SafetyNews for UC San Diego Employees

Fall 2010

Environment, Health & Safety

Campus Housing Fire Safety Report

UC San Diego's Annual Campus Housing Fire Safety Report is online at http://blink.ucsd.edu/go/firesafetyreport/.

The 2008 federal Higher Education Opportunity Act (HEOA) requires UCSD to annually report the fire safety practices and standards used by on-campus student housing. This report reflects a period that spans the 2009 calendar year.

UCSD endeavors to maintain an excellent record of fire safety in residential housing areas. Our challenge is to remain vigilant for problems, take preventative measures to limit the possibilities that a fire can occur, and provide students with fire safety education upon their arrival at the university.

Find more about UCSD's fire safety policies on Blink at http://blink.ucsd.edu/go/firesafety/.

Get a Flu Shot

http://blink.ucsd.edu/go/flu

The Centers for Disease Control (CDC) has a new recommendation this year for everyone 6 months of age and older to receive the seasonal flu vaccination. See options for getting a flu shot below.

Faculty and staff enrolled in UC-sponsored health plans can contact their individual health care provider to get immunized.

Students should contact Student Health Service (http://studenthealth.ucsd.edu/) for immunizations.


October Campus Flu Shot Clinics

Campus flu vaccination clinics for faculty, staff, retirees, and dependents are scheduled for 3 dates in October. Your UCSD photo ID or employee ID number will be required to receive the vaccination. Dependents must be accompanied by the UCSD employee. Flu vaccination cost will be $25.

Campus flu shot clinic dates:
- October 18, 2–6:30 pm, RIMAC Sport Facility, Green Room
- October 19, 7:15–10 am, Price Center West, Ballroom B
- October 22, 10 am–2 pm, Price Center West, Ballroom B

Pertussis (Whooping cough)

Due to the current outbreak of pertussis in San Diego County, the combined adult tetanus-diphtheria-pertussis (Tdap) vaccination will also be available on the clinic dates above for adults needing the booster vaccination. Tdap vaccine cost is yet to be determined.

Read more about pertussis on Blink at http://blink.ucsd.edu/safety/resources/public-health/pertussis.html/.

Be a Clean Water Leader

Only rain should go into a storm drain.

The drains you see outside are storm drains that discharge directly to the ocean without any treatment. 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 (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:

continued on back...see Storm Water Pollution Prevention

Battery Disposal

All used batteries are hazardous waste.

For proper disposal procedures, see Battery Disposal at UCSD on Blink at: http://blink.ucsd.edu/go/battery

Battery Wave

University of California, San Diego-Environment, Health & Safety (858) 534-1954 0920 ehsweb@ucsd.edu http://blink.ucsd.edu/ehs
Storm Water Pollution Prevention

... continued

Prevent storm water pollution:

- Report accidental spills or discharges into a storm drain immediately to EH&S at (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/.

Safety Training Tips

UC Learning Center! http://uclearning.ucsd.edu

UC Learning Center (UCLC) has replaced Enrollment Central as Staff Education’s go-to training website.

- To find safety training classes on UCLC, use Browse Catalog to see Environment, Safety and Emergency Management titles, or use key words to Search for topics.
- To see a list of upcoming course dates, select a course title and click “Register”. Scroll down for future sessions.
- To sign up for a particular class, select the date and location that fits your schedule and click “Submit”.

Registration Required for EH&S/Staff Ed Classes

Pre-registering for safety training online is especially important at the beginning of the academic year (September) and academic quarters (January and June). Classes fill up and walk-ins are turned away. Students can enter UC Learning Center and register online by using Single Sign-On's Student Sign On tab. Faculty and staff use the Business Systems (default) tab.

Fight BAC! Fight Foodborne Bacteria

4 Simple Steps to Food Safety

As we approach the holiday season, the Partnership for Food Safety Education (http://www.fightbac.org/) offers 4 simple steps to fight the foodborne bacteria that can make you sick.

CLEAN: Wash hands and surfaces often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food. To fight BAC, always wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets. Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after preparing each food item and before you go on to the next food.

SEPARATE: Don’t cross-contaminate

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene — see CLEAN above and always separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart and bags, and in your refrigerator. Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood. Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

COOK: Cook to proper temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. See the Heat It Up chart at http://www.fightbac.org/safe-food-handling/cook/127-cook-heat-it-up-chart/. Use a food thermometer to measure the internal temperature of cooked foods.

CHILL: Refrigerate promptly

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40 degrees F or below is an effective way to reduce the risk of foodborne illness.