# Safety at Scripps Newsletter

☘ March is Workplace Eye Wellness Month!

Don't rely on luck! Eye injuries **are** preventable. And according to the U.S. Department of Labor, 90% of workplace eye injuries can be prevented through the use of appropriate eye protection. Whether it's goggles, face shields, or safety glasses, simply wearing eye protection can save your eyesight in the event of an accident.

UC San Diego employees most likely to encounter eye hazards include:
- Laboratory researchers
- Mechanics and shop workers
- Carpenters
- Plumbers
- Groundskeepers
- Custodial workers
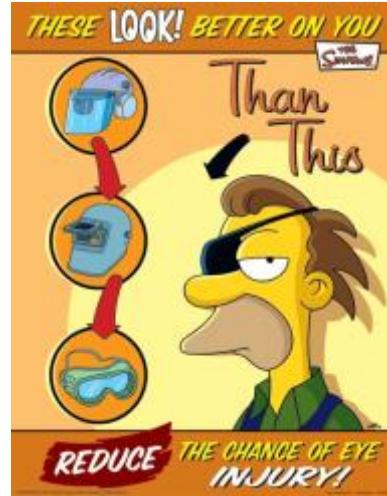
⭐ In order to be effective, eyewear must be appropriate for the work. Standard prescription eye glasses are **not** eye protection. But Prescription Safety Eyewear that meets the American National Standard Institute (ANSI) guidelines is available and can be purchased by your lab!

⭐ Non-prescription eyewear protection options can be picked up, free of charge, at the UCSD PPE office at UC401 daily between 10am-3pm.

⭐ The UCSD video Splash Zone is a good reminder of the importance of always wearing eye protection in laboratories. Share the video as a lab safety moment and document as a safety training!

Office personnel are also reminded of the importance of eye health; anyone who sits in front of a computer is at risk for digital eye strain. Computer work alone accounts for 14% of reported eye problems, with the single greatest complaint being chronic eye fatigue. Simple changes to your workstation could reduce symptoms of eye strain, dry eyes, blurred vision, and temporary soreness.

- Follow the 20/20/20 rule: After 20 minutes of computer work, look at a distance 20 feet away for 20 seconds.

- Visit UCSD's Ergonomics: Risk Factors information page and complete the Computer Ergonomics Tier 1 Evaluation and Training on UC Learning Center.

Sustainability: With less than 4 years to go until the UC system is set to meet its Zero Waste 2020 goal, the #MyLastTrash campaign is designed to change behaviors around how you handle and reduce waste.

- March's sustainability theme is paper. We've all heard it, but Recycling, Reducing, and Reusing paper is an easy everyday way to do your part.

- Pause before you Print: Print double sided to halve your paper consumption instantly! Take pictures and share using #MyLastTrash #UCSD2020

- Check out SIO for Sustainability on Facebook for to keep current with meetings and information!

Refuse what you don't need, reuse what you can and recycle what you can't.

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Congratulation to the Moore Lab (Scholander Hall) for earning Green Labs Gold Certification! They are the second lab on the entire UCSD campus to earn this highest certification level!

Congratulations are also in order for the following SIO certified labs!:
- Hastings Lab (Vaughan Hall) achieved Bronze certification.
- Hildebrand Lab (Ritter Hall) achieved Bronze certification.
- Gerwick Lab (Sverdrup Hall) achieved Green certification.

Upcoming Safety Trainings:

- Injury and Illness Prevention Program (IIPP) training is scheduled for March 27th in Hubbs Hall 4500 at 10:30am-Noon.
- CPR/AED Training Day is scheduled for May 9th in the Price Center East Ballroom. Three 1-hour sessions are available where you can learn or refresh your skills with an AED and CPR. A SIO training date is scheduled for June 29th – details to come in next newsletter.

Safety Tips:

- If you see or smell smoke, please contact UCSD Police Department immediately. Calls made to UCSD PD are routed to the appropriate response groups.
   - *Not sure whether to dial 911 or 534-HELP? Both go to the same dispatch office, but a 911 call takes priority in the call queue.*
   - ***You can also report live fire incidents through the online Fire Incident Form.***
- Visit Safety at Scripps for quick links, contact numbers, training requirements, and emergency preparedness information.