Get the Lead Out of UCSD Trash
Computer Monitor Disposal

Computer monitors and televisions contain “picture tubes” that convert an electronic signal into a visual image. Picture tubes are also referred to as cathode ray tubes, or CRTs. Each CRT contains approximately five to eight pounds of lead. Lead is a toxic substance that can cause lead poisoning in humans, and is especially harmful to young children.

Lead containing products disposed of in the trash have the potential to contaminate soil and ground water supplies. Because they contain significant amounts of lead, discarded monitors and televisions are now subject to federal and state hazardous waste regulations. It is illegal to place CRTs in regular trash.

To dispose of UCSD owned monitors, see How To Send Equipment to Surplus Sales on Blink at http://blink.ucsd.edu/Blink/External/Topics/How_To/0,1260,3779,00.html.

Radiation: Basic Safety Seminar
Radiation: LSC Methods Seminar
Radiation: P-32 Safety Seminar
Radiation: S-35 Safety Seminar
Radiation Producing Machine Safety Seminar
The Unseen Cost of Risk Management

Important: This includes many—but not all—available safety training programs. EH&S will continue to offer special courses to UCSD at large, to SIO, and UCSD Healthcare employees, and customized group training upon request.

Continue to check the EH&S Safety Training page at http://www.ehs.ucsd.edu/training.htm for up-to-date training schedules.

Questions about safety training at UCSD? Consult the Safety Training Directory at http://www.ehs.ucsd.edu/training/directory.htm, or e-mail us at ehs-training@ucsd.edu.

Don’t Make Me Take Your Microwave Ovens Away
A message from Fire Marshal Dick Benton

Within a period of six months, the San Diego Fire Department responded six times to campus fire alarms and/or reports of smells of smoke in non-residential buildings caused by burnt popcorn, burnt toast, or similar materials in microwave ovens. This kind of problem is easily solvable in either of two ways:

Option 1: Ban microwave ovens in all non-residential buildings!
Option 2: The other alternative—the one I hope will work since I don’t want to be remembered as “the Grinch who took away our microwave ovens”—is for people using microwave ovens to personally monitor the materials in them while they’re cooking.

Don’t put food in the microwave oven, turn it on, and leave... If something starts to burn, you need to be there to take care of the problem before it escalates to a fire department response. Please, do your part—use your microwave ovens responsibly!
Please Post or Circulate

**S A F E is Better!**

**Safety Award For Excellence**

http://www-ehs.ucsd.edu/SAFE/SAFE.htm

The EH&S Workplace of Distinction (WOD) award has become the Safety Award For Excellence...or SAFE.
The new name puts the emphasis on people rather than on the workplace.

UCSD’s Environment, Health & Safety Office is very pleased to sponsor the Safety Award For Excellence program. SAFE celebrates UCSD individuals and work groups who have excelled in creating and maintaining a safe and healthy workplace consistent with EH&S policies. One individual and one work group will be selected each quarter from nominations solicited from the UCSD community.

**How do you nominate someone?**

We’re looking for individuals or groups who have demonstrated initiative (got off their duffs and did something about it) in creating or maintaining a safe and healthful workplace.

**2 ways to nominate:**

1) Use the online nomination form at http://www-ehs.ucsd.edu/SAFE/safe_nom.htm.
2) Submit your nomination via campus mail code 0920, or fax it to (858) 534-7982. Include all of the information below:

- Name of the individual or group being nominated
- Number of people in the group
- Their department
- Location where the nominee(s) work
- A good description of why this individual or group deserves this award. Include examples and specifics—convince the judges.
- List any references or contacts that may be useful if the evaluators need additional information.
- Include your name, department, phone number, e-mail address, and the date.

We know there are outstanding safety conscious people out there. Tell us about them! We look forward to hearing from you.

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**Watch Your Back**

Statistics indicate that 80% of all Americans will experience some form of back pain during their lifetime. How do you stay in the 20% column? Whether you’re lifting or pushing heavy objects, bending over, or spending most of the day sitting in a chair, understanding the risk factors associated with back injuries and ways to minimize them can help you maintain a healthy back. Your self defense:

- **Learn from an ergonomic specialist:** Register for a How to Maintain a Healthy Back class via Enrollment Central at http://enrollmentcentral.ucsd.edu/.
- **Self help:** Visit Blink’s Maintaining a Healthy Back web page for self-help options: http://blink.ucsd.edu/Blink/External/Topics/Policy/0,1162,4259,00.html.
- **Group training available:** Arrange Back Injury Prevention Training in your workplace for groups of 6 or more. Contact Daphne Thaung at ehsih@ucsd.edu or (858) 534-1075.

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**P-A-S-S the Fire Extinguisher**

Do you know how to use a fire extinguisher?

See How To Use a Fire Extinguisher on Blink at http://blink.ucsd.edu/Blink/External/Topics/How_To/1,1260,4473,FF.html

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**Campus Casualties**

- In two separate incidents, Food Service employees scrubbing cooking equipment were accidently splashed in the eyes with degreaser solution.
- A researcher cutting dissecting pins was injured when a pin snapped up into her eye. Elsewhere, a researcher was struck in the eye by a piece of glass when a tube broke.
- Electric cart injuries come in pairs, too. Two employees riding in an electric cart were injured when the cart flipped over going up a curb. The cart landed on the leg of one employee; the other person fell out, suffering scrapes and bruises.

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**UCSD Storehouse stocks safety glasses, goggles, and face shields in a variety of styles and colors. Order from their web site at http://storehouse.ucsd.edu/**