Coastal Water Pollution Prevention Treatment Controls

This media filter installation at SIO reduces or prevents pollutants associated with urban run-off from going into the ocean.

The La Jolla Shores marine environment has been designated by the State Water Resources Control Board as an Area of Special Biological Significance (ASBS) and Critical Coastal Area. It is considered to be among the most valuable coastal waters in the state.

How UC San Diego protects it

UCSD has installed innovative storm water treatment controls at SIO and throughout the main campus to prevent dry weather flow discharges (e.g., irrigation run-off and wash water) from reaching the ocean and to remove pollutants from storm water run-off.

Take a look at the inventory of innovative storm water treatment controls EH&S Environmental Affairs oversees at UCSD, including Revelle’s “Green Roof.” It’s impressive! Find it on Blink at:
http://blink.ucsd.edu/safety/environment/outdoor/storm/treatment.html

Enjoy July 4th Safely

Attend locally-sponsored fireworks shows presented by professionals.

Just in time for 4th of July, the National Fire Protection Association (http://www.nfpa.org/) released its Fireworks report which explores fire and injury dangers related to consumer fireworks. The report shows that in 2010 alone, an estimated 15,500 reported fires were started by fireworks and 8,600 fireworks-related injuries were treated in U.S. hospital emergency rooms. It also shows that there are more fires on a typical Fourth of July than any other day of the year. Fireworks account for 2 out of 5 of those fires, more than any other cause of fires.

“Thousands of people are treated in U.S. emergency rooms each year because of incidents involving consumer fireworks and many times these injuries are extremely painful and require long-term recovery – using consumer fireworks is simply not worth the risk,” said James Shannon, president of NFPA. “We encourage families to enjoy public displays of fireworks conducted by trained professionals.”

Interim Campus Fire Marshal Brian Heyman adds that any fireworks purchased for personal use are illegal in San Diego County, as well as on campus.

Prepare for Power Outages

It’s already happened on campus a couple of times this year.

Prepare for sudden power failures. Find emergency preparedness resources on Blink:
- Emergency Guide: Utility Failure tab
  http://blink.ucsd.edu/safety/emergencies/preparedness/guide.html
- How to Prepare for a Power Failure in a Lab
  http://blink.ucsd.edu/safety/research-lab/laboratory/power-failure.html
- What to Do During a Rolling Blackout
  http://blink.ucsd.edu/facilities/management/maintenance/electrical/blackouts.html
- UC Ready, a Mission Continuity Planning Tool
  http://blink.ucsd.edu/safety/emergencies/preparedness/department/ucready.html
Pain Away Classes
Shoulders feeling tight? Legs a bit sore?

Give your body just 20 minutes or more to roll away knots and soften sore tissues with popular foam roller/softball tools at the NEW Pain Away classes.

Weekly interactive Pain Away classes are organized into 20-minute sessions focusing on specific parts of the body. Attend the entire 2-hour class or pop in for quick 20-minute sessions to target your pain.

Prerequisite and preparation: Wear comfortable clothes and be willing to work with a foam roller and a softball provided during class (available for purchase at the Bookstore). This class is not intended for employees who are currently seeking physical therapy and are not physically able to participate in the exercises. You may want to consult your health care provider before enrolling in the class.

Pain Away classes are an extension of the Pain Relief Program. There is no charge to UCSD campus employees.

Space is limited, so get on it if you want it. Registration is required through UC Learning Center at http://uclearning.ucsd.edu/. Keyword search: painaway

Safety Training on UC Learning Center
http://uclearning.ucsd.edu/

Select Your ‘Manager’ on UCLC

Have you identified your manager on UC Learning Center? ‘Manager’ is defined as your officially designated supervisor; the person who has the signature authority to do your performance appraisals and approve other actions related to employee performance. By associating your manager with your profile, you will be able to use some of the professional development tools that may be implemented in the future.

How to select your manager:
1. Internet Explorer is the preferred browser.
2. Log on to UC Learning Center and Single Sign On (http://uclearning.ucsd.edu).
3. Click QUICK LINKS in the upper left of the Learner screen.
4. Select EDIT PROFILE.
5. Scroll down to MANAGER section. Click on the BROWSE button.
6. Enter your manager’s last name and click GO.
7. Select your manager from the list provided by clicking the round radio button to the left of her/his name. Click OK.
8. Scroll to the bottom of the profile screen and click OK.
9. Always click on the Learner tab at the top of the page to return to the landing page or close the Learning Center by clicking on LOG OFF in the upper right corner of the page.

Questions about UCLC? Contact Staff Education at staffeducation@ucsd.edu

Got PPE?
Don’t experiment with your safety

UC San Diego will soon unveil a new way to communicate the hazard level of a lab and the personal protective equipment, or PPE, required for entry.

As the summer creeps into autumn, look for further announcements about PPE requirements for entering lab spaces.

Learn more about PPE on Blink at http://blink.ucsd.edu/go/ppe

Heat Illness Prevention

Heat illness is a serious medical condition that results when the body is unable to cool itself by sweating.

If you supervise employee or student activities in hot conditions, search “Heat Illness” on Blink, blink.ucsd.edu, to learn how to control the risk of heat illness, and train workers and students to protect themselves, recognize symptoms, and respond if a heat illness emergency occurs.