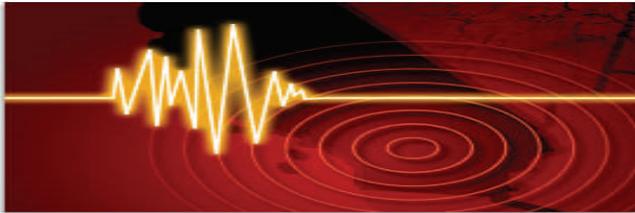


Earthquake Preparedness—Are you Ready?



Earthquake Safety Checklist

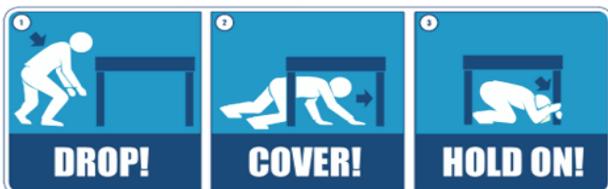
An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

Did you know?

During an earthquake, get under a sturdy piece of furniture and hold on. Doorways may be no stronger than any other part of the structure. This will provide some protection from falling objects that can injure you during an earthquake.

How can I prepare?

- Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.



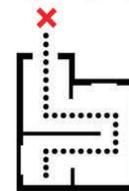
- Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.

- Keep a flashlight and sturdy shoes by each person's bed.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area's seismic building standards and land use codes before you begin new construction.
- Keep and maintain an emergency supplies kit in an easy-to-access location.

Be Red Cross Ready



Get a Kit



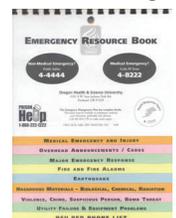
Make a Plan



Be Informed

EARTHQUAKE PREPAREDNESS RESOURCES

Emergency Mgmt at OHSU..... <http://ozone.ohsu.edu/emergency/>
 OHSU Alert Line.....503-494-9021
 FEMA-Are You Ready?..... www.fema.gov/areyouready
 American Red Crosswww.redcross.org
 OHSU Emergency Resource Book.....





Topic of the Month:

CHEMICAL SPILLS

Employees must know how to respond to chemical spills, regardless of whether they work with chemicals or not.

In most cases, chemical spills will be minor, and employees will clean them up without help. However, if an employee has not been trained, does not have appropriate supplies, or if an injury or illness has occurred, you must request spill response assistance.



Marquam Hill Campus

For chemical spill response, immediately call 503-494-4444. Public Safety dispatch will require:

- Your name and contact information
- Location of the spill (building, room, area)
- What happened
- Chemical involved
- Quantity spilled
- Injury or illness to people or animals

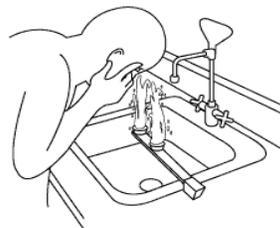
Evacuation (local or area-wide) is suggested if:

- If you are concerned about your health or safety
- If you notice any odor
- The spill is spreading beyond a small area
- A large quantity of flammable liquid has spilled
- There has been a release of a compressed gas
- The spill is of an extremely toxic substance regardless of volume
- Injury or illness has occurred (report any symptoms)



West Campus

If the situation is urgent, call 9-911, then 503 690-7777 to activate the Emergency Response Team. Most spills will be of low hazard, however do not attempt to clean up a spill if you are not trained, lack adequate clean-up materials, or if evacuation is indicated.



Eyewash/Shower Stations

are available where corrosive or highly toxic chemicals are used. If inhalation, skin, or eye exposure occurs, notify your supervisor and obtain medical assistance.

Reporting Requirements following Injury or Illness

The exposed employee or the supervisor must complete an **Incident Report** form, on the O-Zone, on the Worker & Student Injury Reporting System (WSIRS):

<http://ozone.ohsu.edu/wsirs/>

Please welcome...



Meet Jennifer Thomason — Jennifer is a new Industrial Hygienist with Environmental Health and Radiation Safety. Jennifer comes to OHSU with 12 years of experience in the environmental field. Jennifer will be a resource for hazardous materials management, dangerous goods shipping, and the chemical fume hood program.

SAFE BICYCLE COMMUTING

Portland is known for its bike friendliness. With dedicated lanes on many roads and a large number of cyclists in general, one might assume an inherent safety in bike travel. However, that is not the case. It only takes one driver with an obstructed view, or one patch of gravel, to pose a serious hazard.



Good bikers are aware, prepared, and safety-minded. As fair weather increases, we see more and more bicycles on the roads. Some choose to travel by bike even during more challenging conditions.

The **Bicycle Transportation Alliance (BTA)** offers workshops on safe year-round commuting. You'll find further BTA information at:

<http://www.bta4bikes.org/resources/commuter.php>

As a bike commuter on Marquam Hill, you should:

- Walk your bike when on sidewalks or wheelchair ramps
- Be considerate to pedestrians, especially patients who may react more slowly and/or have compromised mobility
- Make use of bike parking around campus
- Beware of driveways into parking areas and NEVER pass on the right
- Show patience and courtesy toward the people we serve as visitors can often be confused about where to park
- Avoid road surface hazards like potholes and gravel
- Ride a well-equipped bike with lights, bell, and a lock
- Dress appropriately — be sure drivers notice you BEFORE there's a chance of incident

Transportation & Parking offers the use of tools and supplies such as a basic repair kit, tubes, patches, and air pumps. Call T&P Customer Service at 503-494-8283 for locations of tools and supplies. If calling after hours, use Public Safety's non-emergency line at 503-494-7744.



For a current issue of SafetyNews online, and for archives, visit:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/safety/gen/safetynews.cfm>

The SafetyTeam page is available at:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/safety/gen/safetyteam.cfm>

These pages are updated regularly. If there are OHSU resources you'd like to see linked, please send suggestions to the SafetyTeam Coordinator at:

safeteam@ohsu.edu



Employees and students can join the **OHSU Bike Incentive Program**, along with hundreds of bikers who make the trip to OHSU every day.

OHSU's Bike Incentive Program is a web based system that allows users to quickly log bike trips to OHSU campuses. Once a user is registered, logging a trip should take less than 30 seconds a day. This overview includes both a registration and homepage walkthrough, frequently asked questions, terms of use, and bike resources available at OHSU.

<http://ozone.ohsu.edu/parking/pages/bike.shtml>

For additional information, contact: **John Landolfe**, Multi-modal Transportation, at 503-494-2555; or by email to bike@ohsu.edu.

Questions? Ask Environmental
Health & Radiation Safety:
503-494-7795

