



# Safety Matters

<http://www.ehs.uci.edu/>  
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Think Safety  
& Act Safely

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## UC Irvine Co-hosts the Annual Campus Safety Health and Environmental Management Association (CSHEMA) Conference

This July, the UC Irvine and UC Riverside Environmental Health & Safety Offices co-hosted a highly successful national conference of the Campus Safety Health & Environmental Management Association (CSHEMA) at the Disneyland Hotel Conference Center. Total attendance and the number of first-timers both set records for the organization, drawing participants from across the world. The conference included exhibitions from a multitude of vendors, two days of professional development courses, keynote speakers each morning, four technical tracks with 78 speakers over three days, a Mardi Gras Welcome Event at Brennan Jazz Kitchen, and a Blues Brothers Revue at the House of Blues in Downtown Disney. Many returning attendees commented that it was the best conference they have ever attended.



CSHEMA is important because it provides information sharing opportunities, continuing education, and professional fellowship to people with environmental health and safety responsibilities specifically in the education and research communities. The organization raises funds for undergraduate and graduate student scholarships to encourage the study of environmental and occupational health, safety and related disciplines. The conference is annual and will be hosted in 2007 by Boston University, Harvard, and MIT. For more information visit [www.cshema.org/](http://www.cshema.org/).

## Work and Play Safely and Keep Cool Protect Yourself from Heat Stress

As summer approaches, it is important to remember that working AND PLAYING outdoors during the hot days of summer can lead to heat stress related illness. Preventing heat stress is key to having an enjoyable summer. Here are 7 quick tips that you and your family can follow to prevent heat stress and enjoy the beautiful Southern California summer.

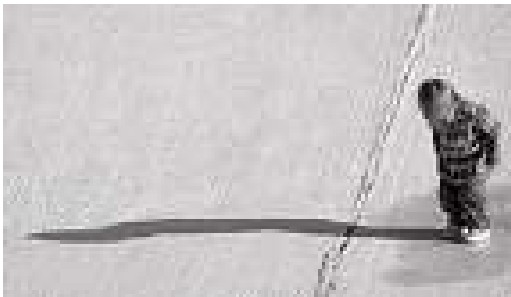


**Cover up.** Wear lightweight, light colored, and loose-fitting, but tightly woven clothes that block out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.



**Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. Be sure to follow application directions on the bottle.

**Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, forehead, ears, eyes, nose, and scalp.



**Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

**Drink lots of water,** about 1 cup every 15 minutes. Avoid alcohol, caffeinated drinks, or heavy meals - these adversely affect your tolerance to heat.



**REST REGULARLY (!!!!!)** in the shade or cool (air conditioned) place.

**Know the signs/symptoms of heat-related illnesses.** Monitor yourself, coworkers, and family members for symptoms such as: headache, lightheadedness, dizziness or fainting, weakness, moist skin, and mood changes such as irritability or confusion.

### EH&S Supports K6UCI for ARRL Field Day

On June 24-25, the on-campus amateur radio (AKA ham radio) club K6UCI participated in the Amateur Radio Relay League (ARRL) Annual Field Day event. Field Day is a fun, competitive event which encourages emergency communications preparedness. Using a variety of radios and communication methods, K6UCI made over 250 contacts with other amateur radio operators from Maine to Japan for a total of 2118 points which may place them in the nationwide Top 10 radio stations in their operating category. All contacts were made using emergency power, including a generator loaned by EH&S; and by pedal- power, adapting a bicycle to generate electricity! EH&S is the campus sponsor for K6UCI.



Emergency Management Coordinator, Linda Bogue, dropped by to tour the station and meet the radio operators. Ham radio is one of many emergency communications modes that will be used to keep in touch during large scale emergencies impacting the campus.



The EH&S online **Laser Safety Course** is now available on the Training & Employee Development (TED) website ([www.ted.uci.edu](http://www.ted.uci.edu)). The course includes six topical learning modules that can be completed over any number of sessions or days. Among the topics included are the types of lasers used on campus, the laser hazard classification scheme, biological effects of laser radiation, laser safety controls (including protective eyewear and beam enclosures), human behavioral factors, and lessons learned from previous laser accidents. A UCI Net ID and password are required to access the course. *Note: To obtain credit for the course, it must be accessed via TED.*

Laser users who complete the online course are not required to attend the **Laser Safety Seminar**. For those who prefer classroom-type training, these seminars will continue to be offered every three months. Registration for the seminar is also at the TED website. For additional information on laser safety training or for assistance regarding other laser safety issues, please contact Rick Mannix, UCI Laser Safety Officer, at 949-824-6200 or [rcmannix@uci.edu](mailto:rcmannix@uci.edu).

## RECYCLING It Makes a World of Difference

Working together we can make the planet a better place. By recycling, we promote the most efficient use of our resources. By segregating recyclable components, we are reducing and diverting waste from landfills, saving energy, protecting natural resources, and contributing to conservation.



EH&S offers a full range of cost effective and environmentally compliant services designed to allow for safe and economical recycling of hazardous and universal wastes.

We recycle:

- ⇒ Fluorescent lamps
- ⇒ Computer monitors
- ⇒ Cellular telephones
- ⇒ Electronic devices
- ⇒ Batteries
- ⇒ Some Chemical Hazardous Wastes

If you have items for recycling, please submit an online hazardous or universal waste request at [www.ehs.uci.edu](http://www.ehs.uci.edu).

## I Want My MSDS!

**What is an MSDS?** A Material Safety Data Sheet, referred to as an MSDS, is a manufacturer provided document describing the hazards and properties of a specific chemical. Before using a chemical, familiarize yourself with the corresponding MSDS.

**Who provides MSDS'?** EH&S announces a new MSDS vendor service provided by ChemWatch. Their site, at <http://ucmsds.chemwatchna.com>, includes Material Safety Data Sheets (MSDS), emergency response information and much more, for over two million chemicals. This resource can be accessed by anyone with a UC IP address.

### How do I look up an MSDS?

1. Go to <http://ucmsds.chemwatchna.com> (It can also be accessed from the EH&S website at <http://www.ehs.uci.edu/msds.html>.)
2. Make sure to allow pop-ups for this site
3. When the search screen appears, enter the name of the chemical in the text box and hit the search button
4. Select the chemical from the list of search results

### What about the labels for my chemical containers?

For chemical labeling information, continue to use the EH&S label generator at: <http://www.ehs.uci.edu/programs/enviro/>.

**Where can I get more information?** Contact Rebecca Lally (x45730 or [rrlally@uci.edu](mailto:rrlally@uci.edu)) with questions or for more information.

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## Who Ya Gonna Call?

Following a large scale emergency or disaster that impacts the campus, recorded message updates are available at 1-866-IRV-NEWS. This phone number is only activated after an event. Callers have a choice of listening to messages for faculty and staff, students, or families of students.

Information in the message may include a summary of the event as well as the status of campus activities - on-going, postponed, or cancelled. Many other communication channels will also be utilized to keep the campus community up-to-date including radio station KUCI and frequent updates to the Today@UCI Preparedness and Emergency Response page, on the web at: <http://today.uci.edu/news/preparedness/intro.asp>

In addition to campus-wide communications, each department is encouraged to create phone-tree or callout procedures to provide detailed, department-specific updates or information. Keeping everyone informed and keeping communication flowing after any emergency is vital to a swift and effective response and to a smooth recovery and resumption of normal activities.

## Summertime Safety

As summer approaches, families anticipate relaxing days of outdoor fun with barbecuing, camping or swimming. Too often, summer can be a dangerous time of year if we are not careful. You and your family can enjoy an injury free summer if you remember the following:

- Provide proper clearance around BBQs. Be sure to check for patio covers, awning, hanging plants and other combustibles that could ignite.
- Once the BBQ has been ignited, never add more fuel to the fire.
- Allow charcoal briquettes 48 hours to cool before disposing.
- Pitch your tent upwind, away from your campfire. Make sure it's made of flame-retardant material.
- To make sure the campfire is completely out, douse it with water and then cover it with dirt.
- Children should never be left in or around a pool unattended - not for even a minute. Assign a "Water Watcher" who is able to swim.
- Do not rely on flotation devices - a child can easily slip out of them or even remove them.
- Learn CPR, first aid, and rescue techniques.
- Test the chlorine residual and the pH of the water daily. Maintain the available chlorine residual between 1.0 and 3.0 and the pH between 7.2 and 8.0.

Using common sense and observing these basic safety tips can ensure that you and your family have a safe and fun summer.