October 7 - 13 is Fire Prevention Week

The Campus Fire Marshal’s Office reminds UCSD that National Fire Prevention Week is October 7-13.

The Have 2 Ways Out theme focuses on fire escape planning and practice. Make a home fire escape plan that prepares your family to think fast and get out quickly when the smoke alarm sounds.

Learn more about fire escape planning and practice on the Fire Prevention Week website at http://www.fpw.org/.

Find Fire Safety Resources for UCSD on Blink: http://blink.ucsd.edu/go/firesafety

Questions about fire safety at UCSD? Contact Brian Heyman, bheyman@ucsd.edu, (858) 534-3659.

N-95 Respiratory Protection Program

Be aware that voluntary N-95 filtering facepiece use has some requirements for training and documentation.

N-95 filtering facepieces are typically worn for protection against nuisance particulates such as dust, allergens, wood dusts, or metal fumes.

N-95s do not provide protection for chemical exposures, oil aerosols, gases, vapors, or highly infectious agents.

In many cases, there is no mandatory requirement for N-95 use. However, individuals may voluntarily request to use an N-95 due to nuisance levels of non-hazardous particulates or personal comfort.

UC San Diego’s “Respiratory Protective Equipment Training” Blink page provides supervisors and N-95 users with tools for training and documenting voluntary N-95 use, including:

- A hyperlink to UC Learning Center for the “Voluntary Use of an N-95 Respirator” eCourse or a PowerPoint presentation about voluntary N-95 use and limitations

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Cook with Caution

Cooking fires are the number 1 cause of home fires and home injuries.*

The leading cause of fires in the kitchen is unattended cooking. Most residential cooking fires involve the stovetop.

Cooking safety tips:

- Be on alert! If you’re sleepy or have consumed alcohol don’t use the stove.
- Stay in the kitchen while you’re frying, grilling, or broiling food. If you leave the kitchen for even a short time, turn off the stove.
- Remain in the home while food is cooking. Check it regularly. Use a timer to remind you that you’re cooking.
- Keep anything that can catch fire (oven mitts, wooden utensils, food packaging, towels, curtains, etc.) away from the stovetop.
- For an oven fire, turn off the heat and keep the door closed.

Roadwise RX

http://www.roadwiserox.com/

Roadwise RX is a Web-based tool for understanding how medications may affect your driving.

Enter medications, vitamins, or herbs to learn how they may affect your driving ability.
Keep Fire Doors Closed

Keep fire doors closed in your building to protect your exit corridors and stairs from smoke and fire.

Special construction enables fire doors to hold back smoke and fire long enough for people to evacuate during a fire emergency and limit damage to the building.

Propping open or modifying fire doors in corridors and stairwells to improve air circulation violates fire and life safety codes, and can jeopardize the safe evacuation of everyone in your building should a fire occur.

Fire door assemblies (door, frame, and hardware) come in a variety of fire-resistant ratings, from 20 minutes to 3 hours. Doors in exit corridors are most often rated for 20 minutes. For stairwells, the designated exits in most high-rise buildings, fire doors often have 60- or 90-minute ratings. Heftier fire doors are used to separate highly flammable or explosive materials from building exit areas. Fire doors can be easily identified by the presence of a shiny sticker or metal plate on the hinged end.

Learn about UCSD fire safety resources on Blink: http://blink.ucsd.edu/go/firesafety

N-95 Respiratory Protection Program

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- Appendix D to Section 5144, the required training material that must be reviewed by all voluntary N-95 users
- N-95 Standard Operating Procedures for documentation by UCSD personnel

Note: This training applies only to voluntary N-95 use for respiratory protection against large-size nuisance particulates. If your N-95 use is mandatory, additional regulatory requirements such as hazard analysis and respiratory fit-testing must be completed.

See http://blink.ucsd.edu/go/respirator to learn more about respiratory protection at UC San Diego.

Questions? Contact EH&S Occupational Health & Hygiene at ehsih@ucsd.edu

Free SD County Emergency App

http://www.sdcountyemergency.com/

SD Emergency contains the tools you need to plan, prepare, and respond when an emergency affects SD County.

Cook with Caution

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- Keep a lid nearby when you’re cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until completely cooled.

If you have a cooking fire:

- If oil has overflowed from the pan and ignites, get everyone out of the building and call the fire department from outside. Call 9-1-1.
- If you try to fight the fire, be sure others are getting out and that you have a clear way out.
- Never pour water on oil or grease fires!

Watch Kitchen Oil Fire, a 35-second video about how to deal with a common kitchen fire – oil in a frying pan:

http://youtu.be/sZGzbd0lVUE

*Source: National Fire Protection Association