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.

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.

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.

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.

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
Medication Disposal

...continued

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 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.
- 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.

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.

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.

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.