

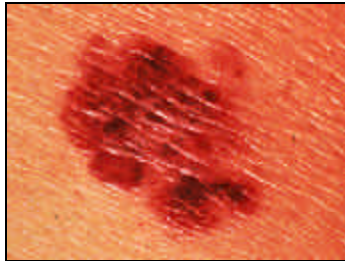


Watch That Suntan

Humberto Garcia Jr.

Many local residents like to take in the sun during the sunny season, and Southern California is the place to be for the perfect sun-tanning weather. There are dangers of sun-tanning you should be aware of, as well as ways to lower your risk of cancer. You may be asking yourself why we are providing you with this information. We are the office of Risk Management and Safety, and that is our job.

Every year there are over one million cases of skin cancer diagnosed in the United States. While there are various forms of skin cancer, the deadliest type is malignant melanoma. According to the Center for Disease Control (CDC), it is responsible for 75% of all skin-cancer-related deaths, even though melanoma accounts for only 1/20 of skin cancer cases. The good news is that there is a 95% cure rate if detected and treated early. How can you tell if you are at risk? Look at your arms, face, neck and legs. Most of us have millimeter wide moles all over our bodies, which can transform into malignant melanoma. People who have a lot of moles, and those exposed to a significant amount of sunlight are deemed "high risk" for getting malignant melanoma.



Malignant Melanoma

If you spend a considerable amount of time exposed to sunlight, over time you may notice that a tiny mole has increased in size, and/or changed color. The color can be a light pink or brown. You may be at risk for malignant melanoma, and

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Hoaxes, Rumors, and Urban Legends

Humberto Garcia Jr

We have all seen them: e-mail's that contain a warning of killer viruses, deadly diseases and unfortunate incidents. "Did you hear about the guy who handled grocery packages laden with rat droppings? He died a few days later!!" How many people actually think that there is any truth to them? While there may be a grain of truth in a few email alerts, most are hoaxes or misinformation that pass endlessly through the internet world. The Center for Disease Control's web site debunks many emails that get sent to you from others.

For continued research on similar topics, please refer to the CDC website, http://www.cdc.gov/hoax_rumors.htm. Another popular site that find the facts surrounding web hoaxes and urban legends is <http://www.snopes.com>. They are both entertaining web sites that educate people. While the latter web site does not use scientifically proven methods, it does shed some light on those mysteries that you may have wanted answers to. Below you will find just a few of the email hoaxes that have recently been sent via email:



Cancerous Deodorants?

There have been email reports that antiperspirants and deodorants can cause cancer. The National Cancer Institute is not aware of any relationship on the use of deodorants or antiperspirants causing cancer.

Tampons Loaded With Dioxin and Asbestos?

There have been recent reports that manufacturers are deliberately using asbestos in tampons to sell more product. The Food and Drug Administration monitors tampons, and has not found evidence

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Mercury on Campus

Regina Frasca

Mercury (Hg), also called quick silver, is the only common metal that remains a liquid at room temperature. It is highly toxic, and despite its known dangers, Mercury is still used in high schools and college campuses daily. Here is your opportunity to get to know Sir Hg, and discover the droplet of metal that you used to play with when you were a kid.



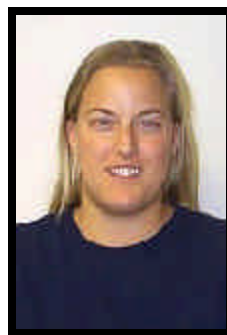
Hg - Mercury element (Webster's). Mercury is found in over 30 different ores and in all continents except Antarctica. The primary ore that is -

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Risk Management and Safety's New Face

Deborah High

Risk Management & Safety is pleased to announce the addition of Jodi Tres to our team. Jodi comes to us from the VP Finance & Administrative Services Office/Human Relations & Campus Enterprises where she continues to work in support of the AVP in a part time capacity. Jodi's current job responsibilities include assisting the Director of RM & S as well as various administrative projects.



Jodi Tres
Assistant to the Director

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Four Tips for Making the Most of Your Office Environment

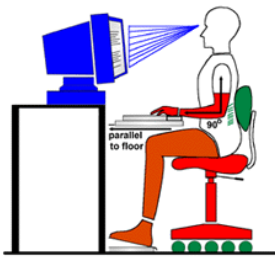
Whether you work in a traditionally designed office or a newer, flexible workplace, you can take some basic steps in making the existing environment more comfortable and efficient. Here are four easily implemented measures.

1. Don't overlook phone comfort. The telephone can be a source of discomfort, even when you're not trying to ditch a telemarketer. If you spend much time on the phone, take measures to avoid strains and discomfort. If a phone is used frequently, use a headset or speaker phone to avoid neck and shoulder discomfort. People are usually very surprised how much more relaxed they feel when they haven't been propping the phone on their shoulder and under their chin all day.

2. Look around. There are thousands of products available that have been designed for use in the office setting. Some are a waste of money and time. Others can make your life worth living again (well, almost). To get ideas for improving your own surroundings, look at catalogs and check out web sites.

Visit coworkers and take a close look at the little things that make one office different from the next.

Then take the Ergonomic Posture information and use it in making plans for your own work setting.



3. Conduct your own comfort study. Do you waste time or bring on discomfort through sloppy work habits? The truth is, most of us could improve in this area. A little self-analysis is worthwhile here. One simple approach is to make a point of stopping several times during the day and analyzing the position in which you are working. When you're on the phone, do

Sit Safe

Deborah High

In an effort to broaden customer service to the campus community Risk Management & Safety has developed an ergonomic training program intended to instruct employees on proper ergonomic principles. At the end of the training each employee is prepared to recognize and correct possible ergonomic hazards in their own work areas. This training is intended for employees who are not currently experiencing any discomfort that they think may be associated with their workstation configuration or work habits. For personnel who have medical concerns a one-on-one evaluation would be necessary. The next training is scheduled for October 9th, 10:00-11:00am in the University Services Building Conference Room. Please call Debbie High @ x4510 to reserve your space today!

HOAXES

Continued from Page 1

of asbestos in tampons.

Additionally, reports have stated that there are toxic levels of dioxin in tampons. After testing a variety of tampons under the most stringent conditions at independent laboratories, dioxin levels in tampons are at or below the detectable limit. The detectable amount is present because the environment has been polluted with dioxin for many years. Detectable amounts of dioxin are found in the air, water and ground. Tampons are made with cotton and rayon (derived from wood pulp), which are environmentally polluted with the dioxin, hence the detectable levels.

Hantavirus Spread Through Groceries and Soda Cans?

This email reports a stockroom clerk becoming infected with Hantavirus. According to the email, the Hantavirus is contracted through exposure to dried rodent droppings while handling items such as soda cans and grocery packages. "The CDC could not substantiate the report of a Hantavirus infection, nor has the CDC been asked to participate in an investigation of the incident described in the email." (Center for Disease Control)

The Deadly Klingerman Virus

The email states that some people will become ill after handling a package from the Klingerman Foundation. The CDC states that the email is a hoax, and that subsequent emails should not be forwarded. However, they do ask to take caution on any suspicious packages that you may receive. Contact your local post office for further information.

you find yourself reaching awkwardly for a file drawer? Perhaps either the phone or the drawer should be moved. Is your back tired by mid-afternoon? If so, take a close look at your posture in relation to the tasks you're performing. A chair adjustment could be in order. Do you find yourself squinting to see documents? Better lighting might be the answer. Some time spent in this kind of self-examination could pay off.

4. Show me the money. To make sure your office is truly efficient, be willing to invest in the right equipment and supplies. If funds are limited, include plans in the future budget that will support im-

IIPP Meeting Dates & Times

Illness & Injury

| | | |
|-------|--------------|-----|
| 9/18 | 2:00 - 3:00 | USB |
| 10/23 | 3:00 - 4:00 | USB |
| 11/26 | 9:00 - 10:00 | USB |

Prevention Program

provements in this area or search for low-cost products. There are many reasonably priced ways to make the workplace work better – it is just a matter of awareness.

www.ergoteam.net/ergoinfo/library/general_ergonomics.html

MERCURY**Continued from Page 1**

mined for Mercury is cinnabar. Cinnabar contains Mercuric Sulfide (HgS), which Mercury is extracted from through a roasting process. The process involves heating the ore in order to volatilize the Mercury. Oxygen is mixed with the vaporized Mercury to remove the sulfur in the form of sulfur dioxide. The Mercury vapor is then condensed into a liquid. Although this procedure sounds complex, the process is relatively simple and generates very pure Mercury. There are three forms of Mercury: Metallic Mercury (Elemental), Inorganic Mercury Salts, and Organic Mercury Compounds (most poisonous). In 1997, a Dartmouth college professor/researcher died after being exposed to organic Mercury (Dimethyl Mercury). It was discovered that she accidentally spilled a few drops of Dimethyl Mercury on her disposable latex gloves while performing a laboratory experiment. The drops apparently spilled onto her gloves, passed quickly through the latex and were absorbed through her skin. After her illness was diagnosed, the college had the latex gloves independently tested, and it was determined that the Mercury could pass through in 15 seconds or much less. Apparently, she was wearing improper personal protective equipment for this type of process with this particular chemical.

Any alloy of Mercury with another metal or metals is called an amalgam. An amalgam is a combination or mixture (Webster's). Mercury does not form an alloy with iron, but is found in nature with gold. Mercury will amalgamate with gold very easily. An example is when a student in freshman chemistry had her engagement ring turn silver (Mercury) when a thermostat broke in her hand. This is just another reason to remove all jewelry when in a lab environment. Mercury is stable under normal temperatures and pressures but high temperatures should be avoided. The following are some examples of incompatibles: Acetylene, Ammonia, Boron Phosphodiiodide, Chlorine, Chlorine Dioxide, Methyl Azide, Sodium Carbide, Halogens, Strong Oxidizers. Also note that mixtures of Mercury with acetylene, ammonia, chlorine dioxide, nitrates, or hot sulfuric acid can be explosive!

Mercury can affect us in many ways. The effects on the human body are through absorption, inhalation and ingestion. Mercury is very toxic and poisonous, which can be fatal to humans

Physical Characteristics of Mercury:

- Boiling Point (356.6 C, 673.9 F)
- Melting Point (-38.87 C, -37.9 F) Two Russians in St Petersburg, Braum and Lomonosov, in winter of 1859-1860, had their Mercury thermometer freeze at -40 F. Their findings establishing Mercury as a metal.
- Vapor Density 7
- Specific Gravity 13.59 (Water =1)
- Molecular Weight 200.59
- Odorless
- Constant Thermal Coefficient between 0-300 C, (Make a reliable thermometer)
- Noncombustible (Does emit toxic fumes under fire conditions)

SUNTAN**Continued from Page 1**

should schedule a visit to your doctor's office.

So how does one get this cancerous disease? The great energy-producing sun in the sky is the main environmental cause of malignant melanoma. The sun's ultraviolet (UV) rays appear to be the cause of skin cancer; however, your risk can be minimized if the right precautions are taken. The hours between 10 a.m. and 4 p.m. are the hours that have the highest levels of UV exposure, therefore limit the amount of time you are exposed to sun during that time.

What are ways that you can protect yourself? Well, a crafty invention called sun block is now available at a store near you. Sun block has a label marked "SPF", which is the Sun Protection Factor. SPF is a way to measure your allowable exposure to the sun. The higher the SPF, the better protection you have against UV rays. The CDC recommends a SPF of at least 15. Additionally, your eyes need to be protected. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Most sunglasses, regardless of cost, protect your eyes from UV rays.

The CDC web site contains a great deal of information regarding skin

and animals. Symptoms of Mercury poisoning may develop slowly, and include coughing, chest pain, difficulty breathing, tremors, irritability, loss of appetite and weight, inflammation of the mouth, loss of teeth and headaches. Target organs are blood, liver, kidneys and the central nervous system. Prolonged (chronic) exposure will change a person's behavior and personality causing raised excitability, loss of memory, insomnia and depression. Remember the saying Mad as a Hatter?

Although there are risks associated with its use, Mercury is a very unique,

J. TRES**Continued from Page 1**

Jodi attended San Diego State University, where she earned her Bachelor of Science in Criminal Justice Administration in 1998. In her free time she enjoys sports and reading. You can reach Jodi at 750-4502. Please join us in welcoming her to our team!



This is Debbie High! Contact her for any ergonomics issues 750-4510

cancer and other health-related topics. If you would like further information regarding malignant melanoma, or sun safety in general, go to <http://www.cdc.gov/ChooseYourCover/qanda.htm>

interesting and useful element that will be used for many years to come. There are some substitutes available, however. Cal State San Marcos has been implementing a Mercury thermometer exchange program. With each broken Mercury thermometer, an alcohol complement is purchased. Mercury can be used safely provided personnel are trained on its health hazards, its appropriate use, personal protection equipment and proper cleanup procedures. If you have any questions or require further information on the subject please contact Regina Frasca at x4510 or at rfrasca@csusm.edu.

Only You Can Prevent...Respiratory Illnesses

-Regina Frasca

I am not going to talk about prescribed medications, over-the-counter drugs or natural dietary supplements. I am not going to discuss the workings of the human body. I am simply going to refer you back to kindergarten, where the mantra began. Come with me back in time, back to a much simpler life where the phrase "wash your hands" was spoken by your teachers, your mothers, your grandmothers and, at times, your father. Although you were probably eating bugs and dirt, it was always, for some reason, very important that you "wash your hands". As adults, some of us try to stay away from the consumption of bugs and dirt, but washing our hands has become even more important. Daily, we interact with other adults, children, hazardous materials and infectious agents. "Wash your hands, wash your hands and wash your hands." A little soap and some tepid water go a long way toward preventing respiratory illnesses and other sensitivities.

Hand washing has been recommended for over 100 years as a simple but effective way of preventing the spread of illnesses. Unfortunately, many people often do not follow this advice and, as a result, respiratory illnesses are the most common cause of lost time from duty among young adults in the military. In an experiment, Navy recruits had 45% fewer bouts of respiratory illnesses after being ordered to wash their hands frequently. The study investigated a program named "Operation Stop Cough", which was implemented among recruits in Illinois. The program was described as a low-tech response to the lack of vaccines, which are intended to reduce the incidence of respiratory illnesses. The protocol for the program consisted of the commanding officers ordering the recruits to wash their hands at least 5 times a day. When used frequently and properly, personal hygiene becomes an important weapon in the fight for illness prevention. As you continue with your day, wash your hands, wash your hands, and wash your hands. Also remember that hand lotion is essential to rehydrate, prevent cracking of the skin and provides a useful barrier against diseases. I leave you with this, "Go forth, civilians, and maintain the mantra, because only you can prevent ...respiratory illnesses."

Journal of Preventative Medicine, Dr. Margaret A.K. Ryan

VIDEO - Safety In The Workplace



"REMEMBER CHARLIE"

October 10, 2002 at 10:00am
USB Conference Room

In 1980, Charles T. Morecraft was an employee of Exxon Corporation. He was a good employee - both in the eyes of his union and in the eyes of his management, but otherwise he was unremarkable. He was just like hundreds of thousands of other blue-collar workers. He never considered himself exceptional. He was "just one of the boys". Charlie had more than 15 years experience on the job, and he knew it well. He knew all the rules. He knew all the safety regulations... and he knew all the shortcuts around them too. Yes, Charlie was just like all the other seasoned workers at the refinery; he was certain that nothing could go wrong when he was in control. And he was right... except for this one time...

Radiation Safety Training

October 11, 2002
Science Hall, Room 316
9:00 AM - 11:00 AM

HAZ COM and Lab Safety

October 4, 2001
Science Hall, Room 316
9:00 AM - 10:30 AM

Please call (760) 750-4502 to register for any of the events above.

Visit us on the web, as well as viewing the online version of this months Safety Sense at

<http://www.csusm.edu/EHnOS>