

# Safety Source

The holiday season is usually a busier time of the year: decorating, shopping, spending time with family and friends, and cooking. And during the holidays, we need to keep in mind the importance of safety, and taking the necessary steps needed for our health to ensure that this is one of the safest holidays yet. The Safety Source Newsletter Team would like to wish the campus and community safe, happy holidays.

## Holiday Décor



It is time for decorations, family gatherings, and safety. Safety? Yes, make sure safety is included in your holiday planning - especially holiday decor. If you are planning on decorating your office or cubicle, here are some do's and don'ts:

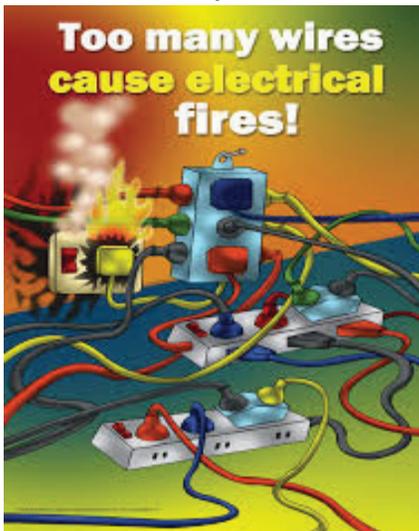
- Do use electric or battery powered lights that are UL safety certified with timers to turn off the lights when no one will be in attendance.
- Do not use naturally flammable items in offices. This includes LIVE trees, natural wreaths, real branches or the like.
- Do make sure there are no tripping hazards, such as cords or decor. Cords may not be covered by rugs.
- Do not hang decorations from sprinkler heads, or within 18 inches of the ceiling to allow fire sprinklers to operate as designed.

- Do keep all doors/doorways clear, with at least 48 inches for unobstructed exit requirements.
- Candles or open flames are never allowed on campus.

[Click here for flyer](#) on additional safety regulations that you should comply with when decorating your campus space.

## Shining Brightly: Electrical Safety

It seems to happen most around the holidays -- the electrical outlet begins putting on extra weight. There are nine strings of lights for the tree, electric candles, and a player with holiday music. You may not have not had a problem in the past, but it is a good idea to double-check how many lights those outlets can actually handle.



The five most common reasons for an electrical fire:

- 1. Faulty electrical outlets and old, outdated appliances** - Most electrical and other fires are started by faults in appliance cords, receptacles and switches. Never use an appliance with a worn or frayed cord which can send heat onto combustible surfaces like floors, curtains, and rugs that can start a fire.
- 2. Light fixtures, lamps and light bulbs** - Installing a bulb with a wattage that is too high for the lamps and light fixtures is a leading cause of electrical fires. Always check the maximum recommended bulb wattage on any lighting fixture or lamp and never go over the recommended amount.
- 3. Misuse of extension cords** - Appliances should be plugged directly into outlet and not plugged into an extension cord for any length of time. Only use extension cords as a temporary measure and make sure they are UL safety certified. Use timers

to turn off the lights when no one will be in attendance. Removing the grounding plug from a cord so it can be used in a two-prong electrical outlet, and running cords under rugs can cause a fire.

*Continued on page 4 Shining Brightly*

### Coming in February



### Mark Your Calendar: March 2016

**BITE** NOT A  
**HEALTHY LIFESTYLE**

national nutrition month™

### Report a Safety Concern



### Feedback, Please

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

## Flu Season - Be Prepared

Influenza or “the flu” is a serious contagious disease that can lead to hospitalization and even death. Most seasonal flu activity typically occurs between October and May, and most commonly peaks in the United States between December and February. The Centers for Disease Control and Prevention (CDC) urges you to take actions to protect yourself and others from the flu:



**Preventative actions to stop the spread of germs:** The most important thing you can do to keep from getting sick is to wash your hands with soap and water. A common way to catch a cold is by rubbing your nose or eyes; so to protect against infection wash your hands frequently. If soap and water are not available, use an alcohol-based hand rub. Remember to clean and disinfect surface and objects that may be contaminated with germs and stay home. And if you are sick, limit contact with others as much as possible to keep from infecting them.

**Take time to get a flu vaccine:** CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the three viruses that research suggest will be most common. Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complication include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years or older. Vaccination also is important for health care workers, and others who live with or care for high risk people to keep from spreading the flu to them. Children younger than 6 months are also at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

For more information on flu season preparedness, visit the CDC website ([www.cdc.gov/flu/protect/preventing.htm](http://www.cdc.gov/flu/protect/preventing.htm)).

## Boost Your Immune System

As the weather becomes colder and we stay indoors more, people often catch colds or viruses. There is no way to cure the common cold or the flu; however, healthy eating during cold and flu season can help you avoid getting sick. By eating a variety of foods from all food groups you can ensure you are getting the vitamins, minerals, and macronutrients your body needs to support your immune system and help ward off colds or flu.

Researchers are finding positive links between immune function and components in food:

- **Garlic** increases resistance to infection and stress. Garlic contains selenium, an antioxidant that scavenges free radicals in the body. Selenium deficiency, which is uncommon, can make people more susceptible to disease.
- **Cheese and other dairy products** contain conjugated linoleic acid, a natural component of dairy fat which has boosted immune response primarily in animal studies.
- **Yogurt and other cultured milk products** contain probiotics, beneficial bacteria that have shown potential immune-boosting benefits in human studies. Look for “live active culture” seal, which indicates that probiotics have been added.
- **Vitamin C**, found in citrus fruits and juices, may also help the body’s immune system.
- **Zinc**, found in meat, chicken, peanuts and peanut butter, plays an important role in the proper functioning of the immune system in the body.

In addition to healthy eating, here are a few tips to stay healthy and boost your immune system:

- Get plenty of rest
- Eat a well-balanced diet
- Exercise regularly – Studies have shown a session of moderate physical activity will produce positive effects on the immune system
- Decrease stress
- Cut back on unhealthy habits such as smoking and over consuming alcohol

Healthy bodies have an easier time fighting infection, and being healthy means catching fewer colds and other upper respiratory tract infections.



## Employee Assistance Program

The holidays can always be a stressful time of the year. If you need someone to talk to, take advantage of the Employee Assistance Program managed by LifeMatters. This is a University-paid benefit for eligible employees and dependents (including dependent children not residing with the parent). Other family members living in the employee's home are eligible for services and may contact LifeMatters directly.

Each eligible person is entitled to up to 5 sessions per incident. You can receive face-to-face clinical counseling for various issues:

- relationship concerns
- family problems
- stress or emotional distress
- workplace problems
- alcohol/chemical dependency

Additional services include telephone conversations for life management issues:

- financial concerns
- finding child care providers
- elder care needs and concerns
- tax issues
- legal advice
- organizing personal affairs
- pre-retirement considerations



Referral services are available on a 24-hour, seven-days-a-week basis. You can utilize the benefit two ways: telephone at 800-367-7474 or the web at [www.mylifematters.com](http://www.mylifematters.com). If you go online, enter the company password "stanislaus."



## Pumpkin Sweet Potato Bisque

It's no doubt, fall is HERE!!! To kick things off to a tasty start, here is an easy and delicious low calorie Pumpkin Sweet Potato Bisque Recipe. It is rich, flavorful, and FULL of fiber and antioxidants. It is a delicious fall soup recipe that is a great idea for a low calorie Thanksgiving side dish, a healthy soup recipe for lunch, or a delicious dinner idea. With the delicious autumn flavors we love, but with a lot less fat and calories.

Preparation: 15 minutes

Cooking Time: 1 hour

Number of servings (yield) 4

Serving Size is about 1 3/4 cups

### Ingredients

- 2 large sweet potatoes
- 1 cup of canned pumpkin
- 3 cups fat free vegetable broth
- 1 small yellow onion, chopped
- 2 cups tomato juice
- 1/2 cup fat free plain Greek yogurt
- 2 tsp fresh ginger, minced
- 2 large cloves garlic, minced
- 1 1/2 tsp ground allspice
- 1 tsp salt
- 1/2 tsp black pepper

### Instructions

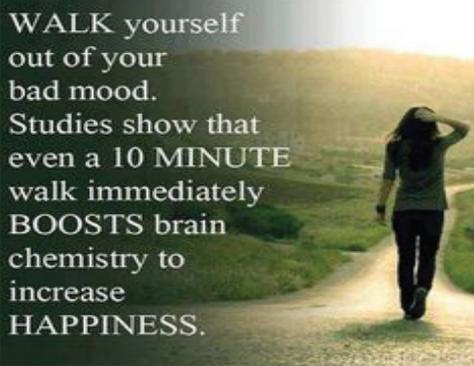
1. Bake sweet potatoes in oven until fully cooked and soft inside.
2. Meanwhile, spray a large saucepan with non-fat cooking spray and set over medium-high heat.
3. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes.
4. Add garlic and cook, stirring, about another minute or two.
5. Mix in tomato juice, ginger, allspice and salt & pepper. Adjust the heat so the mixture boils gently; cook for 10 minutes.
6. Meanwhile, peel the sweet potatoes and roughly chop. Place them in a food processor or blender along with broth and pumpkin. Puree until completely smooth.
7. Add the puree and Greek yogurt to the pot and stir well to combine. Heat until hot. Serve immediately.

**Nutrition per serving:** 188 calories; 1 g fat; 20 g carbohydrates; 8 g protein, 5 g fiber

You can find this recipe, and other healthy and easy low calorie recipes at [www.laaloosh.com](http://www.laaloosh.com)

## Walking Program coming to Stanislaus State

There are many benefits to walking: weight-loss, strengthens your heart, good for your brain and bones, and improves overall health. To assist with being more active and getting off your seat, Faculty Affairs & Human Resources is partnering with United Health Care and Sutter Health to offer a Wellness Walk Program. The program will be available in 2016 to assist with getting off your seat and on your feet. Be on the lookout for more information.



**WALK** yourself out of your bad mood. Studies show that even a 10 MINUTE walk immediately **BOOSTS** brain chemistry to increase **HAPPINESS.**

## Shining Brightly *continued from page 1*

The reason appliances have the extra prong is so they can be only used in outlets that can handle the extra amount of electricity that these appliances draw.

**4.Space heaters** - A major cause of electrical fires because these types of heaters are portable, many times people put them too close to combustible surfaces such as curtains, beds, clothing, chairs, couches and rugs. Never place heaters near Christmas trees: live or imitation.

**5.Outdated wiring** - If a home is over twenty years old, it may not have a wiring capacity to handle the increased amounts of electrical appliances in today's average home, such as computers, wide screen televisions, DVD players, microwaves and air conditions. Breakers should be triggered when circuits get overloaded by too much electricity, but outdated breaker boxes often have worn connectors that do not work, causing the system to overload, and start an electrical fire.

It is not a good idea to conduct your own experiments to determine how many plugs are too many before an outlet will catch on fire. Instead, pay attention to the number of items you use on a single circuit, and perhaps leave the extra decorations in the storage this year. If not, those chestnuts on your desk may end up roasting on an open fire, whether you meant for them to or not.

## Safety Spotlight

Safety is everyone's responsibility and we would like to highlight those that are making a difference on campus!

If you know of a student, employee, group or department that should be recognized for making a safety difference, please let us know so we can share! This is not limited to Occupational Safety, but includes all forms of safety. Remember; See Something, Say Something!



### Arnie Gomez

Arnie is a Gardening Specialist in Facilities Services. He recently started working at Stan State in April and says that "Safety is important because at the end of the day, I want to go home to my family and support my kids in their sports!"

He pointed out to a fellow employee that he had forgotten to cover a blade on a tool that was sticking out from one of the trucks, and that they had not lowered the forks on the forklift when parking it. This likely prevented a serious injury from occurring.

Thanks Arnie for seeing something, and saying something.

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