How Was Your Trip?

Dangerous. Trips, slips and falls are among the most frequent types of accidents, according to the National Institute for Occupational Safety and Health (NIOSH), with more than a million people suffering from a slip, trip or falling injury each year. Falls fall into two categories: same-level falls cause most slip and fall injuries, but the injuries are typically limited to bruises, sprains, and fractures. Elevated falls result in more severe injuries such as broken bones, internal injuries, permanent disability and even death.

Many of the injuries that result from trips and falls can be avoided if we’re alert to potential hazards. AgSafe, Coalition for Health and Safety in Agriculture, published this advisory for “Preventing Slips and Trips.”

DON’T BE IN A HURRY

Trips and falls often occur while people are in a hurry, because they often take shortcuts and don’t pay attention to what they are doing. We all have tried to jump across an obstacle instead of walking “the long way around” to our destination. These types of acts are unsafe. Learn to slow down and walk sure-footed by avoiding potentially hazardous shortcuts.

PAY ATTENTION TO YOUR STEP

Avoid injuries by paying attention to where you are walking. Learning to recognize hazards and avoid potential hazards saves time, money and injury. As mentioned previously, resist the temptation to take a shortcut because shortcuts are usually comprised of objects or routes not designed for foot traffic and often consist of unstable, shaky or slippery surfaces.

CLEAN UP SPILLS

Slippery surfaces often don’t appear dangerous until you happen to step on them, and then it’s too late. Clean up grease, water and other forms of spills as you notice them. Cover icy and greasy spots with sand or dirt or other types of absorbent material.

PRACTICE WALKING SAFELY

If you cannot avoid walking on slippery or wet surfaces, practice walking safely across them. Don’t try to run, jump or slide across these slick surfaces. Instead, take slow, short steps with your toes pointed slightly outward. For additional balance, keep your hands at your sides (not in your pockets) to support you if you begin to fall. Remember that a freshly polished floor can also be very slick even though it doesn’t usually appear hazardous.

USE NONSKID SHOES AND SURFACES

If you work in an area that has slippery surfaces, wear shoes that have slip-resistant soles. Ask your supervisor about the correct shoe for your job. Keep your shoes free from grease and oil. On large walkways, use mats or rough grade coverings to assist in minimizing falls.

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Pest-Proof Jars

The most pest-proof containers for storing sugar, flour, rice and grains are glass jars with rubber seals and lids that are held closed under pressure with metal clamps. Such lids make a better pest barrier than screw-top lids, which contain grooves insects can travel along. Plastic containers with tight-fitting snap-on lids also work well. Find more ideas for winning the battle against indoor pests on the EH&S Pest Management Web page at http://www-ehs.ucsd.edu/pest/pest.htm.

Campus Casualties

* Stitches were required when an employee cut his hand while operating a lathe.
* An SIO employee fell and fractured his ribs while stepping from one boat to another. This was an “elevated fall.”
* The driver of a Mail Services scooter suffered a broken ankle when the scooter overturned.
* Both of a researcher’s hands were cut when the vacuum glass rod he was pushing into cork shattered.
* A Physical Plant employee working on a shop roof slipped and rolled off, contusing his arm and shoulder. Another “elevated fall.”
* A UCSD vehicle backed over a Maintenance worker in a parking lot. Both legs and the neck of the injured employee were contused.
* Hot ham juice spilled on the foot of a MARFAC employee cooking on board a ship, causing second degree burns.
SAFETY TRAINING PROGRAMS

Injury & Illness Prevention Program
http://www-ehs.ucsd.edu/iipp.htm

IIPP Summer Break Notice!
IIPP classes will not be held during July, August or September. Please check back in late September for a new schedule of classes. If waiting until fall doesn’t work for your needs, a video tape of the IIPP program is available as an alternative training method. Contact Patti at x41954, or by email: pkoger@ucsd.edu to borrow the tape.

Radiation Safety Programs
http://www-ehs.ucsd.edu/radtrain.htm

Basic Radiation Safety Orientation
All Basic Radiation Safety Classes are in the Price Center
Wed Aug 25, 12:30P-4:30P Santa Barbara/L.A. Room
Tues Sept 21, 8:30A-12:30P Santa Barbara/L.A. Room
*Attention native Chinese speakers: there will be an 18 minute introduction in Mandarin presented at 8:10 am before class.

Topic-specific Radiation Classes
RSVPs are REQUIRED! Call x46138 to register.
Class 13 Safety Aspects of XRD Units
Aug 18, 9:00-10:30AM, Urey Hall-Room 2102
Class 14 Radiiodine Use
Sept 14, 9:00-10:30AM, UCtr 301-B
Class 15 How To Handle A Radiation Spill
Sept 23, 9:00-10:30AM, Price Ctr-Irvine Room

Bloodborne Pathogens
http://www-ehs.ucsd.edu/bbprtrain.htm
Sept 14, 1:00-3:00 PM, Price Ctr-Davis/Riverside Room
Need more information? Contact Susan Weekly via email (sweekly@ucsd.edu) or by phone at x40353.

Current schedules for EH&S training programs are always available on the EH&S web page at:

Ergonomics in 1-Hour
“How to Live Comfortably While Working”
http://www-ehs.ucsd.edu/ergo/newerg.htm

All Classes: Price Center’s Santa Barbara Room
Aug 10, 12:00-1:00 PM .......... Laboratory Ergonomics
Sept 14, 11:00 AM-12:00 PM Office Ergonomics
Ergonomics is the science of fitting work to the worker, not just on the job, but everywhere! Special emphasis will be placed on issues associated with upper limb and back disorders.

Office Ergonomics: “Fitting the Task and the Workstation to the Individual”
http://www-ehs.ucsd.edu/ergo/newerg.htm
August 10th 1:00 p.m. - 3:00 p.m.
Two hours long, class will be taught in the Staff Education Learning Center located at TPC South, suite 265A. Enroll electronically at http://www-hr.ucsd.edu/~staffeducation/.

How Was Your Trip? ...continued

MAINTAIN PROPER LIGHTING
Inadequate lighting can camouflage what is in your way, so replace light fixtures or bulbs that don’t work. When you enter a darkened room always turn on the light first, even if you stay only for a moment. Keep walkways clear of obstructions in areas that have poor lighting.

EXERCISE STAIR SAFETY
Stairs which are too steep or not steep enough can create the potential for trips and falls. Because it is very easy to lose your footing while climbing stairs, walk up and down stairs slowly. Be cautious of worn or broken steps, and of insufficient lighting that may make it difficult to see properly. Never run up or down stairs, and avoid skipping steps. If you have to carry a load while climbing stairs, carry the load so it doesn’t block your vision, and keep one hand free, if possible, to hold onto the wall railing.

INSPECT YOUR LADDER
Check your ladder to ensure the rungs are in good condition and that it has no cracks or broken parts. If the ladder is equipped with a spreader that locks the ladder frame into position, make sure it is secured before you begin to climb. Most importantly, check to make sure the ladder is the correct height for the task at hand; this will prevent you from reaching too far forward or upward, which could cause you to become off balance.

1 The AgSafe article is on the Web at http://www.cdc.gov/niosh/nasd/docs/as33300.html. February 1999. This document is also available on this Web site in Spanish. (Este documento está disponible en Español.) AgSafe, 140 Warren Hall, UC-Berkeley, Berkeley, CA 94720.