

# SAFETY SENSE

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The Sustainability Program gets green -- in more ways than one

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How to protect yourself,  
your family, and your home  
in a wildfire emergency



Visit page 4 for another Caption Contest!

## UPCOMING TRAININGS & EVENTS

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.

### ➔ Stop the Bleed



**Date:** July 17th **Time:** 10:00 AM-11:00 AM  
**Location:** SBSB 3219

### ➔ Fire Extinguisher Training



**Date:** July 18th **Time:** 10:00 AM-11:30 AM  
**Location:** SBSB 3219

Click [here](#) to log in and enroll into the courses.

## 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.

#### CHEST AND SHOULDER STRETCH

Clasp hands with the palms together behind your back. Keep your head level and try to lift your arms away from your back. Sitting forward in the seat or standing up may help.



## SUSTAINABILITY CONTINUES TO GROW

*By Juliana Goodlaw-Morris,  
Sustainability Manager*

The Sustainability Program received two grants during the Spring semester. The first came from the CSU Chancellor's Office Basic Needs Initiative. This grant is in collaboration with Dr. Greig Guthey (Liberal Studies / Environmental Studies Program Director) and Dr. Gabriel Valle (Environmental Studies) to expand the Sustainable Food Project Garden. The garden expansion will increase vegetable production to grow food for the Cougar Pantry. More information can be found [here](#).

The second grant came from the CSUSM Office of Inclusive Excellence. The Social Justice grant was awarded to the Sustainability Program for its work connecting social justice with sustainability. For this award, the environmental justice intern, Megan Hammerschmidt, designed yard signs depicting the 17 Sustainable Development Goals and how CSUSM's work aligns with our Sustainability Master Plan. These were displayed during April, which is also Earth Month.

Both of these grants demonstrate the Sustainability Program's efforts to broaden the conversation from resource conservation efforts (recycling, energy, and water) to the interconnectedness between humans and our environment. They connect the social and environmental realms of sustainability and the work being done within this area. At CSUSM, we are calling this work Inclusive Sustainability.

# WILDFIRE SEASON

*By Cai Steffler, EHS Specialist*

Wildfire is a 'hot' topic right now. The state of California is in a severe drought and we have seen the devastating effects that wildfires can do to homes and communities. As a former Federal Firefighter, I have seen homes saved because of the precautions that were taken by the homeowners. There is no guaranteed assurance that your home will be spared from a wildfire, but there are measures that will give you the best chance of protecting your home. I will also share some tips that we all should establish if the time comes to evacuate.



Pictured: Coco's Fire in 2014.  
Source: [10 News twitter](#)

- Have 100 feet of defensible space if you live in the wildland/urban interface. Clear away old growth and unnecessary vegetation from your home. Experts recommend removing dead vegetation, trimming trees, and relocating wood piles. Remove anything that could easily catch fire within at least 30 feet of your home.
- Have a designated meeting spot for family for times of emergency. Cell phones may be down during an emergency and your family may be in different locations. (Work, school, shopping, etc.)
- Have an Evacuation Plan Checklist. There are resources available on line to complete your evacuation checklist. Your family should know what to do if the time comes to leave. Consider a three-day supply of food, three gallons of water, medication, a change of clothes, a first aid kit, a flashlight and copies of important documents.
- Consider an Emergency Supply Kit in your vehicle.
- Locate your pets and take them with you.
- Remember: When immediate evacuation is necessary, follow these steps as soon as possible to get ready to GO!
- Do not risk your life, your family's life, or the life of first responders. Firefighters are trained to protect life, environment, and property -- in that order. Give first responders the best chance to defend your home by leaving. If you or your family is still home, all of their efforts and resources will be dedicated to getting you out alive. Let them focus on protecting your home. They are really good at what they do!



## FACULTY SPOTLIGHT: DR. STEPHEN TSUI, DEPT. OF PHYSICS

### WHAT IS YOUR CURRENT RESEARCH?

"Our current primary focus is synthesizing rare-earth orthoferrite ceramics and investigating their physical property of magnetic spin reorientation. When the ceramics are cooled below a certain transition temperature, the net magnetic moment of the crystal rotates. There is interest in studying spin reorientation phenomena because it could lead to new computational technologies. Some of these ceramics are fairly easy to make and provide interesting research experience for students."

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

"This might surprise you. We work with platinum wires that are thinner than human hair. We manipulate them with \$25 tweezers that have super fine tips. These are our most precious tools, and we don't want to drop them because the tips can get warped upon impact. However, if one falls, you shouldn't try to catch it, because that tip will impale your hand like a dart going into a dartboard.."

### ADVICE TO UNDERGRADUATES?

"Go to a professor's office hour and ask for guidance on your career option s and what you can do to achieve them. That is the kind of conversation that can grow into a mentorship, and it can change your life. Go talk to as many of us as you can, as early as you can."



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

"I am a museum geek. Give me three hours at an art or science museum, and I will be very happy."

## GIVE A CAPTION, GET A COFFEE



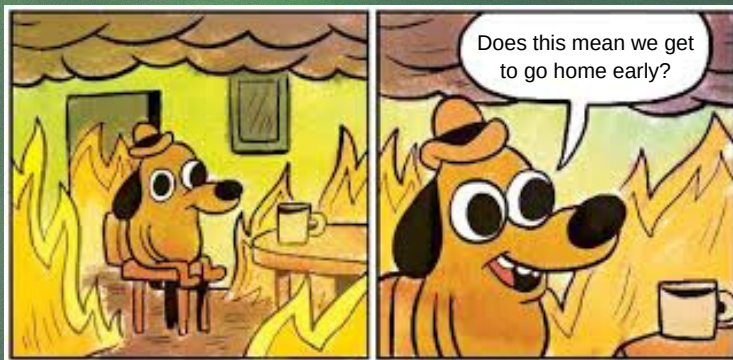
Congratulations to Phoi Tiet for being the winner of last issue's caption contest!

Time for round 2 of our Give a Caption, Get a Coffee contest.

Send your safety-related, funniest captions regarding the meme below for a chance to win a Starbucks gift card.

Send your submissions to [shs@csusm.edu](mailto:shs@csusm.edu)

Write a funny,  
safety-related  
caption!



Winner: Phoi Tiet

