

# SAFETY SENSE

In this issue:

## WHAT'S UNDER YOUR SINK?

Learn about dangers of household cleaners, their effects on our health, and how to avoid these safety hazards.

## THE TRAINING CORNER

Take a look at upcoming training opportunities and campus events.

## SAFETY SEASONS GREETINGS!

Safety tips for prepping your turkey.

## FACULTY SPOTLIGHT

### DR. ROBERT IAFE

Get to know one of CSUSM's Chemistry and Biochemistry professors, Dr. Robert Iafe.

## COUGAR PANTRY

Introducing a new campus initiative that offers an opportunity to donate non-perishable foods and pick up needed food items.

## It's Flu Season

How to protect yourself and your family from the flu.



## UPCOMING TRAININGS & EVENTS

How to enroll into trainings

1. Visit [www.csusm.edu/etc](http://www.csusm.edu/etc).
2. Log into LearnerWeb with campus credentials.
3. Click on "Schedule" tab and find desired training.

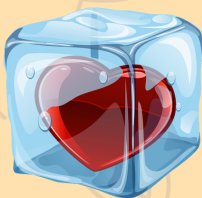
### ➔ Let's Clear the Air Together



Join us to promote a smoke and vapor free campus on November 15th from 11:30 AM to 1:00 PM at Kellogg Plaza. Staff who attend the event can enter to win a \$50 gift card for Amazon.

Click [here](#) for more information.

### ➔ CPR/AED



**Date:** Dec 2nd **Time:** 8:00 AM to 12:00 PM

**Location:** SBSB 4119

### ➔ Cougar Crash Course



**\*For New Employees; invitation only**

**Dates:** Dec. 11th **Time:** 9:00 AM to 11:30AM

**Location:** Kellogg Library 5207

## 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.



Bend head downward then place 1-2 fingers from each hand on back of neck. Pull forward/look up. Bend neck sideways toward shoulder, hold, look down, then switch sides. Slowly and fully turn head to one side then the other.



## WHAT'S UNDER YOUR SINK?

*By Cai Steffler, EHS Specialist*









At CSUSM, we have a wide array of hazardous chemicals that our faculty use for research and instruction. Some are innocuous, but others can pose serious harm to our health. The specialists at Safety, Health & Sustainability (SHS) help mitigate that risk through training, proper handling and storage, and utilizing a variety of personal protective equipment (PPE).

Did you know that you may have similar chemicals at home? Some common household cleaning products can be harmful if used improperly, or if they come into direct contact with you. Do you have products that unclog your drains or clean your oven? These will most likely be corrosive with ingredients like sodium hydroxide or sulfuric acid. Do you have bleach and toilet bowl cleaner (ammonium)? Those cleaners are very useful when used separately, but when mixed together they can form a poisonous gas! At home, you should be aware of what cleaning products you use, what the hazards are, and how to stay safe. Reading the labels is always a good place to start.

**Tip from the Specialist:** Invest in heavy duty rubber gloves that can be washed and reused. These will allow you to safely work with cleaning products by protecting your hands and skin. Also consider wearing some sort of eye protection. Eyes are very sensitive to chemicals, and you don't want anything to happen to your vision. Take care of your health at work and at home!

# Safety Seasons Greetings!

Thanksgiving is the largest meal many of us will prepare this year, and getting that turkey just right can be stressful. Whether it's your first time or your fiftieth, follow these tips to make sure your Thanksgiving meal is both delicious and safe to serve!

-  Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days before cooking.
-  Ensure the turkey is stored at 40°F or slightly below.
-  The turkey can be thawed using the cold water method, the microwave, or the refrigerator. The refrigerator method is **USDA recommended**.
-  Wash hands with warm water and soap for 20 seconds.
-  Do NOT wash the turkey as this can spread pathogens onto kitchen surfaces. The only way to kill bacteria that causes food-borne illness is to fully cook the turkey.
-  Keep raw turkey separated from all other foods at all times and use separate cutting boards and utensils.
-  Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.
-  Cook the turkey until it reaches 165°F. Check turkey's temp by inserting a food thermometer in the thickest part of the breast and the innermost part of the thigh and wing.

## Sustainable Cougars: Cougar Pantry

How to help your fellow Cougars during the holidays

The holidays are just around the corner! It's the time of year for giving thanks and helping our neighbors. That's why we're bringing attention to a year-round epidemic that affects students at this very campus. It's called "food insecurity", and it refers to having limited or no access to safe and nutritional foods. So instead of throwing away unopened foods, we encourage you to take the sustainable route by donating them to the Cougar Pantry. Help make a fellow Cougar's holiday season special with your donations!

### How to donate:

#### When:

Tuesday - Thursday  
9 AM - 1 PM or 2 PM - 6 PM

#### Where:

USU 3100A

### Foods to donate:

- Peanut butter
- Cereal
- Shelf stable almond/soy milk
- Pasta
- Mac and Cheese
- Canned fruit/vegetables



# It's Flu Season



Tips on how to protect yourself and your family from the flu.

Influenza, or "the flu", is a highly contagious illness caused by influenza viruses. The flu is extremely dangerous because it affects the respiratory system which can result in hospitalization and—in serious cases—death.

According to the San Diego County Health and Human Services Agency, for the **2017-2018 flu season**, there were:

- 20,833 total reported influenza cases
- 342 resulted in death

## Symptoms of the Flu: How to tell the difference between the flu and the common cold.

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual, lasts 3-4 days	Rare
Aches	Usual, often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common, can be severe	Mild to moderate; hacking
Headache	Common	Rare

Source: <https://www.cdc.gov/flu/consumer/symptoms.htm>

For more information, please visit the following sites:

[Centers for Disease Control and Prevention](#)

[Vaccination Center Finder](#)

[San Diego County Influenza Information](#)

[CSUSM Seasonal Flu Information](#)

[County News Center](#)

## Prevent the Flu: Two easy steps to prevent yourself and loved ones from getting sick.

### 1. Get vaccinated.

- Flu vaccines protect against the virus and can reduce flu illnesses.
- It is advised that everyone 6 months of age and older get an annual flu shot to prevent themselves from getting sick.
- People at higher risk (young children, people with conditions such as asthma and heart/lung disease, pregnant women and people 65 years and older) are strongly encouraged to get vaccinated.

### 2. Stop the spread of germs.

- Avoid close contact with those who have the flu.
- Cover your nose and mouth with a tissue when coughing or sneezing. Make sure to properly dispose of the tissue after you use it.
- Wash your hands with soap and water as much as possible.
- Frequently clean and disinfect your workspace and objects that may be contaminated with germs
- Stay home for at least 24 hours if you are sick.

## Q&A: DR. ROBERT IAFE, DEPT. OF CHEMISTRY & BIOCHEMISTRY

### WHAT IS YOUR CURRENT RESEARCH?

"Our main research projects involve the development of new methodology to synthesize bio-active materials. Currently we are exploring noble gold(I)-catalyzed chemistry and organocatalytic transformations."

### TOP HAZARDS IN THE LAB?

"We have water reactive, oxidizing, flammable, corrosive, pyrophoric, toxic, and carcinogenic reagents. They're all hazardous in their own right. The highest daily hazards are n-butyl lithium and chromium trioxide. But in my lab, usually the specific reagent is not too hazardous, but the combination of reagents is where we need to take precautions."

### FAVORITE ACTIVITY TO DO ASIDE FROM PLAYING WITH HAZARDOUS CHEMICALS?

"On my days off, I find myself building furniture, jogging with my dogs, and riding my motorcycle."

### ADVICE TO UNDERGRADUATES?

"If you have any interest at all in doing research, talk to your professor in person as soon as possible in your academic career. Don't wait until you're a senior to find lab experience."

