

# Are You Ready?

## UC CHEMICALS - PART OF THE UC SAFETY SUITE



Did you know that keeping your chemical inventory up to date can help during an emergency?

During an emergency, first responders may need to access your chemical inventory to assess the danger of the situation and determine the best course of action.

For more information on the new UC Chemicals mobile app, now being piloted at campuses systemwide, please contact [erm@ucop.edu](mailto:erm@ucop.edu).

## During a Power Outage: What Should I do?

- Turn off all lights and unplug equipment and computers. Leave one light on to indicate when power has been restored.
- Do not use candles for illumination due to fire risk. Use battery-powered flashlights instead.
- Windowless offices without emergency lights should not be occupied during an outage. Where lighting is adequate, employees should continue working, unless otherwise instructed by a supervisor.
- Employees who leave their offices or work areas during an outage should take their personal items and secure their work spaces.
- Do not use a gas stove for heating or operate generators indoors (including the garage). Both could cause carbon monoxide poisoning.
- Do not open refrigerators, freezers or other environmentally controlled rooms, during the outage. An unopened refrigerator can keep foods cold enough for a couple of hours. A half full freezer will stay cold for up to 24 hours and a full freezer for 48 hours. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.
- If a traffic signal is not working, treat it as a stop sign.
- Avoid using elevators. Take the stairs when possible.
- If you are stuck in an elevator, push the alarm or help button and wait for someone to respond.
- Take steps to remain cool if it is hot outside. In intense heat when the power may be off for a long time, consider going to a "cooling shelter" that may be open in the community. If you are in your home, move to the lowest level of your house, since cool air falls. Wear lightweight, light-colored clothing and drink plenty of water.
- Put on layers of warm clothing if it is cold outside. If the power may be out for a prolonged period, plan to go to another location that has heat to keep warm.

When an Active Shooter is in your vicinity, you must be prepared both mentally and physically to deal with the situation.

You have three options:

### 1. RUN

- Have an escape Route and plan in mind.
- Leave your belongings behind.
- Evacuate regardless of whether others agree to follow.
- Help others escape, if possible.
- Do not attempt to move the wounded.
- Prevent others from entering an area where the active shooter may be.
- Keep your hands visible.
- Call 911 when you are safe.

### 2. HIDE

- Hide in an area out of the shooter's view.
- Lock door or block entry to your hiding place.
- Silence your cell phone (including vibrate mode) and remain quiet.

### 3. FIGHT

- Fight as a last resort and only when your life is in imminent danger.
- Attempt to incapacitate the shooter.
- Act with as much physical aggression as possible.
- Improvise weapons or throw items at the active shooter.
- Commit to your actions... your life depends on it.

#### [Active Shooter Reference Guide](#)

For information regarding Active Shooter Trainings, please contact your campus police department.

## A Student's Perspective on Campus Emergency Preparedness

By: *Amanda McKenna @ James Caesar*

Fifth year UC Santa Barbara student Amanda McKenna first became involved in campus emergency preparedness efforts with the UCSB American Red Cross club as a freshman in 2012. She joined the campus Community Emergency Response Team (CERT) program by taking the basic 20 hour class, then became a CERT instructor, which required a 23 hour "Train the Trainer" class, and is currently the UCSB CERT Club President. She first became involved in the program due to her interest in emergency services and emergency medicine (her major is Biological Anthropology and Applied Psychology). Her goal as a CERT trainer was to build her public speaking and leadership skills, as well as passing along the emergency preparedness message. These experiences provided her with a new found interest in emergency management - a profession that she was previously unaware of. Amanda has been able to build her emergency management skill set by working on the Meningitis B outbreak campaign for EH&S, and a summer internship for CAL OES. She is currently employed by UCSB's Emergency Services program as the "Emergency Preparedness Coordinator" and is working on student preparedness outreach programs including CERT, a Student Emergency Operation Center volunteer team and forming a student Community Organizations Active in Disaster (COAD).



*Photo Credit: Taylor Lockmann*

Amanda feels that a lot of college students don't give much thought to emergency preparedness when they first come to campus. She finds that current incoming students grew up learning the basics of "Stop, Drop and Roll" and to "duck and cover" in the case of an earthquake, but rarely know what to do once the ground stops shaking. When she mentions the concept of CERT to students, or lists the types of disasters that could be experienced in everyday life in Santa Barbara, most are shocked and intrigued by the concept of emergency preparedness, and want to learn ways to be prepared. Among other life skills, UC students are given the tools to not only help themselves, but to also help their community in case of a disaster. This is especially important to college students who are new to their environment. Having come from Northern California, Amanda had not previously experienced earthquakes in her home town. As much as her primary and secondary schools taught her to duck and cover beneath a desk, she had no idea how to handle herself when she experienced her first earthquake in Santa Barbara while walking down a stairwell her freshman year.

In conjunction with UCSB's American Red Cross club, CERT's mission is to teach the campus community how to take care of themselves, and their neighbors, in the case there is a shortage of first responders to aid in an emergency situation - a very likely scenario when responders are responding to the 34,000 students, staff and faculty at UCSB, as well as the residents of nearby Isla Vista. By creating strong CERT and Red Cross clubs, she hopes to not only build a team of well-trained community responders with a diverse background of knowledge and extra skill sets, but also a cohesive force to do more outreach to our campus and surrounding community.

From this experience at UCSB she hopes to pursue a Master's in Emergency Management and Homeland Security and eventually go into the field of emergency management.

## 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 Merced](#)

[UC Santa Barbara](#)

[UC Davis](#)

[UC Riverside](#)

[UC Santa Cruz](#)

[UC Irvine](#)

[UC San Diego](#)

[UCOP](#)

[UCLA](#)

[UC San Francisco](#)

[UC ANR](#)

## PREPAREDNESS RESOURCES:

[SF72 San Francisco's hub for emergency preparedness](#)

[OSHA & Red Cross Alliance](#)

[Are You Ready? Guide](#)

[Ready.gov](#)

[Disaster Supply Store](#)

[Prepare for Emergencies](#)

[Campus Ready](#)

[Workplace Emergency Plans](#)

[CERT](#)

[Disaster Preparedness Self-Help Checklist](#)

## American Workers Are Not Prepared for an Emergency

By: Sandy Smith, EH&S Today

A new poll from the National Safety Council reveals that one-third of American workers are not prepared for an emergency.

According to a National Safety Council poll, 34% of workers in the United States do not feel well-trained in emergency practices, including evacuation. The poll reveals a disconnect between workers' perceptions and those of their employers; 75% of managers and supervisors say their employees are well-trained to handle an emergency.

In light of the findings, the National Safety Council is calling for all employers to review emergency processes and procedures.

"A disaster can occur at any time, without warning, and workers must be ready to respond," said John Dony, Director of the Campbell Institute and director of Environmental, Health, Safety and Sustainability at the National Safety Council. "Employers are responsible for ensuring not only a safe work environment, but also the proper training so employees return home every day safe and sound."

The council found workers in some industries feel better prepared for an emergency than others. 83% percent of employees who work in public transportation feel they were equipped to handle an emergency, while only 51% of food service workers believe they are prepared.

### To better prepare workers for emergencies:

- Conduct regular fire drills.
- Provide workplace violence education and training, including how to handle an active shooter situation.
- Communicate impending risks, including inclement weather.
- Offer First Aid and CPR training to employees.
- Understand how well trained employees believe they are by conducting regular employee perception surveys.

### NOVEMBER POSTER



[Emergency Supply List](#)

### FEEDBACK, PLEASE

Send an email to [EHS@ucop.edu](mailto:EHS@ucop.edu) to submit your comments on the November issue or to suggest content ideas for future issues. We look forward to hearing from you!