

"Protecting human resources through safety prevention."

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Heat Illness Prevention

HELPFUL LINKS

- www.merma.org
- www.cdph.ca.gov
- www.dir.ca.gov/dosh/
- [CalOSHA Heat Illness Prevention](#)
- [Cal OSHA Bloodborne Pathogens](#)

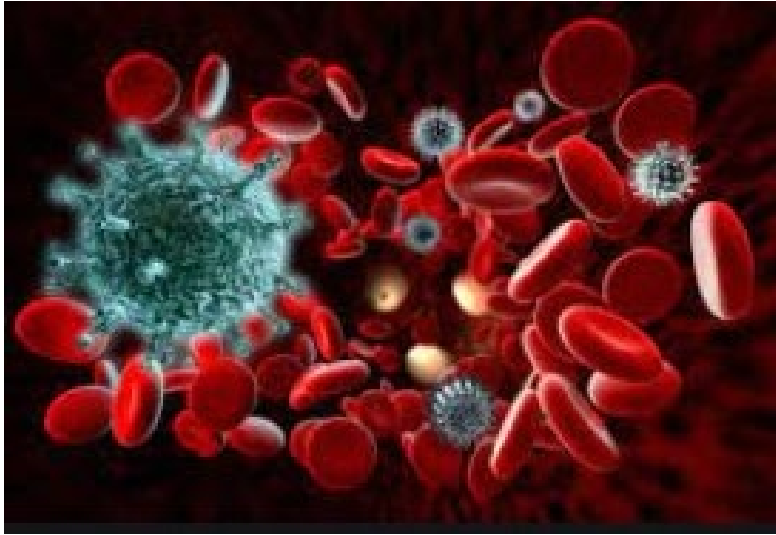
California Employers are required to take these four steps to prevent heat illness:

1. **Training** - Train all employees and supervisors about heat illness prevention.
2. **Water** - Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8-ounce glasses, of water per hour, and encourage them to do so.
3. **Shade and Rest** - Provide access to shade and encourage employees to take cool-down rest breaks in the shade for at least 5 minutes. They should not wait until they feel sick to cool down.
4. **Planning** - Develop and implement written procedures for complying with the CalOSHA Heat Illness Standard.

If your district or department would like to schedule in person Heat Illness Prevention training, please contact David Bolton at dbolton@merma.org.

Alternatively, here is a link to a recorded Zoom Heat Illness Prevention training. Please email dbolton@merma.org for the password.

Training link: https://us06web.zoom.us/rec/share/k-JkhphT30SeZZLR1g5YcW-AqLGxUVzKP5CxsIgiMeoSGXJN60a_l-6lGAsp1xbM.0HV-7J5biDVEPutJ



Bloodborne Pathogens

Bloodborne Pathogens (BBP's) are infectious microorganisms found in human blood that can cause serious diseases. Some of the most common bloodborne pathogens include Hepatitis B (HBV), Hepatitis C (HCV), and Human Immunodeficiency Virus (HIV).

Employees who are at risk of potential exposures, such as janitorial and maintenance staff, should receive annual training as well as an option to receive the Hepatitis B vaccine.

Ways to reduce the risk of exposure include providing personal protective equipment (PPE) such as gloves, masks, goggles, and face shields. In addition, needlesticks and other sharps-related injuries may expose workers to bloodborne pathogens. Safe handling and disposal procedures for needles and sharps, including OSHA compliant sharps receptacles can help prevent exposures.

Please email dbolton@merma.org for a copy of your BBP plan or to schedule training.

CalOSHA Standard: <https://www.dir.ca.gov/title8/5193.html>



**American
Red Cross**
Training Services

CPR, First Aid, AED training

Have employees who need to get caught up on their CPR, First Aid, AED training? MERMA can help! The training is a hybrid of both online and practical training. The online training is about 3 hours and can be completed at your own pace. The practical training is about 2 hours and will need to be done in person. 12 participants per class maximum.

Contact David Bolton for additional details: dbolton@merma.org

Injury & Accident Investigation

Districts and administrators have the responsibility to provide a safe and healthy workplace where employees feel comfortable reporting all injuries and accidents. This contributes to a culture of safety and being able to investigate, identify, and address root-causes.

A root-cause is a fundamental, underlying, system-related reason why an accident, incident, or injury occurred. When identifying the root-cause, you can effectively work to eliminate it. As they say, "a problem named is a problem solved."

It's important to understand that an injury/accident investigation is about gathering all the facts, analyzing the information, identifying the root-cause, and developing a plan to address or eliminate the root cause.

Injury/accident investigations should be conducted by the employee's supervisor, are non-biased, and should not determine fault. Human Resources can address whether a policy was violated or not. The sole purpose of an injury/accident investigation is to identify how and why the incident occurred so that we can prevent it from occurring in the future.

May Safety Calendar

Motorcycle Safety Month	National Highway Traffic Safety Administration	nhtsa.gov
National Bike Month	League of American Bicyclists	bikeleague.org
National Electrical Safety Month	Electrical Safety Foundation International	esfi.org
Clean Air Month	American Lung Association	lungusa.org
Trauma Awareness Month	American Trauma Society	amtrauma.org
National Child Passenger Safety Technician Month	Safe Kids Worldwide	safekids.org
Healthy Vision Month	National Eye Institute	nei.nih.gov
National Physical Fitness & Sports Month	President's Council on Fitness, Sports, and Nutrition	fitness.gov
Mental Health Month	Mental Health America	mentalhealthamerica.net

Better Hearing Month	American Academy of Audiology	audiology.org
Global Youth Traffic Safety Month	National Organizations for Youth Safety	noyos.org
Global Employee Health and Fitness Month	National Association for Health and Fitness	healthandfitnessmonth.com
National Heatstroke Prevention Day	National Highway Transportation Safety Administration	nhtsa.gov
National Safety Stand-Down to Prevent Workplace Falls	National Safety Council	osha.gov
Bike to School Day	National Center for Safe Routes to School	walkbiketoschool.org
National Police Week	National Peace Officers Memorial Service	policeweek.org
EMS Week	National Association of Emergency Medical Technicians	naemt.org
National Safe Boating Week	National Safe Boating Council	safeboatingcampaign.com