



SafetyBriefs

SAFETY NEWS FOR UC SAN DIEGO EMPLOYEES

Spring 2012

Loading Dock Safety Warning Rails

Many elevated loading docks on campus are equipped with retractable safety warning rails to help alert and protect pedestrians and materials management personnel from accidental falls. Rails left in an up or open position after loading and deliveries are done provide neither the awareness nor protection intended.

Keep an eye on loading dock warning rails. Make sure both UCSD staff and vendors routinely close the safety warning rails at the completion of each dock activity.



Safety warning rails should be in the up or open position only during loading operations.



Keep rails down when loading is not in progress.

Questions? Contact EH&S General Safety: gensafety@ucsd.edu

Safety Award For Excellence Winner!



Mark Cunningham
Assistant Vice Chancellor
Housing-Dining-Hospitality

He's relentless! AVC Cunningham has devoted his career and boundless energy to keeping his residents, staff, and the UCSD community safe and secure. To mention just a few major accomplishments to his credit, AVC Cunningham implemented residential housing fire sprinkler and alarm retrofits, facilitated a collaborative HDH safety committee of labor and management groups, and initiated a "Shoes for Crews" program for HDH workers.

The Safety Award For Excellence (SAFE) celebrates UCSD individuals and work groups who excel in creating and maintaining a safe and healthful workplace consistent with Environment, Health & Safety policies.

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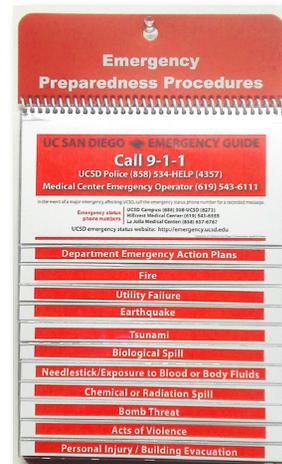
Nominate someone! Tell us who's making UCSD a SAFE place to work. Use the online SAFE nomination form at <http://blink.ucsd.edu/sponsor/EHS/safe.html>.

Emergency Guide Updated

UCSD's spiral-bound Emergency Guide has been updated for 2012. The information is also available electronically on Blink (search for "Emergency Guide"). What's new?

- **A tab for Department Emergency Action Plan**
Every department must have an Emergency Action Plan. They are an integral part of UCSD's campus-wide Emergency Operations Plan and preparedness effort. Please note that many procedures in the Guide depend on departments following their Emergency Action Plan.

continued on back ... see Emergency Guide



When an Injury or Exposure Happens

On the UCSD website at ucsd.edu type *injury* in the Search box. Click on "What to Do if a Work-Related Injury, Illness, or Exposure Occurs" and follow the instructions.

2011 Injury & Illness Campus Report

The campus "Injury and Illness Statistics Summary" for calendar year 2011 was distributed to departments in January. Read it online at <http://blink.ucsd.edu/go/workinjuries>.

Compared to the previous year, in 2011 we had fewer total injuries and no deaths, but more lost work days.

The data represents **summaries** extracted from **very general** columns on the OSHA Log of UCSD work-related injuries and illness reported to the U.S. Department of Labor's Occupational Safety and Health Administration, so it lacks the details needed for good analysis such as department, occupation, cause of injury, type of work performed, etc.

Department Safety Coordinator's who want more information about their departmental area can contact Susan Johnston, Workers' Compensation manager, to request focused reports: 534-0136 or sjohnston@ucsd.edu.

Post the Notice

Make sure the "Notice to Employees – Injuries Caused by Work" poster is displayed in your workplace. Find it on the Blink Workers' Compensation page at <http://blink.ucsd.edu/go/workerscomp>



Fire Sprinklers What do you know?

Q. Will smoke set off the sprinkler system?

A. Absolutely not. It takes actual heat, usually 165°F, to set off a sprinkler.

Q. Don't sprinklers sometimes go off by themselves?

A. Rarely. Fire sprinklers are extremely reliable. The odds against a sprinkler going off without cause are less than 1 in 3.3 million.

Q. When one sprinkler goes off, won't they all go off?

A. Only in the movies! Each sprinkler is independent and must be subjected to direct heat to go off.



UC San Diego
RECREATION



FitLife

FitLife Occupational Workshops

UCSD faculty and staff are eligible for new FitLife Occupational workshops targeting **shoulders, knees, low back, and core** awareness and strengthening.

FitLife Occupational, a UC-sponsored program, aims to reduce injuries, illness, and stress, increase stamina, and create a healthy and fit lifestyle on and off the job.

Each workshop has 4-sessions. Each session is 30 minutes long and we'll bring it to your workplace to make the best use of your time. Four workshops are offered:

- **Shoulder Shape Up** – Are your shoulders stiff? Have you suffered a shoulder injury in the past? Learn about shoulder anatomy and how to strengthen and increase the range of motion in your shoulders.
- **Need Your Knees?** – Do your knees ache? Do they predict the weather? Learn how your knees work and how to strengthen and increase range of motion in your knees.
- **Back At It** – Have you experienced low back pain? Do you feel stiff? Learn what causes low back pain and how to strengthen and increase flexibility. You'll be back at it in no time.
- **Down to the Core** – Do you constantly slouch? Do your abdominals and lower back muscles feel weak? Get to the core of the matter by learning how to strengthen your core muscles, improve your posture, and feel stronger.

Subsidized fee for departments is \$98 per workshop for unlimited class participants. See the FitLife Occupational page on Blink for details: <http://blink.ucsd.edu> (search "FitLife Occupational").

Questions? Contact Irma Jimenez: (619) 246-0539 or iljimenez@ucsd.edu.

Emergency Guide Updated ... continued

• A tab specifically for Utility Failure

Critical information you need to initially manage your area when a power outage like we experienced in September occurs.

• A tab for Tsunami Alert or Warning

Again, recent events have warranted a separate section for reference regarding initial response should a warning come through for our area.

Review and share the new information with students and staff in your group, whether it's during your next staff meeting or more formally in a department or group emergency drill.

For easy online access, read the Guide on Blink at <http://blink.ucsd.edu/safety/emergencies/preparedness/guide.html>.



Q. Why do we have sprinklers in some UCSD buildings and not in others?

A. The building code requires fire sprinklers only in certain kinds of buildings – hospitals, for example. At UCSD, however, it is general policy to provide sprinklers for all new construction, and try to retrofit sprinklers into existing un-sprinkled buildings.

