



Poster of the Month

Downloadable Poster: Picture Yourself Safe and Secure This Summer



Those summer snapshots always bring back happy memories. Join

with your family in learning about and avoiding common summertime hazards. Our downloadable poster helps you ensure that those family photos are happy ones.

[Download Poster](#)

Links & Resources



[Preventing Childhood Drowning](#)

[Video: Practical Pool Safety Tips](#)

[Prevent Childhood Fatality due to Hot Vehicles](#)

[American Cancer Society's Sun Safety IQ Quiz](#)

[Preparing Your Vehicle for Safe Summer Driving](#)

Have a SAFE Summer!

Before you set up the barbecue, inflate the pool toys and start packing for vacation, take time to review some basic safety steps for your home and family.



Summer Illness Prevention

Enjoy Great Food - Safely!

- Outdoor parties and picnics can set the stage for illness when foods are not kept at proper temperatures. Keeping foods cold and protected from insects helps prevent food-borne illnesses.
- Prevent *E.coli*, salmonella and other bacterial infections by keeping hot foods above 140 degrees and cold foods below 40 degrees. Wash vegetables and fruits carefully, and follow handling guidelines for poultry and meat, especially ground and processed meats.
- Visit www.foodsafety.gov for complete information and instructions on the proper storage and handling of all kinds of foods.

Protect Yourself from Sun and Heat

- To avoid heat related illnesses, plan strenuous activities for early in the morning and late in the day. Take frequent breaks to rest in the shade and drink plenty of water.
- Wear loose, light-colored and lightweight clothing on those sunny days, and wear a hat that protects your head and neck from the sun.
- Use sunscreen to block dangerous UV rays. Check with your health provider or pharmacist to select a safe, effective sunscreen..
- Learn to recognize the signs of heat exhaustion or potentially fatal heat stroke.
- [Click here](#) to learn more about the heat related illnesses and how to respond with first aid or by contacting emergency services.

Safe Summer Driving

Tips for Safe Trips

- Summerize your vehicle! Be sure tires have enough tread and are inflated properly. Check coolant and other fluid levels, especially before a long trip. Have a mechanic check engine belts, hoses and clamps.
- Don't depend on caffeine to prevent you from falling asleep while driving. Get proper rest before starting out, take regular breaks, and plan to arrive at your destination before midnight.
- Prepare an emergency roadside kit including flares, extra water and other necessities. www.nhtsa.gov can help you make up a kit.
- **NEVER** leave a child unattended in a car. Even with the windows partially open, heat can quickly kill a child. This precaution also goes for pets. If you see a child alone in a car, call 9-1-1.



Links & Resources

[California Department of Boating & Waterways](#)

[Animated video warning about home fireworks: It's not worth the risk](#)

[Video: Creating defensible space at your home](#)

[Video: Use your home grill safely this summer](#)

[Video: Boats and carbon monoxide poisoning](#)

[Summer safety tips](#)

Feedback, Please

Your input is welcome! If you have comments on the June/July 2011 Safety Spotlight or content suggestions for future issues, [Click here](#).

HAVE A GOOD FLIGHT



Drink water during your flight instead of high-sugar sodas or alcoholic drinks.

On long flights, try [e-How's in-flight exercises](#) to help prevent cramps and circulation problems.

Keep a constant watch on your belongings in the airport lounges and when you go through the security check.

Pack a copy of your medicine prescriptions in case you need to replace them unexpectedly.

Check the [Transportation Safety Administration's website](#) for updates on security and guidelines for carry-on and checked baggage.

Boating and Water Safety

Safety for Children

- Pools and ponds should be securely fenced, and children should never be unsupervised near a pool - including wading pools - even for a second.
- A small child can drown in just a few inches of water, so be sure there's no standing water left in buckets, bins, coolers and other containers.
- Monitor small children carefully around bathtubs, hot tubs and spas. Most childhood drownings occur inside the house.

Boating safety

- Do you know the proper actions to take when two vessels are meeting, crossing paths or in a passing situation? Take the time to learn navigation "rules of the road" and other boating safety strategies.
- Wear a life jacket, and note that in California, children under the age of 13 are required to wear a Coast Guard-approved life jacket. Review this and other [boating laws](#) while you're planning your trip.
- Before you take off for boating, swimming or fishing, let people know where you will be and when you expect to return.
- Combining alcohol and boating can lead to tragedy. Do not drink alcoholic beverages when you're out on the water.
- Do not allow anyone on a boat's rear platform or in the water near the rear of the boat if the motor is on (even if it is idling). Gasoline powered motors (and houseboat generators) emit carbon monoxide fumes that can cause serious injury or death.



Your Own Back Yard

Your back yard — a haven for DIY projects, family fun and entertaining friends. This special summertime spot can also be a dangerous place if basic safety measures are ignored. Review the following tips with your family to ensure that your back yard experiences are happy ones.

- Keep children and pets a safe distance away from barbecues and decorative fire bowls.
- Safety-check propane barbecues before every use and follow the manufacturer's guidelines for safe propane hook-up.
- Put away ladders, tools, hoses and gardening equipment after using them to prevent trips and falls.
- Inspect swings and playground equipment for sturdiness, proper balance and sharp edges, and remove strings, ropes and cargo netting that could entangle a child. Be sure trampolines are installed and used according to the manufacturer's directions. Learn more about toy safety from the [US Consumer Product Safety Commission's website](#).
- Be sure children and pets are not in the yard when someone is operating a power lawnmower or similar equipment.
- To prevent common childhood falls, make sure balconies, decks, windows and stairs are safe. [Click here](#) for a thorough checklist of potential hazards and prevention measures.



School's Out! Slow Down



Children big and small can dart into the street from unexpected places. You can prevent a tragedy by driving slowly around parks, playgrounds and residential areas and making a conscious effort to watch for children.

Fireworks: Best Used by Professionals



Excitement runs high as the Fourth of July approaches. Whether home fireworks are legal in your area or not, the safest fireworks are those that are controlled by professionals.

Thousands of fireworks injuries are reported every year, and typically more than half of the victims are children. Fireworks injuries can be fatal.

Enjoy the fireworks displays presented by your town or other licensed organizations. Visit the National Fire Protection Association (NFPA) website for videos, statistics and injury prevention information.

Watch Out for Hazards in the Great Outdoors



Camping, hiking, bird watching, sightseeing – wonderful activities that help you commune with Nature. Besides providing peaceful beauty and enjoyment, however, Nature also serves up an array of hazards, some stealthier than others. Avoiding these will make your California outdoor experience a pleasant thing to remember.

- Be sure your friends or family know where you plan to be and when you expect to return. Use maps, stay on marked trails, and carry your cell phone along with an extra battery in case you need to call for help.
- Ticks exist in many outdoor areas, and some carry Lyme disease. Ticks vary in size, with some as tiny as a grain of salt. Wear long pants and socks that cover your ankles; light colored clothing is good because you can more easily see a tick.
- You may encounter wildlife in parks, on trails or in wilderness areas. Back away slowly if you come across a mountain lion, bear or rattlesnake; do not run. Report these types of sightings to park officials.
- Keep your distance from poison oak, which is common in many California parks and undeveloped areas. If you do come in contact with it, wash your skin with mild soap and water immediately.
- Carry enough water with you to stay hydrated, and use designated park water sources to refill your bottle. Do not drink from streams or ponds; they may look clear and clean, but they can contain microorganisms that can cause serious illness.
- Step carefully on rocky or woodland trails to safely navigate trip/fall hazards including loose dirt and debris, tree roots and moss-covered logs.



LEARN MORE about preventing recreational injury or illness.

The [California State Parks](#) website covers safety guidelines and park regulations. For more information about the identification and treatment of [ticks](#) and [poison oak](#), visit the [National Institutes of Health \(NIH\)](#) website.

Mosquito Busters Bulletin

Join other successful Mosquito Busters by proactively controlling these irritating and potentially disease-carrying insects this summer. By following a few simple steps, you can avoid being stung, and you can reduce their population around your home. Your reward will be a happier family and a healthier, more comfortable summer.



SCREEN your doors and windows properly, and repair or replace worn screens.
DRAIN standing water from buckets, plant trays, yard toys and other containers where mosquitoes can breed.

REPEL mosquitoes by using repellents containing DEET or other effective agents. Follow all package directions to ensure safe use on children and adults.

AVOID mosquitoes by staying indoors during the dawn and dusk hours when these insects are most active. If you do go outside in the evening, wear long sleeves and long pants.

CONTACT your city or county mosquito/vector control district to learn about educational services, abatement schedules and general pest management activities in your area. Many districts offer home inspections and advice to help you control mosquitoes on your property.

DID YOU KNOW?

One bucket of standing water can produce over 1,000 mosquitoes in just a week.

Careless Chris

Careless Chris: Fearless Weekend Warrior

...an Imaginary Scenario

Fictitious employee Careless Chris had passed the winter months working on an elaborate plan to develop his back yard. He spent many hours watching home improvement programs filled with design ideas for all kinds of exotic features.

After extensive online research, Chris created a staged project plan. The construction would begin with a new retaining wall made from natural stone. Materials list in hand, Chris made the rounds of big-box stores and specialty supply vendors. "This will be the best investment I've ever made," he told himself as he paid for pallets of stone. Before long, however, Chris would come to realize his "best investment" should have been something entirely different!

[Click Here to Continue](#)

COMING SOON!

August 2011: Safe Work Procedures



Common sense to protect your senses: safe work practices that safeguard your hands, your hearing and eyesight, and your overall health. Stay tuned for an interesting and informative issue in August!

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 Riverside](#)

[UCOP](#)

[UC Davis](#)

[UC San Diego](#)

[UC ANR](#)

[UC Irvine](#)

[UCSF](#)

[UCLA](#)

[UC Santa Barbara](#)

[UC Merced](#)

[UC Santa Cruz](#)



UC Davis enlists reliable HAM RADIO technology to enhance emergency preparedness capability

During an emergency, land lines, cellular phones and cable systems can malfunction due to damage or overloading. Throughout that same emergency, one dependable, old school technology is likely to stay up and running: Amateur Radio, also known as ham radio.

The UC Davis Emergency Operation Center (EOC) has recently invested in installing an amateur radio antenna, a base station, scanner and a repeater. This equipment, along with the recruitment of licensed and trained campus individuals, will allow for the EOC team to communicate with parts of campus and partnering agencies during a declared emergency (as declared by the Governor). UC Davis is committed to building a robust group of amateur radio communications participants. The radio station at the EOC is supported by the UC Davis Amateur Radio Communication Team, known on campus as UCDARC.

The Department of Emergency and Business Continuity Planning is currently recruiting for the UCDARC team. Licensed Amateur Radio Operators who want to contribute their skills during a declared emergency are being encouraged to apply for the team.

[Click here](#) for more on UC Davis emergency planning.

safety strategies

UC Merced connects staff with Ergo-CAT ergonomics evaluation program for efficient, user- friendly workspace assessment



To help employees create safe and comfortable workspaces, UC Merced promotes the use of a centralized UC resource. Ergo-CAT is an online ergonomic assessment and training tool designed to help

reduce employees' risk of developing repetitive motion injuries while using their computers. In August of 2007, the University of California contracted with Remedy Interactive (RI) to implement RI's interactive online injury prevention program throughout the UC System. Risk Services in the Office of the President and the UC Merced Office of Environmental Health & Safety (EH&S) have implemented the program on the Merced campus as Ergonomic Computer Assisted Training, or Ergo-CAT. The program helps build awareness among employees about proper posture, use of computers and other work station resources to avoid repetitive motion injuries. The ultimate goal of Ergo-CAT is to prevent pain and injury, and help to conserve vital university resources.

The first step for employees is to receive an evaluation and recommendations for improved computer work station ergonomics through Ergo-CAT. If employees still experience discomfort or need help in implementing Ergo-CAT recommendations, they can request a follow-up, desk side ergonomic evaluation through the campus EH&S department. User-friendly Ergo-CAT assessments coupled with desk-side advice are very effective at identifying high risk factors and corresponding corrective actions.

[Click here](#) for more information on UC Merced's ergonomics.