



Fall 2001

### Halloween - Tips For A Scary Time

- Regina Frasca

It is a dark night in October when little Johnny sets out for his Halloween quest, "to trick or to treat". His costume is frightening (he is dressed as **Barney**), the moon is full, and the crows are screaming his name. He walks through the neighborhood with one hand in Dads' and the other holding tight to the treasures that he has collected. Back home, Mom is confi-



dent because she has briefed the family on safe tips for the evening from the American Academy of Pediatrics. This preparation will send Johnny back to school the next day healthy and he will go back next year to roam the streets that he had previously haunted.

- Serve your children dinner before they leave so they won't be tempted to fill up with candy.
- Check all candy for signs of tampering. Throw out any choking hazards such as hard candy, peanuts, toys.
- Provide an alternative to candy, such as money (spare change... look in the couch), colorful stickers or pencils.
- Remove anything that chil-

dren or adults (everybody sneaks in a trick or treat here and there) can trip over, such as garden hoses or lawn decorations (remove your flamingos from the front lawn).

- Replace burned out bulbs in outdoor lights.
- Make sure your children wear flame retardant costumes that fit properly. Avoid oversized shoes, high heels, and use make-up instead of masks. Put reflective tape on their costumes and give them flashlights (a visible child is a safe child).

Remember that Halloween is for children of all ages. We want everybody to get involved with all of the creatures in your household.

### Emergency Checklist - Are You Prepared?

- Humberto Garcia Jr.

In an emergency, seconds count. Whether it's a fire, chemical spill, natural disaster, or some other unexpected emergency situation, you need to know what to do and be able to act quickly, calmly, and efficiently. Being well prepared can make the difference between you and your co-workers getting out alive and unharmed. So, don't wait until something happens. Start preparing today. Your department should develop an emergency evacuation plan and a plan to be able to account for all staff members. Check out your emergency evacuation routes. What if a staff member leaves work without notifying anyone to pick up a loved one from school or childcare? What is your department's plan to account for all employees? Please take the time to organize an evacuation plan for your area.

### Regina Frasca Named Associate Director!

-Linda Leiter

Please join me in congratulating Regina Frasca on her new position as Associate Director of EH&S at Cal State San Marcos. Gina has been with the university for three years and has developed a wonderful rapport with the campus community. Gina's knowledge of EH&S, her creativity, teamwork and customer service perspective will be instrumental in helping to lead the department during a time of extreme growth on our campus. I look forward to working with Gina as we continue to promote a healthy and safe environment at Cal State San Marcos.



#### Do you know:

- What the emergency alarm sounds like?
- How to use alarms? How to report an emergency?
- The location of the nearest emergency exit from your work area?
- Your alternate escape route in case your first route is blocked?
- Cal State San Marcos's evacuation procedures?
- The location of fire extinguishers in your work area?
- How to use a fire extinguisher?
- How to shut down computers and equipment?
- Your assigned task under the Cal State San Marcos Emergency Action Plan?
- The location of first-aid supplies?
- How to administer first aid and CPR?
- Where to assemble outside the building for head count?

# Yoga in the Workplace

-Annie Courtney

Even though yoga has been practiced throughout the world for thousands of years, it seems just recently it has become all the rage. Even major corporations are offering yoga classes to their employees and reaping the rewards of healthier employees. Corporate yoga classes consist of breathing techniques, various hatha yoga postures and meditation.

Some of the benefits of corporate yoga include:

- improved productivity and job performance
- reduced employee turnover
- reduce stress
- lower absenteeism
- enhance creativity
- reduce anxiety
- balances health effects of the technological revolution (i.e. lower back pain, carpal tunnel syndrome, visual trouble and sedentary workdays)
- increased control over soaring annual insurance premiums and health care costs
- better concentration



Try these quick and easy yoga postures at your desk; you'll be amazed at how great you feel.

1. Sit up tall in your chair, or if possible stand up. Stretch your arms overhead and interlock your fingers, turn the palms to the ceiling. Take a deep breath in and on the exhale extend your side torso and take the tips of the shoulder blades into the body. Take another deep breath and on the exhale stretch to the right, inhale come up and exhale stretch to the left.
2. On an inhale, lift your shoulders up to your ears and then exhale and let them drop. Repeat 3 times. Contract the trapezius muscle fully when you lift your shoulders up and then on the drop it will release more completely.
3. Sit forward on your chair and open the legs a little wider than the hips. Lean forward from the hips and drop your torso down. Let the head and arms hang down toward the floor.

For tips on repetitive stress injury (RSI) prevention, go to <http://www2.gdi.net/~mjm/> and <http://www.engr.unl.edu/ee/eeshop/rsi.html>. Then go to [http://www.mydailyyoga.com/yoga/rsi\\_excercises.html](http://www.mydailyyoga.com/yoga/rsi_excercises.html) and <http://www.calmerkarma.org.uk/yoga.html> (be sure to click on 'Yoga Links') for more great information on yoga in the workplace.

## Radiation Safety Training

October 3, 2001  
Science Hall, Room 316  
1:30 PM to 3:00 PM



### IIPP Meeting Dates & Times

Illness & Injury

09/24	3:00-4:00	USB
10/31	11:00-12:00	USB
11/27	2:00-3:00	USB

Prevention Program

## Spotlight on Janice Plemons

Meet Janice Plemons. Janice is a valuable part of the EH&S team in the administration arena and has been with Business Services & Safety Risk Management Team for the past year. She is the mother of two wonderful children, Carly and Mallory, and hopes to be happy and successful in life. She welcomes the opportunity to provide the best possible service to the campus community through her excellent customer service. When asked how she would deal with adversity within her job, she replies, "Bring it on!"



**Do you have an idea or suggestion for the next Safety Sense? Please let us know, and we will do our best to put out what our readers want to read. Contact Humberto Garcia Jr. at [hgarciacsusm.edu](mailto:hgarciacsusm.edu) or or by telephone at 750-4510 for your suggestions. Thank you.**

## Blasting Signals!

EH&S would like to remind you about the audible signals that are used during blasting operations. At all times you should be aware of the conditions of your environment, especially when you are in the south-east section of the campus. The 15 minute audible signal, which starts the blasting sequence will only be used when blasting is done on the Cal State San Marcos site. Neighborhood blasting will have the usual required sequence, which is authorized by OSHA. (Any questions regarding campus operations during the blast can be directed to Deborah Smith at 750-4502)

### Blasting Signals:

<b>Fifteen Minutes Prior to Blast</b>	<b>A Series of Alternating Long &amp; Short Signals</b>
<b>Five Minutes Prior to Blast</b>	<b>A Series of Long Audible Signals (Air Horn)</b>
<b>One Minute Prior to Blast</b>	<b>A Series of Short, Rapid Signals</b>
<b>All Clear Signal</b>	<b>One Long Signal (After a thorough inspection of the blast site)</b>

### DO NOT ENTER BLAST AREAS FOR ANY REASON

Questions regarding the blasting on this project should be directed to California Drilling & Blasting Co. @ 626-443-0310.

## Come to the Health and Wellness Fair!

Cal State San Marcos will be hosting the Health and Wellness Fair for its faculty, staff and students. It will take place on Wednesday, Sept 19 from 10:30 pm - 2:00 pm at Palm Court. There will be information regarding Cal-PERS benefits, retirement information, community health resources and free gift certificate drawings.

The fair will include a variety of campus and community organizations, such as the American Cancer Society, North County Health Services, Associated Students Inc. and University Police. Additionally, the San Diego Blood Bank will have a booth ready to sign up potential donors. Please take a few minutes of your day to visit the Health and Wellness Fair. For any further information, please contact Yasuko Shirakawa at 750-4425.

## Office Ergonomics As We Know It...Or Thought We Did

-Debbie High

Recently I attended an ergonomics program sponsored by OSHA where some of my preconceived ideas concerning elements of good office ergonomics were smashed to smithereens. Take for example the chair. My chair is precious to me. Not only is it necessary, but once adjusted to my specifications, it is very comfortable, and I had believed it met all my ergonomic needs. Not so. I learned that the human body is not made for sitting, even though it seems to come quite naturally to most of us. Humans have only two small bones located in our posteriors with which to balance and support the spine and the head. While this may not seem like a real big deal, keep in mind the average person's head alone weighs 14 pounds, and the spine consists of 186 joints!

Thousands of years ago, when we were still dependent upon our own physical prowess to make a living, the muscles in our legs were very strong. The natural relaxed position at that time was to squat. People could squat for hours then, as the Aborigines still do! Sitting for extended periods of time as we do now compresses the spine and causes stress and fatigue. The best way to alleviate this condition is to change your position. Get up, move around and adjust your chair according to what type of activity you are performing. If you are reading a document, take a break, lean back and relax in your chair. Familiarize yourself with your chair adjustments, and don't be afraid to use them.



The EH&S website (<http://www.csusm.edu/EHnOS/>) offers several animated stretching exercises to help with stress and fatigue that you can do at your work area. You will also find an ergonomic workstation self evaluation checklist. Just go the EH&S home page and look under "Injury and Illness Prevention Program" and then click on "Office Safety". Also, keep in mind that ergonomics is not an exact science. What works for one person may not necessarily work for another. If you have any questions regarding office ergonomics, please don't hesitate to call Debbie High at 750-4510.

## New Club Drugs

-Humberto Garcia Jr.

Since the late 1990's, "club drugs" have become increasingly common at parties, dance clubs and raves. These drugs are being labeled "club drugs" because they are increasing in popularity within the dance scene. People are enticed to try the "club drugs" because of the euphoric high. Additionally, many of them provide a long-lasting energy source. This gives the user energy to dance throughout the night, which contributes to their popularity. "Club drugs" are also being used to sedate or to cause temporary loss of consciousness. There have been reports of rape cases where the victim was unknowingly given Rohypnol, a "club drug."

What are these drugs? This article is intended to make the campus community aware of the drugs that are increasing in usage and abuse. The following is a list of "club drugs" that are believed to be widely used by people in a dancing environment.

### Ecstasy (X, Adam, MDMA or E)

Acts as a stimulant and a hallucinogen. It gives the user a heightened use of their senses, and report a feeling of intense joy and happiness. Ecstasy effects include jaw clenching, insomnia, a suppressed appetite and restlessness.

### GHB (G, Liquid Ecstasy, Georgia Home Boy or Gamma-hydroxybutyrate)

May be made in homes by using recipes with common ingredients found in everyday stores. At lower doses, GHB can relax the user, but may result in sleep, coma or death in larger doses.

### Rohypnol (Roofie or Roche)

Is tasteless and odorless. It mixes easily in carbonated

beverages. Rohypnol may cause individuals to forget what happened. Other effects include low blood pressure, drowsiness, dizziness, confusion, and an upset stomach.

### Ketamine (Special K or K)

Is an anesthetic. Use of a small amount of ketamine results in loss of attention span, learning ability, and memory. At higher doses, ketamine can cause delirium, amnesia, high blood pressure, depression, and severe breathing problems.



### Methamphetamine (Speed, Ice or Meth)

Is often made in home laboratories. Methamphetamine use can cause serious side effects, including memory loss, restlessness, insomnia, loss of appetite and heart problems.

### LSD (Acid or Lysergic Acid Diethylamide)

May cause unpredictable behavior, depending on the amount taken, where the drug is used, and on the user's personality. A user might feel the following effects: numbness, hallucinations, nausea, increased heart rate, sweating, lack of appetite, "flashbacks," and sleeplessness.

These drugs are appearing in social settings where you may attend, or know people that may be. Please take the time to inform friends and families to be alert at clubs, bars or dance clubs.

### References

Julien, Robert M., A Primer of Drug Action (New York: W. H. Freeman, 2001)

<http://www.paralegals.com/Reporter/Winter99/date.htm>

## Don't Forget!



## HAZ COM and Lab Safety

September 19, 2001  
Science Hall, Room 316  
1:00-2:30 P.M.

Visit our site at [www.csusm.edu/EHnOS](http://www.csusm.edu/EHnOS)