Citizen Monitoring Safety

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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.
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
- Were 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