

## Safety/Claims Education Day



SDRMA Spring Safety/Claims Education Day and Annual Membership Meeting was held on March 29 in Newport Beach. The Board of Directors and staff would like to thank all of the attendees and presenters. There were 78 attendees, not including staff/consultants and Board members.

Staff and consulting partners presented a total of seven individual training sessions:

- Amy Albanese of TargetSolutions presented a general session on the TargetSolutions training platform;
- Dennis Timoney and attorney Jeff Morris presented a general session with an employment law update;
- SDFL President David Aranda presented a Governance Foundations session;
- Derek Davis of Lapidus Safety Consulting presented the Safety Specialist Certificate session;
- Dennis Timoney presented two sessions: Liability - Dangerous Condition of Public Property and Workplace Violence;
- Debbie Yokota presented two sessions: Workers' Compensation-Catastrophic Injuries and Return to Work.

SDRMA's next scheduled Safety/Claims Education Day will be held on Wednesday, October 12, 2016 in San Diego, in conjunction with the CSDA Annual Conference and Exhibitor Showcase. SDRMA will provide updates to members as the Safety/Claims Education Day draws closer. See you in San Diego!

### Summer Time Exposures

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active. Tick bites are more than just an annoying spring and summer nuisance. Each year, about 300,000 people in the U.S. catch Lyme disease, which is caused by bacteria, from a tick bite, the Centers for Disease Control and Prevention estimates. Thousands more develop tick-borne diseases such as the malaria like disease babesiosis, the flulike anaplasmosis and the Heartland virus infection.

As field employees are out in open wooded areas it is very important to identify possible exposure areas and provide safety training for employees to recognize potential exposure areas and to take preventative steps to avoid being bitten by a tick. Also as family take advantage of warmer weather for hiking, it's important to remember these safety tips.

#### *Avoid Direct Contact with Ticks*

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

#### *Repel Ticks with DEET or Permethrin*

- Use repellents that contain 20 to 30 percent DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5 percent permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

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**Find and Remove Ticks from Your Body**

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet)

Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls. Deer ticks cannot jump or fly, and do not drop onto passing people or animals. They get on humans and animals only by direct contact. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area.

- In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work, or otherwise spend time in the outdoors, you can still protect yourself:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors and check again once indoors.
- Consider using insect repellent. Follow label directions.
- Stay on cleared, well-traveled trails. Avoid contacting vegetation.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.

**Heat Illness Prevention**

The California Occupational Safety and Health Standards Board adopted an amendment effective May 1, 2015, to the state Heat Illness Prevention regulation

changing the requirements for potable water, shade, cool-down periods, high-heat procedures, emergency preparedness, acclimatization, training, and heat illness prevention plans. Employers should update their heat illness prevention plans and train their employees for compliance with amendment. The many changes to the heat regulation are sure to create a large wave of citations this spring and summer as employers comply with the amendment.

**Heat Illness Prevention Plan**

The employer must develop, put in writing, and implement effective procedures for complying with the requirements of T8 CCR 3395. The Heat Illness Prevention Plan includes the following:

*Continued on page 50*

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## Managing risk [continued]

- Procedures for providing sufficient water.
- Procedures for providing access to shade.
- High-heat procedures.
- Emergency response procedures.
- Acclimatization methods and procedures.

The Heat Illness Prevention Plan must be written both in English and in the language understood by the majority of employees. It must be available to employees at the worksite, as well as to representatives of Cal/OSHA upon request. It may be integrated into the employer's Injury and Illness Prevention Program.

### Tips for Compliance

- Review your heat illness and prevention plan and amend it to reflect the new requirements, including potable water, shade, preventive cool-down rest periods, high-heat procedures, acclimatization, and training policies and procedures.
- Review your employee handbook to see that it provides for cool-down rest periods and ensure it is consistent with the new regulation.
- Review or create new policies and procedures for monitoring employees taking cool-down rest periods.
- Review or create new plans to monitor employees in high-heat conditions by instituting the required

supervisor-to-employee ratio, a mandatory buddy system, or a consistent practice for supervisors to check in with employees.

- Review your emergency preparedness plan and ensure it has a designated individual who can call for emergency services when needed.
- Make sure your emergency preparedness plan includes an effective communication with employees by voice, observation, or electronic means, an effective response with first aid measures, and procedures for contacting emergency responders to help stricken workers.
- Closely monitor temperature changes to ensure that you are following the amendment's acclimatization requirements.
- Conduct a site inspection at each of your California facilities to ensure that shade and water is being provided as close as practicable to the work areas.
- Train your employees and supervisors on the revised heat illness plan and procedures, cool-down rest breaks, and monitoring procedures. Retrain your employees on how to prevent heat illness.

For additional information on these topics, please contact SDRMA Chief Risk Officer, Dennis Timoney at [dtimoney@sdrma.org](mailto:dtimoney@sdrma.org) or call 800.537.7790. ^

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## District Snapshots

The Orange County Water District offers a tour of its Groundwater Replenishment System.

