

SafetyBriefs



SAFETY NEWS FOR UC SAN DIEGO EMPLOYEES

Spring 2009

Who Handles UCSD's Hazardous Waste?



What kind and how much waste are we talking about?

Biohazardous, chemical, radioactive, and universal* hazardous wastes generated at UC San Diego are collected, processed, and disposed of by EH&S field chemists.

During 2008, EH&S handled 679,278 lbs. of chemical, universal and e-wastes, 24,187 lbs. of radioactive waste, and 315,206 lbs. of medical waste.

UCSD is committed to meeting stringent federal, state, and local regulations governing disposal of hazardous waste.

Escalating disposal costs, regulatory requirements, and environmental protection underline the importance of ensuring wastes are properly contained, stored, and promptly collected.

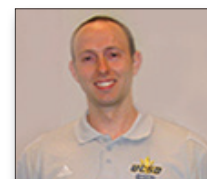
See UCSD's hazardous waste guidelines at <http://blink.ucsd.edu/menu/hazwaste>.

* What's universal waste? Hazardous waste regulations include a category called "universal waste" that regulates disposal of many items you may not have thought of as hazardous waste. Fluorescent lamps (and other equipment that contain mercury), batteries, latex paint, computer monitors, cell phones, and many other electronic devices (e-waste) are examples. Universal wastes, if improperly disposed of, can damage the environment and ultimately impact human health.

Safety Award For Excellence Winner!

Kevin Messey Intercollegiate Athletics Outstanding Individual

Kevin Messey raised medical emergency response skills training for IA trainers and coaching staff to a higher standard with procedures for handling MRSA (Methicillin Resistant Staphylococcus Aureus) outbreaks, and providing certified CPR, First Aid, and AED training. Mr. Messey collaborated with EH&S Risk Management to learn about secondary insurance coverage for student athletic events. Congratulations, Kevin!



Nominate someone! The Safety Award For Excellence (SAFE) celebrates UCSD employees and work groups who excel in creating and maintaining a safe and healthful workplace. Tell us who's making UC San Diego a SAFE place to work with the nomination form at <http://blink.ucsd.edu/go/safe>.

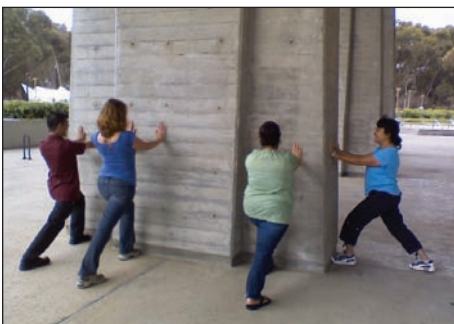
Attention Walkers!

WALK and STRETCH with FitWell

Geisel Library, Tuesdays and Thursdays, 10 to 10:50 a.m.

How to participate:

Walk briskly to Geisel Library (meet outside, directly above library entrance, in front of the snake's head) where a qualified FitWell* instructor will guide you through a series of stretches for 10 minutes. Then **walk briskly back** to your work location.



"Walk & Stretch" participants put their best foot forward in a supported lunge stretch.

A new 10-minute stretch session starts every 10 minutes between 10 to 10:50 a.m.

Everyone is welcome!

*FitWell (<http://fitwell.ucsd.edu>) is a free program designed to help faculty and staff work more effectively, reduce injuries, illness, and stress, increase stamina, and create a healthy and fit lifestyle on and off the job.

Disposal of Home Medications

Do not dispose of unwanted, unused, or expired medications down the drain or down the toilet.



This includes any personal prescription or nonprescription substances intended to be swallowed, inhaled, injected,

continued on back...see Medication Disposal

Safety Training on Enrollment Central

<http://enrollmentcentral.ucsd.edu>

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



Please post or circulate

Medication Disposal



...continued

applied to the skin or eyes, or otherwise absorbed.

Sewage treatment systems aren't designed to remove pharmaceuticals.

We now know that unused medicines pass through the sewer system and into our environment – the ground, water, and air.

The U.S. Geological Survey in 2002 sampled streams in 30 states. Of the 139 streams tested, 80 percent had measurable concentrations of prescription and nonprescription drugs, steroids, and reproductive hormones. Exposure to even low levels of some drugs has negative effects on fish and other aquatic species, and also may negatively affect human health.*

How to Dispose of Personal Medications

There currently are no California laws forbidding **households** from putting personal medications that are not considered hazardous waste into the trash.

Pharmaceuticals in a home that are likely to be considered hazardous waste are only those prescribed for chemotherapy.

Chemotherapy pharmaceuticals **must** be returned to the clinic that dispensed them.

To dispose of other pharmaceuticals:

- Ask your pharmacy if they have a "take-back" service.
- Use the Earth911.com (<http://earth911.com/>) search box. Type *Medications* in the Find Recycling Centers box and enter your zip code to find a local waste collection facility that accepts medications.

Note: It's illegal for household hazardous waste centers to accept "controlled substances." These are drugs that have a potential for addiction or abuse such as narcotics and tranquilizers. Common controlled substances include codeine, phenobarbital, and anabolic steroids. If you don't know if your prescription is a controlled substance, check with your doctor or pharmacist.

- If take-back programs or collection sites aren't available, disposal in the **trash** may be your best option.

Follow these steps to deter misuse of medications by others and to protect waste collectors, children, and pets:

- Remove or obscure personal identification information from the label.
- Secure the medication in some sort of durable, nonbreakable packaging or container.



- Secure the packaging or pry-off type lids on pill containers with strong tape.
- Wrap the package in newspaper to prevent discovery and removal from the trash.

To learn more read "Medications in the Environment" on the No Drugs Down The Drain Web site:



<http://www.nodrugsdownthedrain.org/medications.html>.

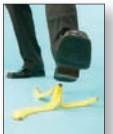
* California Integrated Waste Management Board, <http://www.ciwmb.ca.gov/HHW/PharmWaste/>.

Note: For disposal of UCSD-generated and owned research and hospital pharmaceuticals, e-mail hazwaste@ucsd.edu for instructions.

Campus Casualties

Incident Reports

In the past 3 months, 54 sprain/strain injuries were reported by UCSD employees. Being aware of your surroundings can prevent many of these incidents from occurring.



- An employee walking down steps sprained a knee when a possum crossed her path, causing her to misstep and twist her knee.
- A strained knee resulted when an employee fell from an electric cart when the driver over-corrected steering and hit a curb.
- Thumb sprain, knee contusions, and a twisted ankle were reported injuries when an employee fell over a plastic file left on the floor.
- An employee strained her back, leg, and hip when she slipped and fell on plastic wrapping left on the floor.
- An employee strained her ankle when her leg tangled in the vacuum cleaner cord.



Win a Free Ergo Chair!

February: Elise Berry, Nursing Administration
March: Diane Ingalls, Office of the VC-Academic 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> and complete the "Evaluating Your Computer Workstation for Comfort and Productivity" Web-based training tutorial. A winner is 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 UC San Diego department.