UC SAFETY SPOTLIGHT

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Preparedness

IN THIS ISSUE

POSTER OF THE MONTH

The Disaster Expert

By Jim Medina, The UC Santa Barbara Current

UC Santa Barbara's James Caesar relies on communication and planning when responding to campus emergencies; and now he's been rewarded for it.

In 1989, Caesar faced a devastating human-caused environmental disaster — the Exxon Valdez oil spill. Then a member of an ocean cleanup team, he served as a liaison between the shipping company and regulatory agencies.

Twenty-six years later, Caesar — emergency manager for UCSB — experienced a flashback to his "former life" when more than 140,000 gallons of crude oil spilled at Refugio State Beach. With contamination spreading to UCSB's Coal Oil Point Reserve in Isla Vista, he rushed to help coordinate mop-up operations with emergency responders and university researchers. "It's always been my specialty to build partnerships," Caesar said. "That's what you need to respond to any emergency. You have to have the whole community involved."

That's not an easy task, according to John Sterritt, director of Environmental Health & Safety, Risk and Emergency Services at UCSB. Thanks in part to Sterritt's five-page nomination letter, Caesar and Amanda McKenna, business continuity specialist, are recipients of the 2017 Innovation Award by the Campus Safety Health and Environmental Management Association (CSHEMA), the professional organization for campus safety specialists.

"Caesar and his team has completely re-engineered the emergency management program to focus on campus, local and regional emergency management needs for the past eight years," Sterritt said. "The program has been built on leadership commitment and well-defined organizational procedures to assure that recognized emergency management situations are evaluated, risk classified and prioritized."

Caesar is quick to note that the honor recognizes the hard work of the entire UCSB community, including campus partners in many departments and the university police.

"The team is everybody on campus," Caesar said, adding that he coordinates emergency services with agencies from Goleta, Santa Barbara, Santa Barbara County and California. "Each UCSB department has a role on the team we would activate if there were an emergency on campus."

During the recent Whittier Fire, for instance, the university was on standby as a possible American Red Cross shelter for residents forced to evacuate their homes. Though it didn't occur, Caesar notified the UCSB recreation center (housing), parking department (signs), campus police (traffic control) and management (clearance) of the possibility.

"Everybody is informed when something happens," he said, adding that communicating during an emergency is "huge."

Always tethered to his cell phone, Caesar is meticulous about preparation and planning. He's even made sure his family knows how to turn off the utilities at home if an earthquake strikes.

Why? "Because I'll be responding to the UCSB community's needs," Caesar said.

How to Cope and Deal with Stress

What Is a Traumatic Event?

Most everyone has been through a stressful event in his or her life. When the event, or series of events, causes a lot of stress it is called a traumatic event. Traumatic events are marked by a sense of horror, helplessness, serious injury, the threat of a serious injury or death.

What Are Some Common Responses?

Responses are different for everyone and can include feelings of fear, grief and depression. Physical responses include nausea, dizziness and changes in sleep pattern as well as withdrawal from daily activities. Responses to trauma can last for weeks to months.

What Can You Do for Yourself?

- Understand that your symptoms may be normal, especially right after the traumatic event.
- Keep to your usual routine.
- Resolve everyday conflicts so they do not add to your stress.
- Do not avoid situations, places or people that remind you of the traumatic event.
- Find ways to relax.
- Turn to people you trust for support.
- Participate in fun activities.
- Recognize that you cannot control everything.
- What Can You Do for Your Child?
- Children's reactions to traumatic events depend on their age. Their responses also are affected by how close they are to the event.
- Deal with the situation calmly and confidently.
- Answer questions simply.
- Spend extra time with them.
- Let them know it is okay to feel upset when something bad or scary happens.
- Encourage them to express feelings and thoughts.
- Return them to daily routines.

When Should You Contact Your Doctor or Mental Health Professional?

You may need to consider seeking professional help if your symptoms are severe enough during the first month to interfere a lot with your family, friends and job.

For more information, visit the Centers for Disease Control and Prevention and the American Red Cross.

From: https://www.cdph.ca.gov/Programs/EPO/Pages/Cope-Stress.aspx

University of California EH&S Professional Education Partnership

Your workplace health and safety training connection

UC Berkeley Center for Occupational & Environmental Health

- Process Safety Implementation Pyramid, Free Webinar with Richard Meier (Wednesday, November 1, 2017, 10:30am – 11:30am, Online)
- New Concepts in Toxicology & Tools to Use Now, Workshop with Kristie Sullivan, MPH
(Thursday, November 16, 2017, 1:00pm – 3:45pm, Oakland, CA)
- Training Workers with Intellectual Disabilities about Health and Safety on the Job, Free Webinar with Robin Dewey
(Wednesday, December 6, 2017, 10:30am – 11:30am, Online)

UCLA/UC Irvine Southern California Education & Research Center

- Hazardous Materials Management Series
(3 meetings, Tuesday, January 9, 2018 – Thursday, January 11, 2018, 8:00am – 5:00pm, Los Angeles, CA)
- Comprehensive Industrial Hygiene (CIH) Exam Review
(5 meetings, Monday, March 19, 2018 – Friday, March 23, 2018, 8:30am – 5:00pm, Anaheim, CA)
- Ergo Online Webinar Series 2018
(Enroll in 1 or More, 2nd Tuesday of each Month, 11:00am – 12:00pm, Online)

UC San Diego Extension

- OSHA 5119 - Cal/OSHA Standards for General Industry
(4 Meetings, Monday, December 4, 2017 – Thursday, December 7, 2017, 8:00am – 4:30pm, Anaheim, CA)
- 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 5600 – Disaster Site Worker Trainer Course
(4 Meetings, Monday, December 11, 2017 - Thursday, December 14, 2017, 8:00am – 4:30pm, UCSD Extension)

UC Risk & Safety Training

- EH&S Professional Education (Online Prerequisite to Workshop)
  - UC Berkeley Workshop
(Tuesday, January 23, 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

Personal Emergency Preparedness: http://www.ucop.edu/risk-services/crisis-management/personal-emergency-preparedness/index.html

Community Emergency Response Team: https://www.ready.gov/community-emergency-response-team

Get a Kit: http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/get-a-kit

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!

This publication is produced and maintained by the Communications Team at Risk & Safety Solutions. For more information regarding our products and services, please email service@RiskandSafetySolutions.com.

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