

Safety Source

During spring time, various health and safety awareness campaigns are celebrated nationally and globally. Inside this issue you will find some tips on how to safely travel both domestic and internationally; information on poison prevention and medication safety; and the World Health Day’s 2017 campaign about depression.

Domestic Travel Tips contributed by A’Kia Buford

Besides the holidays, many individuals travel during the Spring and Summer. When traveling domestically:

- Research the destination you will be traveling and make sure you are aware of any known risks within the area.
- Create an itinerary before leaving and give a copy to your family and/or workplace so they are aware of your expected whereabouts, just in case of an emergency.
- When packing check the weather and other geography-related conditions for your destination to ensure you pack all the right necessities.
- Do not take large amounts of cash, multiple credit cards or other valuable items on your trip if you do not need to.

If you are traveling on university business, make sure to submit your travel request through Concur Travel and Expense. For questions on pre-travel procedures, contact Shondra Kaufman by email skaufman@csustan.edu or phone (209) 667-3654.

Also, be sure you have completed the Defensive Driver training if you will be driving an automobile (personal or rented) while traveling. If students will be traveling, please contact Safety & Risk for a release of liability form. For more details on Defensive Driver and release of liabilities, you may contact Safety & Risk Management at risk@csustan.edu.

International Travel



It is important that Stanislaus State employees and students traveling internationally on university business or university sponsored trips do so in as safe a manner as possible. All employees and students, who travel internationally on university business, are required to use the Foreign Travel Insurance Program (FTIP). University sponsored trips are those which the University directs, funds, approves, assigns, requires for academic credit, or requires as part of a program or class.

When traveling abroad, all international travel requests are to be submitted via Concur Travel and Expense. Prior to traveling, please visit the International Travel Insurance webpage at <https://www.csustan.edu/safety-risk-management/international-travel-insurance>. Here you can register for FTIP, check the state department travel warning list, and see if the point of destination is on the CSU High Hazard or War

Risk Countries list. If there is a travel warning, or the location is on the CSU High Hazard or War Risk Countries list, the travel process must be completed 30 days prior to the departure date. High hazard travel requires additional approval by the University President and the CSU Chancellor’s office.

For additional information on international travel, you may contact Safety & Risk Management at risk@csustan.edu. Or visit the Concur Travel and Expense webpage at www.csustan.edu/travel.

**Coming in
August**



Indoor Air Quality

**Mark Your
Calendar:**

**Open Enrollment
September to
October 2017**

**Report a
Safety Concern**



**Feedback,
Please**

Send an email to risk@csustan.edu to submit your comments, or suggestions for past or future issues. We look forward to hearing from you!

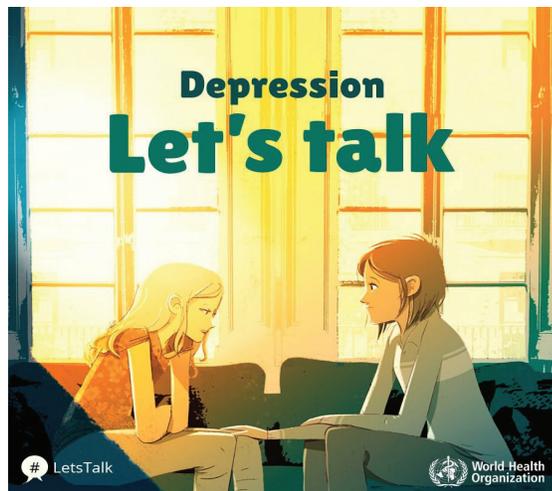
World Health Day contributed by A'Kia Buford

World Health Day is organized by the World Health Organization (WHO) and celebrated globally every year on April 7. Each year the overall goal of WHO is to better inform the public about an important health related topic. This year's focus is on depression.

Depression is an illness that affects people of all ages worldwide. An estimated 350 million people are affected where the effects can be mild to severe and can be crippling to a person as they lose the ability to function in day to day tasks. Commonly seen symptoms include loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt or hopelessness; and at its worst self-harm or suicide.

It is important to understand what depression is and how to deal with the illness. If you or anyone you know exhibit these symptoms of depression, there are various outlets that can assist in their struggle. For employees at Stanislaus State, the Employee Assistance Program is a great resource. LifeMatters offers face-to-face clinical counseling as well as telephone consultations for a variety of life concerns including emotional distress. For more information, visit the Human Resources website at <https://www.csustan.edu/hr/employee-benefits/employee-assistance-program>.

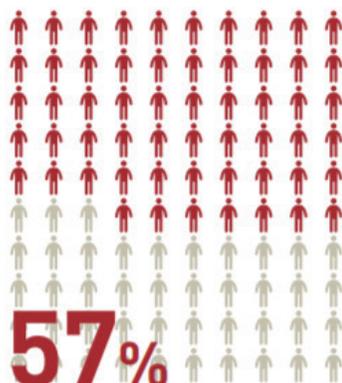
To learn more about the WHO World Healthy Day campaign and resources, visit <http://www.who.int/campaigns/world-health-day/2017/en/>.



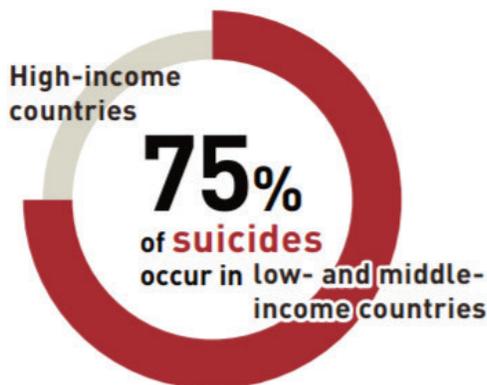
Suicide is the second leading cause of death among 15-29 year-olds



There are more deaths from **suicide** than from war and homicide together



Over 800 000 people die by suicide every year
1 death every 40 seconds



Pesticides, hanging and firearms are the most common methods used globally

*Flyer on suicide from WHO webpage. Click on image for additional information (https://www.csustan.edu/sites/default/files/groups/Safety%20%26%20Risk%20Management/2016-17/who_suicide_infographic.pdf).

Medication Safety: It's Everyone's Concern

Each year in the United States, injuries resulting from the use of medication includes over 700,000 visits to the hospital emergency room. Many drug injuries are preventable. Patients and caregivers can help reduce the risk of harm from medicines by learning about medication safety. Here are a few tips about medication safety:

- **Know your medications:** Know both the generic and brand name of your medicines. This will help in preventing double-dosing.
- **Read labels carefully:** Check the label each time you take medication to ensure proper dosage; especially for a child. The effectiveness of many medicines is dependent upon taking them at the correct times, as well as to avoid accidental overdosing.
- **Dietary Supplements:** Discuss taking a dietary supplement with your doctor or practitioner and your pharmacist before you start it. While many of these supplements are made from natural ingredients, they still may be hazardous for certain types of people and they can react with medicines having an unknown synergistic effect.

Visit the Women's Heart Foundation webpage (<http://www.womensheart.org/content/outreach/MedicationSafetyWeek/whatis-mediationsafetyweek.asp>) to learn more about each day of Medication Safety Week: April 1-7, 2017. Each day is focused on a specific area to help commemorate the week.

And remember to clean out your medicine cabinet and to properly dispose of outdated medicines and old prescriptions. Do not flush them down the drain, instead drop them off at a drug disposal collection center.

ADULT MEDICATION
seen through a child's eyes

Always keep drugs:

- locked away and out of reach of children
- in original containers with child-proof caps

When taking drugs:

- take care and avoid distractions/spills
- reseal and put away immediately after use

Remember – even a small dose of adult medication is enough to harm, or even kill, a child

Drug Disposal Collection Center

- Stanislaus County Sheriff's Department: 250 Hackett Rd., Modesto, CA 95358; (209) 525-7115; Mon-Thurs 8:00am - 3:00pm

Visit the Stanislaus County Department of Environmental Resources Household Hazardous Waste Program (<http://www.stancounty.com/er/hazmat/household-hazardous-waste.shtm>) for additional information on safely disposing of hazardous waste and other drug disposal drop off collection centers.



Poison Prevention

Poisoning is the leading cause of injury-related death in the United States. Every third week in March is designated as National Poison Prevention Week; dedicated to raising awareness about the burden of poisoning in the United States and highlighting specific ways to prevent it. This year's National Poison Prevention week is March 19-25, 2017.

To prevent poisoning, take the following precautions:

- Never place poisonous products in food or drink containers.
- Maintain working smoke and carbon monoxide detectors.
- Keep all medicines in containers with safety caps and keep out of reach of children. Medicine used incorrectly can be poisonous especially to a child.

To locate your local poison center call (800) 222-1222 or visit [aapcc.org](http://www.aapcc.org). Be prepared for poisoning emergencies by programming your local poison center in your phone. For additional prevention tips, visit the American Association of Poison Centers online <http://www.aapcc.org/prevention>

Ergonomics and You

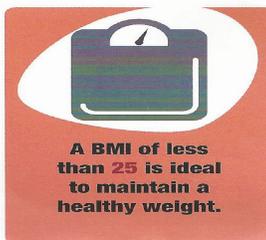
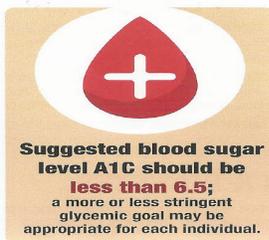
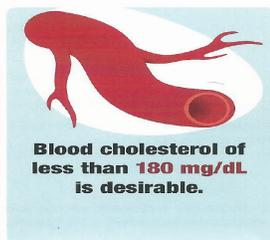
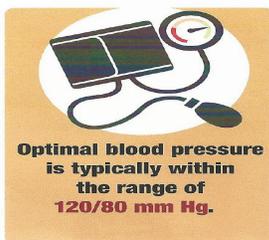
Defined: Ergonomics is the science of fitting the task to the worker to maximize productivity while reducing discomfort, fatigue and injury! Here are 11 easy tips for an Ergonomic Workstation:

1. Arms and elbows close to body
2. Change postures often
3. Work in a reclined position
4. Take frequent short breaks
5. Feet should be flat on floor or footrest
6. Top of monitor at or below eye level
7. Monitor and keyboard centered in front of you
8. No glare on screen
9. Documents in line with keyboard and monitor
10. Negative tilt keyboard support
11. Wrists flat and straight

American Heart Association: Heart Month

**Heart disease is the #1 killer of adults in America.
But 80% of cardiovascular diseases may be prevented.**

Knowing Your Numbers Can Save Your Life...



Heat Illness

We are just a few months away from Summer, and we need to remember summer-time is when heat illness occurs. Most of us associate extreme heat with a heat wave, but any high temperature condition that your body is not acclimated to could constitute high heat.

If you are not acclimated or spend extended amounts of time in the heat, you could develop a heat related illness. There are four degrees of heat illness: sunburn, heat cramps, heat exhaustion, and heat stroke. Heat stroke is life threatening and 9-1-1 should always be called.

For more information please visit <http://www.cdc.gov/extremeheat/>.

Newest Addition

April Dunham-Filson



Meet our newest addition to the Safety & Risk Management Team: April Dunham-Filson!

April started her career at Stanislaus State 21 years ago as a Student Assistant, and most recently graduated with a Masters in Public Administration.

April will be taking over Occupational Safety & Health including safety investigations, safety trainings, ergonomic assessments, defensive driver program, and a whole host of other safety related items. She will use her Information Tech Skills to improve employee and student safety programs and systems across the campus.

April's new office is at MSR290D. She can be reached by phone at (209) 667-3689 or by email at adunhamfilson@csustan.edu.

Welcome to the team April!

Safety & Risk Management

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