

RISKY TIMES

Preparing People to Be Healthy, Live, Work, Travel and Play Safely

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

Winter 2013



Preventing Cancer in Pets

A new study shows that nearly 30 percent of pets live with at least one smoker – exposing them to increased risk from second and third-hand smoke.

Second-hand smoke comes from exhaled smoke and from the smoke produced at the end of the burning cigarette, pipe or cigar. It contains over 4,000 chemicals, including carbon monoxide, formaldehyde and arsenic, as well as nicotine, tar and cancer-causing agents known as carcinogens.



Third-hand smoke residue settles on walls, curtains, furniture and fur. While grooming, pets lick toxic chemicals, nicotine, tar and carcinogens that land on their fur which can increase the chance of developing cancer.

Third-hand smoke is more detrimental to cats than dogs due to their grooming habits. Cats constantly lick themselves, ingesting carcinogens and smoke particles that settle on their bodies.

Long-nosed dogs in smoking households, such as collies and dachshunds, have been shown to be 2.5 times more likely to develop cancers in their nasal cavities as compared to non-smoking households. Dogs that suffer from nasal cancers usually do not survive more than a year.

Another concern for pets is eating anything that contains nicotine. Dangerous items include cigarettes, cigars, chewing tobacco, nicotine gums and patches.

Even if pet owners only smoke outside, third-hand smoke is brought in on clothing. A non-smoking home gives pets the best chance for a long and healthy life.



Safety Video Contest

The Central California Safety Council is holding a contest for young filmmakers aged 12-18 who have an interest in creating a video that champions the Safety Council's mission which is to prepare people to be healthy, live, work, travel, and play safely.

The contest is simple... Make an original video public service announcement on any health or safety topic. The video must be two minutes or less.

We want to see how creative you can be. Multiple videos may be submitted. Only one video per submitter will be eligible for prize money.

The most important thing is that your video be as creative and accurate as possible on the topic. Use of humor is great as long as it furthers the health and/or safety message. **Entry Deadline: January 31, 2014**



OFFICIAL RULES

Submitters must meet all contest rules to be eligible for prize consideration. Prizes will be awarded for high-quality submissions only. Decisions of the judges are final and not subject to appeal. All videos awarded Honorable Mention and above will be published on the Safety Council's YouTube Channel.

PRIZES

One Grand Prize Award:	\$500
Two Safety Champion Awards:	\$250
Honorable Mention Awards:	Medals

For more information and a list of Rules & Requirements visit the Safety Council website at www.californiasafety.org

New Safety Award Announced

The annual Safety Council awards program recognizes individuals, businesses and organizations for actions that prove effective in preparing people to be healthy and to live, work, travel and play safely. This year a new award has been added to recognize volunteers who improve the safety of their neighborhood through their everyday actions, participation or leadership.

The Neighborhood Safety Award commemorates Lloyd DeBock who was a conscientious insurance provider, a dedicated community volunteer and a great neighbor. Lloyd served on the board of the Safety Council for over 30 years. The deadline for award nominations is Friday, January 31, 2014. For more information go to: www.californiasafety.org

Safety Award Categories

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



Lloyd DeBock

Google Helps Council Celebrate 80th Anniversary

In 2014, the council will celebrate its 80th anniversary with a Safety Banquet featuring keynote speaker, **Joe Clark, Global Environmental Health & Safety Operations Manager, Google**. Mr. Clark joined Google as the first person in their safety department eleven years ago.

The Safety Council was founded in 1934 by a volunteer group of business leaders who joined together to work on issues of safety such as potholes in the streets, water safety and traffic issues.

Since then, the council has grown to become a nationally

recognized safety council for its progressive programs in areas including occupational, transportation, child care, substance abuse counseling and more. The council focuses on serving the ten counties of central California.

The luncheon will be held at the Stockton Golf & Country Club on Friday, March 21, 2014. Tickets go on sale in January. At the banquet, the annual **Safety Awards** will be presented and the winning videos from the **Safety Video Contest** will be shown. Information on the on the video contest is available at www.californiasafety.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. Call (209) 472-7233 for more details. The course is also available online at www.californiasafety.org

Renewing:
\$20
8:00am-12noon
Sat., Jan 11, 2014 or
Thu., Feb 13, 2014

First Time:
\$30
8:00am-3:30pm
Sat., Jan 11, 2014 or
Sat., March 15, 2014

About Us

Founded in 1934 in Stockton, CA, the Safety Council is a non-governmental, nonprofit 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.



To 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).



Tire Chain Requirements

California chain requirements confuse many. According to the California Highway Patrol, chain requirements are classified in three levels called "R" ratings related to various road conditions. Some vehicles may not be required to use chains under all conditions, but **all vehicles must carry chains**.

Snow tires will have an M+S (mud and snow), All Season, or All Terrain designation on the side of the tire. The speed limit under chains control is 25 miles per hour.

Road Ratings

R-1 - chains required except for vehicles with snow tires (chains required for any vehicle pulling a trailer)

R-2 - chains required except for 4-wheel drive with snow tires

R-3 - chains required for all vehicles (roads are normally closed before they reach an R-3 level)



The speed limit under chains control is 25 MPH

MADD Supports Survivors

For loved ones of DUI collision victims, the impact is felt long after the crash itself. Mothers Against Drunk Driving (MADD) Victim Services support the victims of this violent crime.

In 2012, MADD provided services to over 61,000 victims and survivors nationwide — that means providing free services to one victim and survivor every 8.6 minutes. Victim services include accompanying victims/survivors to court, guidance through the judicial process, emotional support through groups, and 24-hour hotline and online chat support groups.

Another important program offered by MADD is the Victim Impact Panel (VIP) Program. The VIP program allows victims and survivors the opportunity to share their stories with DUI Offenders with the goal to reduce recidivism.

The VIP Program is a court ordered program and has been available in San Joaquin County

since 2012. MADD needs victims impacted by impaired driving who are willing to recount the experience to participate in VIP Panels for DUI offenders in San Joaquin County. Trained victim advocates and MADD staff will assist in preparing volunteers to share their stories.



If you or your family has been involved in a DUI crash and you would like information about MADD or their Victim Impact Panel (VIP) please call: Judy Utter, Victim Specialist MADD CA at 916-481-6233 or email:

judy.utter@madd.org

MADD San Joaquin will hold the annual **Candlelight Vigil** on December 1, 2013 for victims and families from San Joaquin and Stanislaus County. The program will be held at the Best Western Heritage Inn, 111 East March Lane, Stockton, CA at 4:30pm. Please contact Judy Utter for information and to RSVP.



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

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

YOUTH PROGRAMS

- Social Media Safety Training
- Home Alone Training & Babysitting Certification
- Piranhas Swim Team

OCCUPATIONAL HEALTH & SAFETY ONLINE TRAINING

- CSA BASIC for Transportation
- DOT Training
- HazCom - GHS
- HAZWOPER
- Construction OSHA
- General Industry
- OSHA 10/30 Outreach

Visit www.californiasafety.org for a full list of training opportunities

Occupational Safety Consulting Services also available

The Role IIDs Play in DUI Prevention

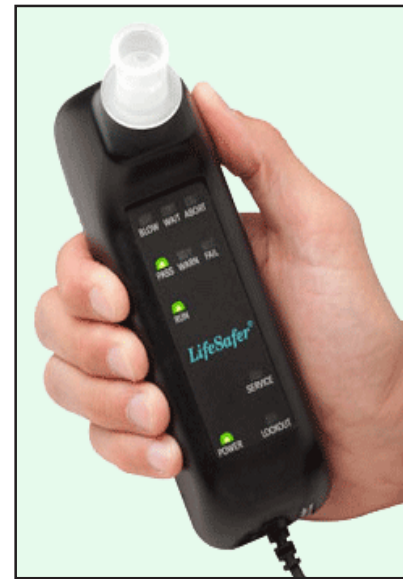
Invented in the 1970's, a growing number of states now use Ignition Interlock Devices (IID) as a component in the prevention of DUI recidivism. An IID is a breath alcohol detector connected to the ignition system of a motor vehicle. The driver blows into the device which will eventually disable the vehicle when a prescribed level of alcohol is detected.

An IID reduces the chance a driver will continue the behavior of driving a specific vehicle while the IID is installed. Studies have shown that offenders who refrain from driving during a license suspension period and complete a substance abuse education/counseling DUI Program are less likely to reoffend.

A quality DUI program will encourage each offender to fearlessly evaluate his/her relationship to alcohol and support new beliefs leading to healthier choices. Adding a period of driving with an IID allows offenders to demonstrate their progress before returning full driving privileges.

Advances in the technology have made it more difficult to defeat an IID. For example, the driver must hum while blowing to prevent using a balloon or other air source to mimic human breath. Units detect hot-wiring, disconnecting of the battery and other mechanical circumventions, but compliance is not 100%.

In CA, while on probation for a DUI, it is illegal to drive with a .01% BAC or higher. Many IIDs permit driving with up to a .03% BAC, allowing the pattern of behavior of breaking the law and complete and total disregard for public safety to continue. Each year, 30 - 40% of fatal crashes involve alcohol.



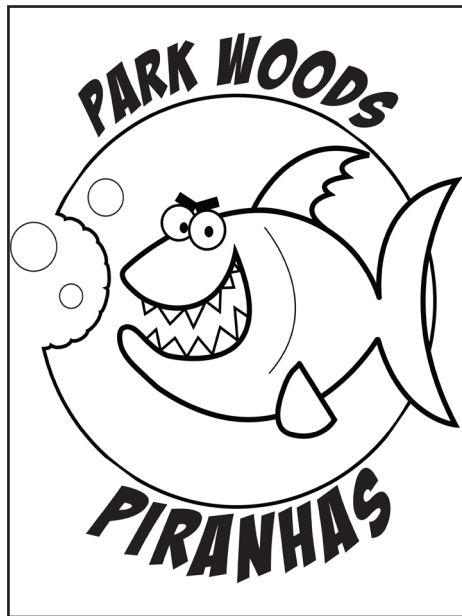
Note: The Safety Council offers DUI education and counseling programs for both first and multiple offenders

Join the Park Woods Piranhas!

The Safety Council is excited to announce that it will once again sponsor the Park Woods Piranhas Recreational Swim team in 2014. Joining the Park Woods Piranhas is a great way for kids and families to have fun, meet friends, be active and part of a team!

Registration is open to ages 4 to 18. No pool membership is required and there are no geographic restrictions. Last season, the Piranhas had 40 swimmers from all over Stockton & Lodi and will continue to grow.

On a team this size, the families become a community and every team member can participate as an official swimmer in every meet.



For children ages 4-6 who can float on their own, but not yet swim a lap of the pool, the team has a special "half-lapper" program.

The season is from late May to July with practices and meets on week nights. All team practices will be held at Bear Creek High School on Thornton Road. Meets are held at various pools around Stockton.

Registration will begin in April of 2014. For more information or to join our team e-mail list, call the Safety Council at (209) 472-7233 x 116. To keep up with the team, "like" the Park Woods Pool & Community Center Facebook page or visit www.californiasafety.org.



Avoid Taking the Plunge

More than 500,000 people are injured each year while using (or misusing) ladders and about 20 percent seek treatment in hospital emergency rooms, according to the Consumer Product Safety Commission. Most injuries are scrapes, bruises, broken bones and head injuries. Some falls are fatal.

Most falls are from heights of less than 12 feet and usually occur when people are doing routine home maintenance. Whether cleaning gutters or hanging holiday lights, follow these tips to stay safe:

- Always have someone else working with you when hanging Christmas lights or decorations from a ladder or roof.
- Make sure the ladder is on a secure and level footing before climbing.
- Space the base of the ladder one foot away from the wall for every four feet it reaches up.
- Stay centered between the rails of the ladder. Do not overreach to hang lights or decorations - move the ladder.
- Do not stand on the ladder's top two rungs.
- To reach a roof, extend the ladder at least three feet beyond the edge of the roof.
- Do not climb on wet rungs or onto wet surfaces.

