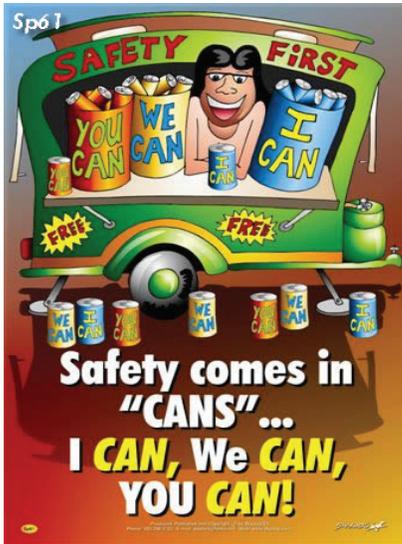


Safety Source

Being aware and alert of your surroundings is crucial to your health and wellness, whether it is at work or at home. Let's start this new year with a few resolutions focusing on injury prevention, healthier lifestyle, and overall wellbeing.

Job Hazard Analysis



What is a hazard?

A hazard is the potential for harm. In practical terms, a hazard often is associated with a condition or activity that, if left uncontrolled, can result in an injury or illness. A few common hazards can include chemicals, electrical, mechanical, weather, and explosion.

What is a job hazard analysis?

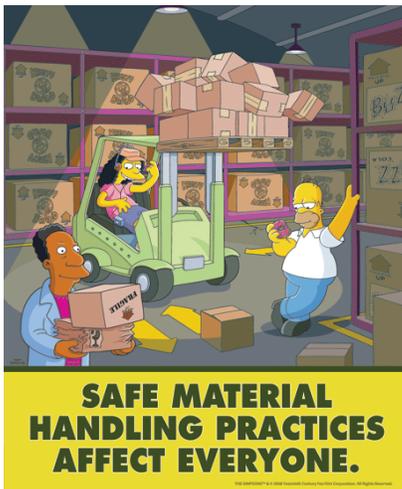
A job hazard analysis is a technique that concentrates on job tasks as a way to identify hazards before they occur. It focuses on the relationship between the worker, the task, the tools and the work environment. Ideally, after you identify uncontrolled hazards, you will take steps to eliminate or reduce them to an acceptable risk level.

Why is job hazard analysis important?

Many workers are injured and killed at the workplace every day in the United States. Safety and health can add value to your job and life. You can help prevent workplace injuries and illnesses by looking at your workplace operations, establishing proper job procedures, and ensuring that all employees are trained properly.

One of the best way to establish proper work procedures is to conduct a job hazard analysis. A job hazard analysis is one component of the larger commitment of a safety and health management system.

Materials Handling: Heavy Lifting



Next to the common cold, back injuries are the second most common cause of lost work time. Everything we do at work and at home impacts our backs, and 80% of Americans will have a back injury that requires medical attention. However, most back injuries can be prevented by thinking defensively about your back:

- Condition your back by getting exercise, staying flexible and maintaining proper posture
- Do not lift too much
- Do not reach above your shoulders
- Use the right lifting equipment for the job: hand carts, pallet jacks, fork lifts
- Have a lifting plan: Size up the load, clear the path, and make sure you have an unloading zone

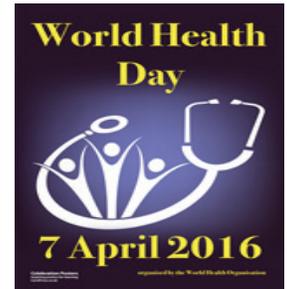
When lifting, make sure to use proper lifting techniques such as using your legs to lift. [Click here](#) for a poster on proper lifting techniques including lifting do's and don'ts.

Remember: Do not be lazy and take short cuts. Make sure to think about your back over the long term.

Coming in
August



Mark Your
Calendar:



Beginning
February 18, 2016

For more information on the Worksite Wellness Program, contact Rose Jones at (209) 667-6730.

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!

National Nutrition

March is
National
Nutrition
Month



Bite into a Healthy Lifestyle!

Most individuals start the new year eating right and wanting to be healthier overall. But sometimes we fall off that wagon, and do not get back on. And each year the media has a new 'fad' for dieting: GMO, gluten free, organic, 'free-range.' The issue is that understanding this information can be a little confusing. Being able to read, and understand labels will help you on your path to make the right choices when eating. March is National Nutrition month so let's develop a mindful eating pattern that includes nutritious and flavorful foods.

To learn more about making good, informed food choices to assist with staying on track to a healthier you, visit www.nationalnutritionmonth.org/nnm/.

Understanding Labels

It is understandable how hard and confusing it can be when reading labels, or trying to figure out the exact meaning of 'natural.' We have put together a brief description of a few labels to keep handy next time you are grocery shopping:

- **Cage-Free** - Simply put, chickens were not kept in cages. The chickens may have unlimited access to food, and fresh water. However, they are still in an enclosed facility. This also does not mean that the animals were free to roam in pastures or that they did have access to the outdoors.
- **Free range or free roaming** - Producers must demonstrate to the [U.S. Department of Agriculture \(USDA\)](http://www.usda.gov) that the poultry has been allowed access to the outside. Chickens have access to the outdoors for at least some part of the day, whether they choose to go outside or not. Most chickens stay close to water and feed, which is usually located within the chicken house. Chicken labeled as 'organic' must also be 'free-range,' but not all 'free-range' chicken is organic.' According to the [National Chicken Council](http://www.nccrec.org) less than 1% of chickens nation-wide are raised as 'free range.'
- **Farm raised** - Since all chickens are raised on farms they could be labeled as 'farm-raised.' According to the [National Chicken Council](http://www.nccrec.org), when this term is used it usually refers to chickens raised on a local farm.
- **Natural** - Under USDA regulations, a 'natural' product is defined as being minimally processed and contains no preservatives or artificial ingredients. Since this is true of all fresh meat, a 'natural' label could be misleading.
- **Organic** - USDA certification prohibits the use of growth hormones, antibiotics, genetically modified feed, or animal by-products in raising the livestock for organic meat. However, the organic label does not indicate that the product has safety, quality or nutritional attributes that are any higher than conventionally raised product.

There is a variety of beef choices such as grain-finished, grass-finished, natural and certified organic beef. From pasture to the plate, the entire food chain works together to ensure high-quality and healthy beef for Americans. [Click here](#) for a poster of additional information for making better beef choices.

Keep in mind to look out for the USDA seal when grocery shopping. While there are many marketing claims that add value to foods, consumers can be assured that USDA organic products are verified through various steps between the farm and the store. Food that is made with organic products may have the USDA seal.

Next time you are at the store or farmer's market, make sure to ask questions about meat or produce because sometimes a label can be confusing or misleading. Remember: It is your money and health!



Healthy Snacking



There are those days that your stomach is growling, but your next meal is hours away. And it does not help when you are trying to be more health conscious, but the vending machine is 'calling' your name. You may think of

snacking as being bad for you, but eating the right snacks is key! Snacking is an effective way to fit extra nutrients into your diet and prevent overeating at mealtimes, but choosing healthy options is crucial. Here are a few tips for healthy snacking:

Find healthy substitutes for high-fat snacks: Replace potato chips and high-calorie dips with baked tortilla chips and fresh salsa.

Make snacks interesting: Dipping fruit slices into low-fat yogurt or almond butter.

Be prepared: Pack healthy snacks the night before and take them to work with you.

Need more ideas? Here are some quick, healthy snacks:

- String cheese
- Low-fat microwave popcorn
- Pretzels
- Unsalted nuts
- Baby carrots and cherry tomatoes dipped in hummus

Snacking can be good for you, but remember that snack calories add up quickly and count towards your total calories for the day. Consuming these healthy alternatives may save you up to 200 calories a day. Now you are ready for those mid-afternoon cravings! This way, you'll be more likely to grab your healthy snacks instead of a candy bar or chips.

Pork Cabbage Tacos

Did you know that cabbage makes the best taco shells? Not only do you still get the crunch you crave, but you get it without packing on the extra calories and extra fat. So if you are trying to be more health conscious, or have a new years resolution to keep, try this recipe.

Pork has about a third less fat than its beef counterpart, but the same amount of protein.

Ready in 20 minutes and makes 4 servings.

Ingredients:

- 1 pound pork tenderloin, sliced into 1/2-inch rounds
- 1 tablespoon grapeseed oil or canola oil
- 1 mango diced
- 1 small yellow or orange bell pepper, diced
- 2 Roma (plum) tomatoes, seeded and sliced
- 1/4 cup chopped cilantro
- 1 jalapeno pepper, seeded and diced
- Juice of 1/2 lime
- 1/4 teaspoon salt
- 1 small avocado
- 1/2 cup low-fat sourcream or low-fat plain yogurt
- 1 teaspoon lime zest
- 8 red cabbage leaves

Instructions:

1. Season pork with salt and pepper. Heat oil in a large skillet over medium heat. Add pork and cook until browned but still slightly pink in the middle.
2. Toss together mango, bell pepper, tomato, cilantro, jalapeno, lime juice and salt. Place avocado, sour cream or yogurt, and lime zest in a food processor or blender container. Blend until smooth.
3. Divide pork among cabbage leaves. Top with mango salsa and avocado cream.

Nutrition facts (per serving): 301 calories, 14 g total fats, 5 g saturated fat, 0 g trans fat, 382 mg sodium, 22 g total carbohydrates, 6 g fiber, 13 g sugars, 35 g protein

An App For That

There are many wellness apps for your SmartPhone for various health related topics: Exercise, Nutrition, and Healthy Cooking. Here are a few apps that are free:

Exercise Apps

- MapMyFitness
- WOD Deck of Cards
- Nike + GPS

Dietary Apps

- MyFitnessPal
- Lose It!
- Eat This, Not That

Cooking Apps

- Epicurious
- Healthy Recipes
- Fooducate

For additional apps and to read about the 49 best health and fitness apps of 2015, [click here](#).



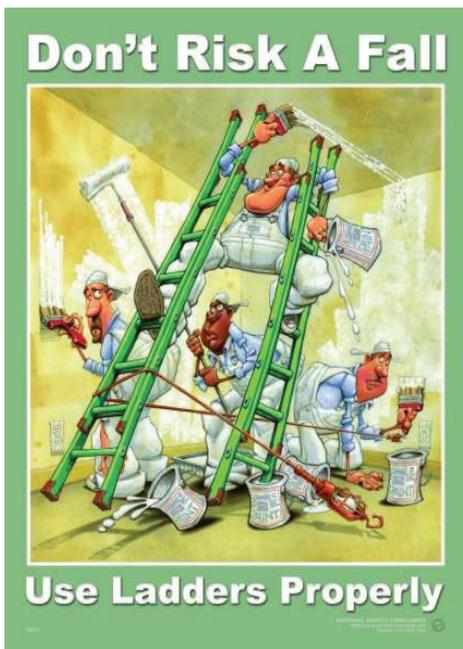
Ladder Safety Tips

Portable ladders (step, straight, combination and extension) are one of the most commonly used pieces of equipment. They are handy, simple to use, very versatile, practical and effective. Not only are portable ladders used by many different people to perform a variety of jobs, but accidents are very common. Falls from portable ladders are one of the leading causes of occupational fatalities and injuries. They are mostly caused by use of faulty ladders, improper set-up of a ladder, or incorrect use of a ladder.

Occupational Safety & Health Administration (OSHA) offers safety tips for portable ladders:

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards!
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom to prevent displacement).
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support.
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement, or a barricade must be erected to keep traffic way from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.

For more safety tips and proper use of a ladder, visit the [OSHA website](#) which includes a diagram on proper angle and set-up of ladders.



Safety Spotlight

Safety is everyone's responsibility and we would like to highlight those that are making a difference on campus! This issue we would like to highlight Dr. Mark Grobner, Interim Dean of College of Science (COS).



Dr. Mark Grobner

Dr. Grobner has the college with some of the greatest risks, and he seeks to reduce risk and put safety first:

- Works closely with Institutional Animal Care and Use Committee (IACUC) to assure safety compliance and proper care of animals on campus.
- Assures that all programs and special activities involving minors are performed safely and in compliance with laws and policies so minors have the best experience possible in COS hosted programs.
- Seeks open communication about safety throughout his college with a safety committee, and follow through for implementation of new safe policies.

Thank you Dr. Grobner for being a part of the safety culture on campus, and your continuous work for reducing risk and putting safety first.

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