

Citizen Monitoring Safety



Erick Burre

Citizen Monitoring Coordinator

SWRCB-Clean Water Team

(213) 576-6788

eburres@waterboards.ca.gov



Why Safety?

- We treat ourselves and our monitors with respect.
- No potential data is worth getting hurt for.
- A safe working environment is productive.



General Health and Safety

- Prevention , Evaluation and Control of Hazards
- Hazard Reporting
- Personal Protective Equipment
- Hazard Communication



Prevention and Control of Hazards

- Learn how injuries can occur.
- Learn how to prevent those injuries.



Hazard Reporting

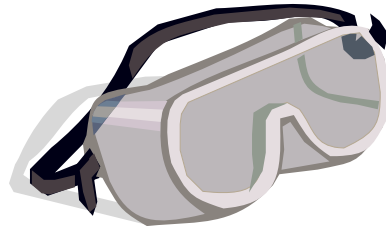
- Identification and reporting of potentially unsafe or unhealthful working conditions is your responsibility.
- Encourage monitors to report unhealthful conditions.
- Investigate reported unhealthful conditions, make corrections and report those corrections.



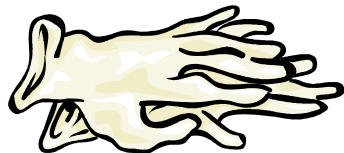
Personal Protective Equipment (PPE)



- Make sure that for every task your volunteers have the appropriate equipment for them to conduct their work safely.



- Usually this consists of appropriate foot wear, gloves, face/eye protection and clothing



Hazard Communication

This program will be using.

- Read and understand all appropriate Material Safety Data Sheets (MSDS sheet) and labels.
- Keep and update a current Chemical Inventory.
- Keep and update monitor/lab-technician information and training records.

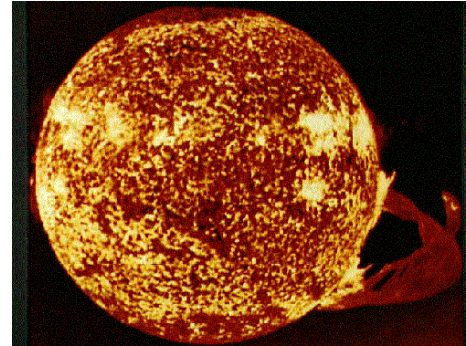


Things to Always Keep In Mind

- Work in teams.
- Keep and maintain first aid kits.
- Know how to call for help.
- Know where local hospitals are.
- Avoid heavy lifting
- Keep hydrated
- Wear sun screen/insect repellent and/or protective clothes



Hot Weather

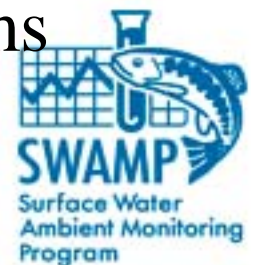


Disorders

- Heat Stroke
- Heat Exhaustion
- Heat Cramp
- Heat Rash

Symptoms/Signs

- Disorientation
- Hot, Dry Skin
- Profuse Sweating
- No Early Symptoms
- Muscle Cramps
- Itching Skin



Managing Heat

- Drink more fluids.
- Avoid drinking caffeine, alcohol, lots of sugar.
- Wear lightweight, light colored loose fitting clothing.
- Limit your activities.
- Rest as needed.
- Wear sunscreen.



Cold Weather



Disorders

- Hypothermia
- Frostbite

Symptoms/Signs

- Fatigue /Drowsiness
- Slurred Speech
- Numbness, Skin Color White or Grayish Yellow to Reddish Black
- Blisters



Managing Cold

- Dress warmly and stay dry.
- Avoid exertion.
- Avoid ice.
- Watch for adverse weather signs.
- Know the wind chill
www.cdc.gov/nech/emergency/cold.htm



Know Your Biological Hazards

- Where is the hazard (endemic area)?
- Who is the vector (transmits the agent)?
- Where does the vector live?
- The agent must be in the vector.
- What is the route of infection (inhalation, skin, injection....)?



Biological Agents

- Bites
- Plants
- Microbes
- Infectious Waste



Vertebrates



- Snakes
- Dogs
- Rodents

Poisonous Invertebrates



- Bee stings (keep a kit if you are allergic)
- Spider bites
- Jellyfish stings (new anti-sting type product now available)

Plants



- Poison ivy
- Stinging nettle
- Others

Avoid contact

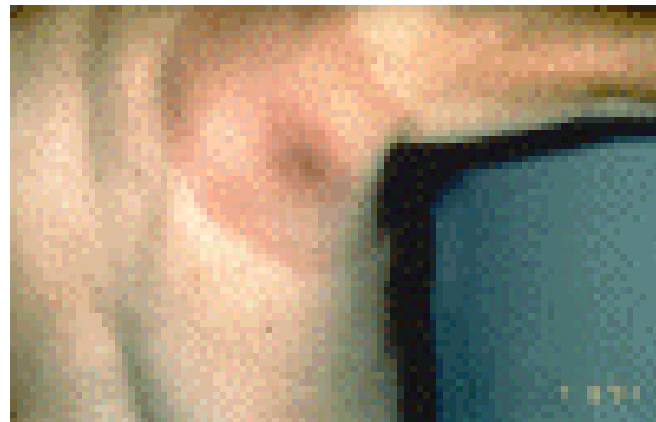
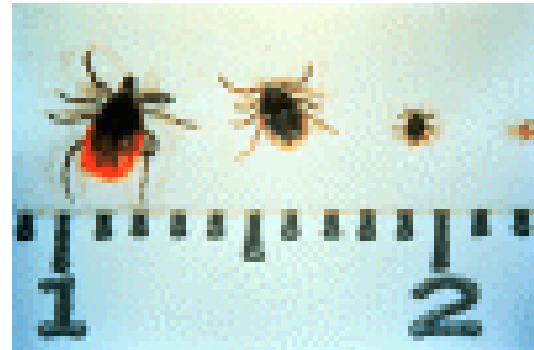
Long sleeves/pants, boots

Wash after working

Seek medical attention if adverse reaction

Lyme Disease

- Caused by the bite of the western black legged tick infected with spirochete bacteria
- Rash, flu-like symptoms
- Use insect repellent with DEET (27%)
- Early removal of ticks



Hantavirus



- Carried by rodents, especially deer mice.
- Exposure through dropping and urine.
- First signs are fever and muscle aches late followed by shortness of breath and coughing. Once the later phase begins hospitalization is necessary.
- Prevention best by avoiding rodent contact.

Microbes

- Bacteria, viruses and parasites in sewage and garbage
- Gastrointestinal illness
- Hepatitis A, Hepatitis B and AIDS
- Airborne exposure to mold spores (valley fever)



Urban Hazards

- Air Quality
- Traffic
- Homeless Camps
- Hostile People
- Stray Animals
- Debris/Trash



<http://www.freefoto.com/preview.jsp?id=28-03-16&k=Road+Traffic+Accident>



<http://www.flickr.com/photos/kokogiak/4708957/>



<http://www.compassionforcamden.org/mean.html>

