

SAFETY SENSE

In this issue:

THE TRAINING CORNER

Take a look at upcoming training opportunities and campus events

NAVIGATING DEFENSIVE DRIVER CERTIFICATION

Information and steps to become
Safe Driving certified

FACULTY SPOTLIGHT

DR. KARNO NG

Get to know Chemistry
professor, Dr. Karno Ng

Love your heart

Ways to keep your heart
healthy and help others

Visit page 4 for a
chance to win a
Starbucks gift card!



UPCOMING TRAININGS & EVENTS

How to enroll into trainings

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

➔ Super STEM Saturday

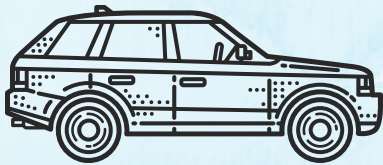


Date: March 9th **Time:** 10:00 AM-4:00 PM

Location: CSUSM Campus

Campus & Community Electronic Waste Recycling
For dates, times and locations, please click [here](#).

➔ Defensive Driving



Date: March 7th **Time:** 2:30 PM-4:30 PM

Location: Kellogg Library 3010

➔ Earth Week



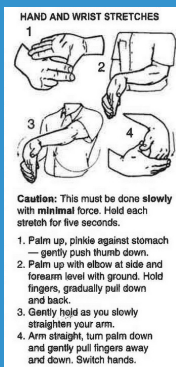
Celebrate Earth all week with activities and events.

Dates: April 16-21

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.



NAVIGATING DEFENSIVE DRIVING CERTIFICATION

By Jennifer Ralph, EHOS Specialist

According to the U.S. Bureau of Labor Statistics, transportation incidents are the number one cause of fatal work injuries. The CSUSM Safe Driving Program was developed to reduce the risk of injuries and fatalities related to employees driving on University business. A key component of this program is Defensive Driver Certification.

All state employees (faculty, staff including student assistants, and special consultants) and registered volunteers who drive on University business must maintain current certification.

Examples of driving on University business include:

- Driving a state-owned vehicle as part of your job duties
- Driving a powered (golf) cart on campus
- Driving a personal car, rental car, or state-owned vehicle to meetings or conferences
- Driving while running errands off campus

If you engage in any of these activities, you need to be certified.

To become certified, you must complete training and submit the required documents to SH&S. The training consists of either one in-person class or two online courses in the LearnerWeb portal of the Employee Training Center (ETC). The required documents include a state form (STD 261), a DMV form (INF 1101), and a copy of your driver's license. The forms may be submitted to SH&S in person or by campus mail. Once these components have been completed, your certification is valid for four years.

Employees of the CSUSM Corporation or other auxiliaries should contact their employer's human resources department for their requirements. For instance, CSUSM Corporation uses a different online training course and required forms.

All of the information you need to complete the certification can be found on the [SH&S Safe Driving Program webpage](#) including [how to register and take the online training](#), links to the [forms](#), information for [employees who drive powered carts](#), and options for [state employees who do not drive](#) as part of their job duties.

LOVE YOUR HEART

Love is in the air and it is important to love yourself by taking care of your heart! Caring for your heart helps ensure a long and healthy life. Below are some tips on how to help your heart and others.



How to save your heart and the hearts of others

Do you know what to do if your or your neighbor's heart suddenly stops?

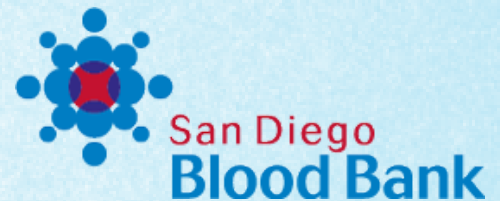
There are 54 AED units on campus for anyone to use in case of an emergency.

Additionally, SH&S offers CPR/AED classes on how to use them and [where they are located](#). You can sign up for the course by logging into the Employee Training Center through Learnerweb Login and searching for a CPR/AED course under the "Schedule" tab. And, in the event of an emergency, all AEDs on campus will provide verbal instructions on how to operate it.



Ways to take care of your heart

Exercising is a great step to keeping your heart healthy! Our office helped take care of our hearts by participating in a couple of volleyball games against the Athletics department. We also promote a Smoke, Tobacco & Vapor Free campus.



If you are looking to spread the "Love Your Heart" message, donating blood is an empowering way to use your heart to help others! Visit the [San Diego Blood Bank](#) to locate your nearest blood drive or Donor Center.



SH&S and the Athletics department engage in friendly competition during pickup volleyball games.



SH&S and IRM team up together to donate blood to the San Diego Blood Bank.

FACULTY SPOTLIGHT: DR. KARNO NG, DEPT. OF CHEMISTRY & BIOCHEMISTRY

WHAT IS YOUR CURRENT RESEARCH?

"My current research involves (1) extraction and detection of active component from natural herb, (2) development of efficient extraction and detection method of antibiotics that are used in daily cow milk, (3) development of efficient extract and detection method for cancer treatment drug and the drug that have interaction with them in biological fluid."

THIS YEAR, YOU WERE AWARDED THE CAMPUS AS A LIVING LAB GRANT FROM THE CHANCELLOR'S OFFICE. THIS GRANT CONNECTS STUDENT LEARNING BY USING OUR CAMPUS GROUNDS FOR LEARNING. WHAT DO YOU HAVE YOUR STUDENTS DOING WITH THIS CHANGE IN YOUR CURRICULUM?

"I invited Juliana Goodlaw-Morris, Sustainability Manager, to come to my class and give a talk on our campus' Storm Water Management program. I coordinated with the staff from Facility Services and Safety, Health and Sustainability and took students on a field trip to collect the stormwater on campus and performed on-site measurements. I trained the students to use the following wireless devices and performed measurements on collected stormwater samples: (a) turbidity, (b) pH, (c) conductivity. Students shared the data on Google Docs and compared the results."

ADVICE TO UNDERGRADUATES?

"Keep a balance between work, play, and study. Stay focused on your goal. Do not wait till the last minute to do your work. Know your limitation. Seek help if needed. Do not give up. Stay connected with your instructor. Find someone that can provide support and encouragement for you."

WHAT DOES A CHEMIST DO FOR FUN ON HER DAY OFF?

"I like to take a hike, ride a bike, listen to classical music, watch traditional Chinese opera."



GIVE A CAPTION, GET A COFFEE

Submit your funniest, most clever,
or safety-related caption for a
chance to win a Starbucks gift card.

Send your submissions to
shs@csusm.edu



Cougar Pantry Stats

1,050 sandwiches
donated at PBJ
extravaganza

17,174 pounds
of dry/canned food
items distributed

5,925 total visits
between pantry and
distribution visits

35,667 pounds
of produce
distributed