



## EHS News

Summer 2019



## Spotlight on Healthy Habits!

### Nutrition

The USDA recommends implementing **small changes** to your diet over time for sustainably adopting a healthier lifestyle. Their guidelines for building a healthy eating style are as follows:

- Making half your plate fruits and vegetables
  - ✓ Focus on whole fruits
  - ✓ Vary your veggies
- Making at least half of your grains whole grains
- Switching to fat-free or low-fat dairy or dairy alternatives
- Eating a variety of protein foods (seafood, lean meats and poultry, legumes, nuts, seeds, and soy products)
- Limiting sodium intake
- Limiting saturated and trans fat intake
- Limiting added sugars intake
- Limit alcohol to up to 1 drink per day for women and up to 2 drinks per day for men

#### Tips:

- Avoid processed, packaged foods, which often contain added sugars, high levels of sodium, and saturated/trans fat
- Focus on adding in fruits and vegetables to your diet, which leaves less room for processed foods
- Buy pre-washed, pre-cut produce for easy and convenient meals
- Visit the farmers market weekly for fresh, seasonal produce
- Prepare food in bulk for quick, healthy meals throughout the week

### Exercise

USDA guidelines recommend:

- Adults aim for around 150 minutes each week of physical activity at a moderate level (pace of a brisk walk). Spreading this out over at least 3 days a week is best.
- Can be performed in 10-minute increments.
- Including strengthening activities, such as push-ups, sit-ups, and lifting weights at least 2 days a week.

#### Tips:

- Try to incorporate exercise into your daily routine by taking the stairs or parking far away from your destination.
- Plan your workouts in advance (find [resources online](#) for ideas)
- Plan activities with friends and family, such as going on a hike, walking to a coffee shop or through your local park, or going on a run.

### Mental Health

- Mental health, which includes our emotional, psychological and social well-being, is important because it determines the way we think, act, and feel.

- It’s crucial to take care of our mental health throughout our lives because it can affect the way we handle stress, relate to others and to make life decisions. In addition, it will allow us to balance life activities and to increase our ability to enjoy life.

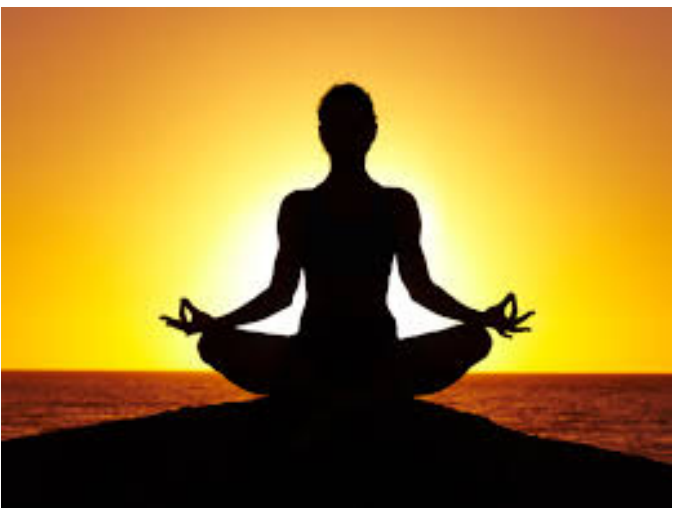
Signs:

- Eating/sleeping too much or too little
- Pulling away from people and usual activities
- Low or no energy
- Feeling like nothing matters
- Feeling helpless
- Experiencing severe mood swings that cause problems in relationships
- Inability to perform daily tasks like getting to work

Tips:

- Getting professional help if needed
- Taking care of your body
- Surround yourself with good people
- Getting physically active
- Learning how to deal with stress
- Getting enough sleep

Reference: *USDA ChooseMyPlate, Mental Health.gov*



## STRESS RELIEVING WORKOUTS

What do work deadlines, sitting in traffic, paying your bills, grocery lines, raising your kids and battling the bulge have in common? While there are may be many suitable answers, one of the top common denominators is: **Stress!**

In the United States, seven out of ten adults report feeling some type of stress daily. Although people have different stressors, it is something that, once it starts to affect us, is often hard to stop. What sets one person off may vary from individual to individual. Some people get stressed out over the littlest things, while others have a much higher breaking point. Regardless, stress can take a physical and mental toll on your overall health if it is not addressed.

The key to stress management is finding a way to relieve your stress so you can cope with any situation that unfolds. Luckily, there are many proven strategies to help someone handle and decrease stress. Fortunately, exercise falls among the many tools that can help you to get a handle on the stress in your life.

**Aerobic Exercise** - Participating in aerobic activities such as running, spinning, cardio or dance also offer the benefit of an increased heart rate. When your heart rate goes up, your body will release an increased amount of endorphins, which are natural opiates that allow you to “feel good”. These activities help you to feel better both physically and mentally. HIIT workouts may be a good way to keep the workout quick and maximally effective for healthy, weight management, and time efficiency.

**Yoga** - This type of exercise is considered a mind-body exercise, which in itself can strengthen your bodies internal response to stress. Yoga often involves various poses with deep breathing, which allows you to learn to relax while strengthening your body and improving your posture.

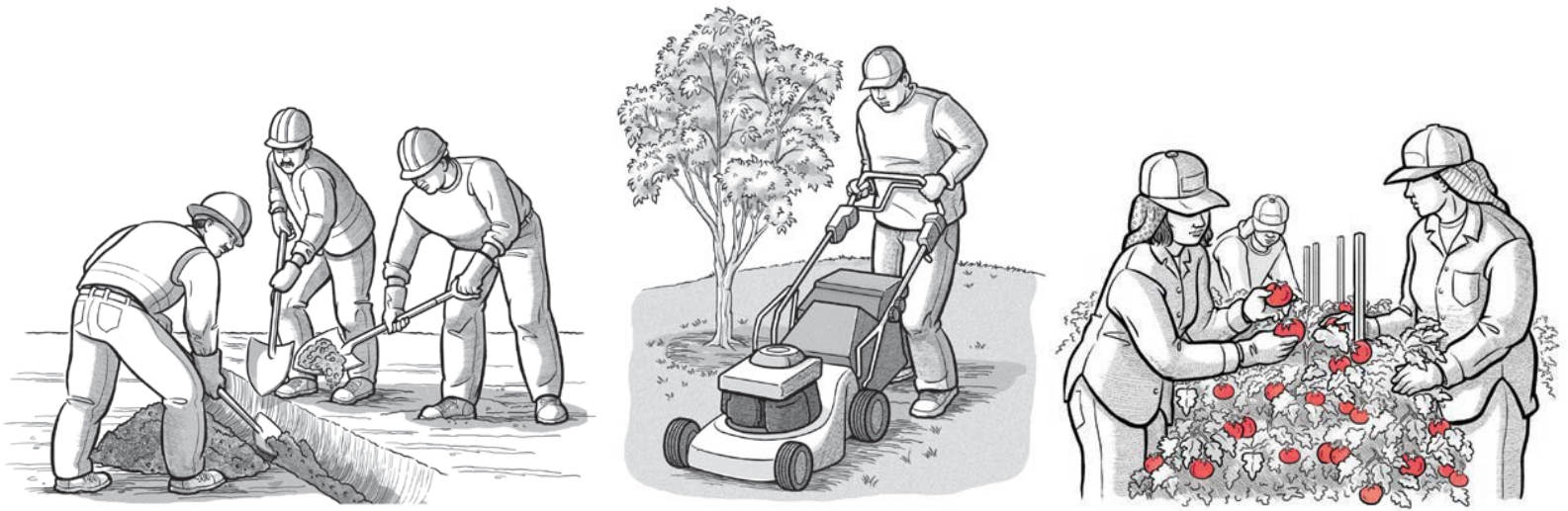
**Martial Arts** - For many people martial arts is the perfect way to get in shape, release energy and let off tension. Learning the techniques is helpful in keeping your mind occupied and away from stressors. The many forms of martial arts allow you to learn self-discipline and self-defense while keeping you in shape.

**Kickboxing** - For many people under stress, there is a strong feeling of tension and anger. Taking up kickboxing is a great way to reduce your stress through a series of punching and kicking movements. Improving your balance, burning calories, and becoming more flexible are among the many benefits of this form of exercise.

**Pilates** - Despite the fact that Pilates is an anaerobic exercise, it is also a stress relieving exercise to consider learning. Pilates focuses on mat exercises with a series of controlled movements. This workout was created to improve strength, endurance and flexibility.

Reference: *FitnessBlender.com*

# Heat Illness Prevention



Heat is a common hazard for employee who work outdoors, such as agricultural, construction and landscape workers. Heat illness can be a matter of life and death. Many workers have died from it.

## Symptoms of heat illness

- Heat exhaustion—heavy sweating, cramps, rapid pulse, headache, nausea, vomiting.
- Heat stroke—dry, red, hot skin; high body temperature; disorientation; fainting; confusion.

### What is the main difference you notice between heat exhaustion and heat stroke?

With heat exhaustion, a person sweats a lot, but with heat stroke sweating stops and the skin is red. Symptoms of heat stroke are more visible to other people. Since early symptoms of heat illness (headache, nausea, etc.) are not clearly visible to others, it is important to report them right away to a supervisor. If there is an emergency or when in doubt, call 911.

## Risk Factors

- Working outdoors during a heat wave.
- New to working outdoors.
- Experienced heat-related symptoms the day before working outdoors.
- Not physically fit or overweight.
- Certain health conditions (diabetes, kidney and heart issues, pregnancy)
- Alcohol or drugs (illegal drugs or prescription medication).
- Not properly hydrated before start of outdoor work
- Dark, heavy or tight clothing

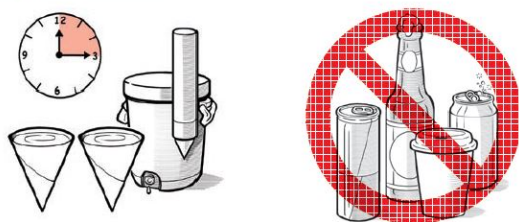
If you have any health condition that may put you at greater risk of heat illness, consultation with a medical physician is recommended



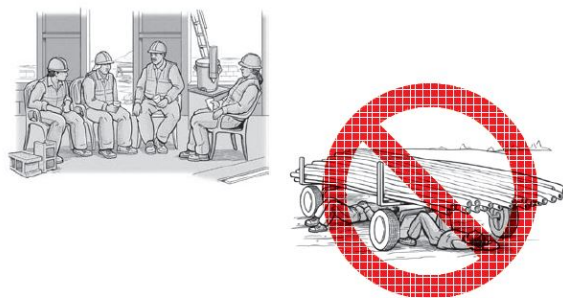
# Water, Rest, Shade—The work can't get done without them



**Drink water even if you aren't thirsty -- every 15 minutes.**



**Rest in the shade.**



- While heat illness is very dangerous, it is also preventable. It is better to drink small amounts of water often – such as a cup of water every 15 minutes. Water must be provided free of charge to employees.
- Avoid sodas, coffee, energy drinks or alcoholic beverages. They dehydrate you and make it more dangerous to work in the heat.
- When the temperature exceeds 80 degrees, shade must be up and ready to be used. If the temperature is less than 80 degrees, shade must be readily available in case any employee requests to use it.

## Heat illness can be prevented!

**Wear a hat and light-colored clothing.**



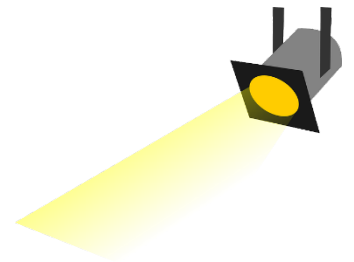
**Watch out for each other.**



# Safety Spotlight



Name: **Marty Labasan**  
Department: Chemistry



Marty Labasan has gone above and beyond to further advance the safety culture in the chemistry program. Marty utilized her outstanding creative skills to construct a detailed Globally Harmonized System (GHS) information board. It contains descriptive pictograms of the hazards associated with chemicals used in the chemistry laboratories. Visual tools like this provide a quick and effective way of communicating hazard information. By creating this informational guide, she has effectively elevated the safety culture through action.

Bravo Marty!



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Suggestions and comments are encouraged!

Environmental, Health & Safety is staffed by:

**Peer Gerber**  
Director, Environmental Health & Safety  
805-437-8847  
[peer.gerber@csuci.edu](mailto:peer.gerber@csuci.edu)

**Joyce Spencer**  
Health and Safety Manager  
805-437-3922  
[joyce.spencer@csuci.edu](mailto:joyce.spencer@csuci.edu)

**Jennifer Lindquist**  
Environmental Compliance and Hazardous Materials Manager  
805-437-3605  
[jennifer.lindquist@csuci.edu](mailto:jennifer.lindquist@csuci.edu)

**Derick Nguyen**  
Safety Coordinator  
805-437-3369  
[derick.nguyen@csuci.edu](mailto:derick.nguyen@csuci.edu)

**Derick Jaramillo**  
Chemical Hygiene and Laboratory Safety Specialist  
805-437-8973  
[derick.jaramillo@csuci.edu](mailto:derick.jaramillo@csuci.edu)