April is California Earthquake Preparedness Month

The year 2000 marks the 17th annual quake preparedness campaign for California. Are you ready to ride it out? Explore the Governor’s Office of Emergency Services web page (http://www.oes.ca.gov/cepm2000.nsf) on this year’s campaign. You’ll find a wealth of preparedness information to put into practice: printable guidelines and diagrams you can share with your co-workers, family, and community groups, including Spanish-language materials. In addition to understanding before and after the quake preparedness information for everyone, focus in on preparing children, the elderly, and the physically challenged. There are even tips for pet owners.

If you’re going to live here, you’re going to experience earthquakes. Be ready to ride them out. For preparedness assistance for UCSD facilities, contact Garrett McLeish (534-1064, gmcleish@ucsd.edu), UCSD’s Emergency Preparedness Coordinator.

Preparing Your Work Environment

Securing non-structural seismic hazards (not part of the building itself) can minimize or eliminate injuries, damage and disruption from earthquakes. Tall, heavy furniture can topple over in a good shaking. The taller and narrower they are, the more likely they are to fall over. Wide-based storage (deeper shelves) is more stable. Anchor bookcases, file and storage cabinets to the wall with bolts. Those adjacent to doorways or seating areas are high priority. When furniture falls across exits or corridors they impede evacuation from a damaged building and hamper emergency responders from getting in. Securing furniture near seating areas prevents it from toppling over on people. Likewise, never place heavy pictures frames or mirrors over seating areas (or over beds at home).

Shelf lips and cabinet door locking systems help keep items from slipping off shelves. This is critical in a laboratory to prevent containers of chemicals from breaking, spilling and mixing into chemical soup (what do you know about reactivities and incompatibilities--imagine the possibilities, especially with flooding from broken water lines). Cabinet door locking systems, just like the ones many parents use to keep small children from getting into dangerous household products, are readily available from hardware stores. For an inexpensive, easy to install shelf lip, consider plastic lawn edging. It’s flexible, but rigid enough to provide restraint. Use screws to attach it to shelving. Shelf lips should be at least one and a half inch high (from the shelf surface) to be effective.

Secure desktop computer equipment with velcro fasteners or non-slip pads. Monitors and computers crashing onto the floor has been a major expense in recent earthquakes. UCSD Storehouse offers a selection of fasteners.

During An Earthquake

When in a HIGH-RISE BUILDING, move against an interior wall if you are not near a desk or table. Protect your head and neck with your arms. Do not use the elevators.

When OUTDOORS, move to a clear area away from trees, signs, buildings, or downed electrical wires and poles.

When on a SIDEWALK NEAR BUILDINGS, duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.

When DRIVING, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.

When in a CROWDED STORE OR OTHER PUBLIC PLACE, move away from display shelves containing objects that could fall. Do not rush for the exit.

When in a STADIUM OR THEATER, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.
**SAFETY TRAINING PROGRAMS**

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

IIPP classes are in the Price Center 9:00-10:00 AM.
Register with Garrett McLeish at 534-1064 or gmcleish@ucsd.edu.

- April 12 .................. Gallery B
- May 3 ..................... Gallery B
- May 17 .................... Santa Barbara Room
- May 31 .................... Gallery B
- June 14 .................... Santa Barbara Room

**Basic Radiation Safety Classes**
http://www-ehs.ucsd.edu/radtrain.htm
(No reservation is necessary for these classes)
Classes are in the Price Center

- Thurs, April 27* 8:30am-12:30pm Gallery B
- Tues, May 6 12:30-4:30pm San Francisco Rm
- Tues, June 13* 8:30am-12:30pm San Francisco Rm

*Attention native Chinese speakers: there will be an 18 minute introduction in Mandarin presented at 8:10am before the April 27th and June 13th classes.

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**Bloodborne Pathogens**
http://www-ehs.ucsd.edu/bbptrain.htm
Register at 534-5366 or via email at thull@ucsd.edu.

**C A M P U S  C L A S S E S**
Presented in the Price Center

- **Adenovirus**
  - Tues, April 4 10:00-11:00AM San Francisco Room
- **Bloodborne Pathogens**
  - Tues, April 4 11:00AM-Noon San Francisco Room

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**Medical Center Classes**
Presented in the Multi Purpose Facility

- **Adenovirus**
  - Wed, April 19 1:30-2:30PM 450 MPF
- **Bloodborne Pathogens**
  - Wed, April 19 2:30-3:30PM 450 MPF

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**Campus Casualties**

* A technician’s finger was bruised and cut when his hand slipped on to the lathe he was operating. Another worker’s finger was contused when a hammer lying on top of the ladder he was moving fell on his finger. A day care worker’s hip and hand were injured when she fell trying to avoid collision with a child. A physician’s nose was bruised when a hose hit her while treating a patient.
* While repairing cover slips under a flame in a petri dish, the arm and hair of a lab worker were burned when the employee reached for the petri dish.
* Chemical heated in a microwave splashed into the eye and onto both hands of an employee when it boiled over.
* Sprains and strains galore: An employee strained his leg and one side of his body lifting paint cans. An employee strained his back reaching over a table. A strained back occurred when an employee moved a heavy computer monitor.
* Yet another employee strained her neck, back and both shoulders moving boxes. And there were many more.

Accidents do happen, but sprain and strain injuries are not inevitable. Your self-defense? Learn and practice proper body mechanics. Workplace Ergonomics and Back Injury Prevention training is available free from EH&S Ergonomic Specialists. For more information or to schedule a program for your work group, contact Daphne Thaung (534-1075, dthaung@ucsd.edu).

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**Focus on Flashlight & Batteries**

During Earthquake Preparedness Month, make a point of obtaining a flashlight and batteries for your emergency kits (home, car, school and work place). Why? After a major earthquake, it is conceivable that areas in southern California would sustain a fifty percent temporary reduction in power availability (source: California Division of Mines and Geology, Special Publication 60, 1982). Consequently, for an undetermined period of time homes, offices, schools and other structures may be without electricity. Following the 1989 earthquake in the San Francisco Bay area there were 1,408,000 Pacific, Gas & Electric customers without electrical power. That means no lights, food storage and preparation equipment, some telephone systems, radio, television, and more. Utility providers have emergency response plans, but may not be able to meet immediate need for every area. So keep a flashlight handy.