EH&S Welcomes New Director Steve Benedict

The Environment, Health and Safety Office is pleased to welcome our new Director, Steve Benedict, to UCSD. Steve began his duties on August 20, replacing Martha McDougall who retired July 31. Meet him on page 2.

Outstanding Individual JOHN ROWE!

Formerly Safety Coordinator for the Economics Department, John is now with the business office of the International Relations/Pacific Studies Graduate School. As Departmental Safety Coordinator for Economics, John was a strong advocate of health and safety policies and training resources. He worked closely with EH&S to correct unsafe conditions both in and around the Economics building, extending his positive influence to not just his own constituents, but everyone on campus who happened by the Economics Building and Sequoyah Hall. The Economics Department benefited greatly from John’s safety oversight. Having moved on and upward, IR/PS will now have the advantage of his experience. Good work, John!

Outstanding Work Group PPS SERVICE REFERRAL TEAM!

The PPS Service Referral Team members have consistently proven to be strong advocates of health and safety at UCSD. Quick to alert EH&S to any and all campus safety violations and provide backup support to EH&S on request, the Team has been particularly effective during campus emergencies. PPS personnel and equipment are dispatched efficiently, and follow up monitoring is conducted until every situation is brought to closure. You’re indispensable!

Departmental Emergency Action Plans

Does everyone in your work group know what to do in case of emergency? What to do in case of fire? Earthquake? How to evacuate your building and where to assemble for a head count? How to summon emergency help? Departmental Emergency Action Plans, specific to the building your group occupies, are an integral part of UCSD’s overall Emergency Management Program. An Emergency Action Plan need not be complicated nor long to be effective. In fact, keep it simple. A short, concise handout of “what to do continued on page 3...see Emergency Action Plans

Workplace of Distinction Award Winners!

UCSD’s Environment, Health & Safety Office sponsors the Workplace of Distinction Award program to celebrate UCSD individuals and work groups who excel in creating and maintaining a safe and healthy workplace consistent with EH&S policies. And the Winners for Spring/Summer 2001 are...

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Meet UCSD’s New EH&S Director, Steve Benedict

Steve served most recently as Director of the Environment, Health and Safety Department at Fred Hutchinson Cancer Research Center, a nationally recognized research institution in Seattle. Prior to that he was an Industrial Hygienist with ALZA Pharmaceuticals in the Bay Area, and a biochemist with ICI Americas, Inc. in their Pesticide Metabolism section.

Steve’s formal education consists of Bachelor’s and Master’s degrees in Biological Sciences and an MBA from University of Washington. He also has a Certificate in Hazardous Materials Management from UC Davis and is a Certified Industrial Hygienist. Contact Steve at sbenedict@ucsd.edu or (858) 534-3659.

A Message From the New Director

I’m pleased to become a part of the UCSD community. The reputation of UCSD as a world-class teaching, research and health care institution made my decision to come to San Diego easy. I also feel fortunate to have been given the opportunity to lead an EH&S department with an outstanding reputation within the national EH&S professional community.

My career to this point has been focused on providing the highest quality of service possible in occupational health and environmental stewardship. I plan to build on this philosophy of service in EH&S here at UCSD, and I invite you to join with me in continuing to make UCSD a safe and environmentally friendly place to work.

Steve Benedict

Library Walk Is A Fire Lane

Library Walk, extending from the main entrance of Geisel Library past Center Hall to Gilman Drive, is a significant architectural element of central campus. Library Walk is also one of many campus “fire lanes,” providing required emergency vehicle access to the buildings along its length. While fire lanes may be used for pedestrian traffic and short-term uses such as deliveries and pickups, long-term obstruction of their required widths is prohibited.

The required clear width of a fire lane depends on a couple of factors. First, they must all be wide enough to allow one fire engine to be parked with room for another to get past. They must be wider next to tall buildings so ladder trucks have room to operate, and near fire hydrants so pumpers have room to connect to the hydrant—and still, in each case, leave room for another vehicle to get by.

If you’re planning an event on or adjacent to Library Walk and have questions about booth or display locations, contact Richard Benton, UCSD Fire Marshal (534-1062, rbenton@ucsd.edu).

New Industrial Hygiene Information On-line
http://www-ehs.ucsd.edu/ih/ih.htm

Industrial Hygiene? What’s THAT? Industrial Hygiene (IH) is the science of anticipating, recognizing, evaluating, and controlling environmental factors arising in or from the workplace that may result in injury, illness, impairment, or affect the well-being of workers. IH programs at UCSD include:

- Respiratory Protection
- Lead and Asbestos Abatement
- Hearing Conservation
- Ergonomics
- Confined Space Entry
- Exposure Assessment
- Indoor Air Quality issues

Consult the Industrial Hygiene web pages at http://www-ehs.ucsd.edu/ih/ih.htm for more information on accessing these programs and ensuring you and the employees you supervise have the best possible protection from occupational hazards associated with the kind of work you perform.

Questions about Industrial Hygiene services at UCSD?

On campus or at SIO, contact the IH division:
Daphne Thaung - 858-534-1075, dthaung@ucsd.edu
Denise Devall-Hall - 858-534-6748, ddevallhall@ucsd.edu

At the Medical Centers, contact the Safety Office:
Rich Belmontez - 619-543-7577, rbelmontez@ucsd.edu
Karl Burns - 619-543-7576, kburns@ucsd.edu

Handling Stress

Stress has different meanings to different people. One survey of college students found that pressure is the word frequently used to describe stress. Others include tension, frustration, and strain. More accurately, **stress is a physiological response—a physical state one is in.** It is the way your body responds to a stimulus such as a challenge or a threat. “Stressors” are the agents or stimuli that invoke a stress reaction in a person. While the effects of stress vary from one person to the next, some easily recognizable stress responses include: an increased heart rate, muscular tension, increased breathing rate, and perspiration. These physical changes result when adrenaline and other stress hormones are released by the brain to pump you up to meet the challenge. It’s the primitive “fight or flight” reaction. Fleeing is not a likely option in today’s world. More likely, you have to face the challenge by adapting or adjusting.

**Stress is not necessarily bad.** A certain amount of stress is necessary to function optimally. Managed stress can motivate and create energy. Most people, however, perceive stress negatively, as “distress.” When negative stress persists for long periods, it can have a damaging
effect on your body. Typical stress-related complaints may include muscle pains, ulcers, sleep disruption, fatigue, and headaches, among others. Some researchers suspect that chronic stress weakens the immune system and may be a cofactor in allowing illness to overcome the body's defenses. And a person who is run down or emotionally preoccupied is more likely to have an accident.

Stress may be unavoidable, but it is manageable! Just as the causes of the effects of stress differ from one person to the next, no one stress-reduction technique will work for everyone. So try a variety to find the stress-management methods that best suit you. Here are some ideas:

**Talk about it.** Talk about your problems—find out where your stress is coming from. Look for ways to make changes that could alleviate stress-producing situations. Share your concerns with family and friends. At UCSD, the Faculty & Staff Assistance Program is a free and confidential counseling and referral resource for employees.

**Exercise regularly.** Aerobic exercise is known to be one of the fastest, surest ways to cope with stress. At work, a brisk walk on your break or during lunch can help clear your mind and refresh your energy level.

**Take good care of your body.** Exercise, a balanced diet and adequate rest are factors you do have control over. Your body has a much better chance of dealing with stress if it’s in good condition. Restrict stimulants in your diet. Caffeine makes stress worse. Alcohol can also increase your sense of anxiety and fatigue.

**Learn deep-relaxation techniques.** The simplest technique, and one you can practice anywhere, is deep breathing. Sit up straight. Inhale slowly and deeply. Hold for a few seconds, then exhale slowly and thoroughly. Repeat several times. Many other techniques, including meditation and yoga, may be learned through books, audiotapes or classes.

**Take a break!** After 45-50 minutes at one task, get up and move around, talk to someone.

**Laughter is instant relief.** Try to keep a sense of humor even during difficult times. Laughter relaxes muscles and lightens your perspective.

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**Call for Nominations Workplace of Distinction Award**

EH&S is seeking nominations for the Workplace of Distinction Award. We know there are outstanding safety conscious people out there. Tell us about them! See the WOD web page at http://www.ehs.ucsd.edu/wod/wodnom.htm for details.

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**Did You Know?**

**UCSD has an Emergency Status Phone Number:**

(888) 308-8273

In the event of a major disaster affecting the campus, call this number for a recorded message reporting the status of UCSD, advising on campus closure, interruption of classes and work schedules, etc.

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**EH&S Newsletters Mail List**

Would you like your own copy of Safety Briefs or Lab Notes? To add your name to one or both of these newsletters, please e-mail the newsletter editor at pkoger@ucsd.edu. Specify your choice of the paper or e-mail edition, and include your name, mail code and e-mail address.
Safety Training Programs

EH&S Safety Training Days
1st & 3rd Thursday of every month.

See the schedule at http://www-ehs.ucsd.edu/training/train_sched.htm

An extensive array of safety training classes are offered:

- Injury & Illness Prevention Program (IIPP)
- Radiation, Biosafety, Chemical Safety
- Hazardous Waste Management
- Risk Management/Workers’ Compensation
- How to Maintain a Healthy Back
- Office and Laboratory Ergonomics
- Skin Protection/Sun Sense

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

Register for IIPP courses by e-mailing Betty Thomas at bthomas@ucsd.edu

All IIPP classes are 8:30-9:30 AM.
October 18 ......... Price Center, Gallery B
November 1 ........... Price Center, Gallery B
November 15 .......... Price Center, Gallery B
December 6 .......... Price Center, Santa Barbara Room

Risk Management & Workers’ Compensation
http://www-ehs.ucsd.edu/riskmgmt/classes.htm

Register by e-mailing Scheryl Wade at swade@ucsd.edu, or call (858) 534-4237

Learn how to manage costs related to work-related injuries, employment/general liability and auto accidents, thefts, flood and fire damage.

Office Ergonomics
http://www-ehs.ucsd.edu/ergo/ergtrain.htm

October 18, 9:30-10:00AM, Price Center-Gallery B

Register by e-mailing Betty Thomas at bthomas@ucsd.edu

Knowledgeable specialists will emphasize the practical ways you can manage your job activities and office equipment to avoid upper limb and back disorders.

Preview the information covered in the class online via the web-based slide show Designing Your Computer Workstation for Comfort & Productivity at http://www-ehs.ucsd.edu/ergo/training/CompErgo/Slide1.htm.

Campus Casualties

- What’s for lunch? A shark knocked off the mask of an aquarium employee and nipped him on the chin in an un-rehearsed move during a lunchtime dive show.
- A loose wire at the end of a crane delivered an electrical shock felt by the whole body of an employee at the marine facility.
- An animal care employee suffered an accidental needlestick to the finger while extracting amniotic fluid from a fetal sheep.
- While standing on a truck’s elevated platform lift, an employee misstepped, fell off and injured his wrist.
- Watch out for your eyes! A caustic cleaning product splashed into the eyes of a Food Service worker. A Housing employee using a sponge to wipe up oven cleaner got some in her eyes. Elsewhere, a spray-on chemical cleaner being used by an administrative employee wafted into her eyes. In a lab, organic solvent being poured into a waste container splashed into a researcher’s eye. UCSF Storehouse carries a wide variety of safety eyewear. Visit them on the "Buying" tab of the Blink web site at http://blink.ucsd.edu. You’ll find safety eyewear under both Custodial Supplies and Laboratory Supplies.

Renovations & Alterations

When changes to physical space need to be made, follow the formal Renovation & Alteration (R&A) procedures described in the university’s Policies and Procedures Manual 530-9. This brings Auxiliary & Plant Services, Facilities Design & Construction, and Environment, Health & Safety together to ensure that the work is accomplished in a prescribed, code-compliant manner.

PPM 530-9 applies to university owned or university controlled property and facilities, including leased facilities. An R&A form is used when work is funded from any source except the Major Capital Improvement Program and the State Minor Capital Improvement Program. R&A forms are tracked and archived by Capital Planning & Budgeting.

Should construction activities impact fire or life safety in any UCSD facility, contact the UCSD Fire Marshal at (858) 534-1062 or rbenton@ucsd.edu.

Happy Halloween!