

## *California Identifies Secondhand Smoke as a 'Toxic Air Contaminant'* (adapted from MSNBC.com)

The California Air Resources Board (ARB) has identified environmental tobacco smoke (ETS), or secondhand smoke, as a Toxic Air Contaminant (TAC). ETS is now formally identified as an airborne toxic substance that may cause and/or contribute to death or serious illness. ARB's action to list ETS as a TAC was based on a comprehensive report on exposure and health effects of ETS.

"This new report reaffirms many of the adverse health effects associated with ETS, especially in children who live in homes where smoking occurs," said ARB Chairman, Dr. Robert Sawyer. "It also raises new concerns about its effects on women. All this strongly supported the need for the Air Board to identify ETS as a serious health threat."

Secondhand smoke is a complex mixture of compounds produced by burning of tobacco products. ETS is also a source of other toxic air contaminants such as **benzene, 1,3 butadiene, and arsenic**. In California each year, tobacco smoke is responsible for the release into the environment of 40 tons of nicotine, 365 tons of respirable matter, and 1,900 tons of carbon monoxide.

As required by state law, ARB evaluated exposures to ETS, while the Office of Environmental Health Hazard Assessment (OEHHA) assessed the health effects from these exposures. The OEHHA evaluation clearly established links between exposure to ETS and a number of adverse health effects, including some specific to children and infants. These include **premature births, low birth-weight babies, and Sudden Infant Death Syndrome (SIDS)**. Other effects of ETS on children include the **induction and exacerbation of asthma, and infections of the middle ear and respiratory system**.

The OEHHA evaluation also found links between ETS exposure and increased incidences of **breast cancer** in nonsmoking, pre-menopausal women. ETS had already been linked to adult incidences of **lung and nasal sinus cancer, heart disease, eye and nasal irritation, and asthma**.

"ARB's action rightfully puts secondhand tobacco smoke in the same category as the most toxic automotive and industrial air pollutants," OEHHA Director Joan Denton said. "Californians, especially parents, would not willingly fill their homes with motor vehicle exhaust, and they should feel the same way about tobacco smoke."

Now that ETS is identified as a toxic air contaminant, ARB must evaluate the need for action to reduce exposures. In this risk management step, ARB conducts an analysis that includes a review of measures already in place, available options, and the costs for reducing the health risks from ETS exposure. The analysis is conducted using an open public process.

California gives the "No Smoking" sign some clout!



### 2006 Dates:

#### January:

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#### February:

Child Passenger Safety Week

#### March:

Poison Prevention Week  
Workplace Eye Safety Month  
Save Your Vision Month

#### April:

Sports Eye Safety Month  
Intl Building Safety Week  
Work Zone Aware. Week  
Playground Safety Week

#### May:

Clean Air Month  
Melanoma Awareness Month  
Electrical Safety Month  
National EMS Week  
Poison Prevention Week

#### June:

National Safety Month

#### July:

EYE INJURY PREV. MONTH

#### August:

Prepare Your Winter Safety Training!

#### September:

Farm Safety/Health Week

#### October:

Nat. Fire Prevention Week  
Drive Safely Work Week  
Radon Action Week

#### November:

Take advantage of the weather and do your classroom training!

#### December:

"3D Month" - National Drunk & Drugged Driving Prevention Month



## ***New OSHA Guidelines For Reducing Vehicle Crashes***

OSHA has developed new employer guidelines for designing an effective driver-safety program that reduces work-related motor vehicle crashes. The agency developed the guidelines with National Highway Traffic Safety Administration (NHTSA) and the Network of Employers for Traffic Safety (NETS).

"Motor vehicle crashes are costly to employers and employees," says acting OSHA chief Jonathan L. Snare. "This new guidance document will show companies how safe-driving practices and safety-conscious behavior can help employees avoid tragedy."

The 32-page *Guidelines for Employers to Reduce Motor Vehicle Crashes* has tips for designing an effective driver safety program in their workplace. It features a 10-step program outlining what an employer can do to improve traffic-safety performance and minimize the risk of motor vehicle crashes. The guidelines include a section on the causes of aggressive, distracted, drowsy and impaired driving, and tips for avoiding such behavior on the road. There is also a sample worksheet for calculating the costs of motor vehicle crashes to employers.

The guideline can be accessed and printed from the following web link: [http://www.osha.gov/Publications/motor\\_vehicle\\_guide.pdf](http://www.osha.gov/Publications/motor_vehicle_guide.pdf).

## ***Strain & Sprain Prevention Made Easy***

It's a safe bet that all of us will experience soft tissue pain at some point in our life (muscle, tendon and/or ligament). Your goal when working, should be to avoid injuries that can lead to chronic pain, disability, and a loss of freedom – the freedom to do the things that make life more enjoyable.

### **How should we use and care for our bodies?**

While we're all diversified in the range of jobs that we do (teachers, management, custodians, engineering, drivers, kitchen, etc.), every employee experiences daily exposure to work activities that require us to *think* about how we use our bodies. Some jobs might require heavy lifting (engineering & custodial), while others require us to develop stamina for long days of standing (teaching) - or sitting while we're working (clerical). In either case, things can be done to minimize the risk of damaging the soft tissues of our bodies. Here are two great ideas:

### **GET SOME EXERCISE!**

It's been known for years that increased mobility, flexibility and strength can significantly reduce the risk of soft tissue injury. See your Doctor and get cleared for an exercise program that meets your needs, body type and goals. Then, **stick to it!** You'll likely get benefits that you've never imagined – strength, better sleep, lower weight, increased energy and more! Physician approved cardio-vascular training and stretching can do wonders for the body.

Reducing your weight is a simple way to reduce your risk of soft tissue injury. Simply put – increased weight on the body structure increases the tension on the bones, muscles, tendons & ligaments. Eventually, one of the body parts could break, stretch or tear – it's a painful experience!

### **EAT RIGHT!**

Staying healthy also requires that each of us eat a healthy diet. Speak with your doctor and have him/her recommend a diet that supports your desire to strengthen and reduce your risk of injury.

# ***Safety Resource Center***

## *Upcoming Training 1*

16th Annual  
Construction Safety  
Conference &  
Exposition

April 4-6, 2006  
Rosemont, IL

[www.buildsafe.org](http://www.buildsafe.org)  
Contact Gayla Bockrath -  
gbockrath@buildsafe.org

## *Upcoming Training 2*

The Mid-American  
Safety, Health &  
Environmental  
Conference &  
Exposition

May 8-12, 2006  
Tan Tar A, Lake of the Ozarks, MO

[www.safetymouncilmoks.com](http://www.safetymouncilmoks.com)  
[shc@safetymouncilmoks.com](mailto:shc@safetymouncilmoks.com)

## *Jody, is it true?*

"Can a simple change in  
footwear *really* address slips &  
falls?" E.F. in CA

Yes! However, we suggest that organizations with this loss issue develop a comprehensive approach to preventing slips, trips & falls. Fully consider a safety program that contains slip, trip & fall prevention training, site evaluations, footwear evaluations and unconditional management support. Make sure that the employees see that management is addressing it!

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