

# SAFETY SENSE

In this issue:

## THE TRAINING CORNER

Take a look at upcoming training opportunities led by SH&S Safety Professionals.

## FEATURED:

### DR. DIEGO SUSTAITA

Get to know one of CSUSM's Biology professors, Dr. Diego Sustaita.

## EMERALD ENERGY

Introducing a new program to our campus that offers an alternative method for disposing bio-hazardous waste.

# SNAKE SAFETY

Safety tips for you and your pets when encountering snakes.

## TRAINING CORNER

To enroll into courses, visit [www.csusm.edu/etc](http://www.csusm.edu/etc). Log into Learnerweb with campus credentials. Click on "Schedule" tab and find desired training.

### ➔ Let's Clear the Air Together



**Date:** November 7th  
**Time:** 11:30 AM to 1:30 PM  
**Location:** Kellogg Plaza

### ➔ Stop the Bleed



**Date:** November 12th  
**Time:** 12:00 PM to 1:00 PM  
**Location:** Markstein 101  
 For more information, click [here](#)

### ➔ IIPP



**Date:** November 20th  
**Time:** 10:00 AM to 11:00 AM  
**Location:** Markstein 208

**Date:** December 17th  
**Time:** 2:00 PM to 3:00 PM  
**Location:** Markstein 208

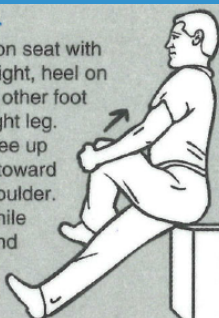
## ERGONOMICS CORNER

### 3 Minute Workout & Micro breaks:

Try to do this routine on a daily basis or as needed. Move slowly, and hold each stretch for one to three relaxing breaths.

#### KNEE PULL

Sit forward on seat with one leg straight, heel on ground. Put other foot on the straight leg. Pull bent knee up and across toward opposite shoulder. Sit up tall while pulling up and across. Switch legs.



**\*Great for managing sciatic discomfort\***



## EMERALD ENERGY

The Emerald Energy Program is an innovative alternative method for the disposal of biohazardous waste. Typically, biohazardous waste is treated in an autoclave and sent to a landfill for burial and disposal. By utilizing the waste-to-energy process, the same biohazardous waste is shredded, microwaved for sterilization, and incinerated. The heat generated from the steam is then used to power the local electrical grid. This program diverts waste from the landfill and produces energy instead of using vast amounts of energy in the autoclave.

In 2018, CSUSM diverted 10,174 pounds of waste from landfills, generated approximately 2,798-kilowatt hours of electricity, and had a carbon emission reduction of 5.8 tons. Due to the success of the program, CSUSM will be expanding the program to new laboratories and departments in 2019. To learn more, click [here!](#)



# SNAKE SAFETY

Tips on how to stay safe when encountering snakes



Pictured: Western Diamond-backed Rattlesnake  
Source: [californiaherps.com](http://californiaherps.com)

## FIRST AID

- If bitten, move beyond the snake's striking distance and remain calm; this can slow down the spread of venom if the snake is poisonous.
- Seek medical assistance upon any suspected snakebite.
- Remove any jewelry or watches from the affected area, in case of swelling.
- Position yourself, if possible, so that the bite is at or below the level of your heart.
- If possible, remember the snake's shape/size and appearance.
- Cover the bite with a sterile, dry dressing if you have one.
- Do not wash or apply ice.
- Do not cut and/or suck the bite.
- Do not use a tourniquet.



## PRECAUTIONS

- Snakes are active when it is cooler out; they stay hidden during the heat of the day.
- Wear boots when hiking.
- Use gloves when disturbing wood or debris piles.
- NEVER attempt to grab or pick up a snake.
- Do not handle dead snakes. Dead snakes can still inflict a venomous bite.
- Do not leave shoes/boots laying on the ground at the back/front door. Use a shoe rack.
- Do not leave your pet's water bowl by the back door, move it further down the backyard into a shaded area. Having your pet's water bowl near the door encourages the snake to move closer to your house making it easier to dart inside when you venture out.
- A dripping tap or air conditioner outlet can also provide a viable water source for a thirsty snake.



## PET SAFETY

Signs and symptoms of a snake bite:

- Dogs and cats may exhibit: unsteadiness in their hind legs or paralysis that creeps from their back to their front; vomiting or frothing from the mouth; diarrhea or incontinence; fits or convulsions; and/or drooping eyelids.

What to do if your pet has been bitten?

- If you suspect that your pet has been bitten by a snake, call your vet immediately!
- Do not wait to see if your pet is okay. Antivenom is available for pets as well as people.





# HALLOWEEN SAFETY

Tips on how to have a fun and safe Halloween!

## Family safety

- Always accompany young children on the neighborhood rounds.
- If your children are going alone, plan and recognize the route that they will be taking.
- Plan a curfew.
- Inform your children to not eat any treats until they return home.
- Remember to put electronics down, be aware of your surroundings, and do not run across the street.



## Motorist safety

- Watch children crossing the streets or walking along the medians and curbs.
- Watch for children in dark clothing/costumes.
- Enter and exit driveways carefully.



## Pet safety

- Secure dogs away from the door.
- Distract your pet by putting on TV or music.
- Keep pets indoors so they won't run away.
- Watch for trick-or-treaters and greet them before they ring the doorbell to avoid barking or startling your pet.



For more information, visit:  
[The National Safety Council](#)  
[San Diego County News Center](#)

## FACULTY SPOTLIGHT: DR. DIEGO SUSTAITA, DEPT. OF BIOLOGY

### WHAT IS YOUR CURRENT RESEARCH?

"My research revolves around understanding how animals (mostly birds and small mammals) are 'built' to do what they do in nature (mostly feeding and locomotion), through measurements of their anatomy and performance capabilities, in the lab and field."

### SPECIFIC TO YOUR RESEARCH OR LAB, WHAT ARE THE TOP HAZARDS IN THE LAB, OR WHAT ARE THE STUDENTS' ROLES IN YOUR LAB?

"The top hazards associated with my research are more related to the field component; being outdoors exposed to the elements, and handling wild animals always poses risks. In the lab component, the top hazard probably involves the use of sharp implements during dissections. However, these risks are manageable with proper training and preparation. Many of my students are currently involved in computer-based analysis of data, which is considerably safer."

### ADVICE TO UNDERGRADUATES?

"Seize any and every extracurricular career-building opportunity you get, and work hard. Demonstrate your commitment and drive, and your investment will pay off in the long run."

### WHAT DO YOU LIKE TO DO FOR FUN ON YOUR DAY OFF?

"My days off are typically spent catching up on work, or doing yard work. Every now and again, time permitting, I squeeze in a trail run, or some birding. The exciting, fast-paced life of an assistant professor!"

