

RISKY TIMES

Summer 2012



Preparing People to Live, Work & Travel Safely

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

Home Alone Training & Babysitting Certification

During this lively and fun class for boys & girls ages 12-15 years old, learn what to expect and how to handle the unexpected when staying home alone or babysitting for others. Become more independent and ready to handle the responsibility of caring for smaller children.

In addition to a class completion certificate, you will have the opportunity to become certified for Infant & Child CPR and First Aid (a \$60 value!) - a real plus when starting out in your first work experience! Don't think this is just for girls, nearly 50% of those attending recent classes have been boys!

Registration in advance is required. Enrollment is limited for this very popular class which is only offered one time per year. Come in to our office at 6004 N El Dorado St with cash (exact change) or a money order ASAP to register and reserve your spot. Call (209) 472-7233 for information.

Get trained by the experts at the Safety Council!

Time: 8:00 AM - 12:00 PM

Dates: M/W/F, June 25, 27, 29, 2012 (attend each date)

Cost: \$75 per person for the 12-hour program. Fees are not refundable or transferable to a different date.



Topics covered include:

- Parent expectations
- Do's & Don'ts
- Emergency information & procedures
- Safety hazards
- Infant & Child CPR & First Aid (certification valid 2 yrs)
- Child growth & development
- Nutrition & hygiene
- Planning healthy snacks & meals
- Handling common behaviors (crying, anger, fear)
- Diapering & early potty training stages
- Handling telephone calls & knocks on the door
- Pedestrian & bicycle safety
- Toy safety
- Choosing appropriate games and entertainment
- Outdoor play and pool safety
- Caring for mildly ill children
- Clean-up time & bed time
- How to decide what to charge & communicate your fees in advance
- Keeping track of your job calendar



Safety Employee of the Year



The Safety Council's mission is to advance the best safety and health practices. The Safety Council's annual awards program recognizes the contributions of businesses, agencies and individuals towards this goal. Safety Employee of the Year is presented to the nominated employee with the most sustained, outstanding occupational safety record who is also a positive influence and role model in promoting healthy & safe practices in the workplace and in the community.

This year's Safety Person of the Year honors were awarded to **Joe Johnson**. Joe served 22 years in service to our country in the United States Navy and started his career as coach operator at San Joaquin Regional Transit District (RTD) in 1994 where he quickly became a leader among his fellow employees.

Joe's safety record includes 405,768 injury, collision & citation-free bus miles driven over 198 months. Joe also serves on RTD's Accident Review Committee. His work on the committee includes conducting incident reviews. Joe uses a fair and ethical approach while evaluating and educating other employees on safe preventative practices.



Joe Johnson of San Joaquin RTD - Safety Person of the Year

Jail Capacity is Key to Reducing Crime Rate

According to studies by the Pretrial Justice Institute, lack of capacity at the county jail increases costs to the criminal justice system, increases the crime rate and decreases the effectiveness of diversion programs, probation and parole.

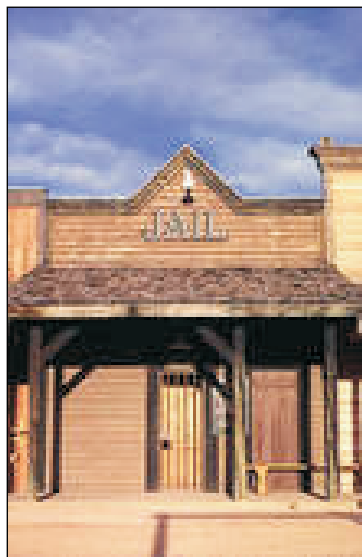
In 2007, the San Joaquin County Sheriff's Department projected a shortfall of 1,280 beds in 2011. Recently, Judge Richard Guiliani of San Joaquin County indicated in a News10 interview that the new state prison realignment program is currently adding about 200 state prisoners to the local jail occupancy rate.



Inmates are released from San Joaquin County Jail daily to meet the maximum requirements for occupancy. This is called "capping". The releases are prioritized, but regardless of the serious nature of the charges or convictions, enough people must be released to comply. The January 2012 Vera Institute of Justice Report pegs the average annual cost for incarceration in California at \$47,421 per year, but San Joaquin County reports indicate that failing to provide the capacity to incarcerate

results in increased taxpayer expense by:

- **Reducing the benefit of effective law enforcement efforts**
- **Allowing career criminals to continue committing crimes while awaiting trial**
- **Increasing court costs due to failures to comply with conditions and appearance schedules**
- **Making diversion programs for treatment of substance abuse, anger management and domestic violence programs less effective when no real threat of jail time exists**
- **Making participation in rehabilitation programs to prevent recidivism unlikely when release dates are early and unpredictable**
- **Reducing the effectiveness of probation and parole**



In other words, more people can be successfully rehabilitated out of jail and at a lower cost when there is room for them as needed in jail.

Stockton Mayor, Ann Johnston sums it up, *"We know that pre-trial handling is key to a more efficient criminal justice system. The state's added to the local burden by their realignment mandate that keeps more criminals in county*

jails rather than sending them to state prisons---it's their budget balancing solution, but requires counties to incarcerate more criminals than they would ordinarily, thus the jail capacity is strained even further. The revolving door needs to be stopped, and it's our responsibility to figure out how to use the resources we have more effectively and more efficiently."

WARNING - Hot Dogs!

As summer kicks into full swing and temperatures start to rise, make sure you are taking the proper precautions when it comes to your four-legged friends.

It is never ok to leave a pet alone in the car for any length of time. On a hot day, temperatures in a car can rise 20 degrees in just 10 minutes!

Not only is leaving a pet in the car dangerous, it is also illegal. Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days.

Under these laws, police, animal control agents, peace officers and others may be authorized to enter by whatever means necessary to remove the animal. You could have your car damaged, be charged with a crime, and fined or imprisoned.

When the weather heats up and your pet is out on the go with you, make sure you plan ahead and bring plenty of water to prevent them from overheating.

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).



Walk Like MADD

The Safety Council's team, "Know Better to Do Better" is accepting donations to support their participation in the Seventh Annual Walk Like MADD event. Walk Like MADD is a non-competitive 5k walk to raise funds for MADD's life-saving mission.

All funds raised go towards MADD's local programs to educate and raise awareness in the community, and services to support victims of impaired driving crashes. Please consider starting a team, joining a team, volunteering for this event, or making a donation to help support MADD here in California.

Registration is \$20 for adults, \$15 for children, and all participants will receive a Walk Like MADD t-shirt. Would you like to support this cause but cannot attend the event? You can register as a virtual walker and still receive a free shirt.

Participation is not just limited to humans; **dogs are eligible to walk as well!**



Donate to team "Know Better to Do Better" at www.walklikemadd.org

Event Info

When: Saturday October 6, 2012 at 7:30 am

Where: Southside Park, 2115 6th Street, Sacramento, CA

To register in advance and for more information visit www.walklikemadd.org or call (916) 481-6233 x 108

Drinking & Boating A Dangerous Combination

Most people know it is dangerous and illegal to drink and drive a car and/or a boat. Did you know it is also illegal to water ski while under the influence?

California Law states that no person shall operate any vessel, **water skis**, or similar device who has a blood-alcohol concentration (BAC) of .08% or higher. It is important to note that, while the legal limit may be .08% BAC, research has shown that a boater's ability to operate a boat is impaired at .035% BAC.



According to the California Department of Boating and Waterways (DBW), alcohol is a factor in about 50% of all fatal motorboat accidents in the state.

The dangers of drinking and boating apply to all those on board. While a designated driver protects passengers who are under the influence in a car, statistics show this to be an ineffective strategy for boating.

According to the California DBW, in 41% of all alcohol-related fatalities, intoxicated **passengers** were the victims of, or contributed to the accident.

Note: The Safety Council offers substance abuse counseling and first/multiple offender DUI Education and Counseling Programs.

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. Call (209) 472-7233 for more details.

First Time:
\$30
8:00am-3:30pm
Sat, July 21, 2012 or
Sat, Sept 22, 2012

Renewing:
\$20
8:00am-12:00noon
Thu, June 21, 2012 or
Sat, July 21, 2012

Avoiding Heat-Related Illness

Even in the Central Valley where temperatures easily soar into the triple digits, there are steps you can take to work and play safely in the heat. Heat exhaustion can occur with extended exposure to high temperatures and inadequate hydration. Warning signs include:

- **Heavy sweating**
- **Headache**
- **Nausea or vomiting**
- **Fainting**
- **Paleness**
- **Muscle cramps**
- **Tiredness**
- **Weakness**
- **Dizziness**

To prevent heat exhaustion, drink cool non-alcoholic beverages, wear lightweight clothing and take rest breaks regularly. If symptoms appear, take action before things get serious by resting, taking a cool shower/bath, drinking water and seeking shade or air conditioning.

Untreated heat exhaustion can progress to heat stroke which may be life threatening. In heat stroke, the body becomes unable to control its temperature which then rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not received.

Warning signs of heat stroke vary, but may include the following:

- **An extremely high body temperature (103°F+)**
- **No sweating, red, hot, and dry skin**
- **Rapid, strong pulse**
- **Throbbing headache**
- **Dizziness**
- **Nausea**
- **Confusion**
- **Unresponsiveness**

Call for emergency services (9-1-1) while you begin cooling the victim using shade, immersion, spraying or sponging with cool water, do not allow the victim to drink alcohol.

Those at high risk for heat-related illness include the elderly, children ages 0-4 years, anyone suffering from obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, prescription drug use and alcohol use.

While heat-related illness is very dangerous, it is also preventable. Here are a few things you can do to stay cool and avoid them:

- **Drink cool, nonalcoholic beverages**
- **Rest**
- **Take a cool shower, bath, or sponge bath**
- **Seek an air-conditioned environment**
- **Wear lightweight clothing**



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
- 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

Kyle Perriera - 2012 AASC Scholarship Winner

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

Annually, AASC awards a scholarship to support and encourage those who are pursuing higher education in areas that support its mission of promoting safety in the workplace.

The 2012 AASC Scholarship was awarded to **Kyle Perreira**, son of Chris and Cindy Perreira of Escalon.

Currently attending Columbia College, Kyle will be transferring to University of San Francisco to complete his degree as a Chartered Financial Analyst (CFA).

Kyle intends to become a Foreign Equities Portfolio Manager. In his scholarship application essay, Kyle linked his experience working in the Quality Assurance Department for Cal-Apricot to his future role in valuing investment opportunities.



“The businesses that I will be investing in, and possibly owning through investment strategies, must have strong guidelines by which they abide for the safety and health of their employees, customers, etc.”

Kyle's application to this national awards program was sponsored by the Central California Safety Council.

Kyle Perreira
Lake Tahoe, 2011

Flip-Flops and Foot Pain

Did you know that wearing flip-flops can cause damage to your feet? Most flip-flops do not provide adequate arch support, which can cause foot pain and potential severe damage.

The average shoe provides arch support which keeps the plantar fascia tendon loose and limber. However, flip-flops without arch support stretch the plantar fascia tight, putting too much stress on the heel.

Prolonged stretching and tightening of the plantar fascia can cause tears in the tendon and lead to a painful condition called Plantar Fasciitis. While flip-flops can potentially injure feet, there are some steps to prevent this from happening:

- **Avoid thin soles, however heels should be no more than 2-inches tall**
- **Get a shoe with arch support. This takes pressure off the plantar fascia**
- **Get a thicker, wider thong. The thin ones put pressure on the toes and can cause problems**



**A foot suffering from
Plantar Fasciitis**

New Sunscreen Guidelines



The Food & Drug Administration (FDA) is taking steps to prevent consumers from skin damage caused by excessive sun exposure. Starting this year, there will be a new set of guidelines for all over-the-counter sunscreen products. The purpose of these new guidelines is to ensure that all sunscreen products go through the same testing procedure requiring protection for both types of ultraviolet rays from the sun.

All sunscreen products made and sold under the new guidelines will be labeled as “Broad Spectrum” because they will protect the user from both Ultraviolet-A (UVA) and Ultraviolet-B (UVB) rays. Previously, the majority of sunscreen products only provided protection from UVB rays which are less powerful and do not penetrate the skin as much as UVA.

The other change in guidelines has to do with the Sun Protection Factor (SPF) labeling on products. All products that conform to the new guidelines must have an SPF of at least 15. All products labeled as “Broad Spectrum” with an SPF of at least 15 will have a label that informs users that the product not only protects from sun burn, but can also help prevent skin cancer.

Sunscreen products that are not broad spectrum or that are broad spectrum with SPF values from 2 to 14 will be labeled with a warning that reads: “Skin Cancer/Skin Aging Alert: Spending time in the sun increases your risk of skin cancer and early skin aging. This product has been shown only to help prevent sunburn, not skin cancer or early skin aging.”

Note: Picture above is just an example of how the new labeling on sunscreen will appear

Delicious and Safe Grilling

Hot weather and outdoor cooking go hand-in-hand. However, it is important to safely BBQ this summer. Gas grills were involved in an annual average of 6,900 home fires from 2005-09, while charcoal or other solid-fueled grills were involved in an annual average of 1,100 home fires.

No matter what kind of grill is used, it is important to remember the following tips to avoid starting a fire:

- **Only use grills outdoors**
- **Keep grills away from any buildings, overhangs, and low hanging branches**

- **Do not allow pets or small children near the grill**
- **Never leave grills unattended**

While keeping safe from fire is an essential part of grilling, it is also important to remember that the food being prepared can also be dangerous if not handled and cooked properly.

Never let raw meat sit out in the heat. Always take meat directly from refrigeration to the grill. Uncooked and undercooked meats contain bacteria such as E.Coli and Salmonella which cause food poisoning. When grilling, always use a meat thermometer to ensure that foods have been

cooked to safe internal temperatures. The following chart should assist with safe grilling this season.

SAFE MINIMUM INTERNAL TEMPERATURES

Whole poultry: 165 °F
Poultry breasts: 165 °F
Ground poultry: 165 °F
Ground meats: 160 °F
Beef, pork, lamb, and veal (steaks, roasts and chops): 145 °F and allow to rest at least 3 minutes.