

YCPARMIA Safety Journal

YCPARMIA's Mission Statement:

To protect the members' resources from the impact of loss through a program of insurance coverage, prevention, education, training, and service.



August 2015

YCPARMIA's Anonymous Safety Notifications

In an effort to assist our members meet the Cal/OSHA requirement for every employer to have "a system of anonymous notification by employees about hazards", we have added this function to our website.

If you have safety related questions or suggestions we recommend that you contact your supervisor. If you are not comfortable doing so, for fear of some form of reprisal, we can offer you a way to report hazards in your workplace, anonymously.

Just go to our website at www.ycparmia.org, click on the box titled "Anonymous Safety Box". From the drop down menu select your member entity and then tell us about your concern, complaint, or suggestion.

Upon submission, YCPARMIA will forward these comments exactly as written, to the appropriate entity's safety committee for their consideration and/or action. The response to your submission should then be found on the minutes published by your safety committee, newsletter, or e-mail.

Anger May Cause Stroke

Here's a good reason to keep your cool:

A study conducted by the Israel Center for Disease Control finds that anger and other negative emotions may trigger strokes.

Doctors know that emotional and mental stress have been linked to heart attacks. Now the researchers, who studied 200 stroke victims, say that nearly a third of those people reported an emotion such as anger, guilt, fear, irritability, or hostility 2 hours before their stroke.

Another trigger was a sudden change in body posture due to a startling event, such as reacting suddenly to a loud noise or an abrupt temperature change.

"It is possible that negative emotions evoke more intense reactions," concluded the researchers. Although they say that it is too early to draw long-term conclusions, keeping negative emotions at bay whenever possible certainly seems like a good idea.

ANGER
Is One Letter Away From
! DANGER

Health Threat from Wildfire Smoke

Smoke from wildfires is a mixture of gases and fine particles from burning trees and other plant materials. Smoke can hurt your eyes, irritate your sinuses and respiratory systems, and worsen chronic heart and lung disease.

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Health Threat from Wildfire Smoke Continued...

When smoke levels are high enough, even healthy people may experience some of these symptoms:

- Coughing or scratchy throat
- Irritated sinuses, runny nose, or stinging eyes
- Shortness of breath, chest pain, or rapid heartbeat
- Headaches or fatigue

If you have heart or lung disease, such as congestive heart failure, angina, COPD, emphysema, or asthma, you are at higher risk of having health problems in smoky air conditions. Older adults and children are more likely to be affected by smoke. Also, children's airways are still developing and they breathe more air per pound of body weight than adults. Children are also more likely to be active outdoors.

Protect yourself by limiting your exposure to smoke.

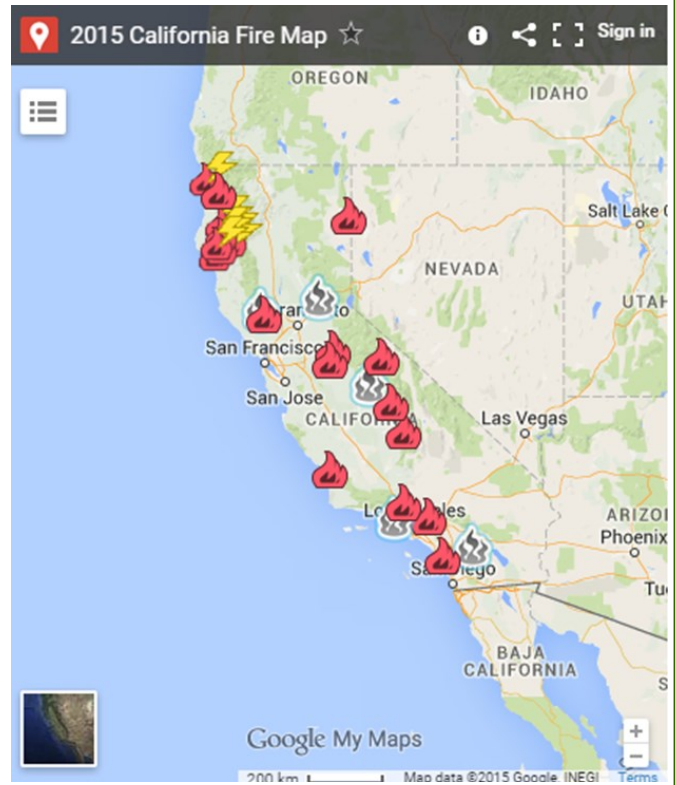
1. Pay attention to local air quality reports.

Watch for news or health warnings about smoke. Find out if your community provides reports about the Environmental Protection Agency's Air Quality Index (AQI). Also, pay attention to public health messages about taking additional safety measures.

2. If you are advised to stay indoors, keep indoor air as clean as possible. Keep windows and doors closed. Run an air conditioner if you have one, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. If you do not have an air conditioner and it is too warm to stay inside with the windows closed, seek shelter elsewhere.

3. Reduce your indoor pollution. When smoke levels are high, do not use anything that burns, such as candles, fireplaces, or gas stoves. Do not vacuum, because vacuuming stirs up particles already inside your home. Do not smoke, because smoking puts even more pollution into the air. Use a High-Efficiency Particulate Air (HEPA) filter to reduce breathing problems. A HEPA filter may reduce the number of irritating, fine particles in indoor air.

4. Dust masks are not enough. Paper "comfort masks" or "dust masks" commonly found at hardware stores are designed to trap large particles, such as sawdust. These masks will not protect your lungs from smoke. For more information about effective masks, see the [Respirator Fact Sheet](#) provided by the CDC's National Institute for Occupational Safety and Health.



2015 California Fire Map. For more information on California fires and fire safety, please visit the CAL FIRE website at www.fire.ca.gov.