Annual Health & Wellness Fair
Tuesday, November 18
Price Center Ballrooms

Look for the EH&S information booth at the Health & Wellness Fair. See you there!

Be a Clean Water Leader at UCSD!

The drains you see outside are storm drains that discharge directly to the ocean without any treatment. Only rain should go into a storm drain. When other types of water, such as irrigation run-off or wash water, flow into a storm drain, it picks up pollutants on the ground (e.g., sediment, oil, and trash) and carries them to the ocean. This is called urban run-off.

Here’s what you can do to prevent storm water pollution:

- Report accidental spills or discharges into a storm drain immediately to EH&S: (858) 534-3660.
- Keep outdoor work and storage areas clean and orderly, and keep equipment stored outside under cover.
- Keep outdoor trash cans, bins, and dumpsters closed.
- Cover or protect storm drain inlets from outdoor work activities.
- If water is used to clean outside, don’t allow the wash water to get into a storm drain. Block the drain and direct the water to a vegetated area or let it evaporate.

Learn more about UCSD’s Storm Water Pollution Prevention Program on Blink at http://blink.ucsd.edu/go/stormwater/.

Guard Against West Nile Virus

West Nile Virus (WNV) is a potentially serious illness most often spread by the bite of an infected mosquito. WNV can infect humans, birds, mosquitoes, horses, and some other mammals. WNV cases in humans are more common in late summer and early fall, but can occur any time of year in mild climates like ours.

Prevention is the Best Defense

There is no specific treatment for WNV infection and no vaccine to prevent it. Preventing mosquito bites is the best way to avoid infection. Apply insect repellent containing DEET (look for N,N-diethyl-meta-toluamide on the label) when going outdoors, even for a short time. Wear long sleeves, long pants, and socks if possible.

Learn more about using insect repellents safely on the Environmental Protection Agency (EPA) website: http://www.epa.gov/pesticides/health/mosquitoes/ai_insectrp.htm/.

Treating mosquito breeding sites helps prevent spread of WNV. Mosquitoes lay their eggs in standing water. It takes about 1 week for eggs to mature, so it’s important to eliminate breeding sites promptly. Dead birds may be a sign that WNV is circulating between birds and mosquitoes in an area.

Report possible mosquito breeding sites and dead birds to County of San Diego Environmental Health Department, Vector Control Program:

- Report mosquito breeding sites:
  E-mail: vector@sdcountry.ca.gov  |  Phone: (858) 694-2888
- Report dead birds:
  Web form: http://www.sdcountry.ca.gov/deh/eforms/chddeadbird.html
  Phone: (888) 551-4636 weekdays; (858) 565-5255 weekends & holidays

Learn More about WNV

- County of San Diego WNV Website - http://www.sdcountry.ca.gov/deh/pests/wnv.html
- WNV activity in CA from the CA Dept of Public Health - http://www.westnile.ca.gov/

How Are We Doing?

During the month of November, please evaluate service you’ve received from EH&S with the Customer Satisfaction Survey link on ehs.ucsd.edu. We appreciate your comments.
The Unwelcome Dinner Guest

More cases of food poisoning occur on Thanksgiving Day than at any other time of year.

Feasting is a favorite holiday pastime and meat is usually the centerpiece shared with family and friends. But don’t invite the unwelcome dinner guest: foodborne illness. Review the CDC TurkeyTime Web site at http://www.cdc.gov/Features/TurkeyTime/ for safe thawing, preparation, stuffing, and cooking procedures.

When it’s done, remember the U.S. Department of Agriculture’s 2 Hour Rule: 2 hours after the cooked bird leaves the oven, carve and put it into the refrigerator. Limit bacterial growth and speed cooling by cutting the meat from the bone and removing stuffing. Store both in separate containers. Bacteria in a cooked turkey sitting at room temperature multiplies at the rate of 100% every 20 minutes!

Do It Yourself Ergonomics

Sitting at a computer workstation for a long time can be uncomfortable, or even painful. Create a more comfortable work environment by following the tips below.

- **Education is the key to success!** Use the Web-based Computer Ergonomics: Evaluating Your Computer Workstation for Comfort and Productivity tutorial at [http://blink.ucsd.edu/go/ergo](http://blink.ucsd.edu/go/ergo) to learn the fundamentals of designing your own work space.
- **Assess your postures and space.** Before using the tutorial, print a copy of the Computer Ergonomic Review Tool worksheet. Use the worksheet as you read the tutorial to guide you through your workstation evaluation.
- **Bonus!** Complete the tutorial and your department may be eligible for up to $200 of Ergonomic Resource Funds ([http://blink.ucsd.edu/go/erogroup](http://blink.ucsd.edu/go/erogroup)) to help purchase new ergonomic equipment from Marketplace Preview.

Win a Free Ergo Chair!

**September Winner:** Amanda Norskog, Student Affairs

Complete Web-based ergonomics training and you could win a free Steelcase chair or lab stool for your workplace*. How it works: Log in to Enrollment Central at [http://enrollmentcentral.ucsd.edu](http://enrollmentcentral.ucsd.edu) and complete the Evaluating Your Computer Workstation for Comfort and Productivity Web-based training program. A winner will be randomly drawn each month from a list of employees who have successfully completed the training during that month.

* Chairs awarded through this program are the property of the winner’s UCSD department.

Department Safety Coordinator Certificate

Congratulations to Michael Watson of Mechanical & Aerospace Engineering, Macy Huynh of Philosophy, and Hanako Wolf from Biological Sciences! They join an exclusive group of dedicated safety coordinators who have earned a Department Safety Coordinator Certificate.

Created by EH&S and HR/Staff Education & Development, the DSC Certificate program improves workplace safety culture by developing essential safety leadership competencies such as facilitating, planning, problem solving, and decision making. Learn more on Blink at [http://blink.ucsd.edu/go/departmentsafety](http://blink.ucsd.edu/go/departmentsafety).

What to Do When an Injury Happens

Go to the UC San Diego Website at [http://ucsd.edu](http://ucsd.edu) and type injury in the Search box. Click on What to Do if a Work-Related Injury, Illness, or Exposure Occurs, and follow the instructions.

Campus Casualties Incident Reports

- An employee who tripped over a computer cable, twisted a foot, cut an elbow, and bruised a hand in the fall.
- An employee stepped off a forklift and twisted his knee.
- A delivery driver lifting an aluminum dolly off a truck was struck and cut below the chin when the dolly slipped.
- The driver of an electric cart suffered a wrenched back when the cart was abruptly and strongly jerked to a halt by the security chain the driver forgot to unlock and detach from the cart before leaving.
- An employee tossing a piece of scrap wood into a dumpster was cut on the hand by a nail.