

VMTH SAFETY NEWSLETTER



VMTH Safety News and Announcements

Summer 2022

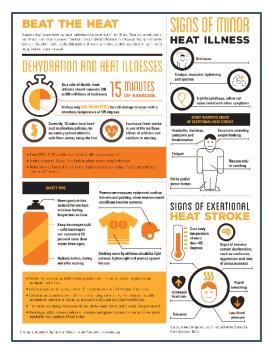
Beat the Heat! - Heat Illness Prevention -

https://safetyservices.ucdavis.edu/news/heat-illness-prevention

Heat Relatable Incidents are 100% preventable. Here are some tips to prepare for the risks of heat exposure and to be aware of heat illness prevention:

- Know the signs and symptoms of heat exhaustion and heat stroke.
- Monitor weather daily and avoid outdoor work in the hotter parts of the day to the extent possible; adjust work tasks and duration accordingly.
- Gradually increase time out in the sun to acclimatize yourself to the heat (can take from 4 to 14 days).
- Keep potable water on hand at all times for consumption (approximately four 8-ounce cups of fresh water per hour).
- Cool off in well shaded or air-conditioned areas (recovery period of at least 5 minutes).
- Wear lightweight, loose-fitting and light-colored clothing.
- Minimize direct exposure to the sun whenever possible.

The <u>Heath Illness Prevention Training</u> is required **ANNUALLY** for everyone routinely exposed to higher temperatures.



(Download me!)

ADDITIONAL RESOURCES:

- The VMTH Heat Illness Prevention Procedures Manual is available here.
- SafetyNet 123: Heat Illness Prevention is available here.

Fire Extinguisher Hands-on Training

Are you concerned that you or your staff do not have the proper training for the use of a fire extinguisher? Reach out to mferrero@ucdavis.edu to schedule a FE training through UC

Davis Fire Prevention Services.

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The class provides hands-on training in a safe, controlled environment in which you will have the opportunity to use a real fire extinguisher.



Fire Extinguisher training - 06/14/22

Campus Ready Updates

- Testing requirements will end: Beginning June 24 requirements for asymptomatic testing will end, and <u>COVID-19 testing</u> will be available on a voluntary basis for UC Davis students and employees.
- Symptom Surveys changes: Beginning June 24, employees (including student employees) are still required to use the <u>Daily</u> <u>Symptom Survey</u> to self-check their symptoms before work, but students will no longer be required to take the survey before accessing university-managed facilities.
- Useful Links: <u>Summer Guidance</u> and <u>Public Health Policies & Requirements</u>

Wildfire Season Weather Impacts

- Wildfire Smoke and Outdoor Workers: CalOSHA established new standards for when employers must provide respirators during smoke events.
- When it's smoky on the Davis Campus, check the <u>Decision Matrix</u> based on Air Quality for guidance.



FEEDBACK IS GOOD!

Email Comments and Suggestions to: mferrero@ucdavis.edu

VMTH Safety Resources: VMTH Safety Site