



# San Diego Chapter American Society of Safety Engineers



**“Providing Leadership & Direction to the Safety Professional Since 1911”**  
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## “Cal/OSHA: Regional Issues and Initiatives – Looking Forward to 2004”

Ms. M.A. Kenady,  
Regional Manager, Cal/OSHA Compliance

Date: November 4, 2003

Time: 11:00 - 11:30 Registration  
11:30 - 12:15 Lunch  
12:15 - 1:15 Program

Place: **MCRD Bay View Restaurant & Lounge**

Cost: \$15 Pre-registered Members  
\$20 At the Door or \$1 Coffee Only

**Registration:** Please call the Chapter voicemail at (858) 621-2313 x19 to make your lunch reservation no later than October 31, 2003. We are unable to guarantee lunch reservations made after this date. Providing an accurate head count is the only way to ensure the best prices for all of our members.

**Executive Meeting:** Chapter Officers and Committee Chairs will meet at the Bay View from 9:45 am to 11:00 am before the luncheon to conduct Chapter business.

**Visit us on-line at [www.sandiegoasse.org](http://www.sandiegoasse.org)**

## **ACROSS MY PRESS DESK...Safe at Work---Trouble at Home Sam Cahan, PE**

Your company provides the safest working conditions for employees, passing safety inspections, receiving awards, and lowering insurance compensation costs. However, when the employee goes home is he/she entering a "hostile" safety environment? Often, yes.

Employees often do not stay safe at home. Home Safety Council data shows that home injuries cost employers \$38 billion annually, or a cost of \$280 per employee. The cost is almost double what employers endure for off-the-clock highway crashes (\$19.5 billion).

The three leading causes of home injuries in the U.S. are slips/falls, fires/burns and poisonings. These should be the focus of company off-the-job training programs. In this regard, you may wish to utilize the Council's online quiz (below) where employees can assess their safety aptitude.

[www.homesafetycouncil.com](http://www.homesafetycouncil.com)

### **Advertise on [www.sandiegoasse.org](http://www.sandiegoasse.org)**

The website for the San Diego chapter of ASSE reaches hundreds of safety professionals each month, with over 65,000 hits in the last 12 months. Capitalize on this easy, inexpensive way to reach your audience. Contact us for more information at

[sponsorship@sandiegoasse.org](mailto:sponsorship@sandiegoasse.org)

#### **OUR MEMBERS ASK**

"I understand that there is a web site where a safety expert talks with nationwide safety professionals. Can you find out about this?"

Does anyone have the answer?

Let Marie know at [mmeese@alarismed.com](mailto:mmeese@alarismed.com) and the answer will be published in the newsletter.

#### **November Speaker**

Ms. M.A. Kenady, Regional Manager, Cal/OSHA Compliance

Cal/OSHA: Regional Issues and Initiatives – Looking Forward to 2004

All safety and health professionals should attend this important presentation. M.A. Kenady will be sharing critical information on Cal/OSHA initiatives and focus areas for 2004, which will be essential as we all strategize and plan for the new year. Please plan on attending this presentation and consider bringing Risk Managers and others from your organization that assist with safety and strategic planning activities.

This presentation continues our theme of getting to know, working with and developing a sound relationship with Cal/OSHA. We will conclude this theme in January, 2004 with a presentation by Ms. Victoria Heza, the State Director of Cal/OSHA Compliance. Please put January 6, 2004 in your calendars, as you will not want to miss this presentation from one of the State's top Safety and Health professionals.

As a reminder, there will be no Chapter meeting in the month of December, 2003. Look for the Newsletter and check the ASSE website for other important information in the meantime.

***Are You a Job Search Hermit?***

If you're experiencing an extended job search, chances are you've been through several hills and valleys: days of optimism followed by days of discouragement.

One symptom of this job search discouragement is the tendency to avoid other people. This is what I call the "hermit" phase, where proactive search efforts are set aside in favor of hunkering down in front of the computer, spending fruitless hours going through online job sites. As dull as this activity is, it at least it prevents the job seeker from hearing rejection. The problem is that avoiding people only prolongs the period of discouragement. The longer one remains in "hermit" mode, the longer the job search drags on—and the downward cycle continues.

The fact is, the more people you interact with, the more you'll hear about positions in the "hidden" job market. Everyone, whether employed or unemployed, is connected to some form of information grapevine. The more people you meet with during the week, the better your chances of learning about positions that haven't even hit the job boards or classified ads yet. The shortest route to any hiring manager's door is through the recommendation of others.

Think back over the last couple weeks. If you've had less than six opportunities to mix with people outside of your home, it's probably time to force yourself into networking situations.

If you're stuck on where to start getting out again, your local newspaper is a good place to start looking. Most likely, your paper's business section publishes business events or professional workshops on a daily or weekly basis. Scour these listings to identify which events could most likely put you eye-to-eye with good networking sources.

If you're not yet connected with a professional association, this is a great time to search out active, local groups where you'll meet people who can introduce you to influential hiring managers. Look for associations whose leaders are well connected with your target industry.

For casual, low-stress networking, health clubs or fitness centers are a great way to meet potential networking contacts. Chances are you could use the exercise anyway! Choose early morning or late evening times for your workout, when you're most likely to meet employed members. A game of handball could lead to a discussion on upcoming job opportunities.

If you attend a church, synagogue or house of worship, this would be a great time to get involved with your organization's activities. Working alongside your fellow members will not only lift your spirits as you participate in worthwhile activities, but you'll also build trusting friendships with those eager to pass along helpful job leads.

Another great network-building source is volunteer work. Whatever your personal or professional passions are, there are nonprofit organizations that would value your knowledge, expertise and ambition. If you approach volunteer opportunities with a "serve first" attitude, you will naturally attract individuals willing to help further your career ambitions as well.

If you make it part of your job-search priorities to stay connected with people on a regular basis, you'll find the days of discouragement are fewer while the potential career opportunities multiply.

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## 2003 and 2004 Program Updates

The San Diego Chapter of the American Society of Safety Engineers and its Board of Director's, has announced the tentative schedule for programs and presentations for the remainder of 2003 and 2004. Five themes will predominate the next few months, focusing on the special role of the safety professional and the ever-increasing role they will play in organizations in the near future.

The themes for the coming months include:

October/November and January '04:      **Cal/OSHA: Interacting with Cal/OSHA and Maximizing Relationships**

In this series of presentations, various Cal/OSHA representatives will discuss critical topics, such as maximizing the informal hearing process. In addition, Cal/OSHA's initiatives at the Regional and State levels will be reviewed as will essential Cal/OSHA plans and legislation that all safety professionals and business should be aware of as we enter 2004.

February, March and April '04:      **The Safety and Health Professionals Role in Security: From Violence to Terrorism**

September 11, 2003 marked the two - year anniversary of the attacks in New York, Washington, D.C. and Pennsylvania. Those events, more than any have shown the importance of managing threats to our operations and personnel, and have spelled the need for all of us to evaluate our program capabilities. The three presentations in this series will focus upon Homeland Security considerations important for us all, how to integrate safety and security to achieve maximum effectiveness, and the efforts of our local governments.

May June and July '04                      **Advanced Safety Techniques for the Practitioner: From Incident Investigations to Training**

The tactical elements of safety and health management will be the primary focus of this series. Speakers will highlight innovations and advanced techniques of such topics as incident investigations, training and hazard identification. This series, though important to all, will be especially meaningful for those new to the safety and health management field.

August, September and October '04:      **Assuring Safety and Health Program Success: From Internal Audits to Capitalizing on External Relationships**

Safety and health programs must not be allowed to "go fallow". All too often, programs are not improved when they need to be, in part because regular capability assessments have not been made. Self – conducted audits is one of the topics that will be highlighted in this series, as will capitalizing on external relationships that can help a practitioner hone their program efforts.

November '04:                                      **A Vision to the Future**

The last program of 2004 will focus on a vision of the future and what safety and health professionals should be anticipating, from the perspective of program development, hazard management and changes in business that will impact all that a practitioner does.

# Safety Calendar

**We know how busy you are, so block out the time on your calendar in advance for these up-coming events**

**ASSE:** The San Diego Chapter meets on the first Tuesday of the month at the **Marine Corps Recruit Depot** Bayview Room from 11:00 am -1:15 pm. Call the Chapter voicemail for more information at (858) 621-2313 x19.

**AIHA:** The San Diego Chapter meets on the last Wednesday of the month at the **Quality Inn Resort** in Mission Valley. Call (619) 685-7140 for more information.

**FSHC:** San Diego Chapter meets on the third Wednesday of the month at the **MCRD** Bayview Room from 11:30-1:00pm. Call (619) 532-9574.

**PSC:** Backhoe Operator, Nov. 19, 8:00 am-5 pm; Cal/OSHA Standards, Nov. 12, 8:30 am-5 pm; 40-Hour NHTSA Certification, Nov. 17-21, 8:00 am-5 pm; CPR and First Aid, Nov 14, 8:30 am-5 pm; DOT HM 181/126F, Nov. 5, 8:30 am-5 pm; Fall Protection, Nov. 4, 8:30 am-5 pm; Forklift Safety Refresher, Nov. 7, 8 am- 11am; Incident Investigation & Reporting, Nov. 10, 9 am-11am; Injury and Illness Prevention Plans for Small Employers, Nov. 13, 9 am-11am; Lockout Tagout, Nov. 24, 9 am-12pm; Mature Driver Improvement, Nov. 15, Mold: Recognition and Remediation, Nov. 6, 8 am-12 pm; Respiratory Program Administrator, Nov. 3, 8:30 am-5 pm; Traffic Control & Flagger Safety, Nov. 25, 8 am-3 pm. Pacific Safety Council, 9880 Via Pasar, Suite F, San Diego, CA 92126. [www.safetycouncilonline.com](http://www.safetycouncilonline.com)