

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 Specialist.

IN PERSON TRAINING AND ONLINE

TargetSolutions is where we house most of our Cal/OSHA required training. If you're required to complete a training 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 Specialist. You can access TargetSolutions by visiting www.targetsolutions.com/cityofsacramento



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Safe Driving and Daylight Savings

How does daylight savings time impact driving and the number of accidents?

Less daylight = Increase in driving at dark. This may have an impact on the increase in car accidents since more time is spent on the road in the dark. Without the added sunlight, driver visibility is reduced and can create a hazard that can lead to an accident. Some experts state the abrupt time change that accompanies the start and end of daylight savings time leaves little time for people to adapt. As a result, drivers may have problems on the roadways. According to AAA East Central, the time change can be dangerous for pedestrians and children waiting at bus stops because drivers are not used to the reduced light on the roadway.

Daylight Savings End: Tips

INSPECT YOUR VEHICLE: A thorough inspection of all the lights on your vehicle can help you avoid any scary situations.
GET ADEQUATE SLEEP: The daylight savings time change is notorious for messing up everyone's biological clocks. Avoiding drowsy driving is very important, as many accidents can happen when you are tired and unable to pay attention as well as you would normally.

KEEP IT SLOW: One of the most common driving safety tips is to drive slowly. This is especially important when you are driving in low visibility. It's tempting when you are coming home from a long day at work to want to get there as quickly as possible, but your family will thank you if you make it home in one piece. This will also help avoid having to go to the car body shop for a repair due to an accident caused by speeding.
WATCH FOR PEDESTRIANS: Even though the end of daylight savings means that it will be getting darker earlier, many people will still want to continue their exercise routines after work in the evening. Bike riders, joggers, and walkers will likely still be out and about while you drive home, so you will want to be extra cautious and alert to the pedestrians along the side of the road.
PLAN AHEAD: Know what kinds of weather conditions to expect and plan your trip accordingly, as the fall season can often experience some drastic changes in temperature and precipitation.

Mark Your Calendar:

Daylight Savings time ends at **2:00 AM**
on **Sunday, November 3rd.**

-Ritu Singh

RECOGNIZING SAFETY: Kathleen Sall



Kathleen Sall began her professional career with the City in 1987 as a typist clerk for then Mayor Anne Rudin. In 2000, she moved to the City Manager's Office where she worked as a secretary to several Deputy Directors and the Public Information Office. Currently, she is working as the Executive Assistant to the City Manager and the Assistant City Managers. When needed, she provides support to the City Manager's staff. She enjoys working with people and strives to always be positive. Her smile is contagious and she brings the best out of those around her. As the safety coordinator for her office, she takes her job quite seriously. She also serves as one of the area managers and floor wardens for the New City Hall building. With her safety vest on and two radios in-hand, she directs and ensures her staff is out of the building safely and efficiently. She exemplifies what leadership is all about – employee safety first. Thank you for all that you do, Kathleen. We are lucky to have you!



Fire Prevention Tips for Fall

Fall is upon us and Winter is right around the corner. As we move into the colder months, it's time to jog our memories of how to keep our families safe while trying to keep warm. When it comes to safety, some tips are good year-round, like "you should not run with scissors".

However, when cold weather hits we do whatever we can to keep warm. Such as using our fireplace, space heaters, and using our home heating systems.

Taking the proper precautions to ensure your family's safety during this time of year can make all the difference in their future and well-being.

Although most safety tips can be used on a daily basis, this article will concentrate on those safety concerns that arise while we are trying to keep our homes a little warmer.

Central Heating System Safety Tips:

-Get your central heating system cleaned, inspected and serviced by a certified HVAC (heating, venting and air conditioning) contractor every year before using it.

- If you have a gas heater, make sure that you have a sufficient quantity of fully functioning carbon monoxide detectors installed in your home.

Space-Heater Safety Tips:

- Make sure that any space heaters are surrounded by at least three feet of empty space.
- Never place clothing or any other objects on a space heater to dry.
- Do not place space heaters near furniture or drapery.
- Turn space heaters off when you leave the house or go to bed.
- Avoid storing any combustible items near heaters.

Fireplace Safety Tips:

- Get your chimney inspected by a chimney service technician each year to make sure that it is safe.
- Hire a chimney sweep to clean out your chimney every fall.
- Repair any cracks in fireplaces.
- Use fireplace screens to keep sparks and fire debris inside the fireplace.
- Do not use gasoline to start a fire in the fireplace.
- Never leave a fire unattended.
- Make sure that combustible materials are not stored within three feet of your fireplace.

“Taking the proper precautions to ensure your family's safety during this time of year can make all the difference.”

- For natural gas fireplaces, get all connections and lines inspected before use each season.
- Remember that outdoor fireplaces can be just as dangerous as indoor units and observe all safety precautions when using them.

- Glenn Childs

LADDER SAFETY TIPS

For a Healthy Holiday

As we gear up for the holiday season, attics are opening, and lights are being hung. It may also be the last time of the year to clean out leaves from your gutters. No matter what the job may be, ladder safety is important. Here are some safety tips to make sure your holiday season is spent safely with family and friends. **Properly inspect your ladder.** Most injuries can be avoided simply by taking the time to thoroughly inspect your equipment before using it. Never climb a ladder with missing, damaged or loose components.

Select the appropriate ladder for the job. Before climbing on any ladder, it is important to check your equipment, including the ladder's recommended weight restrictions and height uses/requirements. Different jobs require different sized ladders. If using a ladder to get onto a roof, make sure the ladder extends three feet beyond the roof.

Review your surroundings. If you're using a ladder outside, check local reports for weather or wind. High winds can cause the ladder to shake and may result in compromised balance. If it's raining, the steps of the ladder can become slippery. When inside, set up the ladder away from doors or other hazards that could cause you to fall.

Climb the ladder with caution. While climbing, maintain a tight grip on both sides of the ladder and don't go past the 3rd rail from the top. You should always be facing toward the ladder the entire time and be sure to situate yourself in the middle of the rungs.

As a general rule, if your belt buckle crosses to either side of the ladder, then you are reaching too far. And always maintain 3-points of contact (two hands and one foot, or two feet and one hand-see below).



Move it, don't lose it! You see it in the movies, the guy who tries to "bunny hop" a ladder along a roof line. And what do you see next? The same guy hanging from the gutter or down on the ground. Never try to move a ladder while you're still on it. If you need to move a ladder, climb down and then move the ladder. The extra few minutes of work can save your life!

-Brandy Rushing



Clark W. Griswold, the posterchild for bad ladder safety. Don't be that guy!

Highwater Jamboree

On Oct. 19th, the City hosted it's second annual flood preparedness event recently renamed the Highwater Jamboree. It featured exhibitions of equipment and information from numerous divisions within the City, and outside organizations – The Army Corp of Engineers, FEMA, Cal OES, and others! Awareness of our region's flood preparedness is much needed, and this event is a shining example of our progress.

Water Discovery Day

Have you ever wondered how water from our rivers gets turned into safe drinking water before it is delivered to your home? City employees and residents went on guided tours of the Sacramento River Water Treatment Plant to find out how on October 23rd and October 26th. The tours and interactive booths helped city employees and residents understand how the City of Sacramento's Department of Utilities produces and distributes more than 100 million gallons of water daily and invests millions of dollars to ensure that the City's customers receive a safe and reliable supply of water by; upgrading pipes, technology and treatment plants.

Department of Utilities Leads the Pack!

The Department of Utilities (DOU) has been awarded the FY19 Outstanding Drivers of the year! This department has made safe driving for everyone an ultimate priority and it paid off. They've committed important and necessary resources ensuring each driver receives the appropriate training to understand how to drive safely, defensively, and eliminate distractions.

Now let's talk about the numbers. The City of Sacramento measures how safely a department drives by their Collision Frequency Rate (CFR), which is based on the number of chargeable collisions per million miles driven. This year (FY/19) the **Department of Utilities had the lowest rate of 4.6**, meaning the lowest number of chargeable collisions when compared to all departments.

Keep up the excellent work and diligent efforts that keep everyone safe!

-Sharneel Kumar

Fall Electrical Safety

Electricity has become such a necessary part of our lives that we tend to take it for granted, but using it safely is vitally important. Electrical hazards can cause burns, shocks and electrocution (death). The [United States Consumer Product Safety Commission](#) reports that 31,000 home electrical fires occur every year with over 180 cases involving electrocution or electricity-related incidents that could have been avoided. An average of 51,000 electrical home structure fires occur each year, claiming almost 500 lives, injuring more than 1,400 people, and causing more than \$1.3 billion in property damage (National Fire Protection Association, 2003-2007). Electrical safety is too important to ignore and should be followed at home in addition to the workplace.

Use the following tips as a guide to help prevent electrical hazards and fires:

Use **electrical** appliances, cords and fixtures that have been certified by an independent testing laboratory such as Underwriters Laboratories (UL). Look for the "UL logo"



Wet areas, such as kitchens and bathrooms, ought to be protected by ground fault circuit interrupters.

Push the TEST button on your GFCIs every month to find out if they are operating properly.



Keep **electrical cords** out of traffic areas. Keep all cords in good condition. Avoid knotting, coiling, or pinching under furniture or equipment. Only use extension cords outside specifically marked for such outdoor use.

Use the **safe light bulb wattage** for each light fixture.

Keep all electrically-powered appliances and equipment dry and keep them **away from places where water is used**.

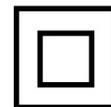
Make sure transportable **space heaters** are used away from combustibles such as chemicals or stacks of newspapers.

If **fuses** are used, make sure they are the correct size for the circuits they protect.

Make sure **outdoor outlets** have waterproof covers that close automatically.



Make sure all **power tools** are equipped with **3-prong plugs** or marked to indicate that they are **double insulated**.



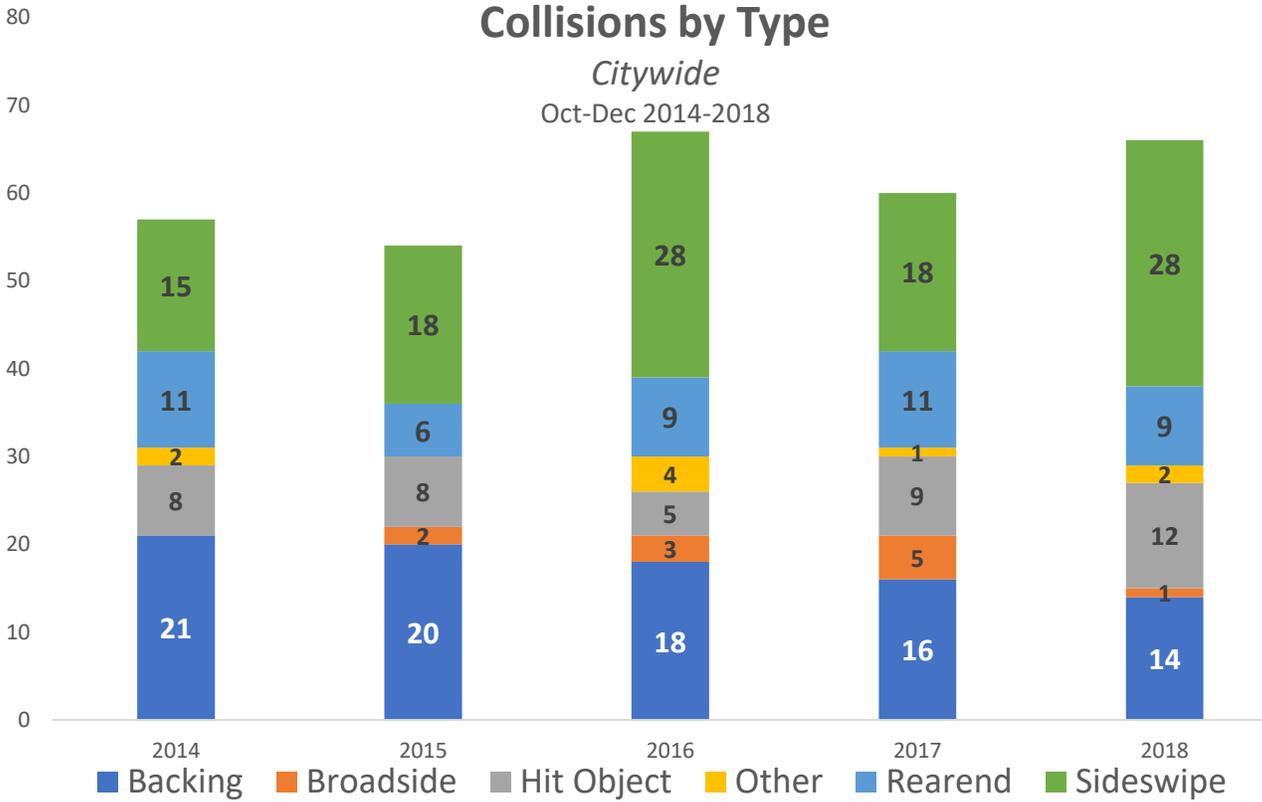
Double insulated symbol

-Simone Sumeshwar

City of Sacramento Safety Stats for Fall Season

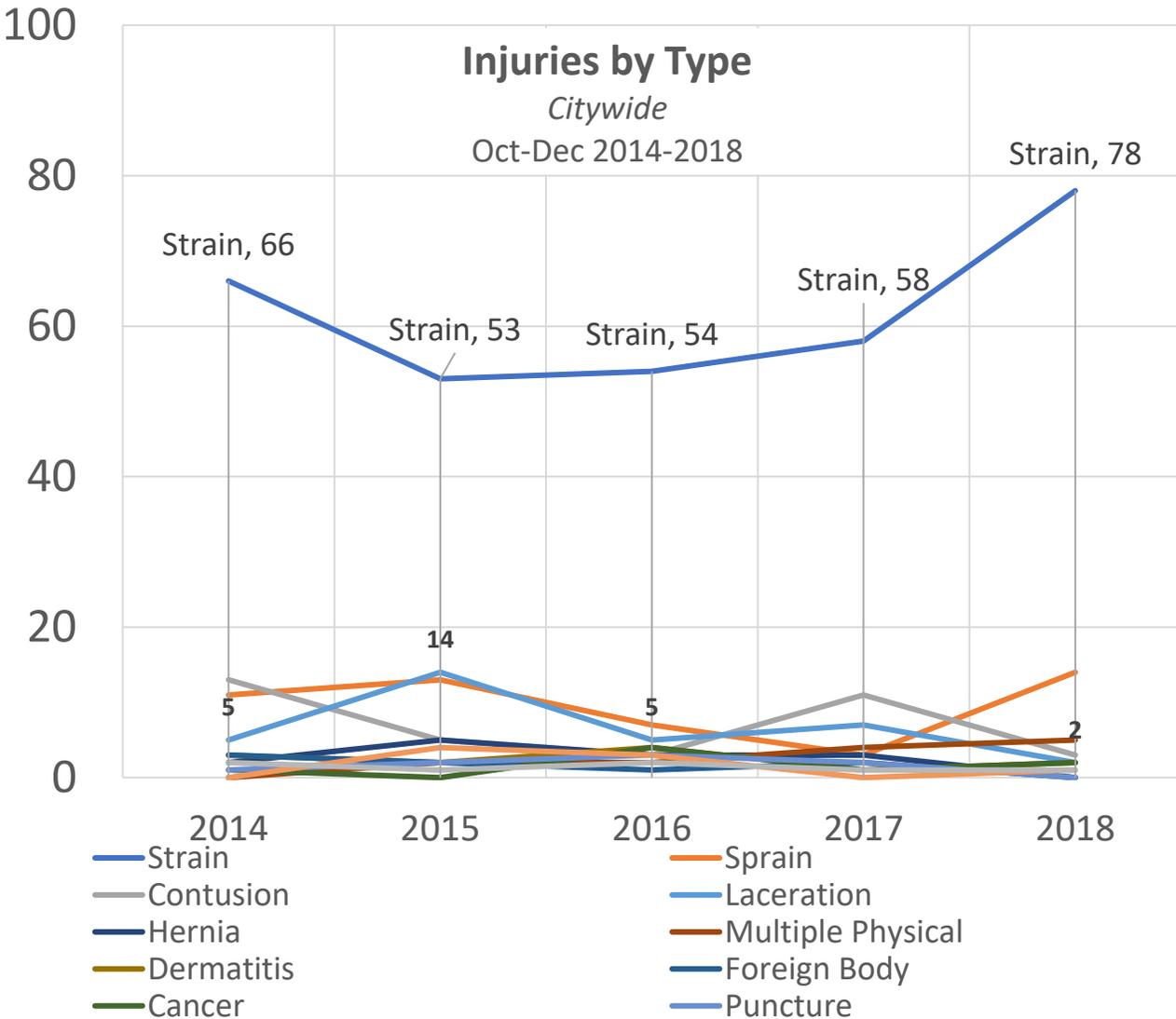
Collisions by Type

Citywide
Oct-Dec 2014-2018



Injuries by Type

Citywide
Oct-Dec 2014-2018



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

916-808-5728

or email any of the team members below

City of Sacramento Safety Team:

- Eddie Russell, EH&S 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.