

Safety Source

With millions of Americans getting ready for Memorial Day Weekend, the Safety Source team wants to remind you to be safe and grill smart. Memorial Day is the start of thrilling long weekends in the hot summer months and it is the beginning of grilling season. While you are out there enjoying the outdoors, keep heat safety in mind. And for those on the home stretch to retirement, summer is the perfect time to start planning. [Click here](#) for a BBQ flyer regarding grilling safely.

Will your Bar-B-Que make you Sick?

Did you know that May is National BBQ Safety Month? Hot weather is perfect for picnics and barbecues, but warm temperatures also cause a spike in foodborne illness, such as e-coli. Here are a few safety tips to get you ready to light up your grill!

- 1. Suspect everything.** It might look fresh, and you might have caught it yourself, but you still need to suspect it. Treat everything as if it is already contaminated and keep foods from coming into contact with each other.
- 2. Clean everything before and after.** Before you work with any food, especially meats, everything needs to be cleaned that might come in contact with the food. And as soon as you have got that piece of food wrapped safely, or on the grill, wash all surfaces and utensils that the food came in contact with.
- 3. Wash your hands.** Your hands are probably the only thing that is going to come into contact with everything you prepare, so wash them. They should be washed frequently. A good hand washing takes about 1 minute.

FIGHT BAC!



Keep Food Safe From Bacteria™

The basic rules are: **Suspect Everything, Keep it Covered, Keep it Cool, Get it Hot, and Use your Head.** Remember you are more likely to get food poisoning than you are to get the flu.

- 4. Keep it covered.** No matter how fast you are, the second you walk out the door with a plate of food for the grill something is going to land on it. Bugs do not use soap. And there are a lot of other things out there besides bugs that do not use soap either.
- 5. Get it hot.** Bacteria dies around 165 degrees Fahrenheit (74 degrees Celsius). If you like meats rare, or even medium rare, you could be taking a risk.
- 6. Be careful with marinades.** Marinate food in the refrigerator, not on the counter. If you want to reuse your marinade as a baste or sauce, it must be brought to a complete boil for five minutes.
- 7. Lastly, use common sense.** Think before you cook, while you are cooking, and before you serve. If you do not trust it, don't serve it.

**Coming in
September**

Are You Prepared?



**Have a Safety
Concern?**

**Report it
anonymously
Here.**

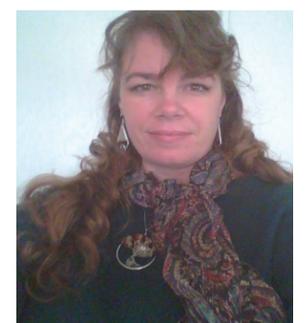


Survey Contest

**Click Here to
take a survey for
a chance to win
a Starbucks gift
card!**



**Latest Winner
of Survey
Contest**



*Congratulations
Heidi Britt!
Enjoy your coffee!*

Heat Illness Prevention

What is Extreme Heat?

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 illnesses; sunburn, heat cramps, heat exhaustion, and heat stroke. Heat Stroke is life threatening and 9-1-1 should always be called.



Here are a few simple steps you can take to reduce your chances of experiencing a heat illness:

- Adjust to the environment
- Stay indoors, and on the lowest floor of buildings
- If you do not have air conditioning, visit public buildings such as movie theaters, shopping malls, or libraries
- Eat well balanced, light, and regular meals
- Drink plenty of water, and limit intake of alcoholic beverages and caffeine
- Dress in loose fitting, lightweight, light colored clothes to protect your skin
- Check on family, friends, and neighbors
- Never leave children or pets in closed vehicles
- Avoid strenuous work or exercise during the warmest part of the day

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

Retirement Planning

Whether you are light years away from retirement, or on the home stretch, making the decision to retire is a critical one and should be planned carefully. Here are a few tips to consider:



Any time Prior to Retirement

- Create a login account on the “My CalPERS” website
- Use the Retirement Estimate Calculator, on the CalPers webpage, to estimate your monthly benefit
- Attend a CalPERS retirement workshop offered on campus. Or, contact CalPERS for upcoming local sessions at (888) 225-7377

For those on the homestretch, here are a few additional tips:

- Complete the CalPERS Application within 90 days of retirement date. It is recommended to submit an application early. CalPERS will not accept an application more than 90 days before the retirement date
- Inform your department chair or supervisor in writing of your intent to retire

For additional information, please refer to the [CalPERS website](#) for more details.

Questions or Information:

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