Workplace of Distinction
WINNERS!
for Spring/Summer 2000

UCSD’s Environment, Health & Safety Office presents the Workplace of Distinction Award to UCSD individuals and work groups who have excelled in creating and maintaining a safe and healthy workplace consistent with EH&S policies. For Spring/Summer 2000, who shines?

The La Jolla Del Sol and Coast Apartments Housing Team!

This proactive group of housing employees has been diligent in making safety a high priority at La Jolla Del Sol and Coast Apartments. They never lack enthusiasm for emergency preparedness planning. Congratulations to the La Jolla Del Sol and Coast Apartments Housing Employees!


Construction Alert!
A message from UCSD Fire Marshal Dick Benton

As you’ve no doubt already noticed, there’s been a lot of construction going on—you’ve probably seen, and/or been impacted by closure of Via La Jolla Drive, closure of Scholars Drive South near the Ché Café, renovation of BSB, and the two new parking structures. Well, to quote somebody even older than me, “You ain’t seen nothin’ yet!”

Within the next few months, construction will start on the 20-building Eleanor Roosevelt Academic, Administrative, and Residential complex in the north campus neighborhood; the Bioengineering Building in the Warren Campus; the UCSD Cancer Center east of Thornton Hospital; the Natural Sciences Interdisciplinary Building in the Revelle College; the new School of Medicine Research Building; and the Brain Imaging Facility at the south end of Basic Science Building, to mention only the larger projects!

What has this got to do with fire safety, you ask? I’m responsible for the Fire/Life Safety Program for UCSD, and I think this construction represents a potential life safety hazard to you all. Specifically, depending on where you are and go on campus, there will be roads you cannot use, paths you cannot take, and new pitfalls (some literal) to your conducting business as you normally do. I encourage you to be tolerant of all the interruptions to your normal routine, and, more important, have a heightened awareness of your environment and the new hazards during this period of significant growth. In particular, you should never take shortcuts through construction sites, no matter how tempting the savings in time or distance. Then we’ll all be around to appreciate this new, expanded UCSD!

Special! Special! Special! Employee Wellness Programs

Are you feeling run down and tired on your job? Are those little aches and pains constantly reminding you of your age? It’s time to take action and shake it off! Join the EH&S Industrial Hygiene Team as we show you some fun and easy ways to stay healthy and well! Learn how to refresh your body and mind even in the midst of routine tasks and heavy deadlines. Attend any of three hands-on sessions designed to give simple tips on body movement (both on and off the job), diet, fitness, and stress management. Wear comfortable shoes and clothes ‘cause we’re gonna get you moving! Check the program schedule on the back of this newsletter. You’ll have a ball at the first one!
The Unwanted Dinner Guest: Preventing Food-Borne Illness

Excerpt from the U. S. Food and Drug Administration Center for Food Safety and Applied Nutrition web article located at http://vm.cfsan.fda.gov/~dms/fdunwelc.html.

"It must be something I ate," is often the explanation people give for a bout of home-grown "Montezuma's Revenge" (acute diarrhea) or some other unwelcome gastrointestinal upset.

Despite the fact that America's food supply is the safest in the world, the unappetizing truth is that what we eat can very well be the vehicle for food-borne illnesses that can cause a variety of unpleasant symptoms and may be life-threatening to the less healthy among us. Seventy-six million cases of food-borne diarrheal disease occur in the United States every year.

The Food and Drug Administration has given high priority to combating microbial contamination of the food supply. But the agency can't do the job alone. Consumers have a part to play, especially when it comes to following safe food handling practices in the home. It's just a matter of following basic rules of food safety.

Keep It Clean

The first cardinal rule of safe food preparation in the home is: Keep everything clean.

The cleanliness rule applies to the areas where food is prepared and, most importantly, to the cook. Wash hands with warm water and soap for at least 20 seconds before starting to prepare a meal and after handling raw meat or poultry. Cover long hair with a net or scarf, and be sure that any open sores or cuts on the hands are completely covered. If the sore or cut is infected, stay out of the kitchen.

Keep the work area clean and uncluttered. Wash countertops with a solution of 5 milliliters (1 teaspoon) chlorine bleach to about 1 liter (1 quart) of water or with a commercial kitchen cleaning agent diluted according to product directions. They're the most effective at getting rid of bacteria.

Also, be sure to keep dishcloths and sponges clean because, when wet, these materials harbor bacteria and may promote their growth. Wash dishcloths and sponges weekly in the washing machine in hot water. While you're at it, sanitize the kitchen sink drain periodically by pouring down the sink a solution of 5 milliliters bleach to 1 liter water or a commercial cleaning agent. Food particles get trapped in the drain and disposal and, along with moistness, create an ideal environment for bacterial growth.

Use smooth cutting boards made of hard maple or plastic and free of cracks and crevices. Avoid boards made of soft, porous materials. Wash cutting boards with hot water, soap, and a scrub brush. Then, sanitize them in an automatic dishwasher or by rinsing with a solution of 5 milliliters chlorine bleach to about 1 liter of water.

Always wash and sanitize cutting boards after using them for raw foods, such as seafood or chicken, and before using them for ready-to-eat foods. Consider using one cutting board only for foods that will be cooked, such as raw fish, and another only for ready-to-eat foods, such as bread, fresh fruit, and cooked fish.

Always use clean utensils and wash them between cutting different foods. Wash the lids of canned foods before opening to keep dirt from getting into the food. Also, clean the blade of the can opener after each use. Food processors and meat grinders should be taken apart and cleaned as soon as possible after they are used.

Do not put cooked meat on an unwashed plate or platter that has held raw meat.

"Stop! Let me bring you a clean plate before you take the meat off the grill."

Wash fresh fruits and vegetables thoroughly, rinsing in warm water. Don't use soap or other detergents. If necessary--and appropriate--use a small scrub brush to remove surface dirt.

Keep Temperature Right

The second cardinal rule of home food preparation is: Keep hot foods hot and cold foods cold.

Use a thermometer to ensure that meats are completely cooked. Use a thermometer with a small-diameter stem. Insert the thermometer 1 to 2 inches into the center of the food and wait 30 seconds to ensure an accurate measurement. For instance, beef, lamb, and pork should be cooked to at least 160°F; whole poultry and thighs to 180°F; poultry breasts to 170°F; ground chicken or turkey to 165°F. Don't eat poultry that is pink inside.

Eggs should be cooked until the white and the yolk are firm. Avoid foods containing raw eggs, such as homemade ice cream, mayonnaise, eggnog, cookie dough, and cake batter, because they carry a Salmonella risk. Their commercial counterparts usually don't because they're made with pasteurized eggs. Cooking the egg-containing product to an internal temperature of at least 160°F will kill the bacteria.

Seafood should be thoroughly cooked. FDA's 1999 Food Code recommends cooking most seafood to an internal temperature of 145°F for 15 seconds.

Protect food from cross-contamination after cooking, and eat it promptly. Cooked foods should not be left standing on the table or kitchen counter for more than two hours. Disease-causing bacteria grow in temperatures between 40 and 140°F. Cooked foods that have been in this tempera-
ture range for more than two hours should not be eaten. If a dish is to be served hot, get it from the stove to the table as quickly as possible. Reheated foods should be brought to a temperature of at least 165°F. Keep cold foods in the refrigerator or on a bed of ice until serving. This rule is particularly important to remember in the summer months.

After the meal, leftovers should be refrigerated as soon as possible. (Never mind that scintillating dinner table conversation!) Meats should be cut in slices of three inches or less and all foods should be stored in small, shallow containers to hasten cooling. Be sure to remove all the stuffing from roast turkey or chicken and store it separately. Giblets should also be stored separately. Leftovers should be used within three days.

And here are just a few more parting tips to keep your favorite dishes safe. Don't thaw meat and other frozen foods at room temperature. Instead, move them from the freezer to the refrigerator for a day or two; or defrost submerged in cold water flowing fast enough to break up and float off loose particles in an overflow; in the microwave oven, or during the cooking process. Never taste any food that looks or smells “off,” or comes out of leaking, bulging or severely damaged cans or jars with leaky lids.

Though all these do’s and don’ts may seem overwhelming, remember, if you want to stay healthy, when it comes to food safety, the old saying "rules are made to be broken" does not apply!

Campus Casualties

* An employee driving an electric scooter in the rain, unequipped with windshield wipers, crashed into a light pole. Thrown from the scooter on impact, he suffered multiple body contusions and strains.
* Cold vapors burned the hand of a researcher pouring liquid helium into a holding tank.
* A food service worker strained his back lifting a large mixing bowl.
* Working at an off-campus research site, an employee was bitten on the finger by a rattlesnake.
* A broken glass pipette poked through a biohazardous waste bag and punctured the finger of an employee. Remember: sharps—any items capable of inflicting a cut or puncture wound—are to be disposed of in rigid, puncture-resistant containers. If the “sharp” is potentially contaminated with a biohazardous material, place it in a red, biohazardous sharps container. Non-contaminated sharps, like broken glass, razor blades, etc., should also be disposed of with thoughtful care to protect the custodians who collect trash bags from injury. Wrap sharp objects and broken glass in thick layers of paper or place in a cardboard box before placing them in the trash.

Relax Under Pressure

Here are two simple relaxation techniques that can be done in a few minutes while you’re at your desk, during your coffee break, or even while riding a bus.

* **Scanning.** Inhale and slowly “scan” your body, thinking about each muscle group (face and neck, shoulders, arms, abdomen, legs, and feet) and searching out tense muscles. As you exhale, relax the muscles that are tense.
* **Imagery.** Stop what you are doing and close your eyes. Imagine a beautiful scene. Spend a few minutes examining and enjoying every detail of the picture. See, hear, and smell pleasant things.

**Consumer Product Safety Commission**

**Recall Issued for Fire Extinguishers**

Through a bizarre set of circumstances, the CPSC had to issue a recall for a particular type and brand of inexpensive fire extinguishers which had first been pulled off the market five years ago! In 1995, these extinguishers were removed from shelves and stored; the company later filed for protection under bankruptcy laws. Unfortunately, as a part of these proceedings, the entire (recalled) stock was sold to a wholesaler who, in turn, began selling them, both direct and through a number of “dollar-type” discount stores.

Not only are these extinguishers NOT approved by the California State Fire Marshal; they present a hazard to their owners: internal corrosion, combined with the stored pressure in them, can cause the extinguisher to explode and its parts become projectiles—even when the extinguisher is not being used!

Sold under the brand name “FIRESTOPPER” (with a flame used as the “I”), these extinguishers are yellow with a black top and red spout. They are approximately 10 inches tall, and look somewhat like a can of shaving cream or bug spray. If you have any of these extinguishers, contact your fire department for safe disposal of them. It is NOT recommended that the owner handle such extinguishers any more than necessary, since there can be little, if any, warning prior to the canister exploding.

For further information, go to the Consumer Product Safety Commission’s website at [http://www.cpsc.gov/cpscpup/prerel/prhtml00/00111.html](http://www.cpsc.gov/cpscpup/prerel/prhtml00/00111.html). Also, please call UCSD Fire Marshal Richard Benton at (858) 534-1062 with any questions.

![Biohazardous Sharps Container](http://www.ehs.ucsd.edu)
Fun & Easy Ways To Maintain A Healthy Back  
*Come have a ball!*  
**September 19, Noon-1:00 pm**  
Price Center, Gallery A

Approximately 80 percent of all adults will suffer back pain during the most productive time of their lives. Experts believe self-care, especially moderate exercise, may be the best way to prevent back pain. Come to the class and learn some helpful tips and exercises to maintaining a healthy back. You will have the opportunity to use a fitness ball for a fun and innovative technique for doing back stretches. No registration necessary—just be there and have a ball!

*And coming up this fall and winter...*

**Designing Your Computer Workstation**  
For Comfort  
**November 14, Noon-1:00 pm,**  
Price Center, Gallery A

**A Common Sense Approach**  
To Maximizing Comfort In A Research Lab  
**January 9, 2001, Noon-1:00 pm,**  
Price Ctr, Gallery A

**Where's the Fire Extinguisher?**

Do you know where the nearest fire extinguishers for your workplace are? Are you confident they will work when needed? The State Fire Marshal requires monthly inspections of extinguishers to ensure proper operation. It just takes a couple of minutes to complete the monthly checklist below. Fire extinguishers must:

1. Be mounted on an approved bracket or installed in a cabinet.
2. Be unobstructed.
3. Indicate good pressure with the arrow on the gauge (if applicable).
4. Have an unbroken seal or tamper indicator on the pin indicating the extinguisher has not been used.
5. Have an inspection tag that has been punched to indicate the extinguisher has been serviced within the past calendar year.
6. Show no obvious signs of physical damage, corrosion, leakage, or clogged nozzle.

If it’s been over one year since extinguishers in your area have been serviced, contact Sarah Kilmer of PPS at 534-3944. If your group would like training on fire extinguisher usage, or if you have questions about your fire extinguishers, call Mike Fouquette at 534-2112.

**SAFETY TRAINING PROGRAMS**

**Injury & Illness Prevention Program**  
[http://www-ehs.ucsd.edu/iipp.htm](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 email at gmcleish@ucsd.edu.

September 5 ........... Gallery B  
September 26 .......... Gallery B

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

**Thur, Sept 7**  
8:30am-12:30pm  
San Francisco Rm

**Tues, Oct 10**  
8:30am-12:30pm  
San Francisco Rm

**Thur, Nov 16**  
12:30pm-4:30pm  
Gallery A

**Tues, Dec 12**  
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 Sept. 7, Oct. 10, and Dec. 12 classes.*

RSVPs are REQUIRED! Call 534-6138 to register.

**#7 P-32 Use**  
Sept 19, 9:00-10:30am, Price Ctr--Irvine Room

**#8 Safety Aspects of XRD Units**  
Sept 14, 9:00-10:30am, Urey Hall, Room 2102

**#5 LSC Methods for Swipe Testing**  
Oct 17, 9:00-10:00am, UCtr Bldg. 301-B

**#6 How to Handle a Radiation Spill**  
Oct 25, 9:00-10:30am, Price Ctr--Irvine Room

**#7 P-32 Use**  
Nov 7, 9:00-10:30am, Price Ctr--Berkeley Room

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

**Campus Classes**  
Presented in the Price Center

**Adenovirus**  
Thurs, Sept 7  
1:00-2:00PM  
Santa Barbara Room

**Bloodborne Pathogens**  
Thurs, Sept 7  
2:00-3:00PM  
Santa Barbara Room

**Principles of Biosafety**  
Tues, Oct 3  
Noon-1:00PM  
San Francisco Room

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

**Adenovirus**  
Wed, Oct 18  
1:30-2:30PM  
450 MPF  
Wed, Dec 13  
1:30-2:30PM  
450 MPF

**Bloodborne Pathogens**  
Wed, Oct 18  
2:30-3:30PM  
450 MPF  
Wed, Dec 13  
2:30-3:30PM  
450 MPF