

Safety Matters

Stop Germs — Stay Healthy

What You Can Do to Stay Healthy During the Flu Season

Following good health habits like the ones listed below can often help stop the spread of germs and prevent respiratory illnesses like the flu.

- 1. Avoid close contact** - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick** - If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- 3. Cover your cough** - Cover your mouth and nose with a tissue when you cough or sneeze *or* cough or sneeze into your upper sleeve, not your hands. It may prevent those around you from getting sick.
- 4. Clean your hands** - Washing your hands often will help protect you from germs.
- 5. Avoid touching your eyes, nose, or mouth** - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits** - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- 7. Visit the EH&S Website** - Get up to date information on the swine flu and other useful resources at www.ehs.uci.edu.



Mark your Calendar

- September 19, 2009
 - Annual Coastal Clean-up
- September 21, 2009
 - Fall Quarter Begins
- September 29 - Dec. 1, 2009
 - CSAR Training Series #11
- October 4-10, 2008
 - Fire Prevention Week
- October 15, 2009
 - The Great Shake-Out
- October 31, 2009
 - Halloween
- November 11, 2009
 - Veterans Day Holiday
- November 26-27, 2009
 - Thanksgiving Holiday

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UC READY is Now Available!

The **UC Ready** continuity planning tool is now available and is as easy to use as *TurboTax*[®]. The tool guides departments to create a plan to improve resilience and ability to recover from disruptions to critical operations. Proven effective at UC Berkeley, the online tool is available at all UC campuses and most medical centers. The continuity planning service and tool are funded by the Office of the President and offered to your department without charge.

EH&S is dedicated to providing you with the preparation and readiness to minimize damages from a major disaster or disruption. **UC Ready Orientation** has been created to help departments start a continuity plan.

To participate, please register through TED at www.ted.uci.edu. For additional information about the *UC Ready* program, visit the EH&S website at www.ehs.uci.edu/ucready.html.

Thanks to our Safety Partners – Fall 2009

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 & BUSINESS SERVICES

Human Resources

Nancy Chen Lane

Safe Act: Reported tree limbs blocking traffic signs.

OFFICE OF INFORMATION TECHNOLOGY

NACS

Marie Perez Castaneda

Safe Act: Recognized potential serious fire hazard and initiated building evacuation and emergency response.

SCHOOL OF PHYSICAL SCIENCES

Earth Systems Science

Sheila Griffin

Safe Act: Facilitated emergency evacuation following activation of fire alarm.

EXECUTIVE VICE CHANCELLOR'S OFFICE

OEOD

Evelyn Anderson, Janis Wallace

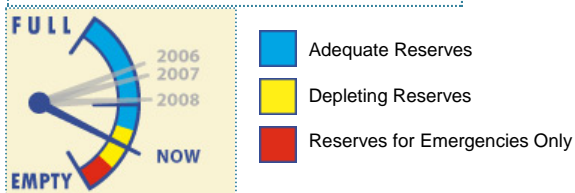
Safe Act: Facilitated building evacuation and emergency response.

Water Saving Tips

What you can do:

What you can do:	How much you can save:
Turn off the water while brushing teeth	3 gallons/day
Shorten showers by 1-2 minutes	5 gallons/day
Fix leaky faucets	20 gallons/day
Wash only full loads of laundry	15-50 gallons/load

CA Water Supply Conditions



Celebrating our successes!

Recently, UC Irvine successfully passed a surprise Medical Waste inspection by the Orange County Health Agency with "No Violations" for the second year in a row.

This success results from researchers and EH&S partnering to implement a centralized biomedical waste collection program over the past three years. Researchers dispose of medical waste in sanitized containers provided by EH&S, which are collected weekly by EH&S.

Compared to the previous decentralized medical waste program, this new approach is safer, saves researcher time, and is establishing a record of excellent regulatory compliance.

Kudos to UC Irvine researchers and EH&S!



Video Loan Resources

EH&S has an in-house video library, as well as subscriptions to lending libraries. Altogether, there are several hundred DVDs/videos on a variety of safety topics.

To view the titles, browse the links below:

- EH&S in-house library - www.ehs.uci.edu/programs/sop_library/EHSVideoLibrary.xls
- National Resource Safety Center - www.nrsc.com/index2.htm
- Safety Center - www.safetycenter.org/os_videolending.html

To submit a loan request, either email your request to safety@uci.edu (include your name and contact information, DVD/video title and number, and dates requested), OR fill out a form at the EH&S front desk.

Reasons to participate:

- Expand and share available resources with schools and other campus departments
- Assist SOS Representatives (SR's) with Work Unit Specific Training materials
- Provide additional resources to Facilities Management for monthly Tailgate meetings & Facilities Management Safety Committee

Email safety@uci.edu if you would like to add training resources to our collections.

Safety Matters

The 10 Commandments of Gas Cylinder Safety

One of the few ways a person can get injured quickly and severely in a lab is from an accident involving gas cylinders, due to their combination of both chemical and physical hazards. Please follow the ten commandments of gas cylinder safety below, as handed down from generation to generation.

1. THOU SHALT KEEP THY GAS CYLINDERS SECURED.
2. THOU SHALT CAP STORED GAS CYLINDERS.
3. STORETH NOT GAS CYLINDERS WITH REGULATORS ATTACHED.
4. KEEP CLOSETH THE CYLINDER VALVE WHEN GAS IS NOT IN USE.
5. STORETH NOT INCOMPATIBLE GASES TOGETHER.
6. HAVETH FIRE EXTINGUISHERS AROUND WHILST USING FLAMMABLE GASES.
7. HAVETH SAFETY SHOWERS AROUND WHILST USING CORROSIVE GASES.
8. HAVETH GAS CABINETS WHENST HAVING POISON OR TOXIC GASES.
9. ACCUMULATE NOT EXTRA GAS CYLINDERS.
10. USETH EYE PROTECTION WHEN USING GAS.



Of the commandments, the first is unforgivable. Contact EH&S at x6200 or your School Coordinator if you need help securing gas cylinders, but be prepared to minimize the number of cylinders on hand. Gas cylinder suppliers deliver daily. Also, avoid lecture bottles like the plague.

Recently, an 11th commandment has been revealed...

11. DISPOSETH OF CYLINDERS PROPERLY - ALWAYS THROUGH EH&S AT [HTTP://WWW.EHS.UCI.EDU/APPS/WASTE/](http://www.ehs.uci.edu/apps/waste/)

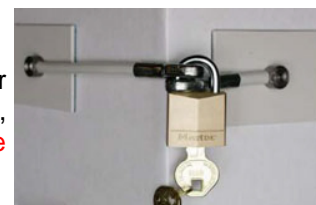


Hazardous Materials Security

Have you ever considered how easy it is for unauthorized persons to enter your workplace and take highly hazardous materials? UCI Facilities Management, EH&S, and Police have already partnered to harden security at sites **where the highest hazard materials and activities exist**.

In laboratories, we encourage researchers go even further by storing small containers of extremely poisonous chemicals out of sight under lock and key inside the laboratory. This creates a safety barrier between these materials and inexperienced and unauthorized persons. Highly and dangerously toxic chemicals can be life-threatening upon exposure to relatively small amounts. The median lethal dose (LD₅₀) for a **highly toxic chemical** is oral rat LD₅₀ of between 1 and 50 mg/kg of body weight.

Examples of highly toxic chemicals include: hydrazine, mercuric chloride, osmium tetroxide, white or red phosphorus, sodium azide, and sodium cyanide. The LD₅₀ for **dangerously toxic chemicals** is oral rat LD₅₀ of less than 1 mg/kg of body weight. Examples of dangerously toxic chemicals include dioxin. A locked cabinet drawer or locking refrigerator would be suitable for this type of storage.



Contact EH&S' main service desk (824-6200) or your School Coordinator for more information.

Safety Recognition & Incentives Award Program

As part of the University's overall injury prevention goals, EH&S has implemented a Safety Recognition & Incentives Award Program using Be Smart About Safety (BSAS) Loss Prevention & Loss Control funding. The program was launched in Spring 2009 with the Facilities Management Department (FM). FM has made a very strong commitment to reporting unsafe work conditions and near-misses, conducting SOS (Safety on Site) program and work unit safety requirements, and contributing to accident prevention measures. All of these efforts have contributed to a decrease in injury costs, while increasing FM staffing levels by 20%.



To acknowledge this accomplishment, "Sharing the Success" quarterly celebrations are being held where participants share ideas that promote and sustain positive safe work practices. These celebrations involve an EH&S hosted BBQ to acknowledge work unit participation in the FM Safety Committee, Shop Safety Meetings, and Hazard Assessment Evaluations, in addition to stressing the value that each individual can make in overall workplace safety. The gatherings also present opportunities for meaningful discussions between FM employees, Workers'

Compensation & Disability Management Services, and Risk Management. This effort will help to build employee morale by communicating the positive results of safe behavior and following safe work practices. In anticipation of the successful implementation of these celebrations, the program will be expanded to include other areas on campus such as Student Housing and Dining Services.



ANOTHER SMASHING YEAR FOR THE EH&S VOLLEYBALL TEAM!

Congratulations to the 3 time reigning champs of the annual Staff Association Volleyball



Tournament. EH&S' Spiked Punch team won out over Social Ecology's team in the final round, 2-0. Way to go Spiked Punch!

We are on the map & on the web!

Fall 2009

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