



Every day, Clark Seif Clark professionals are deployed across the nation helping both large and small customers resolve health & safety, industrial hygiene, environmental and indoor air quality issues.

At a moment's notice, Clark Seif Clark can send their experts anywhere they are needed. No matter if it's in response to a hurricane, wildfire, flood, tornado, or other natural disaster, Clark Seif Clark is ready to help and can respond in no time at all.

*Employment Opportunities:* CSC is currently looking to add industrial hygienists and asbestos consultants/technicians to their team at their Los Angeles and Long Beach offices.

## Preventing Workplace Soft Tissue Injuries and Cal/OSHA Requirements

If a company has experienced more than one diagnosed repetitive motion injury (RMI) within a 12 month period and the injured employees were conducting "identical" or even "similar" work, Title 8, Section 5110 of California's Occupational Safety and Health Administration (Cal/OSHA) requires specific actions be taken. These actions include:

1. Developing and implementing a written program designed to minimize RMIs,
2. Conducting employee training,
3. Conducting worksite evaluations and
4. Controlling hazards identified by the evaluations.

Cal/OSHA's Section 5110 addresses "repetitive motion" injuries which are sometimes referred to as cumulative trauma disorders (CTDs).

However, ergonomic hazards can cause injuries resulting from a single trauma. These include strains, sprains, over-exertions and muscle pulls, referred to as musculoskeletal disorders (MSDs) or

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simply ergonomic injuries. These injuries are not just a regulatory concern. First, Section 5110 does not apply to single trauma injuries and second, they have an economic impact on all of society.

The most recent year's Bureau of Labor Statistics published analysis of injury and illness statistics (i.e. for 2014) has the following facts regarding ergonomically related injuries:

1. MSDs accounted for 32% of all injury and illness cases in 2014.
2. MSD cases in 2014 required a median of 13 days for injured employees to recuperate before returning to work compared to 9 days for all types of cases.
3. With MSDs making up 32% of all injuries and with the median recovery time for these injuries 44% longer in the year 2014, the incurred workers' compensation costs due to ergonomically related injuries is extremely high.

"The good news is with the right preventive actions, many injuries, costs and non-compliance issues can be avoided," said William Jones, CIH, CSP, CPE and Vice President of Industrial Hygiene at Clark Seif Clark. "CSC's Certified Professional Ergonomist and experienced industrial hygienists can help in worksite evaluations in industrial, warehouse and office settings. In addition, for those who need a written program to be developed or training to be conducted, we can help."

To learn more about this or other occupational, environmental, health and safety testing and consulting services, please visit [www.csceng.com](http://www.csceng.com), email [csc@csceng.com](mailto:csc@csceng.com) or call (800) 807-1118.

## Improving Indoor Environmental Quality with Maintenance Tips for the Spring Season

During the spring season, people enjoy the warmer weather and longer days of sunlight. Spring is also an excellent time to check the condition of a home or commercial property. Some basic preventive maintenance tasks performed now can help to ensure a property is in good condition to provide a safe, healthy and comfortable place for the months ahead.

"Preparing a property for the rest of the season and the upcoming hot summer temperatures could also help prevent costly repairs and increase the building's energy efficiency," said Franco Seif, President of Clark Seif Clark. "Equally important, some of these tasks could help prevent indoor environmental issues associated with mold and moisture, indoor allergens, and other health and safety concerns."

The building science professionals at Clark Seif Clark provide the

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**Is It Safe?**

following recommendations for preparing a property for the spring and upcoming summer:

- Change filters in the HVAC system and consider having the air conditioner checked by a qualified professional. Also inspect the air ducts for the buildup of dust and debris.
- Clean outdoor air conditioning components and clear vegetation from around the area.
- Remove leaves and obstructions from gutters and downspouts and ensure water is draining away from the building. Also check for any damage from past ice dams.
- Check the siding for any damage or areas that moisture could enter.
- Check for any damage to the chimney, vents and roof, and be sure skylights are properly sealed.
- Check windows and doors for drafts and inspect and replace any worn weather stripping.
- Consider having the clothes dryer vent professionally cleaned and inspect the washing machine water supply hoses. Also draining some types of water heaters can help remove sediment that may have built up.
- Check indoor and outdoor faucets for any leaks.
- Trim trees that could cause damage to the property with broken limbs.
- Check smoke detectors and carbon monoxide sensors and change out the batteries.
- Repair cracks in concrete, stucco or asphalt.

For those who suspect they may have indoor environmental issues in their home, school or work environment, the professionals at Clark Seif Clark provide comprehensive indoor environmental quality assessments and testing services to identify and resolve a wide range of issues in all types of buildings. They also recently sponsored an educational video with spring maintenance tips that can be seen below:



To learn more about this or other indoor air quality (IAQ), occupational, environmental, health and safety testing services,

please visit [www.csceng.com](http://www.csceng.com) , email [csc@csceng.com](mailto:csc@csceng.com) or call (800) 807-1118.

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**About Clark Seif Clark:** CSC was established in 1989 to help clients in both the public and private sectors address environmental issues. CSC is a leading provider of these services with multiple offices along the western seaboard and southwest. The company believes in science-based protocols and has a strong background in engineering making them the preferred environmental consultants to healthcare facilities, architects, schools, builders, contractors, developers and real estate professionals.