

UC SAFETY SPOTLIGHT

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Family Safety & Security

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UC EH&S Professional
Education Partnership

POSTER OF THE MONTH

MONTHLY UC SAFETY SPOTLIGHT
Poster of the Month
Practical Tips to Help You Keep Yourself, Your Family, and Your UC Community Healthy and Secure
DEC 2017/JAN 2018

HOW TO KEEP YOUR HOME SAFE & SECURE During the Holidays

With all of the decorations, shopping parties and fun coming up with the holiday season, it's important to be safe while also having fun. Make sure to have a monitored security system. There are several other things you can do in addition to that to help keep your home and family safe. Here are five tips to help you do just that.

- Keep Your Travel Plans Offline**
If you are planning to travel during the holiday season, be sure to keep your travel plans off of your social media networks. Have fun where you are going, where you are leaving, or when you will be back. This is private information for a while because we will know when your house will be empty. Even if you have the highest level of security on your Facebook or Twitter accounts, posting this personal information is never recommended.
- Notify a Neighbor**
If you are planning to go out of town during the holiday season, be sure to notify a trusted neighbor. Ask the neighbor to keep an eye on your house and report any suspicious activity. You'll also want this neighbor to keep your walk cleaned of snow and to pick up your mail and newspapers while you are away. Make sure your house looks like somebody is home to deter a burglar.
- Hide Any Christmas Gifts**
You probably want to keep gifts out of sight from children, but you also want to make sure gifts are hidden from a potential burglar as well. Putting gifts wrapped gifts under the Christmas tree looks fine, but it's also an open invitation for a burglar. To keep your Christmas tree with gifts underneath away from windows or other places with a view. When you aren't home, it's easy to look through windows and get a list of your gifts.
- Check up on your electronics as well.** Make sure that you have gifts and those already in the home. Keep cameras, CDs, DVDs, albums, computers, and iPads within your view and out of sight for a burglar.
- Watch Your Christmas Lights**
According to the U.S. Fire Administration, December is the deadliest month for electrical fires. Before you string lights on the house or the tree, be sure to inspect the strands to make sure there aren't any frayed cords or cracked sockets. Replaces any frayed lamps and those wires cracked with frayed cords. This will help prevent any accidental fires. You'll want to buy cords that have been tested by an independent laboratory. Use the Underwriters Laboratory. Be sure to check the packaging to make sure the manufacturer's name and information is clearly visible.
- Also, be sure to turn any holiday lights off when you go out for the evening or when you go to bed. Try using an outdoor timer to switch lights on and off.**
- Inspect the Furnace and the Chimney**
Flaming equipment, like furnaces and fires cause many deaths every year in the United States. Take the time to have a professional come inspect your furnace and clean the chimney before you need to heat your home.
- The holidays can be the most wonderful time of the year, so long as you stay safe during them. Be sure to take the precautions you need in order to fully enjoy the season.**

Source: [Usher](#)

Flu Season is Here

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to severe illness and can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and Symptoms of Flu

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish, chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea (more common in children than adults)

How Flu Spreads

Most experts believe flu viruses spread mainly by droplets when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people nearby. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Period of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Preventing Flu

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions, like staying away from people who are sick, covering coughs and sneezes and frequent handwashing, to help slow the spread of germs that cause respiratory (nose, throat and lung) illnesses, like flu.

Source: [CDC](#)

HOME FIRE SAFETY CHECKLIST

Is Your Home Free of Hazards?

- Check electrical appliances for loose or frayed cords. Do not place wires under rugs.
- Check for outlets overloaded with plugs; including TV, computer, stereo and printer.
- Install GFCI (ground fault circuit interrupter) outlets in your home; especially near sources of water like your bathroom, kitchen and laundry room.
- Use the correct bulb wattage for home light fixtures.
- If any appliances spark, smell unusual or overheat, replace or get repaired by a professional.
- Lamps and nightlights should not touch any fabrics (bedspreads, drapes).
- Electrical blankets should be unplugged when not in use. Check for frayed or loose cords and any odd smell. If a problem is detected, replace.
- Supervise children around the stove and microwave.
- Candles should be out of reach of children and pets, curtains and furniture. Never leave candles unattended.
- Annual inspection of furnace or heating system
- **Space heaters:**
 - Keep out of walking paths.
 - Keep away from children and pets.
 - Placed away from beds.
 - Newspapers, magazines and any fabrics, including curtains, sheets, tablecloths, are not within 3 feet of a space heater.
 - Unplug when not in use.
- **In the kitchen:**
 - Keep an eye on appliances when in use.
 - Make sure appliances are turned off and unplugged when not in use
 - When using pots and pans, use the rear burners and turn the handles inwards.
 - Do not wear loose clothing while cooking.
- **Fireplaces:**
 - Keep the fireplace clean.
 - Cover your fireplace with a screen
 - Only burn wood. Papers and other materials can escape while burning and ignite something nearby.
 - The fire should be completely extinguished before leaving the room.
 - Have your chimney cleaned professionally once a year.

Source: National Safety Council

Holiday Health and Safety Tips

Wash Your Hands Often

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Stay Warm

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

Manage Stress

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Travel Safely

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat or seat belt appropriate for his/her height, weight and age.

Be Smoke-Free

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help. Get check-ups and vaccinations.

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history and family health history. Get health insurance through [healthcare.gov](https://www.healthcare.gov) if needed.

Watch the Kids

Children are at high risk for injuries. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy) and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop rules about acceptable and safe behaviors, including using electronic media.

Prevent Injuries

Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Leave the fireworks to the professionals. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

Handle and Prepare Food Safely

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

Eat Healthy and Be Active

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Source: CDC



University of California EH&S Professional Education Partnership

Your workplace health and safety training connection

[UC Berkeley Center for Occupational & Environmental Health](#)

- [Training Workers with Intellectual Disabilities about Health and Safety on the Job, Free Webinar with Robin Dewey, MPH](#)
(Wednesday, December 6, 2017, 10:30am - 11:30am Online)
- [Triangulum: The Convergence of Tobacco, Marijuana, and Electric Smoking, Free Webinar with Merril Lavezzo and Mayra Miranda](#)
(Wednesday, February 7, 2018, 10:30am - 11:30am, Online)
- [The Buzz on Cannabis: Health & Safety in the Workplace](#)
(Thursday, March 29, 2018, 8:00am - 5:30pm, Berkeley, CA)

[UCLA/UC Irvine Southern California Education & Research Center](#)

- [Ergo Online Webinar Series 2018](#)
(Enroll in 1 or More, 2nd Tuesday of Every Month, 11:00am - 12:00pm, Online)
- [Hazardous Materials Management Series](#)
(Tuesday, January 9, 2018 - Thursday, January 11, 2018, 8:00am - 5:00pm, Los Angeles, CA)
- [Workplace Violence Prevention in Healthcare Series](#)
(Tuesday, January 30, 2018 - Wednesday, January 31, 2018 OR
Wednesday, March 7, 2018 - Thursday, March 8, 2018, 8:00am - 5:00pm, Los Angeles, CA)

[UC San Diego Extension](#)

- [OSHA 501 - Trainer Course in Occupational Safety and Health Standards for General Industry](#)
(4 Meetings, Monday, December 11, 2017 - Thursday, December 14, 2017, 8:00am - 4:30pm, Los Angeles, CA)
- [OSHA 5109 - Cal/OSHA Standards for the Construction Industry](#)
(4 Meetings, Monday, January 22, 2017 - Thursday, January 25, 2017, 8:00am - 4:30pm, Los Angeles, CA)

[UC Risk & Safety Training](#)

- [EH&S Professional Education](#) (Online Prerequisite to Workshop)
 - UC Berkeley Workshop
(Monday, February 5, 2018, 9:00am - 5:00pm, UCB)
 - UC Riverside Workshop
(Wednesday, March 28, 2018, 9:00am - 5:00pm, UCR)
 - UC Davis Workshop
(Tuesday, April 17, 2018, 9:00am - 5:00pm, UCD)



CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#) • [UC Davis](#) • [UC Irvine](#)
[UCLA](#) • [UC Merced](#) • [UC Riverside](#)
[UC San Diego](#) • [UC San Francisco](#)
[UC Santa Barbara](#) • [UC Santa Cruz](#)
[UCOP](#) • [UC ANR](#)

RESOURCES

What You Can Do to Avoid the Flu
<http://www.nsc.org/learn/safety-knowledge/Pages/flu-vaccination-facts.aspx>

Safety and Home Security Statistics and Facts
<http://www.safewise.com/resources/security-stats-facts>

Holiday Safety
<http://www.nsc.org/learn/pages/safety-events-holiday-safety.aspx>



FEEDBACK PLEASE

Send an email to safetyspotlight@ucdavis.edu to submit your comments on the this issue or to suggest content ideas for future issues. We look forward to hearing from you!

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