



Paper Shredder Alert

Humberto Garcia

How many of us have a paper shredder in our home offices? Identity theft and stolen credit card numbers have created an increased awareness to destroy all personal information that leaves our households. What is the easiest and cost effective way to make sure no one steals our private information? The cheap and easy way to solve this problem is to use



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Household Hazardous Waste Information

Humberto Garcia

Over the summer, RM&S received many calls asking where they can dispose of household hazardous waste (HHW). We have compiled some information to better serve the campus community on what is a HHW, how you can manage it and where you can dispose of HHW.

HHW is the unused or leftover portions of hazardous chemicals. Any leftover product labeled DANGER, WARNING, TOXIC, CAUTION, POISON, FLAMMABLE, CORROSIVE or REACTIVE is considered a household hazardous waste. Examples of HHW are listed on the following page:

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Materials Management Awarded Governor's Employee Safety Award for 2005

Humberto Garcia



Recently, the Materials Management team of Jim Carr and Bart Westbrook were selected to receive the Governor's Employee Safety Award for 2005. Their team has not experienced a work related injury for the past seven years. This is a significant achievement since their work involves shipping and receiving 20,000 packages a year through common and heavy freight carriers which expose them to manual material handling stressors and awkward postures. The team took a proactive ap-

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Prepared for Disaster? CERT Classes Begin Soon!

Humberto Garcia

Are you ready for a disaster? We have all heard about the big earthquake as the disaster that we should all be prepared for. What about turning off your gas line in an emergency? Or preparing a sling in case of an injury? If you have been thinking about how to prepare for an emergency, or for some basic preparedness and response, CERT is the solution.

Local government prepares for everyday emergencies. However, during a disaster, the number and scope of incidents can



overwhelm conventional emergency services. The Community Emergency Response Team (CERT)

program is an all-risk, all-hazard training. This valuable course is designed to help you protect yourself, your family, and your neighborhood in an emergency situation. CERT is a positive and realistic approach to emergency and disaster situations where citizens may initially be on their own and their actions can make a difference. While people will respond to others in need without the

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Cars on Hot Days Turning to Tragedies to Forgetful Parents

Vanessa Hernandez

On a warm day, you may think it is not a problem to leave your kids or your pet in the car while you run an errand. Unfortunately, it is very risky to get into this



type of habit. Cars are generally so well insulated that they can act as an oven, raising the temperature inside by 50 degrees (or more!) in less than half an hour. Heat kills as evidenced by one study on car safety that was done on a day with an outside temperature of 95 degrees F. It was a hot day but not abnormal for many areas in Southern California during the summertime. The study exemplified that the air temperature inside a previously air conditioned car exceeded 122 degrees within 20 minutes. Within 40 minutes, the temperature had soared to 150 degrees F. That's not

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Paper Shredder Alert

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a paper shredder. So what is the problem?

A safety alert from the Consumer Product Safety Commission states that in a five year period from January 2000 through September 2005, the CPSC received 50 reports of incidents involving finger amputations, lacerations and other finger injuries. Most of the injuries occurred to children under the age



of five. Young children are at a high risk because of their inquisitive nature, as well as their fingers being small enough to activate the paper shredder.

This puts children at risk of injury when the shredder is on. According to the CPSC, the following are safety tips one can use when operating a paper shredder:

- Never allow children to operate paper shredders, even under adult supervision. Paper shredders can pull children's fingers into the shredder mechanism.
- Place the paper shredder in an area less accessible to children.
- Unplug the paper shredder power cord when the shredder is not in use.
- Do not place hands or fingers in the shredder opening.
- Do not operate a paper shredder while wearing loose fitting clothing that may enter the shredder opening.
- Keep hair and items, such as a tie or a long necklace, away from the shredder opening.

For further reading, or for a safety alert bulletin, please see the CPSC website at www.cpsc.gov.

To Ship or Not to Ship?

Regina Frasca

This is the question that our Principal Investigators encounter when they are dealing with hazardous goods through their research projects. Many researchers are collaborating with their colleagues at other institutions and they need to get their samples back and forth. Or say you are interested in doing research in Africa and you want to send some hazardous materials there and back. It is very important that you remember your research is on behalf of the University. You represent Cal State San Marcos in this venture and that is why staying in compliance with National and International requirements should be important to you. We have just completed a research project for Victoria Fabry, Ph.D. She had this to say about the experience of the consultation. "The RM&S team has helped us stay in compliance with the many national and international regulations regarding the transport of hazardous and radioactive materials. These regulations have changed greatly in recent years and our achieving regulatory compliance has only been possible with the assistance of RM&S. Besides the obvious safety benefits, regulatory compliance is good for the university's reputation and pocketbook, as each violation can cost up to \$10,000 in fines per container. RM&S has saved us time and money, and CSUSM is fortunate to have such dedicated experts in the safe use and transport of hazardous materials."



Cal State San Marcos is routinely shipping samples throughout the United States and all around the world. These samples may contain radioactive materials, infectious substances, hazardous materials, or other regulated substances. Hawaii, Mexico, Alaska, New Zealand and Antarctica are some recent examples that RM&S has been involved in.

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Materials Management Team

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proach to safety in the workplace by participating in various safety programs for electric cars, hazardous waste, ergonomics, and performing independent risk assessments of the loading dock and battery charging area, thereby reducing workplace hazards. Their attention to safety in the workplace is truly commendable. Join us in congratulating this exemplary team of safety conscious individuals!



Heat in Cars

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a very long time for the temperature to rise to levels that can easily kill people and pets.

Educate Yourself...The National Safe Kids Campaign recently found that almost one in 10 parents surveyed thought it was safe to leave a child unattended in a car. Among parents between the ages of 18 and 24, that number doubled. Because of this misunderstanding, innocent children and pets die in hot cars every year. Don't be one of those devastated parents or pet owners. There are simple actions you can take to avoid such tragedy. Don't bring your pets with you on hot days, as pets are happier and safer at home than in sweltering cars. And although it may be a hassle to unbuckle and carry your kids with you, it could mean the difference between life and death.

References: www.safety.com

CERT Program

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training, one goal of the CERT program is to help them do so effectively and efficiently without placing themselves in unnecessary danger. In the CERT training, citizens learn to:

- Manage utilities and put out small fires
- Treat the three medical killers by opening airways, controlling bleeding, and treating for shock, provide basic medical aid
- Search for and rescue victims safely
- Organize themselves and spontaneous volunteers to be effective
- Collect disaster intelligence to support first responder efforts

The next CERT class will begin September 9. This class is special because it will be held at Palomar College and will include people from all over North County. Once certified, the groups will eventually meet with their own district. This new arrangement makes it easier for the people to attend on Saturdays and the weeks have been shortened. This location will be a better venue for learning since it will be on a college campus.



Here are what some of our very own Cal State Staff had to say about the

program: Regina Frasca, Director of Risk Management - "CERT is a great experience in emergency preparedness for everyone. Whether you are interested for the good of your community or just interested for the good of your own family. We all should have this important and useful information...just in case."

Dean Manship, Emergency Management Coordinator - "The CERT training program is a terrific opportunity to educate people in the local community on disaster preparedness and basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. The more individuals in our community who complete the CERT training program the better prepared we will be when a disaster does occur."

**Reduce the Risk
One-Minute Reminder!**

Bill Thomas

If a student, employee or visitor is injured or becomes ill when on campus, please contact the University Police by dialing 9-1-1 or for non emergencies dial ext. 4567. University Police has direct contact with the local Fire Department and are able to quickly coordinate their response.

When an employee is injured or becomes ill, the order of notice is:

- 1) **Contact University Police** – ext. 4567 or 911
- 2) **University Police is responsible for notifying personnel at Risk Management & Safety.** Risk Management & Safety will notify Concentra Medical Center, our occupational medical provider, of the employee's arrival.
- 3) **If the employee's injury is severe, transportation will be provided by an ambulance.** In all other instances the injured employee should be transported by the appropriate department administrator (MPP level). Injured or ill employees will be seen at:

**Concentra Medical Center
740 Nordahl Road # 117
San Marcos, CA
760-432-9000**

To Ship or Not

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Shipping regulated substances can be involved and regulations are constantly being revised. International shipments must meet individual courier (operator) and country (State) requirements, not to mention clearing customs. Things have definitely changed, fines have become more extensive and not to mention the public relations issue.

Risk Management and Safety continues to work closely with the University's research community to support the research process and meet our goals of compliance and safety.

If you have any questions regarding the shipping of samples or other regulated materials please contact RM&S at x4502. You can also visit the DOT HAZMAT web page at <http://hazmat.dot.gov>.

Household Hazardous Waste

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- Aerosols
- Mercury items (including thermometers)
- Automotive Fluids
- Motor Oil & Oil Filters
- Batteries (auto, household, & rechargeable)
- Paint & Stains (latex & oil)
- Computer Monitors and Televisions
- Pesticides
- Fertilizers
- Poor Chemicals
- Fluorescent Lights
- Propane
- Household Cleaners
- Solvents

If you have to purchase hazardous products, buying only the amount you need for the task then using it all up can eliminate household hazardous waste.



Read product labels to learn about product uses and dangers before you purchase a product.

Choose safer, less toxic alternative products. Always store all your household chemicals in a protected and secure area away from children, pets and appliance pilot lights to prevent poisonings and home fires.

We have also compiled information on how to dispose of HHW. Unincorporated areas in the county can take HHW to three locations in the county. For each city though, we have listed the phone number on where to dispose of the HHW.

- S.D.County,Unincorporated Area:
(877) 713-2784 or (877) R-1-EARTH
- Carlsbad (760) 714-1195
 - Encinitas (800) 444-4244
 - Escondido (760) 839-4818
 - Oceanside (760) 453-5015
 - Poway (858) 679-5410
 - San Diego (858) 694-7000
 - San Marcos (760) 744-1050
 - Vista (800) 444-4244

For further information on HHW, please contact our office, or go to the Household Hazardous Waste Program for the County of San Diego at www.sdcounty.ca.gov/deh/chd/hhwhome.html.

Safety Trainings

Ergonomic Workplace Evaluations & Training

AVAILABLE UPON REQUEST



Please call RM&S at x4502

For a complete listing of our trainings, please visit our web page at:

<http://www.csusm.edu/rms/training.html>

Radiation Safety



September 15, 2006

SCI I - Room 316

9:30 a.m. - 10:30 a.m.

For Staff or Students

Using Radioactive Materials



Hazardous Communication & Lab Safety

September 8th & 11th, 2006

SCI I, Room 316

9:30 a.m. - 10:30 a.m.

Available upon request to departments



FIRE SAFETY & EXTINGUISHER TRAINING

October 27, 2006

Please call to reserve space

10:00 a.m. - 11:00 a.m.

SCI I:RM 111

For Facilities, University Police, Science and Staff



Injury Illness & Prevention Program

1st & 3rd Tuesday

of each month at 10:30 a.m.

HR Conference Room



FIRST RESPONDER AWARENESS

SEPTEMBER 8, 2006

1:30 P.M. - 2:30 P.M.

USB CONFERENCE RM

FOR FACILITIES, UNIVERSITY POLICE AND STAFF

"Smoking Policy"



Smoking is only allowed in designated areas.

See our website for more details

http://www.csusm.edu/rms/smoking_policy.htm

COMING SOON

BLOODBORNE PATHOGEN

CPR/FIRST AID/AED

REMEMBER CHARLIE VIDEO

SUPERVISOR SAFETY

WORKERS' COMP AWARENESS FOR SUPERVISORS