

# UC SAFETY SPOTLIGHT

A UC Systemwide Publication of the Environment, Health & Safety Leadership Council

MAY 2018

Fleet, Walk and Bike Safety

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## Five Rules of the Road

Five Rules of the Road prepare you for safe and fun bicycling no matter where you're riding.

### FOLLOW THE LAW

Your safety and the image of bicyclists depend on you. You have the same rights and responsibilities as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

### BE PREDICTABLE

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

### BE CONSPICUOUS

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

### THINK AHEAD

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes and other road hazards. Cross railroad tracks at right angles.

### RIDE READY

Check that your tires are sufficiently inflated, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

Source: BikeLeague.org



## UC WALKS

UC Walks is a UC Living Well program coordinated by the wellness programs at each campus and health system.

Usually held in May, UC Walks promotes wellness and an active lifestyle by encouraging faculty, staff, retirees and students to take just 30 minutes out of their day to walk. The event also builds community and campus spirit throughout the UC system.

### LOCAL EVENTS FOR UC WALKS

UC Walks 2017 events were held at locations across the system in May and June. Check out this slideshow [here](#) for pictures shared on Twitter at #UCWalks. Thank you for sharing your pictures!

- [UC Berkeley](#)
- [UC Davis](#)
- [UC Davis Health](#)
- UC Hastings
- [UC Irvine](#)
- [UC Irvine Health](#)
- [UCLA](#)
- [UCLA Health](#)
- UC Merced
- [UC Office of the President](#)
- [UC Riverside](#) (pdf)
- [UC San Diego](#)
- [UC San Diego Health](#)
- [UCSF](#)
- [UCSF Health](#)
- [UC Santa Barbara](#)
- [UC Santa Cruz](#)

Source: UCNet

## May is National Bike Month

During National Bike Month, cycling enthusiasts across the country celebrate the many benefits of cycling.

[The League of American Bicyclists](#), which advocates for a “Bicycle Friendly America,” sponsors Bike Month each year. The League’s handy, 32-page [National Bike Month Guide](#) has everything you need to plan a Bike Month event at your location, including tons of ideas for activities.

The League’s Ride Smart program also is a great resource for educational videos, classes, tips and other information about bike safety. [Learn more about Ride Smart here.](#)

Source: National Safety Council

## Nissan Offers Discount to UC

University of California students, faculty and staff considering the purchase of a new electric vehicle can take advantage of a special promotion being offered by Nissan.

As part of an effort to accelerate Clean Transportation Alternatives throughout the Bay Area and beyond, Nissan is offering eligible faculty, staff, students and retirees of most, if not all, UC campuses a special deal on a 2018 all-electric Nissan Leaf through June 30, 2018.

You will receive:

- \$3000 Rebate off MSRP
- up to \$7,500 Potential Federal Tax Incentive

Please note that “free charging” might not apply to campus charging. Please check with Nissan to find out where their “no-charge-to-charge” promotion is effective.

Contact your campus parking and transportation department for more information.



**University of California**  
**EH&S Professional**  
**Education Partnership**  
Your workplace health and safety training connection

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

- [Free Webinar: Green Chemicals & Chemicals Policy](#) (Wednesday, May 2, 2018, 10:30am - 11:30am, Online)
- [COEH Builds Bridges: Four Decades of Progress in the California Workplace](#) (Friday, May 4, 2018, 9:00am - 3:15pm – Saturday, May 5, 2018, 8:00am - 5:00pm, Sacramento, CA)
- [Pesticide Exposure & Health: Protecting Agricultural Communities](#) (Wednesday, June 20, 2018, 1:00pm - 4:15pm, Oakland, CA)

### [UC San Diego Extension](#)

- [Fire and Life Safety in the Workplace](#) (Monday, May 7, 2018, 8:00am - 4:30pm – Friday, May 11, 2018, 8:00am - 4:30pm, UCSD Extension 6256 Greenwich Drive, San Diego, CA 92122)
- [OSHA 3095 – Electrical Safety Standards](#) (Low Voltage – Federal) (Monday, May 14, 2018, 8:00am - 4:30pm – Thursday, May 17, 2018, 8:00am - 4:30pm, Safety Center 109 Spring Street, Claremont, CA 91711)
- [Electrical Safety Standards – NFPA 70E](#) (Friday, May 18, 2018 8am-4:30pm, Safety Center 109 Spring Street, Claremont, CA 91711)

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

- [Train-the-Trainer](#) (Thursday, May 10, 2018, 8:00am - 5:00pm – Friday, May 11, 2018, 8:00am - 5:00pm, Los Angeles, CA)
- [Injury and Illness Prevention \(IIPP\)](#) (Monday, May 14, 2018, 8:00am - 5:00pm, Los Angeles, CA)
- [Incident Investigation, Level 1&2](#) (Tuesday, May 15, 2018 8:00am - 5:00pm – Wednesday, May 16, 2018, 8:00am - 5:00pm Los Angeles, CA)

### [UC Risk & Safety Training](#)

- [EH&S Professional Education](#) (Online Prerequisite to Workshop)
  - UC Santa Barbara Workshop (Wednesday, November 14, 2018, 9:00am - 5:00pm, UCSB)

## 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](#)

## FEEDBACK PLEASE

Send an email to [safetyspotlight@ucdavis.edu](mailto: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](mailto:service@RiskandSafetySolutions.com).