



# Safety Sense

Environmental Health & Occupational Safety

March 2001

“...and then came **FIRE!**”

- Andy Schick

Ah the rustic beauty and relaxing qualities of candles, the soft amber light, the warm feeling, the pleasant scent... ARE ALL A SURE SIGN OF DOOM!!! Your quaint little candle or incense could potentially be the cause of a major fire related accident. It is campus policy that there be no open flame in any building unless for specific purposes which are outlined in the policy below. The Uniform Fire Code, section 2501.18 outlines this nicely. Just remember, that burning anything in any building on campus is not permitted. I guess that burning the “Midnight Oil” is okay as long as it’s the proverbial type used for working late and not

some decorative lamp.

The Campus Community is reminded that the use of open flame or the burning of combustible materials is PROHIBITED in campus buildings, except where it is appropriate for academic purposes (such as in laboratories, art studios, etc.) or for Plant Operations and construction-related activities. This prohibition applies to candles, incense, charcoal, oil lamps, gas-fired cooking appliances, and all other similar devices, which may be a source of ignition for an uncontrolled fire.

Now I know what you’re saying, “Aw, now I won’t have ANY light in the depths of Craven Hall.” Well fear not, go to [www.lampsontheweb.com](http://www.lampsontheweb.com) and you can find the UL (Underwriter’s Laboratory) listed

lighting product of your choice. But you may say, well hey, that warm flame-like glow or flicker is no longer. Not so, simply go to [www.topbulb.com](http://www.topbulb.com) to find any imitation flame of your choice. And for all who like to fire up a charcoal grill or portable gas stove in your office... I can’t help you, just don’t do it. But, if you would like to use candles AT HOME... and SUPERVISED... IN A SAFE AREA, then go here [www.wicksend.com](http://www.wicksend.com).

Well I hope I have cleared up any questions anyone may have had about fire in the workplace. I realize that fire is one of humankind’s greatest inventions but so is electricity, and the wheel. Let’s keep those workplaces safe and flame free.

Be Safe!

## “Quick & Interesting Information”

- Regina Frasca

Did you know that in the last 30 years, the number of work-related fatalities in the U.S. has decreased by 63 percent, while the number of workers has increased by 73 percent? This has resulted in a decrease in the nation’s unintentional work-injury death rate from 18 deaths per 100,000 workers in 1970 to 3.8 deaths per 100,000 workers in 1999.<sup>1</sup> However, don’t let the statistical improvement lead you to forget about the human tragedies. In 1999, 5,100 workers died from work-related injuries (That means that each day of the year, on average, 14 people left home for work and never returned). I don’t know about you, but this number is still too large for me. I want everyone to come home safe from a day at work. I am sure that the University would also appreciate it. Today, make it a point to understand the procedures, be informed on the materials and equipment you are working with, and take the extra time to think “SAFETY FIRST”.

National Safety Council, labor division newsletter

## IIPP Meeting Dates & Times

3/28	9:00-10:00	USB
4/25	1:00-2:00	USB
5/31	10:00-11:00	USB
6/04	2:00-3:00	USB



To have Energy or not to have energy...

That is the question.

- Regina Frasca

I am not here to discuss the politics of the ENERGY CRISIS, nor am I here to try to teach you how to conserve. Today, I would like to remind you about a very viable form of energy that has not been given its 15 minutes of fame. By the way, I do not work for the power plant, and I do not get any royalties from this story. **NUCLEAR ENERGY**

is not a stranger to those of us who travel on the “5” freeway. Those big round concrete forms that come up from the beautiful beach actually serve a purpose to many consumers of electricity. Namely, 11 million individuals, 800 communities and cities, 5,000 large businesses, and 80,000 small businesses in Central and Southern California.<sup>1</sup> The last one built was over 20 years ago, and I think that the public should now be interested in other alternatives for energy. The myths should be dispelled and the learning should begin. For example, look at the alarm over the number of leukemia cases in Italian soldiers attributed to the use of depleted Uranium (DU). Seven of the 60,000 servicemen developed leukemia, yet 11 out of 60,000 is the rate any given

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Continued from Page 1- population would experience.

“Radiation,” no way not in my backyard (NIMBY). Well, actually it is in your backyard. In fact, some people have a whole house full of it. Natural radioactivity is found in everything from water, soil and air to the food we eat. It even naturally exists within our own bodies. Radon is a naturally occurring radioactive gas, which escapes from the earth’s crust. Other sources of radiation include x-rays used for medical purposes. Alpha, beta and gamma radiation are a part of the natural background radiation of the earth. They are also exactly the same type produced by nuclear power plants.

What about the pollution caused by these plants? Pollution caused by other types of power plants is also significant; but, somehow, as a consumer of electricity, we have accepted this baseline of pollution. There are three primary areas in which every nuclear power plant may impact the environment: minute radioactive emissions, heat from the plant’s cooling system and disposal of radioactive wastes. As you can imagine, these are regulated very intensely and there is no room for discrepancies. All three issues are very important but should be taken in perspective.

Nuclear energy continues to play an important role in providing low-cost, clean energy without dependence on fossil fuels. Nuclear power at San Onofre saves the equivalent of 20-25 million barrels of oil each year. One low-cost pellet of uranium 235 — weighing a few ounces — produces the same amount of energy as 140 gallons of oil, 150 gallons of gasoline, 2,000 pounds of coal or 17,000 cubic feet of natural gas.<sup>2</sup> This issue is truly bigger than I can represent in this newsletter, so I encourage you to research, ask around, and take a stand. The truth is you will find that people either fully support nuclear power or totally hate it. Which one are you?

<sup>1</sup> [http://www.sce.com/006\\_about\\_sce/index.shtml](http://www.sce.com/006_about_sce/index.shtml)

<sup>2</sup> Sue Fisher, RSO, CSU, Fullerton

<sup>3</sup> [http://www.sce.com/songs/006b1f\\_faqs.shtml](http://www.sce.com/songs/006b1f_faqs.shtml)

**Remember, if you are new and have not been to an IIPP training, ATTENDANCE IS MANDATORY. See dates and times on the front page.**

## Workplace Exercises to Reduce Stress On Your Body in the Office

- Andy Schick

After all, who wants to be dealing with pain from something as easily correctable as not stretching your neck or exercising your eyes. Take our advice, it is easier to prevent a workplace injury than it is to correct or heal one. There are many stretches, exercises, and activities one can do to reduce bodily stress while in the office. Of course, it is highly advisable that if you have any injuries, you should consult with your physician before starting any stretching or exercise routine. There are only two examples here, but more can be found on the web where we found these or by calling Cal State San Marcos EH&OS, (760) 750-4510.

Websites that so graciously supplied us with the information we have offered you here:  
<http://dailyreporter.webpoint.com/fitness/strindex.htm>  
<http://www.admin.uwa.edu.au/sho/ergo/exercise.html>

### Workplace Exercises for the Eyes

In order to relieve the symptoms of strained, tired eyes, try these simple techniques:

1. Rub your hands together and cup them over each eye. The warmth from your hands helps to relieve tension while shielding your eyes from the light.
2. Gently massage around your eyes using your index and middle finger in a circular pattern.



3. Look away from your screen and focus on something at least 20 feet away. Return your focus to your screen and repeat three times.
4. To work the muscles surrounding your eyes, look to all four directions: left, right, up and down. Close your eyes tightly, then open them as wide as you can. Repeat three times.

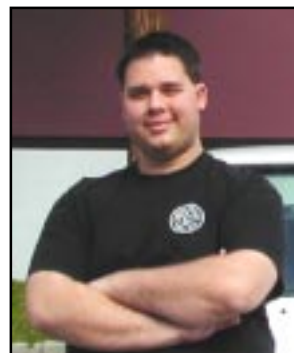
### Workplace Exercises For the Neck

Sit up straight with your shoulders square to your desk then perform the following three exercises:

1. Turn your head as far to the right as possible, without moving your shoulders. Then turn your head to the left.
2. Look straight ahead. Gently drop the ear to one shoulder, then lift your head and let it gently fall to the other side.
3. Finish this series with head half-circles. Drop your chin to your chest, and roll your ear to your shoulder. Roll your head forward and then to the other side.



## Cal State San Marcos Environmental Health and Occupational Safety Welcomes a New Face



EH&OS welcomes a new member to the fold...Andrew (ANDY) Schick. Andrew is assisting us in our efforts in the office and on campus. Andy is from Yucca Valley and graduated from CSUSM in May of 2000. Andy has a B.A. in Psychology and has previous experience in everything under the sun. You may recognize Andy, because he was formerly known as a parking representative.

When asked what he wants to be when he grows up, he said, “Hmmm...Happy.”