



Bug-Bomb Explosion Rips Apart House in San Diego

-Humberto Garcia Jr.

Has anyone ever used a bug bomb in their house? Recently, in a City Heights



home, 19 bug bombs tore a house apart when the pilot light

ignited the vapors. No one was injured, but the explosion caused \$150,000 in damage to a 470 square foot home. Bug bombs, also called foggers, are normally used to kill cockroaches, fleas and other pests. Each bug bomb is intended to kill insects in a 700-square-foot area.

According to the California Department of Pesticide Regulation (CDPR), bug bombs explode and catch fire when people ignore the simple precautions prescribed on the label. They contain highly flammable materials that can ignite with an ignition sources such as gas pilot lights and electrical appliances (such as air conditioners and refrigerators). When people use too many foggers, flammable vapors can build up to dangerous levels and explode. Be sure to read and follow directions for the recommended number of foggers to use, but do not use more than one fogger per room. Using too many foggers won't control pests better than using only the amount recommended on the product label.

The CDPR offers these safety measures when using foggers or other pesticides:

- Read label instructions before using the products, and follow them closely.

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Is the San Andreas Faultline 'Pregnant'?

-Debbie High

April is National Earthquake Preparedness Month! Earthquakes? We don't get earthquakes around here do we? The sunny California weather sometimes makes us forget about the potential threat of earthquakes in our region. Who is the primary culprit? Scientists are highlighting the San Andreas fault without rival. According to Doug Yule, a geologist at Cal State Northridge, the primary fault in California is the San Andreas. Yule and his colleagues have dug trenches along the southern section of the fault to carbon-date its buried fissures in hopes of determining just how "pregnant" it is. Their best guess: The San Andreas, from the Salton Sea to San Bernardino, is at term.



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Chemical Corner: An Evaluation of Eau de Labarraque

Regina Frasca

Otherwise known as Bleach, Clorox or in the laboratory...a sodium hypochlorite solution. This solution contains water and hypochlorous acid (NaOCL). It is a very strong chemical oxidant and,



dependent upon concentration, has a yellow to green coloring. Bleach is especially popular because of its antimicrobial and fungicide properties. These talents give rise to

bleach as one of the most popular actors in the laboratory. Bleach is used for decontamination (10% solution) purposes and in the household (5%) as a mildew remover. The general public uses it as a fabric whitener and brightener. In fact, RM&S uses a 10% solution to clean up bio-hazardous spills. Recently, Carl Hanson (Facility Services) and his staff controlled a spill that involved human blood. His staff has the training to battle this situation with their new friend...Mr. Hypochlorite Solution. For organic material, including humans, bleach is a hazard due to its corrosiveness and its

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20 Simple Steps to Reduce Global Warming

Guest Writer - Deb Schmidt

Whenever you save energy - or use it more efficiently - you reduce the demand for gasoline, oil, coal and natural gas. Burning less of these fossil fuels means lower emissions of carbon dioxide, the major contributor to global warming.

Here are 20 simple steps that can help cut your annual emissions of carbon dioxide by thousands of pounds. The carbon dioxide (CO₂) reduction shown for each action is an average saving.

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OSHA 300 Log

According to the Occupational Safety and Health Administration (OSHA), beginning February 1, 2004 employers must post a summary of the total number of job-related injuries and illnesses that occurred last year. Employers are required to post this summary in areas or places where notices to employees are customarily posted. This posting is required per 29 CFR 1904, and is to remain posted until 4/30/04. On our campus you can find these postings in the HR office lobby, Ranch lunchroom, University Services Building and the Dome.

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Home Appliances:

1. Run your dishwasher only with a full load. Use the energy-saving setting to do the dishes. Don't use heat when drying. CO2 reduction – 200 lbs per/year.
2. Wash clothes in warm or cold water, not hot. CO2 reduction (two loads a week) – up to 500 lbs per/year.



3. Turn down your water heater thermostat; 120 degrees is usually hot enough.

CO2 reduction – (for each 10 degree adjustment) 500 lbs per/year.

Home Heating and Cooling:

4. Don't overheat or overcool rooms. Adjust your thermostat (lower in winter, higher in summer) CO2 reduction – (for each 2 degree adjustment) about 500 lbs per/year.
5. Clean or replace air filters as recommended. Cleaning a dirty air conditioner filter saves 5% of the energy used. CO2 reduction – about 175 lbs per/year.

Small Investments Pay Off:

6. Buy energy-efficient compact fluorescent bulbs for your most-used lights CO2 reduction – (by replacing one frequently used bulb) about 500 lbs per/year.
7. Wrap your water heater in an insulating jacket (but only if the water heater is over 5 years old and has no internal insulation) CO2 reduction – up to 1000 lbs per/year.
8. Install low-flow shower heads to use less hot water CO2 reduction – up to 300 lbs per/year.
9. Caulk and weather-strip around doors and windows to plug air leaks CO2 reduction – up to 1000 lbs per/year.
10. Ask your utility company for a home energy audit to find out where your home is poorly insulated or energy-inefficient. CO2 reduction – potentially, thousands of lbs per/year.
11. Whenever possible walk, bike, carpool or use mass transit. CO2



Industrial Safety Corner: Preventing Slips, Trips, and Falls

-Debbie High

Did you know that slips, trips, and falls are second only to automobile accidents in causing personal injury? On stairways alone, falls result in almost two million disabling injuries yearly. There are thousands more minor injuries caused by slips, trips, and falls each year. Most alarming of all is the fact that industrial falls cause over 1000 deaths each year. This article discusses what can be done to prevent slips, trips and falls. Most of the suggestions in this article can be used on the job and at home.



Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip. Ice, oil, water, cleaning fluids, and other slippery substances are probably the most obvious causes. However, the flooring may be inappropriate-perhaps it is a slick material-or the person who slips may not be wearing proper shoes. To prevent slips, avoid walking in areas which pose slipping hazards if at all possible. Always promptly clean up spills of slippery substances. Better yet, prevent the spills in the first place. If an area is a chronic problem, re-route foot traffic in order to avoid it. If flooring is a problem, replace it or coat it with a non-slip surfacing material.

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reduction (for every gallon of gasoline you save) 20 lbs per/year

12. When you buy a car, choose on that gets good gas mileage. CO2 reduction (if your new car gets 10mpg more than your old one) about 2,500 lbs per/year.

Reduce, Reuse, Recycle:

13. Reduce waste: Buy minimally packaged goods; choose reusable products over disposable ones; recycle. CO2 reduction – (if you cut down your garbage by 25% 1,000lbs per/year.
14. If your car has an air conditioner, make sure its coolant is recycled whenever you get it serviced. Equivalent CO2 reduction - thousands of pounds.

Home Improvements:

15. Insulate your walls and ceilings; this can save about 25% of home heating. CO2 reduction – up to 2,000 lbs per/year.
16. If you need to replace your windows, install the best energy – saving models. CO2 reduction – up to 10,000 lbs per/year.
17. Plant trees next to your home and paint your home a light color if you live in a warm climate, or a dark color in a cold climate. CO2 reduction – about 5,000 lbs per/year.
18. As you replace home appliance, select the most energy- efficient models. (if you replace your old refrigerator with

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Risk Management Reminder!

If a student, employee or visitor is injured or becomes acutely ill when on campus, please contact the University Police at ext. 4567 immediately. The University Police are trained to assess the situation and to determine if there is a need for medical attention.

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

- #1 – University Police – ext. 4567
- #2 – Employee's Supervisor

The employee's supervisor is responsible for notifying Human Resources & Equal Opportunity (ext. 4426 or 4425). University Police are responsible for notifying Risk Management & Safety in order for that department to conduct an investigation, if necessary. If the employee requires medical attention and is unable to drive themselves transportation will be provided by ambulance if their condition is serious, or by the appropriate department administrator (MPP level).

For all emergency situations, contact the University Police by dialing 9-1-1 from any campus telephone.

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- Keep the products away from children in a locked cabinet or shed.
- Teach children not to touch pesticides and other household chemicals.
- Keep the telephone number of your area Poison Control Center near your telephone.
- Properly ventilate the area after treatment and before reoccupying it.

Preventing Slips, Trips and Falls

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Trips occur when a person's foot contacts an object and they are thrown off balance. The main cause of tripping is obvious—anytime something is in a walkway it could cause someone to trip. Another culprit is an object which projects into the walkway—perhaps material stored low on a shelf. Poor lighting and uneven walking surfaces also cause tripping. Prevention of trips is simple but does require diligence. Keep objects that could cause someone to trip out of the way. Repair uneven flooring and install proper lighting if required.

Falls can be caused by a number of things. Slips and trips frequently result in a fall. Falls also occur for other



reasons. Improper use of ladders and scaffolding can result in a fall—usually a very serious one. Falls also happen when

people climb objects without using fall protection equipment. Don't risk serious injury by taking shortcuts. If you are working on a ladder, scaffold, or other elevated platform, make sure you know the requirements for using them safely. Always use fall protection equipment when it is required.

Slips, trips, and falls cause numerous injuries every day. But they are among the easiest hazards to correct. Take the time to look around your worksite for these hazards and work to prevent them. Take care not to create any slip, trip, or fall hazards as you go about your daily activities. Don't let a slip, trip, or fall keep you from enjoying all that life has to offer.

Evaluation of Eau de....

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emission of chlorine gas. While it is unusual for chlorine gas to be released in normal circumstances, the formation of chlorine gas can occur if it is mixed with acids, such as acidic toilet bowl cleaners. The human is at risk by contact of skin which causes irritation, dermatitis and sensitization. Contact with the eyes causes irritation and may result in severe eye injury. Inhalation causes respiratory irritation that can progress to edema. When bleach comes in contact with mucous membranes it then forms hydrochlorous acid which produces cellular injury. Bleach has many applications and can be a very valuable chemical when used appropriately. It is classified by the Department of Transportation and the EPA as a pesticide. Friend or foe, this bad actor can provide great results when one uses it with respect. If you have any questions about Mr. Eau de Labarraque please contact RM&S.

Reduce Global Warming

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an efficient model) CO2 reduction - 3,000 lbs per/year.

Schools, Businesses and Communities:

19. *Reduce waste and promote energy-efficient measures at your school or workplace. Work in your community to set up recycling program, (for every pound of office paper recycled) CO2 reduction – 4 lbs per/year.*

20. Be informed about environmental issues. Keep track of candidates' voting records, write or call to express concerns. (If we vote to raise U.S. auto fuel efficiency) CO2 reduction – **billions** of lbs per/year!

You can learn more by going to the Environmental Defense website at www.environmentaldefense.org

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San Andreas Fault

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Experts like to say that there is "good news" about the fault. Most of the San Andreas is remote from major cities in Southern and Central California. Scientists generally believe the 1906 cataclysm vented enough stress to spare San Francisco another mammoth quake for decades to come. Is it time? Only time will tell. In the meantime what can we do as university employees to protect ourselves in the case of an earthquake?

First and most importantly, remember to "Duck, cover, and hold on". Get beneath a sturdy piece of furniture, such as a table or desk, and hold on to the leg. This will allow you to move with the furniture as it moves with the earthquake. Stay away from windows, overhead fixtures, tall objects, and electrical equipment.

If you are located in an area that does not have any sturdy furniture, duck down close to an interior wall, and cover your head and neck.

If you are in a wheelchair, lock your wheels in place, duck down and use a book or your arms to cover your head and neck.

If you are in a classroom or auditorium, stay where you are and protect yourself by getting undercover or covering your head with your arms. Do not rush for the exit.

If you are outside, move to an open area away from buildings, trees, utility wires and overhead structures.

If driving, pull over to the nearest open area and stop. Stay in the vehicle until the shaking stops.

Once the shaking stops, be aware of your surroundings and visualize two safe exits from where you are. During evacuation, watch for downed electrical lines, sharp items, toxic spills, fire, and falling objects. Check all doors with the back of your hand for heat, and look for light and smoke from around doors before opening. When you leave a building, stay clear of the walls & overhead objects, and move quickly to a clear zone. Above all, remain calm because assistance will be on site within a short period of time. Assist others around you in the meantime.

For further information on emergency preparedness and earthquake safety please contact RM&S at 750-4510.

Safety Trainings

Electrical Cart Safety



March 25, 2004

2:00PM (1 hr)

USB Conference Room

ALL STAFF USING CARTS

Radiation Safety

April 14, 2004

Science Hall, Room 316

2:00 PM (1hr)

For Staff or Students
Using Radioactive Materials

Bloodborne Pathogen

APRIL 1, 2004

STUDENT HEALTH SERVICES

3:00PM (1 HR)

SHS, FACILITY SERVICE EMPLOYEES

Fire Extinguisher



April 22, 2004

2:00 PM (1hr)

USB Conference Room

ALL EMPLOYEES

RISK MANAGEMENT 102



August 6, 2004

Location TBA

Time TBA

All Employees

WORKERS COMP AWARENESS FOR SUPERVISORS



June 24, 2004

Location and Time TBA

Directors, Supervisors, Leads

COMING SOON

SUPERVISOR SAFETY

CPR 1ST AID

SUBPOENA 101

REMEMBER CHARLIE VIDEO

FIRST RESPONDER AWARENESS

AVAILABLE UPON REQUEST

Back Safety Sit Safe

**Please view all of our safety trainings on our
web page at:**

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

*Please call Humberto Garcia at
X4511 to schedule a training class*