



utility reporter

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Local Union 1245, AFL-CIO,
P.O. Box 4790,
Walnut Creek, Ca. 94596



Advisory Council meets in Chico

President Darington opened the August 6th and 7th Joint Advisory Council-Executive Board meeting. Lee Thomas led the flag salute.

Brother Darington outlined the schedule for the day and then asked all present to introduce themselves.

The first item of discussion was how to improve unit meeting attendance. Ad Council members brought up various problems and suggestions on how to improve unit meeting attendance.

Dave Reese, Asst. Bus. Mgr., gave a report on his activities in the area of safety. Brother Reese raised a current problem concerning the wiping of insulators without the use of ladders. Brother Reese reported on a member in the San Francisco area being overcome by fumes inside a man-hole.

The Advisory Council members raised a number of questions and outlined some safety problems in their respective areas.

President Darington opened discussion on a proposed policy that the Local Union believe in and recommend that all members observe all safety rules.

Political and economic conditions in the various areas were reported on by Advisory Council members.

The general subject of good and welfare of the Local Union was discussed by the Council.

Business Manager Mitchell reported on his activities for the past three months. He indicated that the Local has been continuously in bargaining on many non-PG&E groups. Brother Mitchell has been directly involved in taking care of many

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This photo shows some of the Advisory Council members and guests who attended the meeting in Chico.

Notice to Outside Line Members on NEBF benefits

On Labor Day of 1974 a new law was enacted to protect the interests of workers in pension and welfare benefits connected with their jobs. Its title is "Employee Retirement Income Security Act of 1974," but it is often referred to by its initials — ERISA.

ERISA requires plan administrators — the people who run plans — to tell you the most important facts you need to know, in writing and free of charge. They must also let you look at plan documents, and buy copies of them at reasonable cost if you ask. ERISA says that pension plans must give you certain minimum rights. For example, ERISA controls when you can join the plan. Also, a great many people have control over employee benefit plans. ERISA says that these people — called "fiduciaries" — must act solely in your interest and must be prudent in carrying out their plan duties. ERISA also has other special rules that limit what a fiduciary is allowed to do. Fiduciaries who violate ERISA may be removed, and may have to make good losses they cause to the plan.

Because ERISA contains many provisions which may affect your retirement benefits you should contact Board of Trustees, National Electrical Benefit Fund, 1730 M Street, N.W., Washington, D.C. 20036, Area Code 202-293-1611 (Employer Identification Number 53-0181657) before making decisions about your future or

retirement plans.

ERISA requires the Board of Trustees, the administrator of NEBF, to file certain information about the plan with the U.S. Department of Labor. A description of the plan's provisions must be filed with the Department of Labor by May 30, 1976. The Board of Trustees must also file an annual report with the Department of Labor by October 15, 1976. The annual report gives detailed financial information about the plan. The Board of Trustees is also required to send a summary of the annual financial report to you, at no charge.

In addition, plan documents and other plan information must be provided to you by the Board of Trustees if you request this information in writing. The Board of Trustees may make a reasonable charge for these documents. You may wish to find out how much the charge will be before making a written request. However, all plan documents must be made available for your examination at Room 600, 1730 M Street, N.W., Washington, D.C. and certain other locations, such as local chapter offices and local union offices, at no charge.

ERISA also requires the National Electrical Benefit Fund to meet certain new standards for pension plans. These minimum standards determine when an employee must become

(Continued on page three)

YOUR Business Manager's COLUMN

NEW SAVINGS FUND BENEFIT NEGOTIATED



L. L. MITCHELL

Due to a busy schedule this past month, I will restrict my comments to an explanation of TRASOP, which is an additional benefit recently negotiated for PG&E employees.

The Tax Reduction Act Stock Ownership Plan, enacted by Congress, contained deadlines for participation and the benefits for employer and employees would be lost if the company did not take advantage before filing their 1975 income tax returns. The Company had an extension to September 15, for filing their 1975 income tax returns and the plan had to be agreed to by Company and Union, approved by the SEC (3 weeks) and filed by September 15, 1976. This required long hours of bargaining starting August 13, and ending on Monday, August 16th.

Local 1245 and PG&E reached a tentative agreement to establish a Tax Reduction Act Stock Ownership Plan (TRASOP). This agreement amends the current Savings Fund Plan by adding a TRASOP fund in addition to the basic Company Stock and U.S. Savings Bonds Fund and the Diversified Investment Fund (DIF).

A Tax Reduction Act Stock Ownership Plan (TRASOP) is a form of an Employee Stock Ownership Plan (ESOP). The 1975 Tax Reduction Act provides, among other things, that a tax-sheltered employee stock ownership plan qualifying an employer for extra investment credit may be established. The special type of tax

(Continued on page two)

... HAVE YOU MOVED?



MY NEW ADDRESS IS:

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

SOCIAL SECURITY # _____

RETURN TO:

P.O. BOX 4790, WALNUT CREEK, CALIF. 94596

Bargaining Roundup

INTERIM NEGOTIATIONS

PACIFIC TREE EXPERT COMPANY: No progress to report on interim hospital negotiations.

SACRAMENTO MUNICIPAL UTILITY DISTRICT: Have had one meeting on interim negotiations regarding Lines of Progression, Lines of Demotion and Job Definitions for various classifications within the electrical group (including electrical classifications in the Substation Department and hydro and nuclear generation departments). A further meeting will be scheduled for the near future.

GENERAL NEGOTIATIONS & WAGE OPENERS

CITY OF SANTA CLARA: Union has submitted proposal to the City and City is preparing a counter proposal for Union. Expect to commence negotiations during the month of September and Union is awaiting a meeting date from City.

JONES INTERCABLE: Company presented a new offer to Union. Union is attempting to get Company to accept a counter proposal before putting it to the membership for a vote. No further meetings scheduled at this time.

NEVADA IRRIGATION DISTRICT: Union has notified District of its desire to meet and confer. No meetings as yet scheduled.

TRI-DAM PROJECT: Union has served notice of intent to open and amend the Memorandum of Agreement. Union has also submitted proposals to the Project. Awaiting response and meeting date.

THERMALITO IRRIGATION DISTRICT: Union has served notice to negotiate and has submitted proposals to District. No meetings scheduled at this time.

NAPA VALLEY CABLE TV: Exchanged proposals at last meeting. Next meetings scheduled for August 18 and 19.

CALIFORNIA-PACIFIC UTILITIES COMPANY (Winnemucca District): Following rejection by the membership of Company proposal in July, meeting was scheduled to resume negotiations on August 17th.

CALIFORNIA-PACIFIC UTILITIES COMPANY (South Tahoe): Union submitted written proposals to Company prior to the first meeting on August 16th. No further meetings scheduled at this time.

CALIFORNIA-PACIFIC UTILITIES COMPANY (Lassen): Notice to negotiate has been sent to Company. Proposals will be submitted at a later date and meeting dates selected.

CONCORD CABLE TV: Negotiations have resumed following rejection of Company's last proposal on Monday, August 9th. Union and Company met on August 13th and Union submitted new proposal which Company is now studying. Next meeting scheduled for August 20th.

OCEAN VIEW CABLE TV: Company and Union will meet in Seaside on August 24th to commence negotiations on this year's wage opener.

STATE CABLE TV: Union has submitted written proposals to Company and will meet during the first week of September for negotiations.

CATRONICS: Written proposals have been submitted by Union but no meeting date has as yet been selected.

TRUCKEE-DONNER PUBLIC UTILITY DISTRICT: Membership rejected District's latest proposal on August 13, 1976. Union is seeking new date to resume negotiations.

Appointments

Negotiating Committees

TRI-DAM PROJECT
William Cashman
Peter R. Dutton

U.S.B.R., MID PACIFIC REGION
William H. Peitz
Chester A. Wright
John W. Bradney
Daniel L. Davidson
David L. Taylor
Henry B. Lucas

Grievance Committee

PACIFIC GAS & ELECTRIC COMPANY
EAST BAY DIVISION JOINT GRIEVANCE COMMITTEE
Raymond Shepherd replacing Jim McCauley

PACIFIC GAS TRANSMISSION COMPANY
Wallace J. Miller

LETTER OF AGREEMENT SUMMARIES

Sierra Pacific Power Company

No. 2225 signed 7-2-76

Provides for transfer of an employee, who was injured on the job, from a helper to the position of Junior Clerk in the Reno Clerical Group.

Pacific Gas and Electric Company

No. 2237 signed 8-3-76

Provides for changing the starting time at the G.C. Services Dept. at Davis Service Center.

No. 2240 signed 8-6-76

Provides that company consider the Groundman and the Helper classifications as being the same when applying the layoff provisions 306.1 (f) (2).

No. 2241 signed 8-11-76

Provides for placement of a Gas Serviceman, who was injured on the job, into a vacant Relief Service Operator position in San Jose. When a Service Operator vacancy occurs the employee will be appointed to that position.

No. 2244 signed 8-12-76

Provides one additional opportunity under G11 of the Master Apprenticeship Agreement, for an apprentice who suffers a disability and is unable to return to that same apprenticeship.

YOUR Business Manager's COLUMN

NEW SAVINGS FUND BENEFIT

L. L. MITCHELL

(Continued from page one)

sheltered plan enables corporate employers to qualify for an 11% investment credit instead of 10% under the 1975 Tax Reduction Act. This type of plan is known as a Tax Reduction Act Stock Ownership Plan or TRASOP.

TRASOP benefits both the employer and the employees. An employer gets the benefit of immediate cash it would have otherwise paid in income tax.

An employer gets the use of the amount of the 1% investment tax credit and the employees are allocated stock in the amount of the 1% investment credit.

Following bargaining sessions with PG&E, the Company has agreed to establish a TRASOP fund by taking the additional 1% investment tax credit for 1975. The Company has to take this credit on Sept. 15, 1976. (Their income tax filing date) The 1% credit amounts to a little more than 2 million dollars and will be allocated by the plan trustee to an account for all employees of the Company who have at least three years service. The allocation is based on an employee's total compensation as a percentage of the total payroll of all employees with at least three years of service. Com-

pensation of an employee in excess of 100,000 dollars per year will be excluded. The employees allocation then becomes that percentage of the 1% investment credit. These allocations must remain in the plan for at least 84 months (7 years) after the allocation is made. Withdrawals can be made when an employee terminates employment, dies or receives benefits from Long Term Disability. The current law allows this 1% additional tax credit for TRASOP only for the tax years 1975 and 1976.

However, Congress is currently acting on legislation to extend this benefit into the future.

Some of the other amendments to the Savings Fund Plan include immediate vesting of Company contributions and earnings thereon which cannot be forfeited; allows a participant with 5 years or more a minimum contribution of 1% (previously it was 2%); establish a claims and appeals procedure. The amendments to the plan are retroactive to January 1, 1976.

The newly amended plan has been submitted to the Securities and Exchange Commission for approval. After the SEC approves the plan a prospectus will be given to all plan participants.



the utility reporter

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LAWRENCE N. FOSS Assistant Editor

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Local 1245 Service Award Dinner



The photos above and to the right show the pin recipients and their guests who attended the Local 1245 Service Award Dinner in Chico.



LINECO HAS NEW ADDRESS

All insurance claims or inquiries should be directed to the following new address:

American Benefit Plan Administrators, Inc.
(ABPA)
500 South Virgil Ave., Room 340
Los Angeles, Ca. 90020

ATTN: LINECO

The new phone number is - 213/ 386-2703

If members have any problems, they are urged to contact the Local 1245 Union Office - 415/ 933-6060.

Proposals for SMUD General Negotiation

PROPOSALS FOR GENERAL NEGOTIATIONS - S.M.U.D.: Proposals for upcoming general negotiations with Sacramento Municipal Utility District will be accepted at the September Unit meetings. **This is the last chance to get your proposals in!**
WITHDRAWAL FROM SOCIAL SECURITY: S.M.U.D.: The committee for the study of the question of whether or not to withdraw from the Social Security program has been formed. It is expected that the Board of Directors will approve the committee at its meeting on August 19th.



Bus. Mgr. Mitchell is shown thanking the members for their years of service.

OOPS

We listed two incorrect names in the story on the City of Healdsburg settlement. The actual negotiating committee members were: Manuel Lownes, Jim Carlsen and Corb Wheeler.

Notice to Outside Line Members on NEBF benefits

(Continued from page one)

eligible to participate in a plan, when he or she has a vested right (one which cannot be taken away, except in limited circumstances) to certain benefits, and the rate at which benefits must accrue in the participant's behalf.

The National Electrical Benefit Fund has NOT been amended to meet all of these standards yet. ERISA requires that NEBF apply the new standards to the plan year starting on January 1, 1976. But ERISA does not require the plan to make amendments by January 1, 1976. The amendments may come later. When they are made, they must be applied back to January 1, 1976. For example, if you were not eligible to join the plan under the rule in force on January 1, 1976, but the amendment would make you eligible, the plan must count you as a member

starting with January 1, 1976.

As a result of the modifications which will be made, your right to a pension and the form and amount of your pension may be affected. Regardless of your age, if you are thinking about changing jobs or retiring you should contact the Board of Trustees, National Electrical Benefit Fund, Room 600, 1730 M Street, N.W., Washington, D.C. 20036, about your pension situation before making any decisions.

If you have any questions about this Notice or your rights, contact the Board of Trustees. Also, the nearest Area Office of the Labor Department has people who will be able to assist you or provide you with additional information.

Your Local Union will also be glad to help you whenever possible. Call or write Local 1245, IBEW, P.O. Box 4790, Walnut Creek, CA 94566.

Communication

*You shout, then I shout,
I don't hear you, you don't hear me.
The noise is too loud.
We can't meet here.*

*You talk, then I talk,
Your words are beautiful, you listen to them.
My words are beautiful, I listen to them.
We can't meet here.*

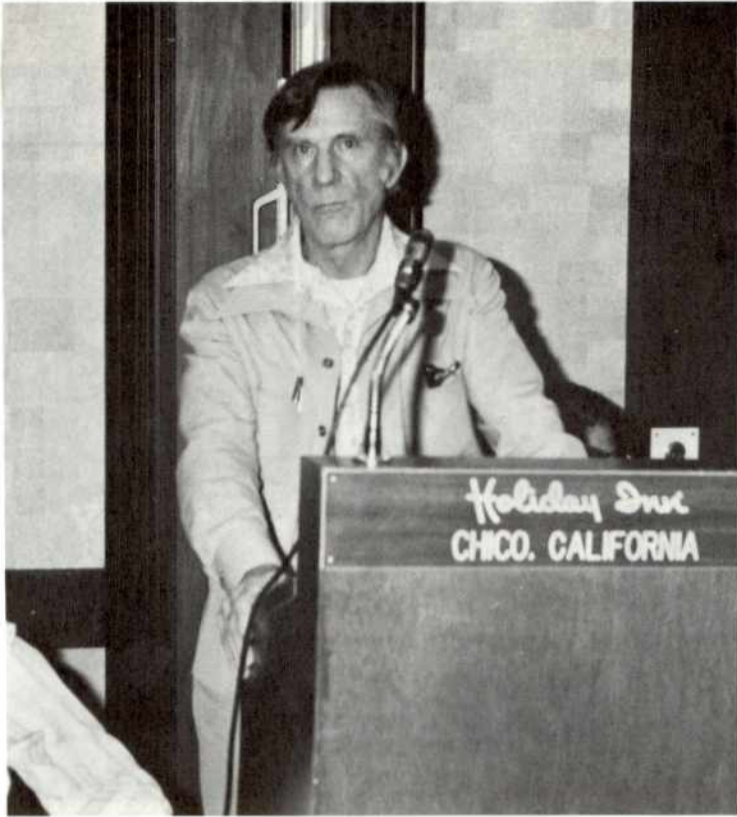
*You whisper, then I whisper,
You tell yourself your secrets, I'll tell myself mine.
They're still secrets.
We can't meet here.*

*You listen, then I listen.
You learn my needs, I learn your needs.
You have sorrows and joys too, haven't you?
We can meet here.*

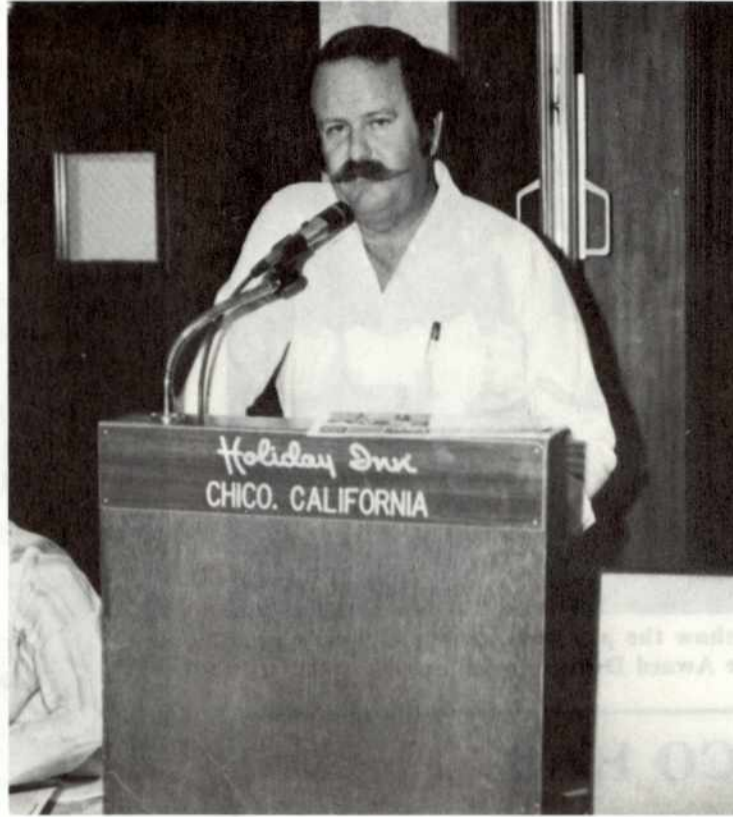
James F. Wilburn

Local 1245 Advisory Council

(Continued from page on



L. L. Mitchell, Bus. Mgr. - Fin. Secy., is shown reporting to the Advisory Council.



Asst. Bus. Mgr. Dave Reese is shown reporting on various safety items.

items connected with the new building. "Mitch" also been involved in the courts taking legal action on behalf of several different employer groups. He stated that the Utilities Commission is trying to force utility construction out to bid and the Local has testified at the hearing. A decision has been made to date. The question of eliminating PG&E employees has possibly been removed from consideration as yet.

The Nevada Public Service Commission did vote on rate schedules in Nevada which adversely affects the operations of Sierra Pacific Power Company. The Union plans to over-rule the action of the commission. Three million seven hundred seventy-one.

Brother Mitchell stated that some of the irrigation districts are having financial difficulties which will affect current and future negotiations with these groups.

Larry Foss, Assistant Business Manager, reported on the PG&E property. Two million, six hundred twenty-seven.

On Sunday, the roll call was taken and then a discussion of the building. The status of the building and the articles of the Reporter were discussed by the Advisory Council.

The next item of discussion was the new policy on union meetings.

Three Registered Nurses from the California Nurses Association strike against a Chico hospital for 51 days up to the opportunity to explain the issues in the strike and ask for a settlement.

Several other items were discussed by the Council. The meeting adjourned at noon.



Shown above from front to center are: Guy Marley, Jim Wilburn, L. L. Mitchell and Howard Darington.



Shown above from left to right are Dale Turman, Warren Manly and Vallejo.



This photo shows some of the guests and Ad Council members at the Chico meeting.



More Advisory Council participants are shown in this photo.



Another participant.

ncil Meets in Chico, California

ontinued from page one)

building. "Mitch" also reported that the Local has king legal action on behalf of the membership employer groups. He stated that the California Public g to force utility companies to put all new conocal has testified at hearings on the subject and no e. The question of elimination of employee rates for y been removed from the rate case, but no final as yet.

Commission did vote to discontinue the employee ch adversely affects our members employed by the y. The Union plans to file a suit in an attempt to ommission. Three million, fifty-six thousand, four

at some of the irrigation districts and the public ifficulties which will present some problems for s with these groups.

ess Manager, reported on the grievance activity on lion, six hundred twenty-three thousand, four hun-

i taken and then a discussion was opened on the new lding and the articles in the July issue of the Utility ne Advisory Council members.

was the new policy on guests to the Advisory Coun-

om the California Nurses Assoc. who had been on al for 51 days up to that point, asked for an op; in the strike and ask for support in their efforts. liscussed by the Council and the meeting was ad-



Local 1245 President Howard Darington is shown listening to a question from the floor.



Asst. Bus. Mgr. Larry Foss is shown reporting on grievance activity on the PG&E system.



orman, Warren Manley, Einar Petersen, Dick Robuck and Ed



Additional Advisory Council members and guests are shown in this photo.



Another view of those attending the Advisory Council meeting in Chico, California.



Some of the Chico area guests can be seen in this photo.

Local 1245 Shop Stewards attend conference

Business Representative Hank Lucas opened the meeting by introducing Sr. Asst. Bus. Mgr. Mert Walters, Business Manager-Financial Secretary L. L. Mitchell, Bus. Rep. Ed Fortier, Asst. Bus. Mgr. Dave Reese and Larry Gromachey, Federal Agency Consultant, U.S. Dept. of Labor.

Brother Lucas asked the stewards to introduce themselves and give their work location. He then outlined the program for the day and gave the names of the negotiating committee members.

Dave Reese then called on Larry Gromachey to explain OSHA and its relationship to federal employees. Gromachey handed out a U.S. Dept. of Labor booklet entitled "Occupational Safety and Health for the Federal Employee" to all the stewards. Mr. Gromachey then went through the material in the booklet.

Business Manager Mitchell addressed the stewards on the activities of his office. He thanked the members for their activity and wished them well in their upcoming negotiations. He stressed the need for political activity by the Local Union on behalf of not only federal and public employees, but for the general membership in the private sector as well.

Hank Lucas brought the group up to date on some of the arbitration and court cases involving the members employed by the U.S.B.R.

Business Representative Ed Fortier reviewed the facts regarding the Bureau's attempt to change the status of the tandem relationship with PG&E and S.M.U.D. in respect to negotiating wages and job definitions.

After lunch the stewards split into three different caucus groups to make and discuss proposals for the forthcoming negotiations.

At 4:30 p.m. all three groups reported back together and reported on the proposals which each respective group came up with.

It was announced that the Unions negotiating committee for U.S.B.R. consisting of Bill Peitz, Chester Wright, John Bradney, Dan Davidson, Dave Taylor and Hank Lucas were to meet in Walnut Creek on August 15th through August 17th to formulate a package from the many proposals discussed at the pre-negotiations conference. Seven hundred sixty-five thousand, two hundred seventy four.

The meeting ended with brothers' Walters and Lucas thanking the stewards for giving up a Saturday for important Union activity.



Shown above from left to right are: Mert Walters, Sr. Asst. Bus. Mgr., L. L. Mitchell, Bus. Mgr. and Hank Lucas, Bus. Rep.



Shown above and below are the Local 1245 Stewards employed by U.S.B.R.



This photo shows, from left to right: Bus. Rep. Ed Fortier, Asst. Bus. Mgr. Dave Reese and Larry Gromachey, Federal Agency Consultant, U.S. Dept. of Labor.



The photos above and below show two of the caucus groups in action.



Russell Yaws Ray Williamson Robert Petty

could have won \$50.00 if they had noticed their union membership card numbers in the July issue of the **Utility Reporter**. This month's numbers are as well hidden as they were last month. Don't miss out, read your **Utility Reporter**.

LOOK FOR YOUR CARD NUMBER

Jackson group combines Unit meeting and picnic

Jackson Unit No. 2513 held its annual unit meeting - family picnic on July 6, 1976 in the Jackson City Park. This event has been held every year for many years.

The picnic was a big success this year with approximately 50 people from Jackson, Tiger Creek, Ione and Mokelumme Hill attending. Business Manager L. L. Mitchell, Asst. Bus. Mgr. Jack McNally, Bus. Rep. Pete Dutton and Central Area Board member Warren Manley were also in attendance.

The picnic began with a short social interlude and then the unit held its regular meeting. Business Manager Mitchell spoke briefly to the membership during the meeting.

Immediately following the meeting, "Chef" Everett Davis served Bar-B-Queed steak and the members and their families helped themselves to salad, vegetables, beans, rolls, soft drinks and beer.

Everett Davis, Line Sub-Foreman in Jackson, makes all the arrangements and does the cooking as well. Each member pays for the food for themselves and their families. One hundred seventy-eight thousand, and four.

After the meal, visiting and fellowship was the order of the day.



Shown in the photos above and below are wives, children and members enjoying the picnic.



Shown above from left to right are: Stan Williams, L. L. Mitchell and Joe La Frank enjoying the unit picnic.

State urges employers to report Use of cancer-causing chemicals

(Continued from page eight)

* 4,4'-Methylene bis (2-Chloroaniline), known as MOCA, which is used as a curing agent for resins in a variety of products ranging from aircraft components to skateboard wheels.

Other carcinogens covered under the law are:

- * 2-Acetylaminofluorene
- * 4-Aminodiphenyl
- * 3-3'-Dichlorobenzidine (and its salts)
- * 4-Dimethylaminoazobenzene
- * beta-Naphthylamine
- * 4-Nitrobiphenyl
- * N-Nitrosodimethylamine
- * beta Propiolactone
- * bis-Chloromethyl ether
- * Methyl chloromethyl ether
- * Ethyleneimine

The State health standards apply to use in workplace areas in which these substances are manufactured, processed, used, repackaged, released, stored, or otherwise handled, according to Carter.

Carter's field staff of safety engineers and occupational health specialists are now inspecting establishments most likely to be using the carcinogens. These possible users were identified in a recent report issued by the State Division of Industrial Safety, "A Target Health Hazard Program for the 14 Carcinogenic Chemicals Covered by Cal/OSHA Regulations," prepared by Jeffrey L. Hahn, special consultant to Cal/OSHA.

Field enforcement for the California Occupational Safety and Health program (Cal/OSHA) is under the State Department of Industrial Relations, mainly through its Division of Industrial Safety and the Occupational Health Branch, State Department of Health.

ANSWERS TO FIRST AID QUIZ

1. A. Leave the victim in the car, call an ambulance, and do what you can for him until help arrives. Do not move him. In any auto crash there is a strong possibility of spinal injury. If you move the victim without proper back and neck support, you could sentence him to life in a wheelchair. Give first aid in the car.

The same advice applies to diving accidents. The victim should not be dragged from the water until back support is available. Give him artificial respiration as you support him in the water, with his head in line with his back.

2. B. Stick your hand in cold water. Have someone make up an icebag and keep your hand in that on the way to the hospital.

Butter, oil and burn ointments are no longer recommended for first aid treatment of burns. A doctor will have to remove these applications before he can treat the burn, and removal can be a slow and painful process.

Fast application of cold water is the best way to halt destruction of tissue in first or second degree burns. Just as a roast beef continues to cook inside after the oven is turned off, so the underlying layers of skin on your hand will continue to cook unless you take immediate steps to cool it. The ice pack or ice water will do that job.

But ice water should not be applied to major burns covering large areas of the body because cold can intensify the shock reaction. Instead, wrap the victim in a clean sheet or towel to cut off air circulation to the burn and rush him to the hospital.

3. D. Give her a tablespoon of syrup of ipecac. The old formulas of mustard or salt in water are still used by some, but the National Poison Control Center reports

that ipecac is much more effective, and too much salt can actually be harmful. You can purchase a bottle of ipecac at your neighborhood pharmacy for less than \$1.00.

If you don't have ipecac syrup, give the child several glasses of water, and gently place a finger in the back of her throat to induce vomiting. Then get her to the hospital.

A note of caution: some poisons should not be vomited. For this reason experts recommend that you check with your doctor or local poison control center before giving an emetic.

4. B. Rewarm the foot rapidly by putting it in warm water (102° F. to 105° F.). Studies by the U.S. Navy have demonstrated that rapid rewarming is best. Once warmth is restored, the affected area should be gently washed with a mild detergent and blotted dry. Then see a doctor.

Frostbitten tissue should never be rubbed with snow, nor rubbed or chafed at all.

5. C. Wash the wound with soap and water, then bamage it. Iodine and other antiseptic preparations and sprays are no longer recommended for the treatment of wounds. In some cases the chemicals may cause an allergic reaction. In addition, the Food and Drug Administration reports that some common antiseptics may actually retard healing instead of helping.

For minor wounds the experts recommend a thorough washing with soap and water. To minimize the chance of infection, first clean your hands, then the area around the injury, and finally the wound itself, using a sterile pad and wiping away from the wound. Coughing, sneezing

or breathing directly on the wound must be avoided.

If the victim has not had a tetanus booster in the last five years take her to the doctor for a shot.

6. E. None of the above. If a person collapses during a meal, there's a good chance he's choking on a piece of food. Ask him. A heart attack victim should be able to speak, a choking victim can't.

If he is choking, wait a few seconds to see if he can cough out the food. If not, stand behind him, put your arms around his waist and place your fist against his abdomen just above the navel. Squeeze rapidly and forcefully. Hopefully the plug of food will be dislodged so that you can reach in his mouth and pull it out.

If he is too heavy to hold, you can perform the same maneuver while straddling the victim as he lies on his back.

If it is a heart attack, call an ambulance. If the victim is breathing, prop him up in a sitting position to aid breathing and blood flow. If breathing or heartbeat stops, begin resuscitation immediately.

7. D. None of the above. Stay calm. Excitement and exertion (such as running for help) will speed the poison through the body.

If a car is at hand and medical assistance is only a few minutes away, it may be best to go for help before making any incisions. If help is not readily available, you'll have to apply first aid before you reach the doctor.

Apply a "constricting band" above the bite with a belt, sock, neckerchief or other flat bandage. A constricting band is similar to a tourniquet, but loose enough to slip a finger under it. You should be able to feel your pulse beyond the band. The idea is to slow or stop circulation in the veins and lymph system, which lie close to the surface, but permit the flow of

blood in the arteries, which lie deeper below the skin. This will prevent the poison from spreading, yet keep the limb supplied with blood.

Cleanse the bitten area and then make a straight cut over the fang marks through the skin only. Be careful not to cut too deeply, particularly on the hands, wrists, feet and face, where nerves and tendons lie close beneath the surface. Don't make cross-shaped cuts; they are ineffective and can lead to infection and permanent scarring.

Suck the venom out gently with the suction cup of a snakebite kit. Continue for 30 to 60 minutes.

8. D. None of the above. Do not try to restrain a person who is having convulsions. Instead, ease him to the floor, put a coat or other soft cushion beneath his head and remove chairs and other obstructions which could hurt him. Do not try to jam a pencil or other hard object between his teeth because the pencil could damage the tissues or it could break and be swallowed. Instead, use a clean, rolled-up handkerchief or other soft cloth to prevent the victim from biting his tongue. Make sure it does not obstruct his breathing.

9. E. Not at all. Once applied, a tourniquet should never be loosened, except by a doctor. Loosening the tourniquet causes more loss of blood. In addition, doctors now think it may result in "tourniquet shock."

When circulation is cut off to part of a limb, toxins collect in the tissue. When the tourniquet is loosened and the blood supply restored, the toxins are carried into the bloodstream, causing a shock reaction.

Remember that the use of a tourniquet may result in loss of a limb. Thus, a tourniquet should only be used when all other measures have failed.

The Safety Scene

Are your first aid skills up-to-date?

How would you save a person who stopped breathing?

Centuries ago the victim would have been beaten with stinging nettles to bring him around. In the 1500's a fireside bellows was used to pump air into a victim's lungs. North American Indians tried to revive apparently dead persons by blowing smoke into an animal bladder attached to the victim's rectum. In the early 1800's drowning victims were bounced along on the back of a horse.

No one uses those techniques today. But some people still cling to the old back-pressure-arm-lift method, even though scientific tests have shown that mouth-to-mouth resuscitation delivers more oxygen to the blood and enables the first-aiders to do a better job of monitoring the victim's response.

Are your first aid skills up-to-date? If you haven't had training recently, you may be surprised to discover that much of your know-how is obsolete. To find out if you need a refresher course, consider what you would do in the following situations. (Answers are on page 7.)

1. One night you come upon a car which has run off the road and hit a tree. The front end is completely smashed and the driver is unconscious. He's bleeding heavily but his breathing is okay. There are no other passengers. What should you do?

- A. Leave the victim in the car, call an ambulance, and do what you can for him until help arrives.
- B. Call an ambulance, then gently move the victim to a level spot on the ground outside the car where you can monitor his vital signs and give him first aid.
- C. Call an ambulance. Then improvise a stretcher from a blanket and carry the victim to a nearby home. Give him first aid.
- D. Move the victim gently to your car and take him to a hospital.
- E. None of the above.



2. You're taking a pan of bacon off the stove when you accidentally pour hot grease on your hand. The pain is tremendous. What should you do?

- A. Quickly rinse off the grease in cold water, apply a burn ointment and rush to the hospital.
- B. Stick your hand in cold water. Have someone make up an icebag and keep your hand against that on the way to the hospital.
- C. Put your hand under cold water for several minutes. Blot it dry, apply burn ointment, bandage it and go to the hospital.
- D. Bandage the burn and rush to the hospital.
- E. None of the above.



3. The grandparents come to visit. Grandmother has trouble with insomnia and takes sleeping pills at night. Because she doesn't like the child-proof cap, she leaves the bottle open on the night stand. In the morning your three-year-old finds the bottle and swallows half the contents. You catch her in the act. What is the best way to make her vomit the medicine?

- A. Give her a glass of concentrated salt water.
- B. Give her a glass of mustard and water.
- C. Stick the blunt end of a spoon into her throat.
- D. Give her a tablespoon of syrup of ipecac.
- E. None of the above.

4. Your family goes ice skating on a cold day in January. One of the kids is wearing very tight skates, and his toes become frostbitten. What should you do?

- A. Rub the toes gently with fresh snow.
- B. Rewarm the foot rapidly by putting it in warm water.
- C. Bring the child indoors and let the toes rewarm gradually in the warm air of the room.
- D. None of the above.

5. Your eight-year-old daughter scrapes her knee on the sidewalk while playing hopscotch. The knee is bloody, but the wound is not serious enough to take her to a doctor. What should you do?

- A. Apply iodine and bandage the wound.
- B. Use a spray-on antiseptic, then bandage the wound.
- C. Wash the wound with soap and water, then bandage it.
- D. Wash the wound, use an antiseptic, and then bandage it.
- E. None of the above.

6. You're in the middle of a dinner party when one of the guests suddenly turns pale and collapses. Everyone panics. The victim's wife turns to you and screams, "He's having a heart attack! Do something!"

What is the first thing you should do?

- A. Call an ambulance.
- B. Ease the victim onto the floor and put pillows under his head and shoulders to aid blood flow and assist breathing.

C. Get a nitroglycerin tablet from another guest who has heart problems and put the tablet under the victim's tongue.

D. Start CPR (cardio-pulmonary-resuscitation).

E. None of the above.



7. While on vacation in California you go for a hike and stumble across a sunbathing rattlesnake. He strikes and bites you in the lower leg. What should you do?

- A. Run to the nearest vehicle and rush to the nearest hospital where antivenom shots are available.
- B. Make cross-shaped cuts over the fang marks, suck out the venom and go for help.
- C. Apply a tourniquet, make cross-shaped cuts over the fang marks, suck out the venom and go for help.
- D. None of the above.

8. A fellow employee has epilepsy. Normally it's controlled by medication, but one day he forgets to take his pills and has a seizure while you're talking to him. He starts

thrashing and having convulsions. What should you do?

- A. Lay him on the ground and hold him down firmly so that he doesn't hurt himself.
- B. Splash cold water in his face to help bring him back to normal.
- C. Lay him on the ground, put a coat under his head, and stick a pencil between his teeth to prevent him from biting his tongue.
- D. None of the above.



9. You're first at the scene of an auto accident and you discover that one of the victims has a severely crushed arm and is losing blood fast. Bandaging does no good, so you apply a tourniquet, then accompany the victim to the hospital. When should you loosen the tourniquet?

- A. Every 10 minutes.
- B. Every 15 minutes.
- C. Every 20 minutes.
- D. Every 30 minutes.
- E. Not at all.

Family Safety

State urges employers to report Use of cancer-causing chemicals

The State announced today a crackdown on employers who fail to report use of cancer-causing chemicals, or who neglect to practice strict safeguards in the use of such chemicals which can endanger the health of workers.

Art Carter, State Chief of Industrial Safety (DIS), announced that employers using these hazardous materials must immediately report the use to his office or face legal penalties. Users must also meet State health standards for worker protection.

Carter said his office has initiated in-plant inspections to identify potential health hazards associated with use of the cancer-causing chemicals. The program has already shown apparent widespread disregard among employers of the reporting requirement, in effect for the past two years.

"There are an estimated 4,000 to 6,000 possible users in California industry," Carter said, "but only 21 employers have thus far reported—strong enough proof of the extent of the violation. To be most effective in protecting California workers, State safety and health standards should have voluntary compliance. But when employers do not act on their own, I intend to identify violators and enforce compliance," Carter said.

Carter said he is urging employers using the 14 carcinogens either to find substitutes or comply with the law and report any use before the State takes enforcement action.

Now before the Legislature is Senate Bill 1678 (authored by Senator Arlen Gregario) which would implement a longterm program to monitor industrial use of these same cancer-causing materials, plus asbestos, vinyl chloride, and other carcinogens that may eventually be identified.

Among the cancer-causing substances covered by the reporting requirement are:

- * Benzidine (and its salts), which is used in production of dyes, rubber, fire-proofing materials, plastics, and printing inks;
- * Alpha-Naphthylamine, commonly used in manufacture of food color dyes, paints, plastics, rubber, and petroleum;

(Continued on page seven)