

RISKY TIMES

Preparing People to Live, Work & Travel Safely

The Safety Council is a non-profit organization serving Central California since 1934



Setting the Standard in Safety: 2011 Safety Awards

CALAMCO of Stockton received the Company Safety Award which recognizes companies that have had no fatalities and have shown the most improvement in reportable nonfatal occupational injuries and illness incidence rates for their given industry over the previous five year reporting period. In 2010, CALAMCO, which has been a member of the Safety Council since 1992, had zero total recordable cases compared to an industry average of 2.3 recordables.

Greg Flores of **H.J. Baker & Bro., Inc.** of Stockton, a Safety Council member since 2005, was recognized as the Safety Employee of the Year. "Greg has not had a recordable incident in over 20 years. Greg always pays close attention to his work environment and is extremely conscientious about keeping it safe, clean, uncluttered, and free of hazards. Greg has a thorough knowledge of the company's safety procedures and ensures that coworkers do the same.

Greg is very committed to supporting the company's safety policies and his commitment to safety in the workplace makes him an excellent role model for others," Chuck De Jong, Plant Manager.

Lodi Gas Storage L.L.C of Acampo, a *Buckeye Partners L.P. Company*, and a member of the Safety Council since 2003, earned the Company Sustained Achievement Award. This award recognizes

companies maintaining superior safety records since 2004. The Acampo plant of Lodi Gas Storage L.L.C has 3,546 consecutive injury free workdays as of October 31, 2011. The Sustained Achievement Award is the most prestigious safety award presented by the Safety Council.

Applications are now available for the Safety Council's Annual Safety Awards at www.californiasafety.org. The Application deadline is 4:00 PM on January 27, 2012



Joe Nunez of CALAMCO (above) loads up one of the trucks



Travis Shull of Lodi Gas Storage L.L.C adds another day of injury-free work to their safety record (Photo courtesy of Mary Gillespie-Frazer)

Award Categories

Company Safety Achievement Award
Company Sustained Performance Award
Safety Employee of the Year Award
Workplace Lifesaving Award
Bus Driver Safety Award
Traffic Safety Award



Greg Flores of H.J. Baker & Bro., Inc. poses on a forklift

Winter Travel Safety for Your Pets

According to the U.S. Department of Transportation, there has been a 300-percent increase in pet travel since 2005. If you are preparing for a trip this holiday season there are many things you should know if you are planning on bringing along your four-legged friends.

Just as you would buckle up yourself or a child, pets need to be restrained when riding in the car. Whether they are in a carrier or not, pets need to be strapped in with a seatbelt. This is not just for the pet's safety, but for all the other passengers as well. In a collision at 35 miles per hour, a 60 pound dog becomes a projectile with the

force of 2,700 pounds flying through your car. In the event of a wreck, a pet could escape and become lost.

When making pit stops, **never** leave your pet alone in the car. The cold of winter can turn your car into a refrigerator and your pet can freeze or get frostbite very easily. Also, be sure to bring proper documentation such as vaccination records which may be required if you are crossing state lines.

Holidays are meant to be a time spent with family, and that includes pets. Take these extra precautions when traveling this holiday season to ensure a positive winter travel experience with your pet.



A properly secured pooch

Neighborhood Improvement: What YOU Can Do!

Start Simple: Keep it Clean

- Pick up garbage that blows into the area of your home and street
- Sweep & collect leaves and debris from the gutters, sidewalks, and storm drains
- If you use a gardening service, require the service to collect leaves and clippings – not blow them into the street
- Trim plants if they are blocking the sidewalk or street signs. Prune any branches hanging over the sidewalk or street
- Store garbage cans out of view from the street
- Park cars in driveways or on the street so they do not breach the sidewalk area
- Monitor street poles, sidewalks and fences for graffiti. If it is something you can clean – remove it

About Us

Founded in 1934 in Stockton, CA, the Safety Council is a non-governmental, non-profit organization dedicated to improving health and safety. Many programs pioneered by the Safety Council such



as traffic violator education, alcohol & other drug counseling for impaired drivers and juvenile behavior modification programs have been replicated nationwide.

Located at the northeast corner of El Dorado Street and Swain Road, the Safety Council is self-supporting through services revenue and the generous support of its business members. Learn more about the benefits of Safety Council membership for your business, go to www.californiasafety.org.

The Safety Council is a charter member of the American Association of Safety Councils (AASC).



Reporting: The First Step towards a Solution

This is the easiest way to make a difference. Alert the proper authorities when you encounter any of the following

- Traffic hazards such as shrubbery that blocks driver vision, street signs or lights
- Graffiti
- Burnt-out street lights
- Stray Animals
- Potholes
- Damaged sidewalks, curbs or gutters
- Non-operable vehicles parked on streets
- Problems with city parks
- Plugged storm drains
- Abandoned grocery carts. Store owners are required to retrieve abandoned carts within 3 days of your report.



Call the store and ask them to remove the cart. If there is no response: call Neighborhood Services at (209) 937-8815 (Stockton); call Code Enforcement at (209) 333-6823 (Lodi) and the city will remove the shopping cart

- Illegal Dumping
- Crime & Suspicious Activity
- Emergency : Call 911
- Non-Emergency: Stockton (209) 937-8314. Lodi (209) 333-6727

Prevention: Keep Your Neighborhood Nice

- Spay/Neuter pets to prevent strays
- Park vehicles in the garage
- Install motion detectors on outside lights
- Get to know your neighbors

How to Report a Problem

Stockton

Stockton Police Dept
(Non-Emergency)
Phone: (209) 937-8377

Code Enforcement
Phone: (209) 937-8813

Animal Services
Phone: (209) 937-8274

Graffiti Removal
Phone: (209) 937-8040

Municipal Service Center
Phone: (209) 937-8341

Lodi

Lodi Police Dept
(Non-Emergency)
Phone: (209) 333-6727

Code Enforcement
Phone: (209) 333-6823

Animal Services
Phone: (209) 333-6741

Graffiti Removal
Phone: (209) 333-5570

Report online:
user.govoutreach.com/loDI

Report Online:
user.govoutreach.com/stockton

Better Sleep = Better Life

Developing a good sleeping pattern is a vital part of a healthy and stress-free life, more energetic body and attentive mind. The following suggestions may improve your sleep:

- Reserve your bed for sleep only. Avoid watching TV or movies in bed.
- Only get into bed when you are tired, even if it is past your normal bed time. Lying awake and feeling restless in bed can increase stress and make it harder to fall asleep.
- Avoid sleeping pills. Sleeping pills generally make you groggy and function worse the next day. Research suggests the newer prescriptions can be addictive and hazardous to your health.
- Get into a routine. Even after a restless night, do not hit the snooze button. Getting up at the same time each morning will make it more likely that you will be tired at the same time each night.
- Avoid caffeine, alcohol and tobacco
- Cool your brain – studies conducted by the Sleep Neuroimaging Research Program at the University of Pittsburgh School of Medicine showed significant improvements in time to fall asleep and length of sleep periods when the frontal cortex was cooled which slows metabolism. Use a cool, wet towel or cooling compress on your forehead

Good sleep habits and attitudes will help tremendously over a long-term period and will help you be as rested and as stress-free as possible.

Sober Driving = Safe Driving

Impaired drivers are a year-round risk, but the loss of family and friends due to these collisions is especially poignant during the holiday season. In California, it is not legal to drive if your driving is impaired or your blood alcohol content reaches .08% (8 parts per 10,000 parts).



How much alcohol will impair your driving? Your body builds tolerance to alcohol over time. For regular drinkers, it will take increasing amounts of alcohol to feel the common effects of inebriation. This confuses some people into thinking they are safe to drive. Many studies have confirmed that a difference can be measured in driving skills at .02% and impaired driving begins at .05%. Combining alcohol with fatigue or other medications can increase the impairment.

The most successful strategy is to avoid alcohol and other impairing substances completely. If you would like to drink, leave your car at home. Drinkers who have a car outside are more likely to avoid calling a cab or asking for help and are most likely to risk a dangerous drive home.

Note: The Safety Council offers DUI education and counseling programs for both first offenders and multiple offenders.

MADD to Hold Vigil

On Saturday December 3rd Mothers Against Drunk Driving (MADD) will be holding a Candlelight Vigil to remember those who have been injured or killed by impaired drivers.

The Vigil will be held at the Lathrop Senior Center located at 15707 Fifth Street in Lathrop. The event starts at 5:30 PM and the lighting of the candles will start at 6:00 PM.

According to MADD, one in every three people will be involved in an alcohol-related crash in their lifetime and 10,839 people will die in impaired driving crashes this year alone. That is one person every 53 minutes.

For more information about the vigil contact Judy Utter at (916) 481-6233.

For more information about MADD visit their website at www.maddcalifornia.org



Insurance Discount

In California, drivers aged 55+ are eligible for a discount on their automobile insurance if they attend Mature Driver Safety. This training provides a DMV certificate, which is valid for 3 years.

The class content focuses on important driving safety skills as well as compensating for physical and mental changes over a lifetime.

Registration in advance is required. The next class will be on Saturday, January 21, 2012.

Health & Fitness

One of the most important aspects of maintaining a healthy lifestyle is exercise. Not only will it help you lose and maintain weight, but recent studies show that exercise can also reduce stress, lift depression, and improve learning abilities.

These days there are many options when it comes to exercise, and one of the newest and most popular exercise methods is CrossFit.

CrossFit is a combination of running, weightlifting, floor exercises, jump roping, and other aerobic exercises. By using shorter, high intensity workouts rather than extended periods of low intensity exercise common in more traditional workout programs, it is possible to achieve results in less time.

According to CrossFit, this program delivers a fitness that is broad, general, and inclusive. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. By scaling load and intensity the same routines can be used for elderly individuals with heart disease and cage fighters one month out from televised bouts.

To learn more and to find local affiliates go to www.crossfit.com/cf-affiliates

Protecting Private Information

Public Wi-Fi hotspots are everywhere these days. Many coffee shops, restaurants, libraries, airports and hotels offer free wireless internet.

While free public Wi-Fi is very convenient, the Federal Trade Commission (FTC) has issued the following tips to make sure your information is safe and secure while you are online.

- Do not access bank accounts on public networks
- Only log in to sites that are fully encrypted. Look for a lock in the lower right hand corner of your web browser or an "https" at the beginning of the address to tell if the site is encrypted
- Don't stay permanently signed in to accounts. When you've finished using an account, log out
- Do not use the same password on different websites. It could give someone who gains access to one of your accounts access to many of your accounts

Follow these tips and visit www.OnGuardOnline.gov for more information on how to stay safe and secure online.



Safety Council Programs:

DRIVING SAFETY

- Mature Driver Safety (classroom or online)
- Traffic Violator School (classroom or online)
- Juvenile Driving Improvement

HEALTH

- Adult, Infant, Child CPR/AED
- CPR for Healthcare Professionals
- Basic & Pediatric First Aid
- 7 Hr Preventative Health & Safety for Childcare Providers
- Home Alone Training & Babysitting Certification

FORKLIFT

- Forklift Operational Training
- Forklift Train-the-Trainer

COUNSELING & EDUCATION

- First Offender DUI Program
- Multiple Offender DUI Program
- Clean Living Workshop for Juveniles
- Multiple Choices Juvenile Workshop
- Substance Abuse Counseling Program

OCCUPATIONAL HEALTH & SAFETY

Over 200 available. Visit www.californiasafety.org for full list

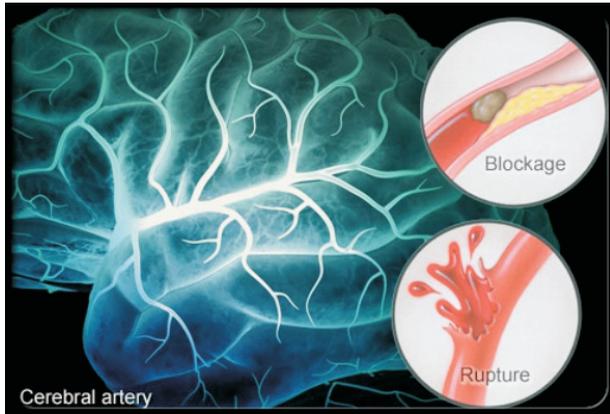
- CSA BASIC for Transportation
- DOT Training
- HAZMAT
- HAZWOPER
- RCRA
- Green Associate Exam
- PrepOSHA
- Construction OSHA
- General Industry
- OSHA 10/30 Outreach
- Alcohol Seller/Server
- Industrial Skills
- Healthcare

Stroke - ACT FAST

Stroke is a medical emergency and the third leading cause of death in the U.S. It occurs when a blood vessel in the brain bursts or, more commonly, when a blockage develops. Without treatment, cells in the brain quickly begin to die. The result can be serious disability or death.

Treatment options become less effective as more time passes from onset.

Also, rehabilitation exercises need to begin quickly for best results. So knowing the signs and symptoms, getting to an emergency room immediately, and telling the hospital staff that you are having a stroke is critical. **ACT – FAST!**



ACT

F: Facial weakness - Can the person smile? Are lips, eye lids or mouth drooping?

A: Arm weakness - Can the person raise both arms?

S: Speech problems - Can the person respond to questions and repeat a simple sentence? Is there any slurring or disorientation?

T: Time – If you see any one of these signs, it's time to call 911.

Look Right!

Pedestrian safety is a serious issue. A pedestrian is a person on foot or who uses a conveyance such as roller skates, skateboard, etc., other than a bicycle. A pedestrian can also be a person with a disability using a tricycle, quadricycle, or wheelchair for transportation. According to the California DMV, pedestrian deaths occur in 17-percent of all traffic fatalities.



Most drivers tend to favor looking to the left in anticipation of a break in traffic that will allow them to quickly merge. Forcing yourself to look to the right FIRST will allow you to see pedestrians approaching and bicyclists who are riding illegally against traffic.

A good habit to decrease your risk of injuring a pedestrian or bicyclist is to always look to the right first when preparing to enter a roadway from a parking lot or at a corner.

Note: The Safety Council offers Traffic Violator School, Adult Driving Safety, Mature Driver Safety & Juvenile Driver Improvement classes. Call (209) 472-7233 or go to www.californiasafety.org for schedules.

“This Close” to Ending Polio

ROTARY INTERNATIONAL, EVANSTON, III., U.S.A. – After more than 25 years of hard work, Rotary and its partners are now “This Close” to eradicating polio.

Polio eradication has been Rotary's top priority for more than two decades. The international humanitarian service organization is a spearheading partner in the Global Polio Eradication Initiative, along with the World Health Organization, the U.S. Centers for Disease Control and Prevention, and UNICEF.

Rotary club members worldwide have contributed more than \$1 billion and countless volunteer hours to the polio eradication effort, and have recently pledged

to raise an additional \$200 million to match \$355 million in challenge grants from the Bill & Melinda Gates Foundation. All of the resulting \$555 million will be spent in support of eradication activities.

Great progress has been made, and the incidence of polio infection has plunged from about 350,000 cases in 1988 to fewer than 1,300 reported cases in 2010. More than two billion children have been immunized in 122 countries, preventing five million cases of paralysis and 250,000 pediatric deaths.

To learn more about polio eradication, including how to participate in this historic effort, visit www.rotary.org/endpolio or www.thisclose.net.



Rotary International Headquarters in Evanston, Illinois



Skydiver over the Amazon River in Brazil



Wrigley Building in Chicago, Illinois



The Sydney Opera House in Australia (Photo by Marc Wallace)