



THE METROPOLITAN WATER DISTRICT
OF SOUTHERN CALIFORNIA

Board Report

Office of Safety, Security, and Protection (OSSP)

- **OSSP Monthly Activities Report for April 2026**



Summary

This monthly report provides a summary of OSSP activities for April 2026 in the following key areas:

- Safety, Regulatory, and Training
 - Health and Safety Programs
 - Environmental Programs
 - Safety and Technical Training Programs
 - Apprenticeship Programs
- Security Management
- Emergency Management

Purpose

Informational

Attachments

Attachment 1: Detailed Report – OSSP Monthly Activities for April 2026



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Office of Safety Security Protection



OSSP Monthly Activities Report April 2026

Objectives:

Improve the workplace and promote START values.

Strengthen safety training. Expand security and emergency management capabilities.

SAFETY, REGULATORY & TRAINING (SRT)

SRT Health and Safety Programs

The team published the fifth issue of the quarterly Headquarters Safety Newsletter, focusing on the prevention of repetitive motion injuries and hearing loss, as well as security updates. In addition, the team prepared a Safety Talk and reminders for preventing slips, trips, and falls to address the current uptick in fall-related incidents, and Safety Talks related to biological hazards, including reducing the spread of respiratory infections and protection when biological hazards are on Surfaces (Gates, Locks, Handles), and Universal Precautions.

Lastly, staff posted the 2025 Operations Recordable Injury Trending presentation, which explains recordable injury counts, incident rates, accident types, and other relevant trends.

Headquarters Safety Newsletter

Repetitive Motion Injuries

In 2025, Metropolitan had six recordable injuries classified as repetitive motion injuries (RMIs). These injuries occur when the same physical movement is performed over long periods, causing cumulative stress to muscles, tendons, nerves, ligaments or joints. RMIs can occur across all work environments including office settings, field operations, construction sites, laboratories, or industrial environments.

To support prevention efforts, Safety, Regulatory, and Training added a new section "Repetitive Motion Injuries (RMIs)" under Safety Talks. Below is a portion of the Safety & Environmental webpage. Below are some tips from this Safety Talk to prevent RMIs.

In This Issue

- REPETITIVE MOTION INJURIES
- SAFETY TALKS
- OFFICE ERGONOMIC VIDEOS
- FINAL 2025 INCIDENT SUMMARY
- ACCIDENT TRACKING
- HEARING LOSS PREVENTION
- SECURITY
- IMPORTANT CONTACTS

Stretch and Take Micro-breaks

- Perform stretches at the beginning of the day to warm up muscles and improve elasticity.
- Take periodic microbreaks throughout the day (e.g., 30-40 seconds every 20-30 minutes) to rest, stretch and relax when performing repetitive tasks or static posture.
- Refer to Safety Talk – [Stretch & Flex](#) for examples.

Maintain a Neutral Posture

- Keep wrists straight and minimize wrists being bent up, down, or too far to the left or right.
- Relax shoulders and keep elbows close to the body.
- Avoid resting your back, turn your whole body instead.
- Avoid resting wrists on hard edges.

Use Proper Equipment and Tools

- Adjust the workstations, tools, and equipment to fit the task and your body.
- Adjust workflow to reduce unnecessary steps or repetitive motions.
- Use mechanical aids (carts, hoists, adjustable platforms) to reduce strain.
- Use fixtures, or positioning aids to minimize awkward reaches and posture.
- Use ergonomic tools or accessories when appropriate.
- Work with your co-workers or manager to find solutions and appropriate tools.

Reduce Repetition when Possible

- Rotate tasks to avoid overusing the same muscle groups.
- Alternate between high-force and low-force tasks.
- Use both hands, when possible, to distribute the workload.

Ergonomic Assessment Request

- Submit an Ergonomic Assessment Request (EARM) J423. If you experience discomfort or if your workstation or task does not feel comfortable.
- Any questions regarding ergonomics, please email ergonomicassessment@metwd.com.

Headquarters Safety Newsletter



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Office of Safety Security Protection



MWD Safety Talk

IB180 - Preventing Slips, Trips, and Falls

Falls are one of the leading causes of serious workplace injuries and fatalities. The good news is that almost all falls are preventable. Each of us plays a key role in recognizing hazards and taking steps to control them.

To prevent falls, we first need to understand the types of walking-working surfaces we encounter and the hazards they may present.

Common Slip, Trip, and Fall Hazards

- Working at heights (6 ft or more): Protruding ladders, platforms, and other elevated surfaces require protection from falling objects by permits-to-work and strict adherence to safety procedures.
- Floor Hazards: Cables, conduits, pipes, missing floorboards, uneven ground or dirt, ladder openings, cracked concrete, drains, and ground openings.
- Obstructions: Unsecured or improperly covered materials can result in uneven floors.
- Excavations and Trenches: Falls can occur when leading edges are unprotected or when sites are not properly marked or barricaded to restrict access.
- Protruding or Obstructing Objects: Any item extending from floors or walls can cause trips or sudden loss of balance.
- Shafts: Vertical openings such as elevator shafts, ventilation shafts, and stairwells must be covered.
- Lack of Proper Access: Missing ladders, ramps, or safe access points to elevated areas increases risk.
- Ladders: Damaged, unsecured, or improperly placed ladders increase fall risk.
- Stairs: Running, slipping shoes, or carrying items that block your view or could spill increases the risk of falling.
- Roof Conditions: Steep roofs, roof hatches, and unsecured roof sections present fall-through hazards.
- Inadequate Lighting: Poor lighting can hide holes, leading edges, and trip hazards.
- Poor Housekeeping: Debris, uneven flooring, and general clutter near the backfoot of sites can trip.

Preventing Slips, Trips, and Falls

- Complete a Job Safety Hazard (LSRI) Checklist before beginning any task—even those that seem routine.
- Take the time to walk the site to identify hazards and consider how your work may affect others nearby.
- Guard all floor holes large enough for a foot to enter. Use guardrails, toe boards, or strong covers that can withstand at least twice the expected load.
- Install guardrails around all elevated and unenclosed platforms and floors.
- Ensure ladders extend at least 3 feet above the landing for safe transition on and off.
- Protect workers from falls into equipment or machinery, regardless of height, by using appropriate guards and barriers.
- Use proper work platforms or scaffolding when areas are difficult access safely.
- Use additional fall protection such as personal fall arrest systems, safety nets, ear rails, and handrails when needed.

REMNDR: Contact your local EHS Field Specialist to review and evaluate hazards. Reach out to other work teams (e.g., CSU, ISO, or others) in brainstorm and help you set up appropriate control measures.

MWD Safety Talk

IB171 - Universal Precautions

Preventing Biohazard Disease Transmission from Blood and Body Fluids

It is important that employees understand universal precautions if they ever encounter biohazardous materials (BPM) which includes body fluids (e.g., blood, saliva, vomit, urine), tissues, and bones from an animal or human. This can happen inadvertently from discovering BPM at the work area or providing voluntary assistance in medical emergencies (i.e., first aid, CPR, or other Good Samaritan actions). Refer to HSE 107-203 Biological Hazards Response Procedures.

UNIVERSAL PRECAUTIONS/SAFE WORK PRACTICES

- **TREAT ALL BLOOD OR BODY FLUIDS AS POTENTIALLY INFECTIOUS**
- **DO NOT TOUCH BLOOD OR BODY FLUIDS**
- **DO NOT TOUCH SHARPS** (needles, razors, syringes)
- **NEVER PICK UP BROKEN GLASS WITH YOUR BARE HANDS.** Use mechanical means such as tongs, forceps, or a brush and a dustpan to pick up broken glass.
- **USE PPE** as precaution when touching surfaces, equipment, and other items.

REPORTING REQUIREMENTS

Report the incident to the immediate manager and notify the SRT Site Representative and/or Special Agent of the exposure incident to request assistance for handling the biohazard(s) and decision on clean up response.

- Upon determination to hire a vendor for cleanup, the area manager and/or SRT Site Representative will coordinate the vendor cleanup.

IR SYSTEM NOTIFICATION


Immediately report incidents involving exposure to human blood or other potentially infectious material (OPIM) to the Incident Reporting System at (213) 217-7715.

UNEXPECTED EXPOSURE

- Wash hands and other exposed skin thoroughly with non-abrasive soap and water or hand sanitizer after any contact with blood or OPIM and before eating or drinking.
- Do not leave the work area wearing contaminated protective clothing or equipment.

MWD Safety Talk

IB172 - Biological Hazards on Surfaces (Gates, Locks, Handles)



Encountering biological hazards (e.g., fecal matter or urine) smeared on surfaces (such as locks, door handles, meter cabinets, etc.) may unfortunately become part of routine maintenance or patrol work in both rural and city central areas. Safety and Regulatory Services (SRT) recommends minimizing contact with biological hazards such as feces, urine, or other body fluids on surfaces as much as possible. The following are safe work practices to protect employees. In situations they may encounter biological hazards while performing their job duties. Refer to HSE 107-203 Biological Hazards Response Procedures.

DO NOT TOUCH CONTAMINATED SURFACES WITHOUT USING UNIVERSAL PRECAUTIONS AND PPE

SAFE WORK PRACTICES

Biological Hazards (i.e., Visible Residue, Debris or Fecal Matter) on Gate Locks or Other Surfaces

NOTE: Prior to cutting chains/locks, employees must be equipped with a replacement chain/lock.

1. Utilize a nonporous barrier, such non-removable gloves, to avoid direct contact with the potentially contaminated surface. Wear disposable latex, nitrile, or neoprene gloves.
2. Use mechanical means such as pneumatic bolt cutters to cut the lock and chain. Avoid using tools that will cause biohazardous materials to become airborne or splashed.
3. **NEVER PICK UP THE LOCK OR OTHER ITEMS WITH YOUR BARE HANDS.** Pick up the lock, any cut chain, and other items by using a paper towel and place it in a waste bag.
4. Spray Lysol Disinfectant or bleach solution (1 part bleach with 4 parts water) on the bolt cutter blades and other tool used. Wipe clean with paper towels, dispose of used paper towels in waste bag. Disinfectant wipes are also available for wipe down.
5. Repeat disinfectant as many times, as necessary.
6. Remove disposable gloves and place in waste bag.
7. Seal the waste bag when finished and place the waste bag in a second waste bag, seal it, and dispose of in regular trash.
8. Wash hands (or use hand sanitizer, if hand washing facilities are not readily available) thoroughly after handling and before eating or drinking.

Routine Gate Lock Entry (i.e., Nonvisible Biohazard material or Fecal Matter)

New Safety Talks

SRT Environmental Programs

The Environmental Team continued to submit several regulatory reports related to hazardous materials and air quality, and submitted an Aquatic Pesticide Application Plan to the State Water Resources Control Board for discharges to the Waters of the United States.

Environmental staff presented at the AWWA Conference in San Diego, covering Environmental Programs for Water Treatment Facilities, which was well received.



Staff presented at the AWWA Conference in San Diego



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SRT Safety and Technical Training Programs

The Safety and Technical Training team enhanced the lead worker course by incorporating a hands-on, practical approach to reinforce critical safety behaviors. A key improvement was the addition of a practical exercise on the proper donning and doffing of personal protective equipment (PPE), ensuring workers not only understand the procedures but can perform them, and have a good understanding of why it is important.

Additionally, the training now uses Glo Germ Gel to visually show how easily lead particles can spread when hygiene, decontamination, or PPE disposal procedures are not followed. By simulating contamination transfer, workers gain a clearer understanding of the need for clean work areas, proper PPE removal, and preventing cross-contamination.

SRT Apprenticeship Programs

The SRT Apprenticeship Programs welcomed a new cohort of pre-apprentices. The cohort includes four electrical and four mechanical pre-apprentices assigned to desert facilities, and four electrical and six mechanical pre-apprentices assigned to in-town facilities. These apprentices will make up the Class of 2030.

All new-hired apprentices completed orientation and initial safety training at the Diamond Valley Apprenticeship Training Center. Each pre-apprentice will complete a six-month probationary period before officially registering with California's Division of Apprenticeship Standards.



Apprenticeship Orientation and Training



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Security Management

Employees Trained in Personal Security and Bleeding Control First Aid

On April 8, Metropolitan’s Security Team trained Weymouth staff in both Personal Security Awareness and Stop The Bleed (a nationally recognized bleeding control course). Stop The Bleed is now being taught in person again, at no cost, by EMT-qualified Metropolitan Security proprietary staff.

Throughout the 2-hour dynamic training, staff members successfully demonstrate skill mastery in (1) applying direct pressure, (2) correctly applying tourniquets, and (3) packing junctional wounds to potentially save a life. Course graduates receive official certificates, and training feedback has been overwhelmingly positive. Stop The Bleed kits are installed in all Metropolitan fleet vehicles and occupied facilities to enhance worker field safety, where immediate medical response could potentially be delayed.

Several real-world incidents (both on and off-duty) have validated the training and equipment, resulting in improved emergency responses and lives being saved by Metropolitan employees.



Stop the Bleed – Converting bystanders into immediate responders, who can potentially save lives



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Office of
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Emergency Management



Members of Diemer's ICP Team in the OSSP Mobile Command Vehicle

Training Update

Training of Metropolitan Emergency Operations Center (EOC) and Incident Command Posts staff continued this month. These trainings covered a basic overview of Metropolitan emergency response procedures, incident determination criteria, and new emergency management technologies, including Everbridge information sharing and alerting platforms and Starlink satellite internet units. Seminars were held for all three EOC shifts (3/11, 3/12, and 3/25) as well as the following ICPs: Diemer (3/10), Jensen (3/17), Water Quality (4/7), Eastern Conveyance and Distribution (4/9), and Mills (4/9).



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Demonstration of high-pressure water sprinklers at Eagle Rock Facility

Wildfire Protection for Eagle Rock Facilities

Staff moved forward to purchase six high-pressure water sprayers to protect critical facilities at the Eagle Rock site. These heavy-duty sprinklers will rapidly spread a constant spray of water over the Operational Control Center and Security Watch Center sites, as well as nearby parking lots and driveways to protect them from ember casts during a wildfire.

Outreach and Preparedness

On March 18, staff participated in the quarterly Board meeting for the California Utilities Emergency Association (CUEA). Metropolitan has been a long-time member of the CUEA Board and continues to support their current growth as a leader in utility mutual aid and assistance, and collaboration across multiple types of utilities to prepare for and respond to emergencies.



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Office of
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Members of the Southern California Critical Lifelines Working Group meeting at SCE site

On March 24, staff joined representatives from other Southern California utilities and local emergency management agencies at the regular meeting for the Southern California Critical Lifelines Working Group. This meeting, held at Southern California Edison, brought together various local utilities and emergency management partners to review current emergency preparedness topics. This meeting focused on preparations for the upcoming World Cup games starting in June 2026 and how this event may impact local operations.

Staff continue to collaborate with regional partners to prepare multiple special events scheduled for Southern California in the near future. On April 7, staff participated in the regular meeting of the Los Angeles City Major Special Events Planning Working Group. This group, hosted by the Los Angeles City Emergency Management Department, included representatives from multiple agencies involved in planning and implementing high-profile events in the city and region. This meeting focused on preparations for the upcoming FIFA World Cup games scheduled to start in Los Angeles in June 2026. Topics included reports from LA Metro (transportation planning, including Union Station), City of Inglewood (SoFi Stadium logistics), Los Angeles County Office of Emergency Management, and others. Participation in these meetings provides Metropolitan with valuable information that may impact district staff and operations as we prepare for the 2028 Olympics.



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Office of Safety Security Protection



Displays at Emergency Management Lunch and Learn Event

Lunch and Learn

On April 6, Emergency Management Team staff presented an overview on how Metropolitan prepares for, responds to, and recovers from emergencies during a *Lunch and Learn* presentation at Union Station Headquarters. Over 20 people online joined a handful of people who attended in person. This presentation was a precursor to future outreach events.



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Office of
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Testing New Technologies



Real-time Message Board test in the Security Watch Center.

The Emergency Management Team continues to test new technologies to enhance overall communications between various disciplines at Metropolitan. On April 1, staff installed a new *Real-Time Message Board* in the Security Watch Center (SWC). This display board will allow emergency management staff to quickly send an alert to SWC Operators regarding potential or active emergencies that could impact employee safety and/or operations. This technology was used almost immediately to relay information about the Springs and Dream Fires near Lake Perris and Lake Mathews on Easter Sunday.

Staff looks to expand the use of these display boards to other 24/7 control centers if they prove to be beneficial.