Safety & Sustainability at Scripps Newsletter

October 2017

The Great California ShakeOut will be on October 19th at 10:19am.

You could be anywhere when an earthquake strikes: at home, at work, at school, or even on vacation. The Great California ShakeOut is an annual opportunity to practice how to be safer during big earthquakes. The event has also been organized to encourage you to review and update work and personal emergency preparedness plans and supplies.

UC San Diego/SIO will be participating in this year's event. A Triton Alert will go out to all of campus alerting you to Drop, Cover, and Hold On. The main point is not to try to move but to immediately protect yourself as best as possible.

DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs

HOLD ON until shaking stops

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

What not to do:

- **Do not get into a doorway.** Doorways will not protect you from flying or falling objects.
- **Do not run outside**. The ground is moving and you can easily be injured by building components that may be falling.
- **Do not believe in the so-called "triangle of life."** Getting next to a table rather than under it is hazardous. People do survive under furniture or other shelters.

After the shaking has stopped:

- Survey your immediate area for trapped or injured persons and ruptured utilities.
- Evacuate the building and move to the Designated Area, and wait to be released by emergency personnel.
- **Everyone must go to the Designated Assembly area before leaving campus to report three things**: Where you are going, How you are getting there, and When you are leaving.

Earthquake Driving Tips

Driving during an earthquake can feel like your car is having mechanical problems or flat tires. If you find yourself in the car when one strikes:

- Slow down until you can safely pull over and stop. Avoid parking near overpasses, big trees, power lines, bridges and buildings.
- Turn off your car, use the parking brake, and stay inside with your seatbelt on.
- When the shaking stops, drive cautiously. Aftershocks are unpredictable.
- Check the radio for updates and area dangers.

For more information, please view the Earthquake Video Safety Series produced by the Southern California Earthquake Center.

How to Host Sustainable/Zero-Waste Meetings and Events

Provide Recycling Bins with Signage!

- Recycling bins are usually located in training and meeting rooms, but for larger events you can order more from Facilities Management.
- Recycling Signs can be found on the Green Your Office resource page.

Reduce Paper!

- Send invitations electronically and use online registrations. Provide opportunities for participants to download agendas and resource materials to their smart phones or laptops.

Encourage Vendors to Go Green!

- Work with caterers to see if they will provide zero-waste options…they usually will! If you notify vendors ahead of time they can come prepared with reusable serving platters. Ask them to take back all plastic serving utensils and excess sugar packets/straws.
    - **Compostable plates, utensils and cups cannot be composted through campus waste services at this time.** Although these items use less plastic to produce, they do go to the landfill. Paper plates and plastic items can be recycled, however.

Provide Self-Serve Food and Beverage Stations with Appropriate Food Portions to Reduce Excess Waste!

- Provide finger foods and other items that will not require utensils.
- Ditch the big chain disposable coffee travelers. The coffee cart at Eckart provides coffees of your choice in reusable dispensers for $14 each and only requires 2 hours-notice.
- **Say no to excess disposable items.**

Rally Support!

- Inform participants that they will be attending a zero-waste event. **Tell them to bring their own coffee mugs and reusable cups.** For small meetings, keep a stock pile of reusable cups, plates and silverware on hand to take with you. If you need to provide disposable items, consider purchasing those with recycled content.

Offer Composting!

- ALL food items, coffee grinds, tea bags and napkins can be composted. SIO has small and large composting bins available for use, and **SIO 4 Sustainability has volunteers that can assist with setting up!**

If you'd like assistance organizing a zero-waste event or meeting contact Allyson Long x48449