

Safety Matters

Put Safety First - Prevent the Worst

Summer Outdoor Cooking Safety

Back yard barbeques are a cornerstone of lazy California weekends. Summer memories are made with kids splashing in the pool, sharing a laugh with people around you, and the aroma of grilled foods sizzling on the barbeque. When gathering with family and friends this summer, be aware that 5000 barbeque related injuries are reported in the U.S. every year. To maximize the fun quotient and minimize the risk of dangerous fire, keep these tips in mind:

- Grill in open, well ventilated areas
- Do not wear loose clothing while grilling

For propane grills:

- Before each use, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Do not overfill propane tanks.

For charcoal grills:

- Lighter fluid should never be added to an already lit fire
- Dispose of coals-properly-douse them with water and stir them to ensure the fire is completely out.



Mark your Calendar

- June 12 - June 14, 2009
 - Graduation ceremonies
- June 13, 2009
 - 10 a.m.-3 p.m.: UCI Arboretum, June Bloom Plant Sale
- July 3, 2009
 - Independence Day Holiday
- July 23, 2009
 - Staff Assembly Sunset Kayak—Newport Back Bay
- August 20, 2009
 - Staff Appreciation Picnic
- August 30, 2009
 - Staff Assembly-LA Angels of Anaheim (Angels vs Oakland Athletics)
- September 7, 2009
 - Labor Day Holiday

UC READY Business Continuity Program

The H1N1 (Swine) flu outbreak had no impact on campus activities. Mid-May's slight 4.7 earthquake in Los Angeles had no impact on the campus. But, there is a good chance we will experience an event that will impact all of us. Is your department prepared to recover from significant upset to the daily work of the university – teaching, research and public service?

Business continuity planning is the process of developing advance arrangements and procedures that enable an organization to respond to an event so that critical functions can continue.



The **UC READY** business continuity planning tool supports campuses system-wide to develop continuity plans. This “do-it-yourself” web-based tool is designed for each department to complete an on-screen questionnaire and develop their own plan. Get ready, get prepared, **UC READY** is coming your way.

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Thank You to Our Safety Partners - Summer 2009

EH&S recently recognized and rewarded the following people for engaging in activities and behaviors that foster a safe work environment.

ADMINISTRATIVE AND BUSINESS SERVICES

Facilities Management

Eric Allton

Safe Act: Promoting a culture of safety within Facilities Management and the campus.

Steve DePetris, Lance Wulff

Safe Act: Worked with EH&S on the safety program within the HVAC department.

Rick Solomon

Safe Act: Recommended hazard abatement of a metal staircase.

SCHOOL OF MEDICINE

General Clinical Research Center

Barbara M. Bodenhofer

Safe Act: Implementing energy conservation efforts in her work unit.

SCHOOL OF BIOLOGICAL SCIENCES

Molecular Biology & Biochemistry

Chassidy Johnson

Safe Act: Integrating Safety-on-Site and 100% correction of lab safety survey items.

The following individuals have been recognized for their assistance in piloting the online Shipping Hazardous Materials course:

Roger S. Geertsema, ULAR

Marian Ioli, Medicine

William Edwin Davidson, Physical Sciences

Bridgit Anne Travinsky, Microbiology & Molecular Genetics

Kurt Weismair, Distribution & Document Management

How much water does it take to produce...

*1 Latte = 55 gallons
Glass of milk = 53 gallons*

Glass of beer = 20 gallons

An egg = 53 gallons

An apple = 16 gallons

A hamburger = 630 gallons

2 lbs cotton textile = 2,900 gallons

Agriculture accounts for 69% of all freshwater used by people on the planet.

Please recycle



Fact or Fiction??



YES



NO

CLAIM: Mayonnaise can increase the risk of food poisoning.

FACT: Despite its reputation, mayonnaise can reduce food spoilage.

This is the time of year when staff potlucks and BBQ's are on the increase. One ingredient that always attracts suspicion is mayonnaise. But recent studies are casting doubt on that. Most commercial brands of mayonnaise contain vinegar and other ingredients that make them acidic – and therefore very likely to protect against spoilage. When problems occur, they usually result from other contaminated or low-acid ingredients (like chicken and seafood), improper storage and handling, or homemade versions that contain unpasteurized eggs.

BOTTOM LINE: These other high-risk foods pose a more serious threat: raw shellfish, bulk ground beef, unwashed fruits and vegetables.

For more information go to: <http://www3.signonsandiego.com/stories/2009/may/12/1c12factm192113/?uniontrib>

Safety Matters

Save Your Back! Tips on Office Moves

Some simple ways to protect yourself from injuries during office moves:

- Plan the move – Schedule help and clear a path.
- Get the materials you need – Sturdy boxes of various sizes, step stools and a cart or dolly.
- Pack effectively – Don't overload boxes.
- Lift safely:
 - ~ Use slow and smooth movements.
 - ~ Keep your body facing the object while you lift it.
 - ~ Keep the load close to your body.
 - ~ Lift with your legs, not your back!
 - ~ Bend your knees, keep your head up and keep your back straight.
 - ~ Try to carry the load in the space between your shoulders and your waist.



Got Drugs?



Most of us have been trained to get rid of old or unwanted drugs by flushing them down the toilet. This practice evolved from our desire to keep potentially dangerous drugs out of the hands of others, especially children. However, recent research is showing that this may be the least environmentally friendly method of disposing of old or unwanted drugs.

Here are a couple of simple and eco-friendly ways to dispose of your old or unwanted drugs.

Take your personal pharmaceutical waste to:

1. Your neighborhood pharmacy. Not all pharmacies accept pharmaceutical waste so you should call and check first.
2. A household hazardous waste collection center. There are four household hazardous waste collection centers in Orange County that accept pharmaceutical waste. For more information, visit <http://egov.ocgov.com/vgnfiles/ocgov/OC%20Waste/Docs/HHWCC%20Fact%20Sheet%20rev%20meds100808.pdf>.
3. For lab and research pharmaceutical waste disposal, please submit an EH&S pharmaceutical waste pickup request, available online at <http://www.ehs.uci.edu/apps/waste/biocollect.jsp>.

Cell Phone Use While Driving... Don't do it!

Studies show that driving while talking on a cell phone is extremely dangerous and puts drivers at a four-times greater risk of a crash. An analogy to highlight the risk of this behavior is drunk driving. When our friends have been drinking, we take their car keys away. Now, it is time to take the cell phone away.

The Harvard Center of Risk Analysis estimates that cell phone use while driving contributes to 6% of crashes. This equates to 636,000 crashes, 330,000 injuries, 12,000 serious injuries, and 2600 deaths each year. The annual cost of cell phone related crashes is \$43 billion.

Cell phone use may be less distracting than some other activities people may engage in while driving, but the use of cell phones and texting devices is much more pervasive, making it more dangerous overall. Research shows that hands-free devices do not make cell phone calls while driving safe. Another study demonstrates that talking to passengers, as opposed to talking on a cell phone, actually makes adult drivers safer, because they help alert drivers to potential driving risks.

There are more than 270 million wireless subscribers in the US. According to a 2008 survey, 81% of cell phone owners report they use their phones while driving. One out of 5 report sending text messages while driving. Our nation has reached a point where an estimated 100 million people are engaging in this dangerous behavior daily.

More about this issue can be found at http://www.nsc.org/resources/issues/distracted_driving.aspx





Stay Safe in the Sun... Work and Play Safely

Summer is here! Remember that working and playing outdoors during the heat of the day can lead to heat stress related illness. Preventing heat stress is the key to enjoying summer. Follow these tips:

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. An SPF of at least 15 blocks 93% 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 from 10 am to 4 pm. If you're unsure about the sun's intensity, take the shadow test: if your shadow is shorter than you are, the sun's rays are the day's strongest.

Drink lots of water, about 1 cup every 20 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 illness. Monitor yourself, co-workers, and family members for symptoms such as: headache, lightheadedness, dizziness or fainting, weakness, moist skin, and mood changes such as irritability or confusion.

Sign up to receive zotmail notices of the EH&S Safety Matters Newsletter. Using your UCINetID login, subscribe at <https://www.ddm.uci.edu/Office2/app/ZotMail/Subscriber.aspx>. Click on **Update** under **My ZotMail** and scroll down to EH&S Newsletter. It is also available on the EH&S website under Safety Matters.

Become An Ergonomics Champion! Join Team ERGO ZOT!

Who can be an Ergonomics Champion?

- Supervisor that supports the day-to-day operations of a function, program, and/or department and meets with employees on a regular basis.
- Management Services Officer (MSO)
- Safety On Site (SOS) Representative
- Employee that interacts with co-workers on a regular basis.

What are the responsibilities?

- Integrate ergonomic knowledge into regular day-to-day job duties, making decisions and interacting with co-workers.
- Know when and how to contact EH&S for ergonomic assistance, questions, or concerns.
- Promote the UCI Ergonomics program and resources.

What are my incentives?

- **Reduce department injuries!**
- **Save the University money!**
- **Increase employee productivity!**
- **Improve employee morale!**
- **Demonstrate and show your leadership!**
- **A chance to win extra \$ Ergo Aid \$ for your department!**



How do I sign up?

- Go to TED, then
 1. Complete your Safety Training Self-Assessment
 2. Complete Ergonomics – Computer and Office [Online]
 3. Enroll for Ergonomics – Team ERGO ZOT Champion [Classroom]

We are on the map & on the web!

Summer 2009

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