



# Safety Matters

Working together  
gets the job done safely

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## Inside This Issue...

Are You Prepared for an Emergency?	pg. 2
Ergonomics Watch	pg. 2
EH&S Directory	pg. 3
In Case of Emergency	pg. 3
Upcoming EH&S Training	pg. 3
Are Cell Phones Safe?	pg. 4
Cuts from Broken Glass	pg. 4
Puzzle	pg. 4

## EH&S Awards, Accomplishments and Activities



UCI received the Campus Safety Health and Environmental Management Association (CSHEMA) award for innovation in 2005. This award recognizes creative problem-solving that offers solutions to difficult challenges that are unique to the campus and can be easily adapted by other institutions. Judging criteria include problem identification, implementation method, cost effectiveness and solution relevance. EH&S, in conjunction with Human Resources and Administrative Computing, won this award for developing the Training and Employee Development (TED) system and the safety self-assessment.



**National Fire Prevention Week is from October 9-15 2005,** with the theme being *Use Candles with Care: When you go out, blow out.* With so many people using candles at home today and the upcoming holiday season quickly approaching, they are becoming a growing fire threat within our communities.



Damage to a bedroom from a candle fire

Here at UCI, candles were the cause of two fires over the past year. The use of candles in University-owned residence areas is prohibited, unless written authorization is given by the EH&S Fire Safety Division. Most of the housing communities on campus prohibit the use of candles in their buildings entirely. To view more statistical information regarding fires at UCI and other campuses nationwide, please go to our Fire Safety link on the EH&S webpage at <http://www.ehs.uci.edu/firesafe.html> and click on "Statistics" under Quick Links.

Students, faculty and staff can sign up for training courses on Fire Prevention and Fire Extinguisher Training through TED ([www.ted.uci.edu](http://www.ted.uci.edu)). For more information, please contact EH&S at x46200 or visit our website at [www.ehs.uci.edu](http://www.ehs.uci.edu).

## ARE YOU PREPARED FOR AN EMERGENCY?

UCI is continuously improving our emergency preparedness and response capabilities. As American Red Cross President and CEO Marsha J. Evans says, "No community is truly prepared for a disaster until every individual, family and household takes personal responsibility for preparedness." Every member of the campus community is encouraged to take some simple steps to be better prepared for emergencies at home and here at work.



**GET A KIT** of emergency supplies: You and your family should be prepared to survive for at least 3 days. Consider compiling kits for home, car and office. Include basic items such as water, food, a battery powered radio, a flashlight and first aid kits. A change of clothes and pair of sturdy shoes is also a good idea. Don't forget about age appropriate items: diapers, toys and games for young ones, medicines and spare eyeglasses for those who are 'more mature.'

**MAKE A PLAN** for what you will do in an emergency: Plan in advance what you will do in an emergency. Include a communications plan and consider sheltering-in-place and evacuation. Have an out-of-town phone contact for family members to call and report in. After your plan is created, review and practice it so everyone is familiar with it.



**BE INFORMED** about what might happen: Learn about the types of emergencies that could affect your community. On campus, review the blue "UCI Emergency Procedures" flipchart and the multi-colored Emergency Procedures signs posted near elevators and building exits. In Southern California, earthquakes are a major concern. Learn more about them at <http://www.usgs.gov/> and <http://www.scec.org/>.



**GET INVOLVED** in preparing your community: After preparing yourself and your family, take the next step and get involved in preparing your community at home as well as on campus. Many communities have Citizen Corps programs to involve residents in preparedness. The Red Cross is always looking for volunteers. On campus, volunteers are always welcome in the Zone Crew and Campus Search and Rescue (C-SAR) programs. Go to <http://www.ehs.uci.edu/> and click on Emergency Management for additional information.

For more details, check out the U.S. Department of Homeland Security at [www.ready.gov](http://www.ready.gov) and the American Red Cross at [www.redcross.org/preparedness](http://www.redcross.org/preparedness).

## ERGONOMICS WATCH!

(Belinda Manalac)

Did you know that vision tends to influence posture? If you find that you need to lean forward in order to see the monitor screen better, you are possibly placing your back, neck and head in an awkward position. When you lean forward, you remove the support that the chair provides for your back placing the pressure on your neck muscles to carry the weight of your head.



Email your on-site ergonomic evaluation request to [safety@uci.edu](mailto:safety@uci.edu).

Adjust the distance of the monitor screen. Ideally, the distance of your eyes to the monitor should be about an arms length away from where you are sitting (with back fully supported). You can also adjust the resolution and font size to help you see the screen better. If neither of these adjustments help, you might want to consult your optometrist for corrective lenses.

## EH&S Directory...

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## IN CASE OF EMERGENCY

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ICE



Most people do not carry cards with Emergency Notification information. Yet, most people these days carry a cell phone... and have it with them all the time.

There is no simpler way of letting emergency services know who to contact should you be involved in an accident than by using ICE. Standing for "In Case of Emergency", ICE will allow ambulance crews and police officers to quickly contact a nominated person who can be informed of the incident.

- Type the acronym ICE followed by a contact name (for example, ICE - Mom or ICE - David) into the address book of your cell phone
- Enter their phone number
- Tell your ICE contact that you have nominated them

Follow these guidelines to get the best out of ICE:

- Make sure your ICE partner:
  - has agreed to be your ICE partner
  - has a list of people they should contact on your behalf
  - will be available at that number, for example a home number could be useless in an emergency if the person works full time
  - knows about any medical conditions that could affect your emergency treatment - for example allergies or current medication
- For cell phone users under 18, their ICE partner should be a parent or guardian authorized to make decision on their behalf - for example if a life or death operation is needed
- Should your preferred contact be hearing impaired, then prefix the number with ICETEXT

## A SAMPLE OF UPCOMING EH&S TRAINING CLASSES...

Advanced Electrical Safety (Lockout/Tagout)	10/19/2005, 9:00 am - 11:00 am
Back Injury Prevention & Manual Material Handling	12/06/2005, 2:00 pm - 3:00 pm
Bloodborne Pathogens	11/03/2005, 9:30 am - 10:30 am
C-SAR - Campus Search & Rescue	10/04/2005-11/17/2005 1:00 pm - 2:00 pm
Compressed Gas Safety	12/14/2005, 9:00 am - 10:30 am
Confined Space Entry	10/25/2005, 9:00 am - 12:00 pm
Defensive Driving	11/09/2005, 8:00 am - 12:00 pm
Ergonomics - Computer & Office	10/11/2005, 1:30 pm - 3:00 pm 11/15/2005, 10:00 am - 11:30 am
Fall Protection/Ladder Safety	10/14/2005, 1:00 pm - 2:30 pm 10/27/2005, 9:00 am - 10:30 am
Fire Extinguisher Safety	10/27/2005, 1:00 pm - 2:30 pm 11/01/2005, 1:00 pm - 2:30 pm
Hearing Conservation	11/16/2005, 2:00 pm - 3:00 pm
Laser Safety	10/07/2005, 10:00 am - 11:15 am
Motorized Carts	10/11/2005, 9:00 am - 10:30 am 10/26/2005, 1:00 p - 2:30 pm
Shop Safety	11/22/2005, 1:30 pm - 2:30 pm
Trenching & Shoring	11/22/2005, 9:00 am - 11:00 am
Welding Safety (Hot Works)	11/16/2005, 10:00 am - 11:30 am

To register and see more classes, go to <http://www.ted.uci.edu/>

