



SafetyBriefs

SAFETY NEWS FOR UCSD EMPLOYEES

HOLIDAYS 2006

Stop the Spread of Germs

Seasonal flu and colds are spread in the same way, mainly by coughing and sneezing. Touching something with flu or cold viruses on it and then touching your mouth, nose, or eyes is a common means of transmission. **Stop the spread of germs by doing the following:**

- **Hand hygiene** is the most important thing you can do to prevent the transmission of infection, including influenza and colds.
 - Wash your hands thoroughly and often with soap and warm water.
 - Keep alcohol-based hand sanitizer handy at work, home, and in the car for situations where soap and water aren't available.

cont. on back ... see Stop the Spread of Germs



<http://blink.ucsd.edu/go/holidec>

Decorating the workplace adds to the joy of the approaching holiday season. UCSD's Fire Marshal reminds us that, regardless of their combustibility, no decorative materials are permitted in exit corridors and must not obstruct view of exit signs, fire alarm pull stations, fire extinguishers, sprinkler heads, or hose cabinets in any area. Best locations for your decorating talents: Reception areas, lobbies, break rooms, and foyers.

Think safety when you decorate. Follow the guidelines for safe holiday decorating at UCSD, on Blink at <http://blink.ucsd.edu/go/holidec>.

Get a Grip on Rainy Roads

by Charles "Chuck" Quisenberry
Driver Training Specialist
Transportation & Parking Services

San Diego's rainy season is getting under way. Take time to think about safe driving on wet streets.

The dry, beautiful weather we enjoy most of the year permits the deposit of oil and other fluids onto porous road surfaces by the millions of motor vehicles driven on our streets and highways throughout the year. Those fluids soak in and disappear *until* the first rain. Rainwater soaks into the road surface, pushing the deposited oils to the surface. Under these conditions, we're driving our vehicles on a slippery film of oil!

The number one cause of all collisions is driving too fast for conditions.



Slow down on rain-slick roads and keep these slippery thoughts in mind while driving:

- Painted road surfaces, such as lane markers and crosswalks, amplify the oil slick affect, as do the raised dots on the freeways.
- High-volume traffic lanes, intersections, and other areas where vehicles stop have a greater degree of oil saturation.

Is your vehicle ready for rain? Take these steps to prepare your vehicle:

cont. on back ... see Rainy Roads

Prevent Auto Crime on Campus

by Cpl. Kristeen L. McCollough
UCSD Police Department



UCSD parking lots are overflowing with automobiles and the potential for vehicle thefts and burglaries. **The UCSD Police Department encourages everyone who drives a vehicle to campus to do the following:**

- Park in well-lighted areas at night. Be alert to your surroundings when leaving or returning to your car.
- Lock your car doors and manually double-check them. Don't rely on your remote.
- If your vehicle has an alarm, use it. Use a steering wheel lock as a visible deterrent.
- Do not leave valuables in your car—not under the seat, in the glovebox, or in your trunk. Don't leave any keys in the car.
- Don't leave your windows rolled down, even slightly, for ventilation.

cont. on back...see Prevent Auto Crime

Please Post or Circulate



Safety Training Days on Enrollment Central



Register online at Enrollment Central

<http://enrollmentcentral.ucsd.edu>

Browse "EH&S—Safety" under Course Topics for classes and schedules. Learn more about UCSD safety training resources at <http://blink.ucsd.edu/go/safetytraining>.

Ergonomics Resource Fund

Get funding from EH&S to help purchase ergonomically-designed office and lab products exclusively from Marketplace just by completing ergonomic training. It's easy. Read "Ergonomics Resource Fund" on Blink at <http://blink.ucsd.edu/go/ergofund> for more information.

Stop the Spread of Germs ... cont.

- **Avoid touching** your eyes, nose, or mouth.
- **Avoid close contact** with people who are sick. Stay home if you are sick.
- **Cover your mouth and nose** with a tissue when you sneeze or cough. Dispose of the tissue in the trash, and **then clean your hands** by washing with soap and water or an alcohol-based hand sanitizer.
- **Print and post a Cover Your Cough poster** in your workplace: http://www.cdc.gov/flu/protect/pdf/covercough_school8-5x11.pdf
- **Practice good health habits:**
 - Get plenty of sleep
 - Be physically active
 - Manage your stress
 - Drink plenty of fluids and eat nutritious food

Campus Casualties Incident Reports

- An employee was splashed in the face with ethyl alcohol while pouring it out of a 5-gallon drum.
- A researcher's shoulder was injured when, coming out of the water into the boat after diving for samples, she fell onto her arm.
- An employee slipped and fell while holding a glass bottle. The bottle broke and cut the employee's palm, requiring stitches.
- Two researchers were bitten during a squirrel anesthetizing project. Elsewhere, another researcher was bitten on the finger by a mouse.
- An employee was struck by a cooling grill that fell on his head when the handle of his mop accidentally struck it.



Rainy Roads ... cont.

- Change your windshield wiper blades at least once a year. Many auto parts stores and some big box stores will install wipers free with purchase.
- Use a good rain repellent windshield fluid to help give you a clear view of the road ahead.
- Have your tires and brakes checked to ensure they're in good operating condition. Tires should have good tread and be properly inflated.
- Know how to defrost your car. Before turning on the defroster and blower, move the heat control to "hot" and allow the engine to warm up first. If the windshield starts to fog on the inside, open a side window slightly and turn the defroster to a higher speed. If you have an air conditioner, use it to reduce humidity and moisture collecting on the window.

Prevent Auto Crime ... cont.

- Don't leave your car running unattended, even if you think you'll be right back.
- Consider installing a "kill-switch" to prevent the vehicle from being started.
- Check on your vehicle periodically to confirm it's secure.
- Do not confront someone you see tampering with a vehicle. Call the Police immediately from a safe location where you can observe the suspect.
- If your vehicle is stolen or burglarized, call the Police immediately.
- If your vehicle is burglarized or vandalized, do not tamper with the evidence. Call the Police and wait

for officers to arrive and investigate.



How to report a crime or emergency:

- **From a campus phone or pay phone**, dial 911.
- **From a cell phone or off-campus phone**, dial (858) 534-4357.

Learn more about personal safety and campus crime prevention at <http://blink.ucsd.edu/go/menu/police>.