

Environmental Health & Safety

Cal Poly Pomona

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FLU AND COLD PREVENTION

Every year on average in the United States 5%-20% of the population get the flu, 20,000 people are hospitalized due to complications from the flu and 36,000 people die from the flu. Typically patients become infected with influenza by inhalation of respiratory droplets from another infected individual. There is a 1- to 4-day incubation period, and once sick, the patient can be infectious up to 10 days after the onset of symptoms.

Adolescents and college-age students represent groups that are not at high risk for illness, but because of their living and going to school in such close quarters, they can easily spread the infection. Most of college students are at risk due to their lifestyle; high stress associated with school and social life, unhealthy eating habits, irregular exercise, and close living proximity weaken the immune system.

Symptoms form the flu include:

Fever	Diarrhea
Headache	Vomiting
Dry cough	Nausea
Extreme Tiredness	Muscle Aches
Sore Throat	Runny/Stuffed Nose

Anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons.

People who should get vaccinated every year are those who are ages 6 months to 19 years, pregnant women, people who are 50 years and older, people at any age with chronic mental conditions, those who live in a nursing home, and health care workers.

Yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season, into December, January, and beyond. This is because the timing and duration of influenza seasons vary. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

Colds and flu continue to be the most common illness .



Seattle policemen wear masks to guard against the 1918 flu pandemic, which killed more Americans than did World War I. Photo from American Museum of Natural History website.

People who should not get vaccinated are those who are allergic to chicken eggs, developed a previous reaction to the vaccine, developed [Guillain-Barré syndrome \(GBS\)](#) within 6 weeks of getting an influenza vaccine previously, children under age of 6 months, and who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen. Altogether both cold and flu viruses can make you feel miserable and unmotivated!

REMEMBER

Coughing in the inside of your elbows drastically reduces the transmission of the virus through small droplets and hand contact!

TIPS TO STAY HEALTHY

1. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
3. Cover your mouth and nose with a tissue when coughing or sneezing. Cough into your elbow to prevent spread of the virus. This helps contact with the hands which limits the ability to spread unwanted germs and viruses that can cause illness.
4. Washing your hands often will help protect you from germs. A good rule of thumb for thoroughly washing hands is sing happy birthday twice!
5. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Staying healthy is the best way to strengthen your immune system.

TRAINING FOR EMPLOYEES

Training is essential in most job environments whether it ranges from stapler training to 40 hour hazardous chemical operations. Training provides employees with information regarding work environments but also this is a notification to government or other agencies responsible for health and wellness that employees have been warned and properly trained of hazardous environments and proper use of machinery.

It is important for training to be conducted regularly to ensure employees are up to date and adequately prepared. Studies have shown that more prepared workers can react faster, calmer, intelligently, and independently to situations. Being adequately prepared for situations is the most important skill one can have cause we never know what will happen.

To obtain training please visit the EH&S website to sign up for the next training session. The safety training schedule can be found at:

www.csupomona.edu/~ehs/ftp/trainsched.pdf

The list of essential safety training for all employees is available at:

www.csupomona.edu/~ehs/ftp/



SECURITY OF HAZARDOUS MATERIALS

Recent events have shown us that maintaining the safety of our laboratory environment is as important as providing the security to protect it. Our science and research laboratories are valuable centers of information, reflecting years of research, with extremely sensitive and potentially dangerous chemical compounds. This discussion focuses on the security of hazardous materials in our laboratories.

A breach of lab security potentially creates an unsafe working environment. Here at Cal Poly Pomona, the individual responsible for any lab is commonly referred to as the principal investigator (PI). He or she is ultimately responsible for ensuring that the integrity of their assigned space is not inadvertently or intentionally

breached. Each student worker, researcher, or authorized laboratory attendant should know who is in the lab area at any given time and question those with no apparent reason or purpose for being there. It is essential that the lab group cooperate in helping to maintain a secure environment.

Basic measures include:

- Close and lock laboratory doors when no one is present.
- Keep an accurate inventory and know when items have been moved or are missing.
- Maintain an emergency plan for your lab and develop a protocol for reporting incidents.
- Off-hours access only to individuals authorized by the PI.
- Closely scrutinize the use, movement and disposal of

restricted materials (biological, radioactive, acutely toxic, etc...) that can pose a significant health concern.

- Ensure that used chemicals (waste) are properly accounted for and disposed of.
- Verify that experiments have not been tampered with and are conducted as safely as possible.

Report any suspicious situation to campus police at extension 3070, and to the appropriate PI, or authorized individual IMMEDIATELY. Laboratory personnel should be aware of the highly hazardous materials and make sure that they are handled safely.



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CONDUCTING SAFETY INSPECTIONS

Safety is a top priority in today's job market. If injuries occur on the job then thousands of dollars could be lost to insurance companies, lawyers, settlement and to employees. What this results in is wasted time, money and profit for the company. If accidents occurred frequently then many companies would have gone under and a certain economic dip would happen resulting in high unemployment rates, low fiscal earnings, and down sizing.

Conducting safety inspections should become an everyday part of your job. This doesn't mean you need to do a thorough analysis of your work area it mean that you should keep your eyes open for obvious hazards.

Safety inspections should include: monitoring work areas for trip and slip hazards, sharp objects that could penetrate or lacerate skin, objects that could fall an harm a person in the event of an earthquake or rattled furniture.

If a problem persists then reporting a safety concern is recommended. Reporting a safety concerns can be done anomalously or directly. Reports come through to the EH&S department to be fixed or addressed The website to report any concern is at www.csupomona.edu/~ehs/safetyconcern.html or call extension 4697

A general work area checklist is available at:

<http://www.csupomona.edu/~ehs/ftp/DeptSafetyInspection.pdf>

Inspections help:

- Maintain a safe work environment
- Control unsafe acts and conditions
- Ensure operation efficiency

After an inspection you should learn to:

- Create a better under-

standing of the inspection process

- Learn how to identify safety hazards
- Learn to control identified hazards
- Correct unsafe conditions
- Correct unsafe acts
- Implement controls

If there is any questions regarding safety inspections or you just want to do some research about how our department operates please visit us at,

www.csupomona.edu/~ehs

Or call extension 4697



WHAT ARE YOUR RESPONSIBILITIES FOR SAFETY?

As employees of the state it is your right to work in a safe environment free of hazardous conditions that can cause adverse effects. It is also your right to acknowledge these potential hazardous and report them to the proper authorities and channels.

As employees it is also your

responsibility to attend safety meetings, training sessions, and orientations. Learning from these safety meeting enhances your ability to react during an emergency situation. Proper attendance also guarantees a staff that is well prepared and appropriately trained to deal with or handle situa-

tions that call for CPR, hazardous chemical situations, electrical accidents, and ext.

You responsibility is to remain current with training so that you can perform adequately. Regular training is provided through the University for all employees and is required to remain within local, federal and state regulation.

We are on the web

Www.csupomona.edu/~ehs

STATE FIRE MARSHAL INSPECTIONS

Deputies Meridee McBride and Rick Perry are on campus conducting fire safety inspections of existing buildings to improve fire safety. This improvement is the result of a cooperative effort of Facilities Design and Construction and EH&S and the California State Fire Marshall Office.

Environmental Health and Safety

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DEPUTY RICK PERRY



DEPUTY MERRIDEE MCBRIDE



TIPS FOR REDUCING OFFICE WASTE

Use both sides of paper:

When making copies, set your machine to use both sides of paper and it cuts your consumption in half!

Buy paper wisely: Create a policy to buy only chlorine free paper with a high percentage of recycled content.

Store manuals, policies and other documents

online: Don't print out a lot of huge employee handbooks but store them online that was anybody can access them at anytime!

Reduce Margins: Reducing your margins saves space on paper so that you use less!

Provide/ use air dryers in the bathroom: Using the air dryer saves a lot of paper that is taken to the landfill!

Distribute memos via email: This way it saves paper going to the landfill and reduces money spent through the amount of waste disposal!

Print in draft mode: To conserve even more ink, print in draft mode. This will generally lighten the shade but you'll still be able to read your copy clearer!

Reuse boxes: When shipments come in, reuse the box for other purposes like storage or moving boxes!

Buy recycle toner and ink: Cartridges contribute to excess of metal and plastic in landfills, buying recycled toner and ink helps alleviate this burden!



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