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 OEHS User Committee

*Environmental Health and Safety #717
 50 Medical Center Way
 San Francisco, California 94143*

(HHW, continued)

Paints collected at HHW collection facilities are typically blended together for use by non-profit organizations or government agencies. Used motor oil is re-blended or processed for use as a fuel. Many HHW collection facilities have established Material Exchange Programs where collected items deemed still usable are made available for other people to take home for personal use.

If HHW are placed in home trash receptacles, refuse collectors, truck drivers, and landfill personnel may be exposed to these chemicals. Ultimately, such HHW could end up in the landfill and eventually contaminate the groundwater. In 1999, HHW collection facilities in California collected over 40 million tons of HHW. That is 40 million tons of hazardous waste which were diverted from our landfills. For the nearest HHW collection facility see the phone numbers below, call 1(800)CLEANUP, or go to the website www.1800cleanup.org and enter you zip code. Many of the municipal HHW collection facilities operate by appointment only so you should call ahead and make an appointment. Do your part in protecting our environment and take your HHW to a local HHW collection facility!!!

- | | |
|----------------------------------|-----------------------------------|
| Alameda County | (510)670-6460 or
(800)606-6606 |
| West Contra Costa County | (888)412-9277 |
| Central/East Contra Costa County | (925)778-4040 |
| Marin County | (415)485-6806 |
| San Francisco County | (415)554-4333 |
| San Mateo County | (650)363-4729 ● |

(Women, continued)

Latex Allergy: Health care workers may have an increased risk for developing latex allergy due to their use of latex gloves. Among health care workers who experience frequent latex exposure, 8-12% develop sensitivity to latex. Latex sensitivity may lead to symptoms of latex allergy, such as skin rashes; hives; nasal, eye, or sinus symptoms; asthma; and (rarely) shock.

If you have questions concerning any of the above, please contact the Office of Environmental Health and Safety at 476-1300. ●

The OEHS Safety Update Newsletter is distributed by the UCSF Office of Environmental Health and Safety. Please send comments to OEHS Safety Update Newsletter: Box # 0942 476-1300 editor@ehs.ucsf.edu

SAFETY UPDATE

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

NEWSLETTER

OFFICE OF ENVIRONMENTAL HEALTH AND SAFETY

UCSF RESEARCH NEWS

MAY / JUNE 2001

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OSHA ERGONOMIC REGULATIONS REPEALED

The U.S. Department of Labor, Occupational Safety and Health Administration (OSHA) ergonomics program standard that became effective January 16, 2001 has been removed from the Code of Federal Regulations, effective April 23, 2001. President Bush signed Public Law 107-5, a resolution of disapproval of the final OSHA Ergonomics Standard. This action however does not dramatically affect workers in the State of California. Since July 3, 1997, an ergonomics regulation, Section 5110, Title 8, California Code of Regulations, has been in effect in California. Cal/OSHA, the state agency that administers the OSHA program is allowed under the OSHA Act to promulgate regulations, which are more stringent than the Federal OSHA program.



In passing the California ergonomics regulations, the Cal/OSHA Standards Board deemed that workers in the State of California needed protection from workplace repetitive motion injuries (RMIs). The major limitation of the California ergonomics standard is that regulation only becomes applicable when one or more RMIs has occurred during a job, process, or operation. If an RMI has occurred, the California ergonomics regulations would require the employer to establish and implement a program designed to minimize workplace RMIs. An RMI prevention program includes a worksite evaluation to assess the activities that caused the RMI, implementation of a program to control future exposures, and a training program to inform the employees

regarding the employer's RMI prevention program.

A copy of the Cal/OSHA ergonomics regulations can be found on the internet at www.dir.ca.gov/Title8/5110.html. A Cal/OSHA publication regarding establishing an ergonomics program for video display terminal operators can also be found at www.dir.ca.gov/dosh/dosh_publications/ergonomics.html. A

computer mouse pad, the "ergopad", which shows the proper set-up for a computer workstation is available from the UCSF Office of Environmental Health and Safety (OEHS&S),

call 476-1300 to request one. OEHS&S also has the computer program, "ErgoSmart" available on floppy disk, which once installed, allows you to do an initial workstation evaluation on your own. Please contact your DSA for an ErgoSmart floppy disk and for a workstation evaluation if necessary.

OEHS&S User Committee members are concerned regarding laboratory employee RMIs. They have formed a sub-committee to evaluate the appropriate actions to help minimize RMIs in laboratories. Possible sub-committee recommendations could include additional training, workstation evaluation/re-design, and/or use of ergonomically designed equipment for various types of laboratory operations. ●

HOUSEHOLD HAZARDOUS WASTE

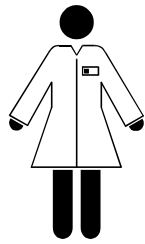
At UCSF we closely monitor the handling and disposal of chemicals. Waste chemicals are labeled by the generator and OEHS&S is contacted within 60 days of generation for pick up. OEHS&S hazardous waste specialists sort and bulk the chemicals for pick up by hazardous waste contractors for eventual disposal at a permitted treatment, storage and disposal facilities. Additionally, a Lab Chemical Surplus Supply Exchange (LCSSE) Program has been established which allows researchers to post their surplus chemicals for others within the UCSF community to use (go to www.ors.ucsf.edu/Surveys/ChemRecyc.htm on the UCSF web page). This helps minimize the generation of hazardous waste and protect human health and the environment.

We would like all UCSF employees to take this philosophy home and properly dispose of all household chemicals. Household waste such as used motor oil, used oil filters, antifreeze, car batteries, automobile fluids, paints, paint thinners, pesticides, fungicides, fertilizers, household cleaners, solvents, adhesives, gasoline and unwanted fuels, pool chemicals, photographic chemicals, items containing mercury, and smoke detectors are classified as household hazardous waste (HHW). You can take any of these HHW items to your local HHW collection facility to be processed for recycling, reuse or proper disposal.

(Continued on page 4, see HHW)

WOMEN AND WORK RELATED INJURIES

(excerpts from a recent NIOSH report)



Women currently comprise 46% of the 137 million workers in the United States, with their share of the labor force projected to reach 48% by 2008. In 1999, 75% (46 million) of employed women worked full-time, while 25% (16 million) worked part-time. In 1999, 3.7 million women held multiple jobs. Sixty percent of women age 16 and over were either employed or looking for work in 1999. Of employed women, 40% held technical, sales, and administrative support positions; 32% worked in managerial and professional specialties; and 17% worked in service occupations in 1999.

Musculoskeletal Disorders

Sprains and strains, carpal tunnel syndrome, tendonitis, and other musculoskeletal disorders account for more than half (52%) of the injuries and illnesses suffered by female workers, as compared to 45% for male workers. Women are at a greater risk than men to suffer from musculoskeletal disorders.

In a recent study relating to musculoskeletal disorders, the National Institutes of Occupational Safety and Health (NIOSH) worked with the Internal Revenue Service (IRS) to examine interventions for reducing discomfort among IRS data transcribers—an occupation comprised primarily of female workers. The most significant result of this study was that periodic rest breaks throughout the work shift reduced musculoskeletal discomfort, while allowing workers to maintain job performance.

Job Stress

Stress at work is a growing problem for all workers, including women. In one survey 60% of employed women cited stress as their number one problem at work. Furthermore, levels of stress-related illness are nearly twice as high for women as for men.

Many job conditions contribute to stress among women. Such job conditions include heavy workload demands; little control over work; role ambiguity and conflict; job insecurity; poor relationships with coworkers and supervisors; and work that is narrow, repetitive, and monotonous. Other factors, such as sexual harassment and work and family balance issues, may also be stressors for women in the workplace. Job stress has been linked with cardiovascular disease, musculoskeletal disorders, depression, and burnout.

Violence In The Workplace

Homicide: Homicide is the leading cause of death for women in the workplace. Homicide accounts for 40% of all workplace death among female workers. Workplace homicides are primarily robbery-related, and often occur in grocery/convenience stores, eating and drinking establishments, and gasoline service stations.

Over 25% of female victims of workplace homicide are assaulted by people they know (coworkers, customers, spouses, or friends). Domestic violence incidents that spill into the workplace account for 16% of female victims of job-related homicides.

Nonfatal Assault: Female workers are also at risk for nonfatal violence. Women were the victims in nearly two-thirds of the injuries resulting from workplace assaults. Most of these assaults (70%) were directed at women employed in service occupations, such as health care, while an additional 20% of these incidents occurred in retail locations, such as restaurants and grocery stores.

Cancer

An estimated 180,000 new cases of breast cancer and 12,000 new cases of cervical cancer will be diagnosed in 2000. Workplace exposures to hazardous substances may play a role in the development of these types of cancer. NIOSH is studying several hazardous

substances to determine whether there is a link to cancers that affect women, such as cervical and breast cancer. NIOSH is conducting studies of women exposed to the following hazardous substances:

Ethylene oxide: Ethylene oxide (ETO) is used to sterilize medical supplies. More than 100,000 women are exposed to ETO in the workplace. Hospital workers and workers involved in sterilization of medical supplies may be at risk of exposure to ETO.

PCBs: Polychlorinated biphenyl compounds (PCBs) were produced commercially for use in the electrical industry until 1977. Banned in 1977, products made with PCBs remain in the workplace and the environment. NIOSH is investigating a potential link between PCB exposure and breast cancer.

Perchloroethylene: Studies of working women exposed to perchloroethylene (PERC), the main solvent used in the drycleaning industry, will help evaluate its connection with cervical cancer. An estimated half of drycleaning workers in the United States are women

Health Care Workers

Ninety-two percent of the 4.3 million nurses and nursing aides in the U.S. are female. In addition to being at risk for incidents of musculoskeletal disorders, workplace violence, and exposure to hazardous substances, health care workers face other hazards including latex allergy and needlestick injuries. NIOSH has established a new initiative to study the health and safety of health care workers.

Needlestick Injuries: Between 600,000-800,000 needlestick injuries occur annually in health care settings, mostly involving nurses. These injuries pose both physical and emotional threats to health care workers, as serious infections from bloodborne pathogens (such as hepatitis B virus, hepatitis C virus, and human immunodeficiency virus [HIV]) may result.

(Continued on page 4, see Women)

CAL/OSHA'S MOST FREQUENTLY CITED SAFETY AND HEALTH STANDARDS

Lack of an effective Injury Illness Prevention Program (IIPP) was the most frequently cited violation by Cal/OSHA for inspections conducted in 1999. Out of 21,000 total violations cited by Cal/OSHA in 1999, a total of 2044 violations of the General Industry Safety Order IIPP standard and 935 of the Construction Safety Order IIPP standard were cited in 1999 according to the Cal/OSHA Program Office. These two violations accounted for approximately 15% of all the violations cited by Cal/OSHA for that year.

Other most frequently cited standards were hazard communication, fire extinguishers, reporting injuries and deaths, field sanitation, respiratory protective equipment, lack of adequate work space in front of electrical control panels, unprotected openings of electrical boxes and enclosures, and asbestos. Table I below lists the top 10 Cal/OSHA standards which were most frequently cited in 1999.

TABLE I

1999 TOP 10 CITED ALLEGED VIOLATIONS OF CAL/OSHA STANDARDS

Title 8: Section*	Total # of Alleged Violations
GIISO § 3203: IIPP	2044
CSO § 1509: IIPP	945
GIISO § 5194: Hazard Communication	835
GIISO § 6151: Fire Extinguishers	714
DOSH § 342: Reporting Injuries & Deaths	560
GIISO § 3457: Field Sanitation	489
GIISO § 5144: Respiratory Protective Equipment	467
ESO § 2340.16: Clear Work Space Near Electrical Control Panels	439
ESO § 2340.23: Unprotected Electrical Box Openings and Enclosures	410
CSO § 1529: Asbestos	400

* GIISO = General Industry Safety Order; CSO: Construction Safety Order; DOSH: Division of Occupational Safety and Health; ESO: Electrical Safety Order

SERIOUS VIOLATIONS

The one standard which was most frequently classified by Cal/OSHA as a "serious" violation was the lack of emergency eyewash and shower equipment. A serious violation is a violation in which there is a substantial probability that death or serious physical harm could result from the violation. Other most frequently cited "serious" violations were pulley and belt guarding, metal scaffolding, personal fall restraints, bloodborne pathogens, unprotected electrical box openings and enclosures, IIPP for construction operations, lack of protective systems for excavations and field sanitation. Table II below lists the top 10 Cal/OSHA standards classified as "serious" violations in 1999.

TABLE II

1999 TOP 10 CITED ALLEGED "SERIOUS" VIOLATIONS OF CAL/OSHA STANDARDS

Title 8: Section*	Total # of Alleged Serious Violations
GIISO § 5162: Emergency Eyewash & Shower Equipment	153
GIISO § 4070: Guarding Belt & Pulley Drives	153
CSO § 1644: Metal Scaffolding	144
GIISO § 3314: Prime Movers, Machinery and Equipment	139
CSO § 1670: Personal Fall Arrests & Restraints	130
GIISO § 5193: Bloodborne Pathogens	120
ESO § 2340.23: Unguarded Electrical Box Openings and Enclosures	113
CSO § 1509: IIPP	113
CSO § 1541.1: Lack of Protective Systems for Excavations	107
GIISO § 3457: Field Sanitation	98

WELCOME NEWCOMERS!

We are happy to announce the addition of several people to our team. Please join us in giving a warm welcome to the following individuals who have recently come aboard:



- ★ Ben Amundson, Computer Programmer Analyst
- ★ Rita Balian, Technical Committees Coordinator
- ★ Frank Billante, Campus Fire Marshal
- ★ Bonnie Griffith, Department Safety Advisor
- ★ Warren Kaino, Computer Programmer Analyst
- ★ Damian Morffet, Technician
- ★ Tarran Richardson, Department Safety Advisor
- ★ Mike Tudisco, Radiation Safety Specialist
- ★ Tri Vo, Computer Programmer Analyst

OEHS USER COMMITTEE

The OEHS User Committee acts in an advisory capacity to OEHS, providing valuable insight to issues affecting the campus. Among the many ways the members aid OEHS:

- Document review (Safety Update flyers, Safety Guide for Laboratory Employees) to ensure readability and pertinence to various UCSF work areas
- Notification of unsafe or unhealthful conditions they may encounter.

Together OEHS and the Committee work towards keeping UCSF employees safe and our environment healthful. If you are interested in learning more about the Committee and its activities, contact your Department Safety Advisor.