

PREGNANT OR PLANNING TO BECOME PREGNANT?

Women who are pregnant or planning to become pregnant, or who have a compromised immune system may have higher risks. Contact COEM at 619-471-9210 for a private consultation.

IN THE CASE OF INJURY OR ILLNESS

Perform first aid as indicated by washing/rinsing appropriately. If medical attention is required, call or visit one of the following locations:

Thornton Hospital Emergency Room
858-657-7600

UCSD Medical Center Emergency Room
619-543-6400

Center for Occupational & Environmental Medicine (COEM)
619-471-9210

REPORT WORK-RELATED INJURY OR ILLNESS

Report any work-related injury or illness to your supervisor and the Workers' Compensation Office as soon as possible.

Examples of work-related injuries or illnesses:

Chemical splashes, splashes to the eyes, animal bites or scratches, needle sticks, slips, trips, falls, allergic reaction to animals or chemicals (rash, wheezing, shortness of breath, etc.).

Workers' Compensation Office:

Campus-funded employees:
858-822-2979 or 858-534-4785

UCSD Medical Center-funded employees:
619-543-7877



Occupational Health & Safety Program for Individuals with Research Animal Exposure



What you need to know about exposure to research animals.

CONTACTS

Center for Occupational & Environmental Medicine (COEM)
619-471-9210

UCSD Occupational Health Nurse
858-534-6138

Environment, Health & Safety (EH&S)
858-534-3660

Vivarium Safety Officer
858-245-0670



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Center for Occupational & Environmental Medicine (COEM)

Environment, Health & Safety (EH&S)

INTRODUCTION

Many programs at UCSD use animals to study the origin and treatment of disease and to better understand biology and life sciences. The majority of animals at UCSD are rodents, but we also use guinea pigs, hamsters, pigs, cows, rabbits, fish, frogs, sheep, chickens, birds, and dogs.

This brochure contains safety information that will help you protect yourself from hazards associated with exposure to research animals.

WHAT IS THE OCCUPATIONAL HEALTH & SAFETY PROGRAM (OHSP)

UC San Diego's Occupational Health & Safety Program is administered by the Center for Occupational & Environmental Medicine (COEM) and Environment, Health & Safety (EH&S). It is designed to promote a safe work environment by **minimizing the risk of illness or injury associated with working with or around research animals. All physicians are Board certified in Occupational & Environmental Medicine.**

The program includes initial enrollment and general education for personnel exposed to research animals, health history screening, routine and special immunizations, health surveillance, and wellness promotion.

The OHSP helps protect employee health by assessing each participant's risk factors, providing information, and protective equipment as necessary.



WHAT ARE THE RISKS?

Working with or around research animals and animal wastes can expose workers to health and safety risks. The most common risk is development or worsening of allergies and, although humans are NOT usually susceptible to animal diseases, there are some important exceptions where transmission of an infection from an animal to a human (zoonosis) can cause serious illness.

Risk categories assigned are based on whether you have direct or indirect animal contact. If you don't know your job's risk category, consult your supervisor.

PARTICIPATION IS MANDATORY FOR:



All faculty, staff, fellows, students, and affiliates who have **direct contact** with animals, animal waste, or animal tissues are required to participate in the OHSP.

Direct contact means you handle animals, perform procedures on animals, or handle their tissue.

If you have direct contact with research animals, you are required to read UCSD's OHSP on the Web at <http://blink.ucsd.edu/go/vivariumsafety> and enroll in the OHSP. Depending on your risk category, the OHSP may require you to undergo additional training before beginning your duties.

Examples of persons with direct contact include principal investigators, laboratory staff, students doing animal research, and animal care personnel.

PARTICIPATION IS OPTIONAL FOR:

Persons who have no direct contact with research, but may have incidental or infrequent indirect exposure to research animals at work are encouraged to participate.

Indirect exposure means you do not touch animals or animal tissue and do not handle animal waste.

Examples of persons who may have incidental or infrequent exposure include those listed above and facilities personnel, police, security, housekeeping, administrative, and clerical staff who enter lab space where animal work is done.

HOW TO ENROLL AND PARTICIPATE IN OHSP

Complete and submit forms A, B, and C found on the Web at <http://blink.ucsd.edu/go/vivariumsafety>.



Your health information and responses will be reviewed by COEM to identify any medical recommendation, and you will be counseled about required training, available precautions, and any applicable work restrictions that apply to your work.

GENERAL PRECAUTIONS FOR INDIVIDUALS EXPOSED TO RESEARCH ANIMALS

Practice these general precautions to reduce the risks of infection and injury when working with or around research animals:

- General cleanliness and hand washing after working with animals or animal wastes is essential.
- Do not eat, chew gum or tobacco, drink, store food, apply cosmetics, or smoke in any laboratory or animal facility.
- Use extra care when using needles or sharp objects, discarding them directly into a "sharps" container without recapping.

PRECAUTIONS FOR PEOPLE WHO HANDLE ANIMALS

- Wear gloves, a lab coat or disposable gown, safety glasses, and, when required, head cover/bonnet and shoe covers.
- Know how to properly handle the species you work with.
- Properly restrain animals when doing injections.
- Never re-cap needles
- Observe and obey all room signage.
- First wash any animal bite or scratch with disinfectant soap, and then notify your supervisor.
- Seek proper medical attention following any injury or accident.



ADDITIONAL PRECAUTIONS FOR WORK WITH HAZARDOUS MATERIALS

- Observe EH&S-approved safety plans.
- Familiarize yourself with material safety data sheets (MSDS) for all chemicals you use.
- Use biosafety cabinets when working with animals.
- Use fume hoods when you handle a gas or toxic material.
- Place biologically contaminated material in red biohazard bags for autoclaving or incineration.
- Decontaminate non-disposal materials prior to washing or reuse.