

Solutions for Required Training

Required training vary in format depending on the topic. If you're unsure what Safety Training is required for your classification, contact your Safety Specialist or call 916-808-5278 to be connected with your safety representative.

IN PERSON TRAINING AND ONLINE

TargetSolutions is where we house most of our Cal/OSHA required training for all employees to take. If you're required to take a topic, you may search it in TargetSolutions under "Self Assign." If you can't find it there, feel free to reach out to your Safety Specialist or call Risk Management at x5278 to be connected with your safety representative. You can access TargetSolutions by visiting www.targetsolutions.com/cityofsacramento



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Distracted Driving Awareness

April was Distracted Driving Awareness Month. There are 3 ways we can be distracted while driving: **Visual**- taking your eyes off the road; **Manual**- taking your hands off the wheel; and **Cognitive**- taking your mind off of driving. We can be distracted with any combination of these at the same time. According to the National Highway Traffic & Safety Association (NHTSA) and Centers for Disease Control (CDC), some of the most common causes of distracted driving include texting while driving, eating, drinking, reaching for your phone, talking to another passenger, turning knobs in your car, checking and adjusting your GPS/navigation system, adjusting the radio station or entertainment system, and reaching for objects. Texting may cause a driver's visible field of view to narrow so that only immediate objects

may be seen (see image below). Reading or sending a text typically take about five seconds. At 55 mph, that's like driving an entire football field with your eyes closed.

Tips to Prevent Distracted Driving:

- Ensure distractions are taken care of before you drive. Pull over and park safely if you need to use your phone to talk or text.
- Make a pledge to your family and coworkers to not text while driving.
- As a passenger, speak up if the driver or coworker starts texting or talking on their phone.

In January of 2017, California Assembly Bill 1785 made it illegal to hold and operate mobile devices while driving for any reason. Not only is preventing distracted driving common sense, it's the law.

Drivers looking out the windshield can **miss seeing up to 50%** of what's around them when talking on a cell phone.

Field of view narrows while talking on a phone

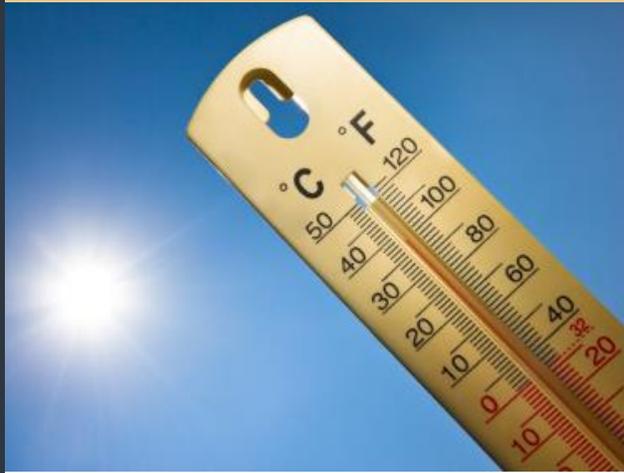
RECOGNIZING SAFETY: LUTHER REDD

Integrated Waste Supervisor



Luther Redd was hired with the City in 2000 at Recycling and Solid Waste (RSW). As he approaches nearly two decades of city employment there, those at RSW will tell you he has a heart of gold. All over the city, however, staff will tell you the same.

For years Luther has been known for his way of supporting other divisions and staff. In almost every operational group, someone has a story of Luther assisting them with Street Sweeping or Collection. In addition to supervising Street Sweepers, Luther is the Training Supervisor for RSW, and trains all new drivers on how to operate their equipment, and schedules re-training and EVOC for all of the ~100 commercial drivers in his division. Since he took on this role in 2016, collisions have plummeted. City Employees are driving safer than ever – with no small thanks to employees committed to safety like Luther.



Why talk about Heat Illness?

Many are most at risk during the late spring and early summer, while our bodies begin to acclimate to warmer temps.

Working outside in high heat temperatures can pose a threat to outdoor workers. Sweating is the body's natural way of cooling off. However, during hot weather especially with high humidity, sweating is just not enough to cool the body off. Not sweating can also be a sign of dehydration, so it is important to drink lots of water throughout the day. Do not wait until you're thirsty! This can cause the body's temperature to rise to dangerous levels and develop a heat illness. Examples of heat illnesses include: heat stroke, heat exhaustion, heat cramps, and heat syncope.

Symptoms

It is important to know and recognize the symptoms of heat illness in order to help yourself and others that may be experiencing it. Common signs and symptoms include thirst, headaches, dizziness, fainting, irritability, confusion, nausea, vomiting, weakness,

fast heartbeat, and muscle pain.

“It is important to know and recognize the symptoms of heat illness in order to help yourself and others that may be experiencing it.”

Heat Stroke

Heat stroke is the most serious form of heat-related illness, and could result in death or permanent disability if emergency treatment is not given. Heat stroke occurs when the body's temperature level rises rapidly. If the body's natural way of cooling down (sweating) fails, the body can reach temperatures as high as 106°F within 10-15 minutes. This is a medical emergency that should not be ignored. Seek medical attention immediately by calling 9-1-1.

Prevention Is The Key

1. Drink, drink, drink. Drink plenty of water. For those hot summer days, it is recommended that you drink half your body weight in ounces a day. For example: an adult weighing 160 pounds should drink 80 ounces. For a child weighing 100 pounds should drink 50 ounces.
2. Work under shade if possible. Trees and canopies are great barriers from the direct sunlight.
3. Take breaks in the shade or air conditioning. Take advantage of your breaks. Make them count!
4. Acclimate to the environment. It can take 4-14 days with at least 2 hours in the heat for your body to be acclimated.
5. Wear layered clothing. Layered clothing can be taken off when you become hot.



Here are some tips to help avoid an STF:

- Evaluate the task to be completed and determine if safety equipment is needed
- Only use equipment that you have been trained to use properly – this includes ladders
- Inspect the work area for potential hazards before starting the work
- Ensure you have level ground when setting up equipment
- When using tools – inspect prior to use, be sure it’s the correct one, and use only as intended
- Keep your work area clear of trip hazards
- Always clean up spills right away
- Ensure floors are kept clear of clutter
- Keep file cabinets and desk drawers closed
- Keep all wiring and cords out of traffic areas
- Wear appropriate footwear
- NEVER stand on chairs or tables
- Maintain good lighting

In 2017 there were in total 8,591,683 preventable injuries related to falls. A fall can result in a disabling injury or death in seconds, but with a few simple precautions we can all stay safe at home and work.

<https://www.nsc.org/work-safety/safety-topics/slips-trips-falls>

Slips, Trips, and Falls

In 2017 slips, trips, and falls (STF) were the 2nd most common types of non-fatal injuries involving government industry. National Safety Council data for 2017 indicates there were 62,900 non-fatal injuries from falls at heights and 40,380 injuries from falls on the same level within government operations. Falls are 100% preventable. In any case, whether working from heights or the same level it’s important to assess the risk and take the necessary measures to prevent an injury.

Events:

Respirator Fit Testing

Risk Management recently concluded it’s annual Respiratory Fit Testing at Sac Fire’s J Street Water Tower. Employees from all departments who are required to wear respirators at work attended and received Cal/OSHA required testing.

Hearing Conservation Testing

Certain City employee classifications are categorized as being included in our Hearing Conservation Program. These employees are tested for hearing issues annually

Questions, comments, or ideas? We’d love to hear from you.

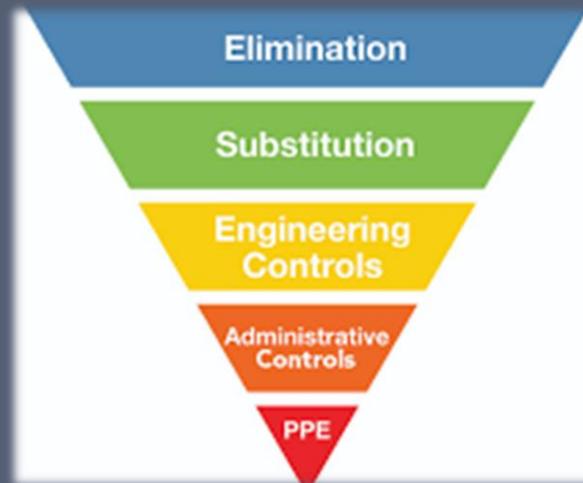
916-808-5728

or email LossPrevention@cityofsacramento.org

This Quarter’s Q&A Safety Tips

Q: There’s a Safety Hazard in my work area and I have several ways to fix it. How do I decide which safety solution to use, if many options are present?

A: The Hierarchy of Controls (see right) is a way of identifying the most effective safety controls. Search for solutions that match with the top “Elimination, Substitution, Engineering” first. The most effective solutions will prevent contact with the hazard altogether, while PPE is the least effective safety control. This system is widely promoted by Cal/OSHA and other institutions. It’s best to have your safety specialist’s help – contact them or call x5278 to get connected with them.



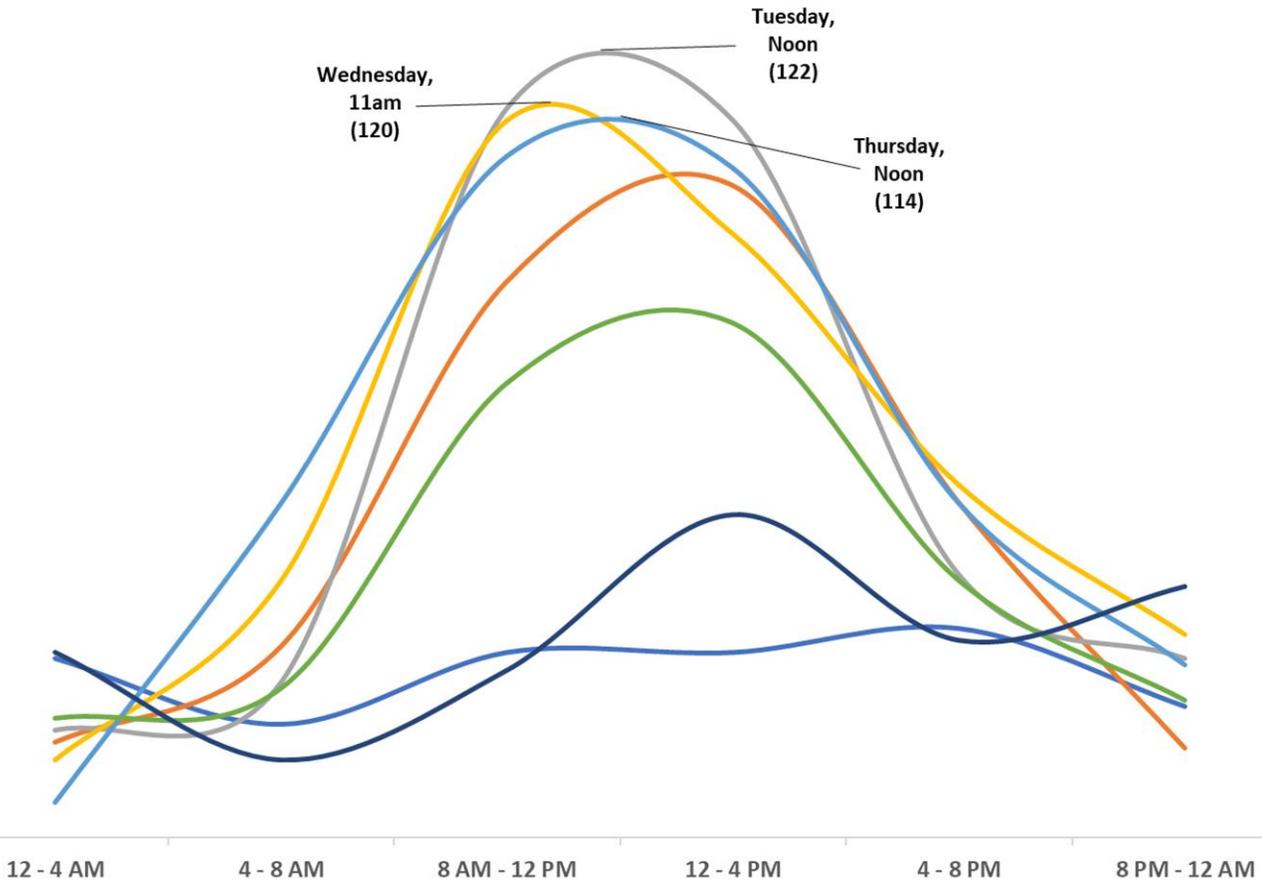
City of Sacramento Safety Team:

- Eddie Russell, Loss Prevention Mgr.
- Sharneel Kumar, EH&S Officer
- Brandy Rushing, EH&S Specialist
- Cha Yang, EH&S Specialist
- Emmett Bradshaw, EH&S Specialist
- Glenn Childs, EH&S Specialist
- Simone Sumeshwar, EH&S Specialist
- Lance Chi, EH&S Specialist
- Ritu Singh, EH&S Specialist
- Ilana Encinas, Personnel Tech
- Nora Robinson, Sr. Staff Asst.
- Carla Williams, Sr. Staff Asst.

City of Sacramento Safety Stats

Vehicle Collisions: Day of Week, Time of Day
2014-2018

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Count of Strains and Sprains, 2014-2018

