



Workers' Compensation (WC) Annual Update

As we begin another academic year, it is customary for Safety and Risk Management (SRM) to provide an update of the University's Workers' Compensation benefits. This information is also available on "**Inside CSULB**".

In the event you sustain an injury or illness related to your employment, you may be treated for such injury or illness by your personal medical doctor (M.D.) or doctor of osteopathic medicine (D.O.) if:

- Your employer offers group health coverage;
- The doctor is your regular physician, who shall be either a physician who has limited his or her practice of medicine to general practice or who is a board-certified or board eligible internist, pediatrician, obstetrician-gynecologist, or family practitioner, and has previously directed your medical treatment, and retains your medical records;
- **Prior** to the injury your doctor agrees to treat you for work-related injuries or illnesses;
- **Prior** to the injury you provided your employer written notification that you want your personal doctor to treat you for work-related injuries/illnesses and your doctor's name and business address.

Also, you may be able to change your treating physician to your personal chiropractor or acupuncturist following a work-related injury and/or illness. In order to be eligible to make this change, you must provide SRM with the required information **prior** to the injury or illness. Your Workers' Compensation claims administrator (CA) generally has the right to select your treating physician within the first **30** days after the University knows of your injury and/or illness. After your CA has initiated treatment with another doctor you may then have your treatment transferred to your personal chiropractor or acupuncturist.

Please note that this is only a portion of the comprehensive WC benefit information available on the SRM website. Everyone is strongly encouraged to review this material at the following link:

http://daf.csulb.edu/offices/univ_svcs/safetyrisk.workers_comp.html

If you have any trouble accessing any of this information and/or you have additional questions, please contact the campus Worker's Compensation Coordinator, Cheryl Velasco, at 562-985-2366 or e-mail her at cvelasco@csulb.edu

The Campus Health and Safety Committee is Coming Back

After a long hiatus, the campus is reinstating the Health and Safety Committee (Committee). The Committee's activities are intended to create and maintain a high level of interest and awareness in safety among its members and the campus community... they will also help provide a more healthy and safe campus for all of us. The Committee will also be a forum where campus health and safety issues can be submitted, evaluated and resolved.

The Committee's first meeting is scheduled for November 18th and we will meet at least 3 times annually. Committee membership consists of one person from each staff bargaining unit along with a representative from the Facilities Management Safety Committee, Staff Human Resources, who will serve as the Committee Secretary, Foundation, 49er Shops, Academic Affairs and Housing.

The Committee's activities (e.g., agendas, member roster, meeting minutes, etc.) will be posted on the Safety and Risk Management web site. If you have any questions related to the Committee, please contact Gary Pons at extension 58893 or Stephanie Wright at extension 57161. Remember, safety is everybody's responsibility.

We've added Two New Battery Collections Stations

As you may have seen, the University has **9** staged battery collection stations located throughout campus. Based on an evaluation of University usage and with the help of the 49er Shops and the Women's Resource Center, SRM has added **2** more collection stations. The current active collection station locations are as follows:

- Carpenter Performing Arts Center-Production Office
- Design Department Safety Office
- Facilities Management Supply Warehouse
- K-Jazz Radio Station
- Parkside Commons Dorm Office
- Residence Commons Dorm Office
- Steve and Nini Horn Center
- University Audio/Visual Department
- University Student Union Information Center
- University Bookstore 2nd Floor
- The Women's Resource Center

Please notify SRM if your department routinely generates spent batteries as part of their business practice. For other departments that generate the occasional battery, SRM recommends disposing them at one of the battery collection stations or you may contact George Alfaro at ext. 52378 to schedule a pick up.

Duck, Cover and Hold... (on for as long as it takes!)

Anchorage, Alaska, 5:36 PM on March 27, 1964, temperature 28° F. A fault 100 miles east of Anchorage ruptures, producing a 9.2 earthquake. The ground shaking during the primary event lasts 5 minutes, with residual secondary seismicity and ground acceleration lasting for up to 14 minutes.

Southern California. 2:00 PM, anytime in the immediate future, temperature...probably balmy. A rupture on the southern “notch” segment of the San Andreas Fault produces a 7.8 earthquake. Ground acceleration and shaking are estimated to last up to **7 minutes**.

These two events, one real, the second hypothetical but highly probable, illustrate how long violent shaking can last during a major or “great” earthquake. The temblor we experienced on July 29th of this year produced moderate shaking that lasted 12-14 seconds. So...for how long did you duck, cover and hold?

As Vince Lombardi said, “you play like you practice.” Knowing about what can happen in any area regarding natural disasters (“maintaining situational awareness”) can mean the difference between life and death. If you duck, cover, and hold, count to ten, and then resume your daily chores, you haven’t adequately prepared for what could happen here in Southern California when a major earthquake occurs... **and** the secondary hazards in your workspace or office begin to chase you! Prepare your office, classroom or workspace by moving heavy objects below head height, securing printers, computers, and other office furniture to desks, walls, or each other so they are less likely to topple over, prepare and refresh regularly a personal disaster kit, ensure that you can get completely under your desk or workstation, and hang on for at least **5 minutes**.

For more information of earthquake preparedness, and the upcoming Golden Guardian/Great Southern California Shakeout, check out the following urls:

- <http://earthquake.usgs.gov/regional/sca/prepare.php>
- <http://www.oes.ca.gov/Operational/OESHome.nsf/ALL/E48E11DA2221E3CA882572DE0056EAFD?OpenDocument>
- <http://www.greaterlongbeachrc.org/>

Protect Yourself from Seasonal Illness

As we enter yet another cold and flu season, it bears repeating that the best way to cure these types of illnesses is to prevent them! Recent news coverage regarding a norovirus outbreak at a local university, our continuing vigilance relative to pandemic influenza, and the inevitable cold and flu outbreaks are all reasons to keep our guard up. Norovirus is the agent that causes “stomach flu”, and in fact is not the flu. Influenza is a disease of the upper respiratory system, while norovirus affects the body’s gastrointestinal system. It is very contagious and causes nausea and diarrhea, and usually self-resolves over the course of 24 to 48 hours. The best approach to staying well this season is to follow the recommendations of the Centers for Disease Control (CDC), and other public health agencies... by **washing your hands!**

Although colds, flu and upper respiratory viral infections will never be completely preventable, we can reduce the rate of illness, and the severity of those illnesses with some simple things we do daily! The following recommendations are encouraged by the CDC and the National Institutes of Health (NIH):

- Cover your mouth and nose when coughing or sneezing.
- Wash your hands after using the restroom, or after coughing or sneezing. Wash your hands for a minimum of **20 seconds** using soap and warm to very warm water. Leave the faucet running while you dry your hands with a paper towel, and then use the towel to turn off the faucet and open the door to the restroom. Discard the towel in a proper waste receptacle.
- If you cannot immediately wash your hands with soap and water, use an alcohol based hand cleaner. Make sure that the product has a moisturizer in the formula. Please note that use of alcohol hand cleaners is **not** a substitute for washing with soap and water.
- If you do become ill, stay home until you recover.

Remember... stay healthy by:

- Getting enough rest
- Exercise regularly
- Eat a balanced diet
- Use alcohol and caffeine in moderation

The “The Safety and Risk Management News” is a quarterly newsletter published by Safety and Risk Management. Suggestions and comments are encouraged! Safety and Risk Management is staffed by:

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