Holiday Decorating Guidelines

Decorating the workplace? Keep it festive and fun by decorating with safety in mind. Read Holiday Decorating Guidelines on Blink at http://blink.ucsd.edu/go/holidec for information about placing decorative materials, selecting trees, appropriate lighting, and extension cord use.

Foodborne Illness: The Uninvited Guest

Eat, drink, and be merry but don’t spoil it with improperly handled food.

It’s simple: Keep hot foods hot, and cold foods cold.

We’re all busy, so takeout foods beckon. If you’re purchasing prepared foods for serving later, keeping hot foods hot and cold foods cold is critical. Perishable foods can cause illness when mishandled.

To keep hot foods safe, keep them at 140°F or above. Cold foods must be kept at 40°F or below. Discard all perishable foods such as meat, poultry, eggs, and casseroles left at room temperature longer than two hours. When in doubt, throw it out!

For more information about serving food, storing, thawing, and reheating leftovers, read “Safe Handling of Take-Out Foods” from the Food Safety and Inspection Service of the U.S. Department of Agriculture, online at: http://www.fsis.usda.gov/oa/pubs/takeoutfoods.htm.

Get Ready for the Inspector

UCSD Storehouse makes it easier to shop for research safety supplies with their new “Get Ready for the Inspector” page: https://storehouse.ucsd.edu/labsafety.asp. It’s a handy selection of frequently purchased products to help keep your lab in compliance.

Safety Award for Excellence Goes to Carolyn Sheehan

Staff Research Associate from SIO’s Tebo/Haygood Lab

Larry Oberti of EH&S presents Carolyn Sheehan with the SAFE plaque.

Carolyn’s efforts to develop a lab safety program haven’t gone unnoticed by the coworkers who nominated her for this award. Carolyn redesigned in-house processes to make them safer and regulation-compliant. Examples include changing the lab’s large acid bath procedures and disposal, correcting and maintaining the radioactive isotope inventory, and improving hazardous waste management practices. Her biohazardous waste program has become a model for other labs. Safety issues are regularly communicated in Carolyn’s lab meetings, and her proactive partnering with EH&S has been instrumental in preventing safety problems.

Her colleagues said, “Carolyn should get some recognition for being a transforming force in the lab and an example for the other labs at SIO.” With a positive, can do attitude, Carolyn is a champion at integrating environment, health, and safety principles into work and influencing others to do the same.

Nominate someone! Tell us who’s making UCSD a SAFE place to work. Use the online nomination form at http://blink.ucsd.edu/go/safe.
“Safety Training Days” on Enrollment Central


Get Driver Training for Passenger Van Rentals From Outside Agencies

In the last issue of Safety Briefs we talked about driver training required for Fleet Service van rentals. If departments choose to rent a van through one of the two rental agencies UC contracts with (instead of renting from Fleet Services), Risk Management highly recommends drivers still take the classroom and behind-the-wheel training offered through Fleet Services.

In April 2001 the National Highway Traffic Safety Administration issued a safety warning for 12-15 passenger van usage. Lack of training and improper loading have been key issues in many accidents involving passenger vans.

Rental van insurance

When renting passenger vans through rental agencies, you must use the current contract number with the proper agency to have insurance coverage. Drivers may be personally responsible for insurance costs for the van and accident charges if proper procedures are not followed when the van is rented.

Before renting, check for up-to-date contract numbers and agencies that rent vans on Blink’s Travel Tab under “Automobiles,” or check the UC Car Rental Summary at http://www-matmgr.ucdavis.edu/dm3/current.html. Currently, only Enterprise and Advantage are offering vans covered on the UC contracts.

Happy New Year!
Please, don’t drink and drive.

Product Recall Alert
Bauer Ladders Voluntary Safety Recall

Bauer Corporation has discovered that certain Bauer fiberglass and aluminum ladders manufactured between May 31, 2002 and March 31, 2003 may contain solid aluminum rivets that could fail under certain circumstances.

For a list of affected models and other information regarding the recall, go to http://208.178.44.101/bauer/recall/recall_bauer.html.

Keeping Your Holiday Cool

Between work and the holiday demands of home, a few stress-control strategies can make a difference.

Stress-control strategies

- At work, save your easiest, least-pressured tasks for the end of the day (return phone calls, read professional literature, preview tomorrow’s schedule, tidy your work area). This allows you to unwind and leave work behind when you go home.
- Stretch to relax ... Take a deep breath and stretch, creating hand, arm, and chest tension. Then exhale, releasing the tension. Breathe normally on the next inhalation. Repeat until lingering tension is gone. A stress-relief breathing technique: rapidly blow out all the air in your lungs; then slowly breathe in through your nose. Repeat six times.
- In a holiday slump? Make time to exercise. After exercise, you’ll feel better and feel better about yourself.

Campus Casualties

- While trimming a tree, the saw cut through the tree limb and on into the operator, cutting his wrist.
- An employee suffered a fractured nose when he was accidentally struck in the face with a PVC pipe.
- Grease-cutting solution splashed into the eye of a Food Services employee who was using it to clean a grill.
- A Housing employee using a skill saw accidently cut his thumb.
- While drawing blood from a research rabbit, an employee stuck her finger with the needle. Another researcher attempting to inject a rat stuck her hand with a needle.
- A bottle containing a chemical that was being heated in a microwave oven exploded when the door was opened, splashing chemical onto the face of a lab worker.

Happy New Year!
Please, don’t drink and drive.