

# Safety Source

Holidays are quickly approaching and it is important to keep safety in mind. Be aware of possible safety hazards that may arise. A “12 Days of Safety” poster is provided to help you have the safest holidays possible. The Safety Source newsletter team would like to wish the campus and the community safe and very happy holidays!



1. Use no more than 3 standard-size sets of lights per single extension cord.
2. Make sure your Christmas tree stand is full of water. Dry trees pose a fire hazard.
3. Turn off all lights on trees and decorations when you go to bed or leave the house.
4. Test your smoke alarms and tell guests about your home fire escape plan.
5. Keep cords nestled against walls to avoid trips and falls.
6. Consider installing tamper resistant outlets to prevent children from inserting object into the slots.
7. Review the escape plan for your family in case of an emergency.
8. Keep children at least 3 feet away from stoves, ovens and cooking areas.
9. Stay in the kitchen when something is cooking, and supervise the stove and children at all times.
10. While doing holiday cooking, keep your knives sharp. Most knife injuries occur due to dull blades.
11. Never defrost food at room temperature. Thaw it in the refrigerator, in cold water or in the microwave.
12. Unplug extension cords when not in use.

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## Winter Driving Safety -Amanda Alberti

Winter is fast approaching and the Tule fog will be here before we know it. Driving through fog can be hazardous to you and others. Taking some simple precautions can help reduce the risk.

- Drive with your low beams on – fog can reflect light from your high beams, making it more difficult to see.
- Drive at a speed that allows you enough time to stop.
- Slightly open your window to listen for traffic that you may not be able to see.
- Use roadside reflectors to guide you as you drive, or follow the right edge of the road.
- If the fog becomes too thick, pull over to the side of the road and turn on your hazard lights.
- Consider waiting to drive until the fog lifts. If you must drive, go slow and be cautious.

And don't forget to take Defensive Driving course if you plan to drive for University Business. Register here to take the Skillsoft Defensive Driver training course!

## Business Continuity Planning -Malinda Simao

What if you were told that you could never re-enter your building again? You cannot retrieve any information from your desk or your computer, and you are expected to resume working tomorrow. Where will you physically work if you do not have a workspace? Don't think this could happen? Think again! In the past year something similar happened at two other CSU campuses. To ensure you are better prepared when a disaster occurs, you should have a business continuity plan in place.

Per Executive Order 1014 (CSU Business Continuity Program), business continuity plans must be tested on an annual basis. Currently, tabletop exercises are occurring campus wide. To date, a total of 29 tabletop exercises have been conducted. Tabletop exercise is a discussion-based session that allows all key people in your unit to discuss what they would do to recover from a disaster whether it is small or large.

To learn more about business continuity, view the video located on the business continuity webpage.

## Watch When Crossing the Road! -Kellie Marshall

Before making walking becomes part of your commute, make sure you know how to be safe. The laws for walking in the State of California state indicate that pedestrians have the right of way, and that drivers must yield to those walking across the street. The law also states that pedestrians are not relieved of due care for his or her safety. You may not suddenly leave a curb or other place of safety and walk or run into the path of a vehicle that is so close as to constitute an immediate hazard. When a cross walk is available at a controlled intersection pedestrians may not cross the roadway at any place except in a crosswalk (jaywalking).

The reality is that most accidents involving pedestrians occur while crossing the street.



Here are a few safety tips for crossing safely:

- Just because the light is green does not mean it's safe: Before you step off the curb always check left and right, then left and right again to make sure it is safe to cross.
- Never assume a driver sees you: Just because you see an oncoming motorist, that doesn't mean the driver sees you.
- Do not assume you are safe in a crosswalk: Drivers do not always see pedestrians or stop for them in a crosswalk. Always look left and right; stay within the lines, and never walk behind a car that is blocking the crosswalk.

General Walking Safety tips:

- Walk against traffic
- Be aware of your surroundings and be alert
- Do not wear headphones
- If you walk at times of low light, wear reflective or bright clothing

Remember – if it is you against a car, who is going to win?

## What is Worker's Compensation? -Vickie Harrang

Workers' Compensation is an employer-paid benefit program that provides compensation and medical benefits if you are injured or become ill due to a work-related condition. The California State University (CSU) program is administered by Sedgwick Claims Management Services.

Under workers' compensation law, you will receive compensation and medical treatment if you are injured, no matter who was at fault. Final determination of eligibility for benefits is made by Sedgwick Claims Management Services.

CSU Stanislaus is committed in providing a safe and healthy work environment for faculty, staff, and students. Everyone has a responsibility to work in a safe manner and not put themselves or others at risk.

This includes:

- Complying with applicable policies and regulations
- Using personal safety gear
- Observing warning signs
- Learning about potential hazards
- Reporting unsafe conditions

### -New Occupational Medical Facility Location:

Sutter Gould Same Day Clinic, has moved to a new location: 3100 West Christoffersen Parkway, Turlock, CA 95382

### Latest Winner of Survey Contest



Congratulations Donevon Murrell!  
Enjoy your coffee!

### Coming in February

### Heart Disease Awareness Information



### Survey Contest

[Click Here](#) to take a survey for a chance to win a Starbucks gift card!



### Have a Safety Concern?

Report it anonymously [Here](#).

