



EYE ON SAFETY

UEI EMPLOYEE HEALTH AND SAFETY NEWSLETTER

CAMPUS SAFETY CONTACTS

Be aware of your surroundings and report emergencies or suspicious activities on campus. We can all help make our work environment a safe place.

Sacramento State Police Department

Non-emergencies and regular business
(916) 278-6000

In-progress Crimes or Suspicious Activity

(including fire and medical emergencies)
(916) 278-6900 or call 911 from any campus phone

Blue-light Phones

Contact police dispatch by pushing the red button on a "blue-light" campus emergency phone. The emergency phones are strategically located throughout the campus and have blue lights for easy visibility.

Sacramento State Emergency Notification System (ENS)

ENS sends text messages, phone calls, and emails in the event of a critical situation that may cause harm or imminent danger. Stay informed and **sign up today!**

Meet Your Safety Committee Members

It's the time of year when many of us are dusting off the grills, bringing out our swim suits, and taking family vacations. We enjoy some of the sunniest weather in the nation, but it's important to be aware of sun and heat-exposure risks and be prepared. With the right tools and preparation, summertime can be relaxing and safe for you and your family. Here are some tips to stay safe this summer:

Top 10 Tips to Stay Safe in Summer

1. Reduce sun exposure between 10:00 a.m. and 4:00 p.m. when UV rays are strongest.
2. Wear a wide-brimmed hat to cover your face and neck, and wear loose-fitting clothing to keep cool and to protect your skin from the sun and mosquitoes.
3. Wear sunglasses that provide 100 percent UVA and UVB protection. Long-term exposure to the sun can cause cataracts, which left untreated, can lead to blindness.
4. Liberally apply sunscreen (at least SPF 15) 15 minutes before going outdoors, and re-apply at least every two hours. Sunscreen prevents skin cancer, the No. 1 cancer affecting Californians, and also prevents premature aging.
5. Keep physical activities to a minimum during excessively high temperatures. When working outside, drink plenty of water or juice, even if you aren't thirsty, and take rest breaks in the shade. NEVER leave infants, children, or frail elderly unattended in a parked car. It can take as little as 10 minutes for the temperature inside a car to rise to levels that can cause death.
6. To prevent overheating, use cool compresses, misting, showers, and baths. If you or someone experiences a rapid, strong pulse, feels delirious, becomes unconscious, or has a body temperature above 102, call 911 immediately.
7. To prevent children from drowning, ensure that adult supervision is present at all times and have a safety barrier surrounding the pool or spa. Drowning is the leading cause of injury and death for children under five.
8. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Some mosquitoes carry West Nile Virus (WNV), which often mimics influenza with fevers, body aches, and eye pain. WNV can cause serious health complications, and in rare cases, death.
9. Apply insect repellent containing DEET, picaradin, lemon eucalyptus oil, or IR3535, according to label instructions. Mosquitoes usually bite in the early morning and evening, so it's important to wear repellent at those times.
10. Eliminate all sources of standing water on your property, including flower pots, old car tires, rain gutters, and pet bowls. Mosquitoes breed and lay eggs in standing water.

Source: California Department of Public Health.

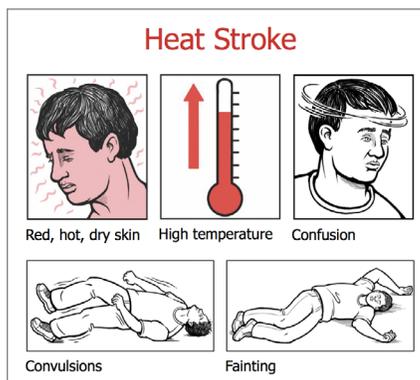
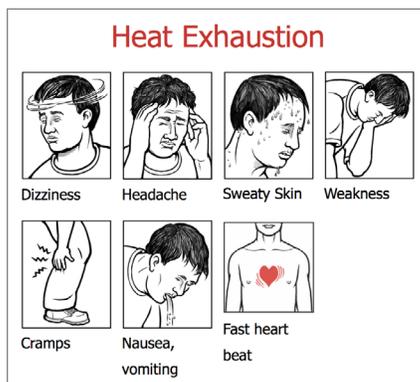
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How to Protect UEI Employees from Excessive Heat

UEI takes safety seriously and we understand that as an employer, we're responsible for providing workplaces free of known safety hazards, including protecting employees from extreme heat. If any of our employees are working outside, or if you manage employees who work outside, it's important to following these guidelines:

- Allow workers to increase workloads gradually and take more frequent breaks as they acclimatize or build a tolerance for working in the heat.
- Provide workers with water, rest, and shade.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.



To prevent heat-related illness and fatalities, employees should:

- Drink water every 15 minutes, even if you're not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

What to do if a worker becomes ill:

- Call a supervisor for help. If a supervisor is not available, call 911. Have someone stay with the worker until help arrives.

Source: United States Department of Labor, Occupational Safety & Health Administration (OSHA)

Grilling Safety Tips

1. Gas grilling should be done outside and at least 10 feet from your house or other structure.
2. Check all connections for leaks by turning on the cylinder valve and spraying the connections with a solution of equal amounts of liquid dish soap and water. If bubbles appear, the connections need to be tightened or replaced.
3. Keep the grill away from heavy foot traffic. It's also highly recommended to keep children, pets, and outdoor games like football, away from the grill.
4. Always place lighters and matches away from the grill and children.
5. Wear fitted clothing. While you may be warm, you're safest when wearing long-sleeved shirts, long pants, and closed shoes.
6. Never leave a lit grill unattended.
7. Before cooking on the grill, heat it to a high temperature and scrub it with a clean, wire-bristled brush to remove residue.

8. Use long-handled tools to avoid leaning over the grill when flipping burgers and other meats.
9. Create separate areas on the grill for raw meat and cooked foods to prevent cross contamination.
10. Invest in an instant-read thermometer to make sure meat and poultry are cooked to the proper temperature.

Source: Food Network blog

Tips for Handling Knives Safely

1. Keep knives sharp. Dull knives require more force to use, so you'll have less control.
2. Never touch knife blades.
3. Use a knife only for its intended purpose; use a knife appropriate for the cutting job.
4. Place a damp cloth under a cutting board to prevent it from slipping.
5. Don't leave knives submerged in soapy water. Someone could reach into the water and cut themselves.
6. Don't attempt to catch a dropped knife. Step back and let it fall.
7. Avoid handing a knife to someone. Instead, place it on a clean surface and let them pick it up.
8. Never set a knife down with the blade up. Lay the knife on its side.
9. When you set a knife down, don't let knife handles or blades extend into walking or work areas.
10. Store knives in blocks, racks, or knife sheaths. Don't leave sharp knives loose in a drawer. Someone could reach into the drawer and cut themselves.

Source: Alliant Insurance Services, Inc.

