

Looking for the City's Safety Program?

We've made it easier than ever to access the City's Safety Program, otherwise known as the Illness and Injury Prevention Program, IIPP for short.

Here's an easy way to access it:

www.cityofsacramento.org/IIPP

From the Nexus home page, click the **Resources** tab, then click **Citywide Policies and Procedures**. This should direct you to the *City of Sacramento – Citywide Policies and Procedures* webpage. Here you will find all the policies and procedures for the City, including a link to the Illness and Injury Prevention Program, found under the Human Resources section.

Don't have access to a computer? No problem – your supervisor, manager, or EH&S Specialist can provide you a hard copy of the IIPP upon request.



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The Flu & You – Don't Catch The Bug!

It's that time year once again where the flu makes its way around. Take necessary precautions to prevent yourself from catching it.

Flu Facts

- Common symptoms include fever, headache, fatigue, dry cough, sore throat, stuffy nose, and nausea
- The flu season peaks between late November and early March
- The flu strain changes from year to year, making it hard to predict
- It spreads through droplets from sneezing, coughing, and contaminated surfaces
- People can spread it days before symptoms appear and up to a week after
- According to the Center of Disease Control and Prevention (CDC) adults over 65 and young children under 2 are at higher risk for flu-related illness and death

Stay Healthy

- It is recommended to get the annual flu vaccine as soon as it becomes available
- October is the best time to get vaccinated, but it's never too late
- Don't like needles? There's also a nasal flu spray available that you can ask your doctor about
- Be sure to wash your hands frequently with soap and water, or use hand sanitizer
- Avoid touching your eyes, mouth, and nose – these are ways the virus enters the body

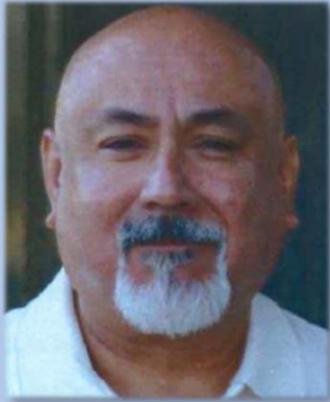
Prevent the Spread

- It's best to take care of yourself and co-workers if you're not feeling well by staying home
- When coughing or sneezing cover your mouth by using the inside of your arm, not your hands
- Disinfect surfaces that may be contaminated



-Sharneel Kumar
Source: nsc.org

RECOGNIZING SAFETY: Juan Montanez



“Attitude reflects leadership, Captain!” In the film Remember the Titans, this inspirational mantra is meant to convey that the mindset of leadership is critical. In Environmental Health and Safety, buy-in of upper management including having a strong desire toward increased safety protections and progress for employee safety is paramount. The converse is true as well: if a safety professional is unable to partner with the leadership of the group they are engaging, they will rarely find success. In order for a safety program to succeed, it must be driven from the top-down—especially if a culture of safety is ever going to grow and thrive.



Hypothermia: Signs and Prevention

Hypothermia is usually caused by prolonged exposure to cold temperatures. It does not require subfreezing temperature. Normal body temperature averages 98.6 degrees. Hypothermia begins when the body temperature drops only two degrees. Severe hypothermia is dangerous and can be life threatening. To help avoid hypothermia, be prepared especially when traveling or working outdoors. Plan ahead and try to avoid travel or working in inclement weather, especially at night when temperatures drop. Let people know where you are or where you will be going. Avoid traveling or working alone. Bring extra clothes and blankets. Bring along any possible emergency equipment (cell phone, radio, personal locator beacon, flashlight, extra batteries, signaling devices/flares/mirrors,

“Hypothermia begins when the body temperature drops only two degrees.”

waterproof container, cold weather gear/ raincoats/ thermal underwear, etc.).

Mild Hypothermia

Symptoms

- Uncontrollable shivering
- Cool or cold skin on abdomen, chest, or back

Severe Hypothermia

Symptoms:

- Rigid and stiff muscles
- No shivering
- Cold skin and blue in color
- Slow heart rate
- Slow breathing rate
- Altered mental state

Mitigation:

- Be careful handling the person
- Relocate the person out of the cold
- Replace wet clothes with dry clothes
- Add dry blankets or towels
- Provide warm sugary drinks **ONLY** if the person is responsive, alert, and able to swallow
- Avoid rubbing extremities
- Avoid having the person shower or bathe
- Don't apply direct heat (hot water, heating pad, or heating lamp) to warm the person
- Call 911

-Lance Chi



New Cal/OSHA Legislation for 2020

New Legislation of Reporting Work-Related Fatality or Serious Injury/Illness

"Serious injury or illness" means any injury or illness occurring in a place of employment or in connection with any employment which requires inpatient hospitalization, for other than medical observation or diagnostic testing, or in which an employee suffers an amputation, the loss of an eye, or any serious degree of permanent disfigurement. 8 CCR 330 (h)

Do you have an employee injured at work? There is a new legislation that updated the criteria for reporting serious injury to Cal/OSHA. Contact your Environmental Health and Safety Specialist or the City's Environmental Health and Safety Officer for any injuries that occur at work to determine whether the injury needs to be reported or not. At minimum, the injury may need to be documented to Worker's Compensation. AB 1804, Occupational Injuries and Illnesses: Reporting was signed into law on August 30, 2019 and became effective **January 1st, 2020.**

The bill makes minor but significant changes of an employer's report to Cal/OSHA for a work-related serious injury, illness, or death.

Previously, 8 CCR 342 Reporting Work-Connected Fatalities and Serious Injuries, instructs an employer to immediately report by telephone or telegraph a serious injury or work-related fatality to the nearest Cal/OSHA office. In 2014, AB 326 allowed employers to immediately report by telephone or email. Comments to AB 1804 express telegraph equipment is antiquated and emailing reports to Cal/OSHA often lack required information prescribed in 8 CCR 342.

AB 1804 amends existing law to allow an employer to report through an online mechanism established by Cal/OSHA, while retaining the option to also report by telephone. Cal/OSHA is developing its web-based platform, and until this mechanism becomes available the bill affords an employer to, "...make the report required by this subdivision by telephone or email."

Source: Assembly Bill No. 1804
-Cha Yang



RECOGNIZING SAFETY: Juan Montanez (cont.)

This can be achieved through increased safety communication, commitment toward safety training, leading by example, developing and implementing a reporting process, and involving employees in the process. This is exactly what's happening in our Public Works – Streets Division. Juan Montanez, Streets Manager for the City, has demonstrated how important safety is by consistently promoting a culture of safety to his supervisors and leads throughout the City. Whether it's at the Streets leadership meeting, upper management meeting, or attending one of his many division's safety meetings, he is always promoting the importance of safety to his staff.

In our Winter Newsletter, Juan Montanez is recognized for his exemplary safety leadership, proactive approach and genuine commitment towards the safety of his employees and the general public.

Nominated by Glenn Childs

Questions, comments, or ideas? We'd love to hear from you. 916-808-5278 or email any of the team members below.



SAFE WINTER DRIVING

Planning to drive up to the Sierras this winter? Icy conditions and frigid temperatures require some special precautions. Here are some tips from the National Institute for Occupational Safety and Health (NIOSH) and National Safety Council (NSC), and AAA to utilize this winter:

BEFORE YOU DEPART:

- Never warm up the vehicle in an enclosed area, such as a garage – warming a car in a closed garage is never safe;
- Check the weather and chain requirements before you go and wait out the storm if necessary;
- If chains are required, be clothed and prepared to install chains and even practice if needed.
- If you become stranded, never leave your car – use lights or flares and make sure the exhaust pipe is not blocked by snow or mud;
- Have a mechanic check the condition of your vehicle before heading out;
- Keep your gas tank at least half-full.

SNOW SAFETY:

When it comes to **removing snow**, you may want to think twice before picking up that shovel and reconsider your approach. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in healthy people. Individuals with elevated cardiovascular risks, however, should be particularly careful.

Stuck in the snow in or by a roadway? Use high visibility or reflective wear, and keep one stocked in your car. If that's unavailable, AAA recommends you tie a brightly colored cloth to the antenna of your vehicle or place a cloth at the top of a rolled up window to signal distress. At night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.

ON THE ROAD:

Drive slowly. Reduce your speed down to account for lower traction when driving on snow or ice.

On icy roads, don't use cruise control and increase following distance to 8 to 10 seconds. Accelerate and decelerate slowly. Apply the gas slowly to regain traction and avoid skids. Don't try to get moving too quickly and take time to slow down for a stoplight.

In Sacramento it is easy to forget that it takes longer to slow down on icy roads in the Sierras. Avoid stopping your vehicle on ice if possible. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.

Don't stop going up a hill. Moving up a hill on an icy road can be dangerous and tricky. Get some inertia going on a flat roadway before you take on the hill. Don't try to increase the gas to push your vehicle up hills. Applying extra gas on snow-covered roads can make your wheels spin. Try to get a little momentum going before you reach the hill and let that residual speed carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.

(Source: NIOSH, NSC, AAA)
- Emmett Bradshaw

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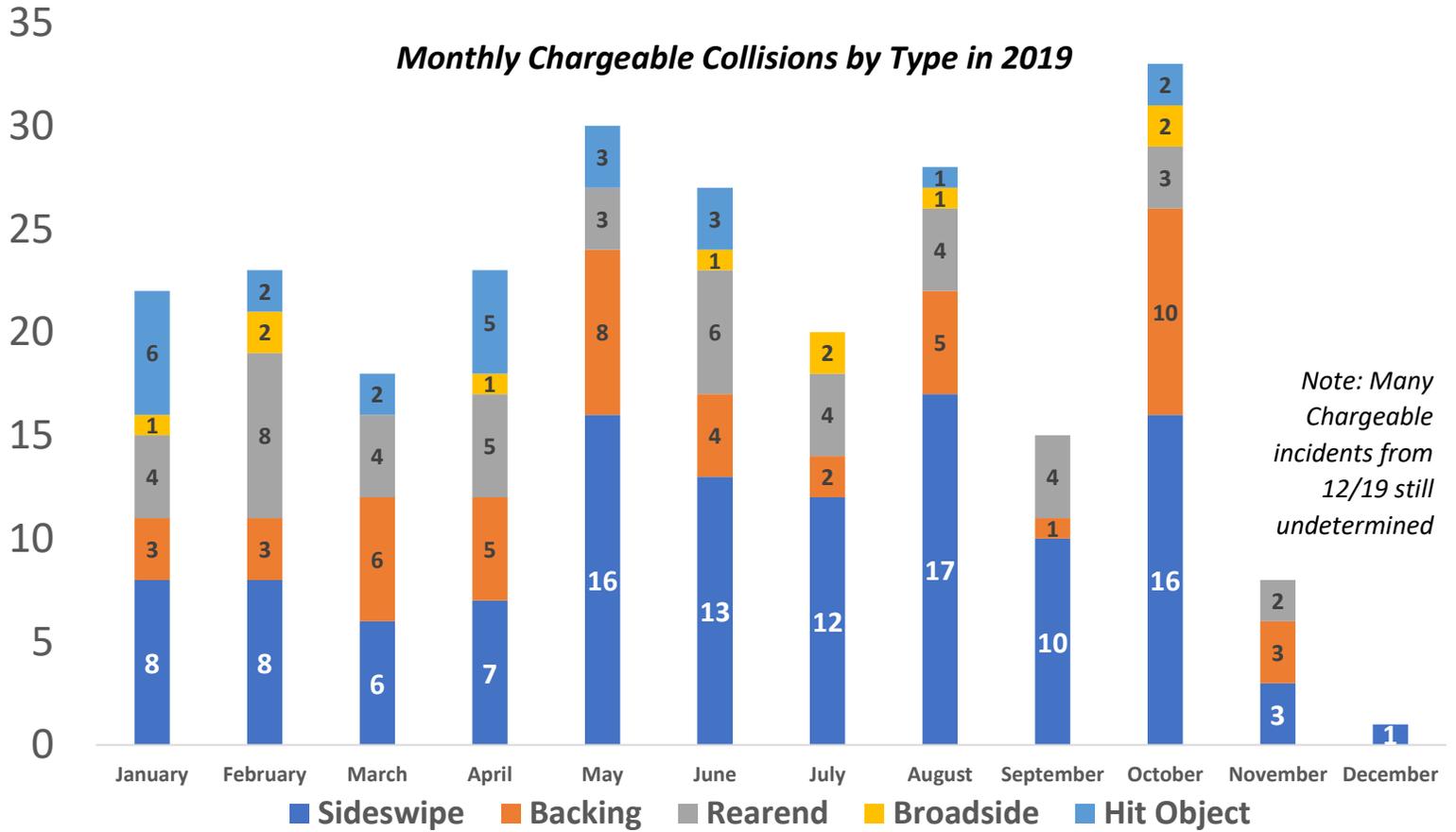
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City of Sacramento Safety Stats: 2019



California Work Related 2019 Fatality Incidents

as of 12/31/2019

