

## Safety Matters

You can never overdo safety.

### Keep Cool and Protect Yourself from Heat Stress



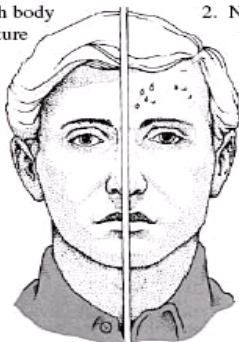
Here are 7 quick tips that you and your family can follow, both on and off the job, to reduce heat stress before it takes its toll on your summer time fun.

- ~**Cover up** - wear lightweight, light colored, and loose-fitting but tightly woven clothes.
- ~**Use sunscreen** - at least SPF15 rated product.
- ~**Wear a wide brim hat** - not a baseball cap.
- ~**Limit exposure between the hours of 10 a.m. and 4 p.m.**
- ~**Drink lots of water;** about 1 cup every 15 minutes. Avoid



**Heat Stroke**

1. Dry, hot skin
2. Very high body temperature



**Heat Exhaustion**

1. Moist clammy skin
2. Normal or subnormal temperature

alcohol, caffeinated drinks, or heavy meals.

~**Rest regularly in the shade or a cool (air conditioned) place.**

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

### Mark your Calendar

July 1, 2008

- New CA cell phone law in effect

July 4, 2008

- Independence Day Holiday

July 17, 2008

- 1-4 pm: Multi Agency HazMat Exercise

August 18, 2008

- 9-12 noon: Free Electronic Waste Recycling at Rowland Hall Loading Dock

August 20, 2008

- All Staff Appreciation Picnic

September 1, 2008

- Labor Day Holiday

September 20, 2008

- Coastal Clean Up Day

September 22-26, 2008

- T.A.N.G.O.
- Welcome Week

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### It Takes More Than 2 to T.A.N.G.O.

T.A.N.G.O (Teacher Assistant and New Graduate Orientation) was developed by EH&S as a blended learning solution to bring lab safety training to the masses of TA's and new graduate students at the beginning of the academic year. Laboratory safety training was redesigned from a lecture-only format to include online training plus hands-on workshops. The first 2½ hours were spent in a computer lab, the lunch hour had them dealing with real-life scenarios and coming up with solutions, and the final 2½ hours consisted of dividing the students into 5 groups and rotating them through 5 different workshops. This redesigned Lab Safety Training was selected to receive the Award of Distinction by CHEMA. Between 1972 and 2007, only 9 campus' nation-wide have achieved this level of recognition. Congratulations, UC Irvine!



## Rewarding Safe Acts – Spring 2008

EH&S recently recognized and rewarded the following people for engaging in activities and behavior that foster a safe work environment. These acts not only result in a safer environment for all, but also increase the awareness of safety as a shared responsibility.

### ADMINISTRATIVE AND BUSINESS SERVICES

#### Human Resources

**Alice Martinez**

**Safe Act:** Advised an inattentive driver to park and wait for her passenger.

**Dawn McKinley**

**Safe Act:** Reported a large truck that was stuck on Pereira Drive.

### SCHOOL OF PHYSICAL SCIENCES

#### Chemistry

**Philip Dennison and John Greaves**

**Safe Act:** Assisted in determining chemical composition of fluid which aided in reducing exposure to staff and students.

The following individuals are being recognized for their assistance with the 2008 Wellness and Safety Fair:

**Charlene Anderson - Microbiology & Molecular Genetics**

**Evie Anderson - OEOD**

**Gina Anzivino - Information and Computer Science**

**Chris Cheung - University Communications**

**Mark K. Day - Middle Earth Housing**

**Imelda Etemadieh - HSSOE**

**Betsy Franklin - Verano Housing**

**Hannah Nguyen - COEH**

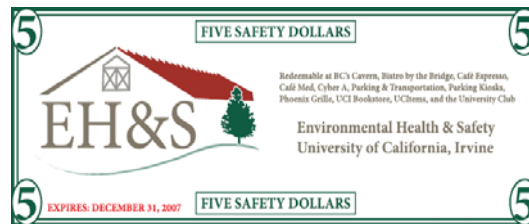
**Frances Stephens - Educational Affairs**

**Neda Walker - Paul Merage**

**School of Business**

**Every year, North Americans throw out:**

- Over 3.6 million tons of disposable diapers
- Over 42 million tons of paper
- Over 2.8 million tons of tires



## Life Saved in the School of Humanities

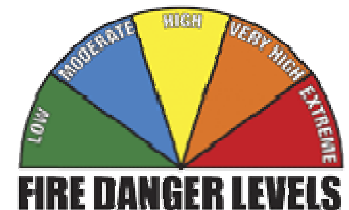


EH&S acknowledges Joy Bickham-Goudswaard for her life-saving response in the School of Humanities. During lunch one afternoon, a co-worker, choking on a hot dog, ran into the hallway looking for help. He saw Joy and pointed to his throat while making choking sounds. Joy immediately responded by performing the Heimlich maneuver until the hot dog was dislodged. Joy's quick response saved the day. **Thank you Joy!**

## Fire Season is Upon Us...

... and it's important to find out the Fire Danger Level before traveling to any wilderness area and to obey all guidelines set up by the U. S. Forest Service. Fire Danger is rated on a 5 step scale beginning with Low and advancing through Moderate, High, Very High, and Extreme. Due to the dry conditions, local mountain ratings currently vary from High to Extreme. Fires in all of these categories can start easily, spread rapidly, and burn very intensely. The loss of vegetation and water shed can lead to many problems, such as the increase in flash flooding experienced this winter as a result of the Santiago Fire siege.

Take extra precautions when camping and enjoying our local mountains this summer. Limit cooking and campfires to developed areas where allowed, do not use equipment (chainsaws, grinders, etc) which may produce a spark, and never use fireworks.



As Smokey Bear taught us when we were young - **ONLY YOU CAN PREVENT FOREST FIRES!**

## Safety Matters

### Flammable Liquid Storage in Labs

One component of our campus fire prevention strategy is managing quantities of flammable liquids and their storage. A major challenge has been eliminating the storage of Gold Shield 5-gallon metal containers of ethyl alcohol directly on the lab floor. These containers must be kept in an approved flammables storage cabinet.



Unfortunately, the weight and size of these cans make them physically difficult to lift in and out of storage and pouring from them can lead to problems.

The good news is that the same Gold Shield ethanol is available from Distribution Services in a lighter-weight, easier to maneuver and pour from 1-gallon metal container. The cost is \$1.90 more per gallon for the smaller packaging, but the benefits to both fire and injury prevention make it a sensible choice.



### Earthquake Country

Southern California is "Earthquake Country" and UCI is vulnerable. Take the following steps now to prepare yourself and reduce the risk of damage and injuries:

- Store heavy items on lower shelves.
- Store hazardous materials in appropriate shelving and cabinets.
- Reduce falling hazards by securing tall cabinets to the wall, securing gas cylinders, and minimizing clutter.
- Arrange your work area to have a clear exit path at all times.
- Keep an emergency supplies kit at work, home, and in your car.



When an earthquake occurs, the lessons we learned in elementary school still apply:

- DROP down to the floor.
- Take COVER under a sturdy desk or other furniture. Avoid areas near windows, hanging objects, or tall furniture.
- HOLD ON to the sturdy furniture and ride out the shaking.

After the shaking stops:

- Assess your surroundings, checking for damage and hazardous conditions.
- Do not evacuate automatically. Take actions based on your assessment.
- Follow the directions of emergency responders.

For more information: <http://www.ehs.uci.edu/programs/emergman/yourEPlan.htm>

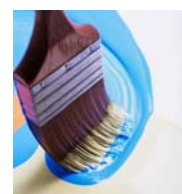
### You Can Help Reduce Air Pollution Part III

Every time you drive to work or school, use your heater or air conditioner, clean your windows, or even style your hair, you make choices that can reduce or increase air pollution.

Part I of this series showed you how to reduce air pollution by driving less. Part II took a look at how driving smart can keep pollution at a minimum. Part III explores choosing air friendly products. When more people make clean air their business, we all breathe easier.

Many products you use at home, in the yard, or at the office are made with smog forming chemicals that escape into the air when you use them. Here are a few ways to put a lid on products that pollute:

- Select products that are water-based or have low amounts of volatile organic compounds (VOCs).
- Use water-based paints. Look for paints labeled zero-VOC.
- Paint with a brush, not a sprayer.
- Store solvents in airtight containers.
- Use a push or electric lawn mower.
- Use a propane or natural gas barbecue. If you use briquettes, start them with an electric lighter.



REMEMBER TO  
RECYCLE



## UCI Wellness and Safety Fair

The 2nd UC Irvine Facility and Staff Wellness and Safety Fair, held May 21, 2008, was enjoyed by all. With music as a back drop and the aroma of kettle corn in the air, over 90 vendors from various trades relating to safety and wellness participated.



The five EH&S booths were in high demand during the fair. Our hats go off to the Fire Safety Group (Alan Sahussanun and Steve Eros) for conducting a popular fire extinguisher demonstration in which many faculty and staff experienced the hands on opportunity of “putting out a fire”. The Emergency Management booth, led by Linda Bogue, displayed sample emergency preparedness kits as well as earthquake emergency materials and checklists. The General Safety booth, represented by Dave Mori, Jill Johnson, and Sandra Conrad, provided information on EH&S services including accident prevention on campus, reporting injuries and near misses, as well as Radiation Safety and Industrial Hygiene. Kirk Matin and Christian Ritter oversaw the Hazardous Waste booth displaying valuable information on hazardous waste pick-up and electronic recycling on campus. Belinda Manalac’s Ergonomic booth displayed samples of ergonomically correct work stations and equipment.

At day’s end, over 1000 UCI faculty and staff attended the fair. All received recyclable tote bags containing environmentally related gifts. Great teamwork created great results!

## TRASH SEARCH

Can you find the hidden words listed below?

A J Q D S S Q L X P B L E W  
 B I O D E G R A D E L C H O  
 M L G R T C E E K D U Y S R  
 E T I R E S O H P D G R I H  
 U R A T U P R M E A J U B T  
 P S M E T E A R P L I B B P  
 H P R L C E B P L O I D U L  
 N W A Y J H R O A J S O R A  
 C N C E T S A W N U A E S N  
 D L R E F U S E D N D W R E  
 E G A B R A G W F K B U A T  
 S A V E P M U D I S B S Y Y  
 Y E O D F Y O J L I L P H A  
 W C L W S T D Y L I U W O I

- |            |         |
|------------|---------|
| AWAY       | PLANET  |
| BIODEGRADE | RECYCLE |
| BURN       | REDUCE  |
| BURY       | REFUSE  |
| DECOMPOSE  | REUSE   |
| DIAPERS    | RUBBISH |
| DUMP       | SAVE    |
| GARBAGE    | SOIL    |
| JUNK       | THROW   |
| LAND       | TIRES   |
| LANDFILL   | TRASH   |
| LITTER     | WASTE   |
| PAPER      |         |

We are on the map & on the web!

### Summer 2008

4600 Health Sciences Road  
 Irvine, CA 92697-2725  
 Building 41 on the UCI campus map  
 Phone: 949-824-6200  
 Fax: 949-824-8539  
<http://www.ehs.uci.edu>

**Thank you to all volunteers and participants!**