust.

A new review has highlighted new developments in understanding the health effects of silica, and has called for action to reduce illness and death from silica exposure which occurs at work. Suggestions to deal with this problem are to implement stronger regulations, increase awareness and prevention, and increase attention to early detection of silicosis and lung cancer with the use of low dose CT scanning.

It is also stated in the report that although there is some low-level silica exposure on beaches and in ambient air in general, evidence is lacking for any health effects from such low-level exposure. Exposure to silica at work is the greatest concern. The most exposure to silica occurs in the construction industry.

Workers are exposed to silica when they cut, grind, crush, or drill silica-containing materials such as concrete, masonry, tile, and rock. Silica exposure also occurs from sandblasting and from hydraulic fracturing of oil and gas wells. In view of the strong and consistent evidence that silica exposure increases risk of lung cancer, greater initiatives to address how to better deal with this problem are warranted.

#3. By David Sherman, The Gazette, Date December 6, 2013.

Some Jobs Pose Higher Risk: Isolation, Stress, and Travel Can Lead to Substance Abuse

Substance abuse affects the workplace but the reverse is also true, says a report from the Canadian Centre for Occupational Health and Safety.

Some professions are at higher risk for substance abuse than others. Work that involves exposure to trauma, isolation, frequent travel, boredom, or extreme stress, makes employees vulnerable to self-medication to cope, says Ottawa-based Barb Veder, vice president of clinical services for Morneau Shepell, a company that specializes in confidential employees counselling for a number of firms around the world. They have offices in Montreal.

The Canadian Centre on Substance Abuse points to workers in transportation, construction and food service as those most susceptible to substance abuse. A report from the Centre points out random urine samples on truck drivers found about 10 per cent were under the influence of a mood-altering drug or alcohol. But that study is more than 10 years old, before the epidemic of prescription painkillers hit.

It is almost certain the numbers would be higher now. Health and Safety lists the following signs to look for as indicators of substance abuse:

- After-effects, like hangover, shaky hands, fatigue, poor concentration.
- Absenteeism, illness and/or reduced productivity.
- Preoccupation with obtaining substances while at work, interfering with attention and selling/buying drugs at work.
- Job performance affected by the stress of a family member's substance abuse.

Other signs might include frequent early departures, absenteeism patterns like Mondays or Fridays, the day after paydays and holidays, long coffee breaks, and physical manifestations that can include slurred speech, red and swollen eyes, poor hygiene, sloppy dress, emotional behavior, borrowing money from colleagues, depression, unusual weight loss or gain.

On the other hand, the Canadian government lists these workplace conditions that can contribute to substance abuse by employees:

High stress.

Low job satisfaction.

Long hours or irregular shifts.

Fatigue.

Boredom, inactivity.

Repetitious duties.

For many firms, an employee assistance program, contracted through a number of firms like Moreau Shepell, offers workers confidential counselling and assistance and is said to be a cost-effective way to deal with a variety of on-the-job issues involving staff, without investing in expanded human resources services.

Moreau Shepell reported revenues for the nine months ending Sept 30 this year of \$352.5 million, up from \$312 million for the similar period the year before. It's a growth business.

A spokesperson for the company says the service costs about "a cup of coffee per employee per month."



Upcoming Events

1. Bay Area Safety Symposium Professional Development Conference

March 5, 2014, San Ramon Marriot, San Ramon, CA

Save the date for the Bay Area Safety Symposium, presented by the San Francisco and Greater San Jose Chapters of ASSE and the Northern California Chapter of PASMA (Public Agency Safety Management Association).

→ For more information, go to: <http://assesf.com/>

2. Peninsula Industrial and Business Association Presents: 8th Annual Regulatory Conference

Thursday, January 30, 2014, 8:00am – 5:00pm @ IBM, 1001 E. Hillsdale Blvd., Suite 400, Foster City, CA 94404

Attendees will be provided with comprehensive and focused discussions from regulatory representatives and subject matter experts on pertinent issues that all of our businesses, clients, EH&S, Facilities Managers and consulting professionals encounter on a daily basis. Participants will receive a continental breakfast, lunch, and snacks at the IBM facility.

→ For more information, or to register for this event, go to: http://www.piba.org/Events_registration.html

3. CHMM Exam Preparation

This course is intended to prepare individuals who meet the criteria to take the Certified Hazardous Materials Manager (CHMM) three hour, 160 questions multiple choice certification examination. The class will prepare an individual to translate information from a narrative format into a multiple choice exam format. It will cover major topics including, but not limited to Federal laws and regulations, science and technology, Health & Safety and management principle/practical application. The class is divided into a three hour exam followed by three hours of review of the practice exam. The review will include the process and procedure used to arrive/derive the correct/best answer. When: Saturday, February 1, 2014, 8:00 AM - 3:30 PM. Where: Mission College. Cost: \$200.00

→ For more information, or to register for this event, go to:

<http://www.ehstraining.org/wp-content/uploads/2013/12/CHMM-Flyer-20140201.pdf>

Upcoming Classes

UC Santa Cruz Extension has the following training courses/seminars coming up in Cupertino/Santa Clara (For more information see: <http://www.ucsc-extension.edu/>)

- [Hazardous Material Management Principles](#), January 27 – February 24
- [8-Hour Annual HAWOPER Refresher](#), March 14
- [Toxic Laws Legislative & Regulations Update](#), March 21
- [Safety & Health Program Development and Implementation](#), April 8 – May 6
- [Occupational Health & Safety Regulatory Update](#), April 11

Environmental Training Center has courses/seminars coming up at Mission College (For more information see: <http://www.envtraining.org/>).

- Underground Storage Tank Designated Operator Workshop, January 31
- Aboveground Petroleum Storage, February 28
- CalOSHA 10 HR General Industry Safety Orders (2 days), February 27 & 28
- CHMM Exam Preparation, February 1
- OSHA HAZWOPER 8 HR Refresher, March 14

Please email Stanley Li, Newsletter Editor at Stanley.Li@parc.com if you have an event that you would like posted on our upcoming events page. All notices are subject to BAESG Board member approval.

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 \$50.00. (\$25.00 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: _____

Application Date: _____ New Renewal

Full-time Student? Yes ___ No ___

Certifications (such as PE, CIH, CSP, CHMM) _____

Job Title (or field of study): _____

Company or (College/University): _____

Mailing Address: _____

City, State, and Zip Code: _____

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

Email address: _____

Monthly newsletters will be sent to the above email address.

Would you like to receive job opportunities? yes no
at what e-mail address? same this one: _____

Areas of Interest: Please indicate any areas of special interest that you would like to see covered during the monthly meetings.

TOPIC: _____

PRESENTING? Yes ___ No ___ **TOPIC:** _____