

The purpose of this newsletter is to unite all the UNBC campus's (Prince George, Prince Rupert, Terrace, Gitwinksihlkw, Quesnel, Likely, Ft St John) and grow our UNBC Community's Safety Culture together by regularly communicating important Safety information. UNBC's mission is to Ignite, Inspire, and Lead change.

Maintaining a healthy office workspace

General office housekeeping guidelines:

At UNBC we have commercial cleaners who provide general services such as vacuuming, removing garbage and dusting. The remaining cleanliness responsibilities in our offices are our individual responsibilities as staff, faculty, and students. We have a responsibility to ourselves and all the people we share spaces with to maintain a basic cleanliness standard.

Conduct office walkthroughs:

Regularly observe safety protocols by organizing team walkthroughs. Pay attention to potential risks like collisions, poor lighting, and environmental toxins.

Keep work areas neat and tidy:

Encourage employees to maintain uncluttered workspaces to prevent slips, trips, and falls. This includes electrical cords, boxes, papers, and stored items.

Regularly remove any unused

food items: dirty dishware, seal food in containers, and be aware of your garbage removal days. This will help keep rodents & bugs out of office spaces.

Promote employee hygiene:

Maintain proper hand-washing techniques to prevent the spread of viruses. Use hand sanitizers, and regularly wash/disinfect your office desktops, keyboards, phones, communication devices, light switches and door handles.

15 THINGS RODENTS
You didn't know about

Rodent (from the latin *rodere* = to gnaw)

- Rodents are defined by their large twin incisors (teeth) that are always growing, so they must gnaw constantly to keep them at a comfortable length.
- Rats teeth can grow **5 1/2"** a year.
- Rodents can chew through materials like plastic, metal and even concrete.
- Approximately **25%** of fires of unknown causes are likely started by rodent damage to electrical wiring and/or gas piping.
- The Norway rat is found in every continent except Antarctica.
- Rodents travel across the world in our planes, trains, boats and automobiles.
- About **40%** of the world's mammals are rodents.
- A dime-sized hole can let in a mouse or young rat into your home or business.
- Rats are excellent swimmers and can access a home through drains and even toilets.
- Mice can have litters of **5 - 8** pups every 3 weeks.
- Rats can have up to **15** pups at a time.
- You can't rely on cats to control a rodent infestation.
- Mice can leave around **40** droppings per day, while rats can produce up to **70**.
- Fleas transported on rats killed millions during the "**Black Plague**" of the Middle Ages, and still transmit deadly diseases to this day.
- Some diseases transmitted by rodents are: **Hantavirus Pulmonary Syndrome, Leptospirosis, Lymphocytic Chorio-meningitis, Plague, Rat-Bite Fever, Salmonellosis and Tularemia.**

Sources: en.oxforddictionaries.com, www.livescience.com, www.animaldiversity.org, www.cdc.gov, www.discovermagazine.com, www.epa.gov

App Store



Google Play



July means summertime fun in the sun, and it also means UV light being more of a risk to skin & eyes. Skin cancer and cataracts can result from overexposure to UV rays from the sun. There are three types of skin cancer: Basal cell carcinoma, Squamous cell carcinoma, and Malignant melanoma which can be fatal if not treated early.



We should follow these precautions to protect ourselves from UV damage:

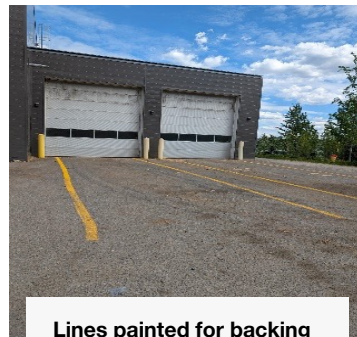
- Wear sunscreen with a minimum of SPF 15. (SPF refers to the amount of time you will be protected from a burn. An SPF of 15 will allow a person to stay out in the sun 15 times longer than they normally would be able to stay without burning.)
- Discard old sunscreens. They lose potency after 1-2 years.
- Apply sunscreens liberally at least 20 minutes before sun exposure.
- Pay special attention to covering the ears, scalp, lips, neck, tops of feet, and backs of hands.
- Reapply sunscreens at least every two hours. Some sunscreens may be less effective when applied with insect repellents, necessitating more frequent application when the two are used together.
- Wear a wide-brimmed hat and sunglasses with maximum UV protection. Dark clothing with tight weaves is more protective than light-colored, loosely woven clothing.

What is Safety up to?

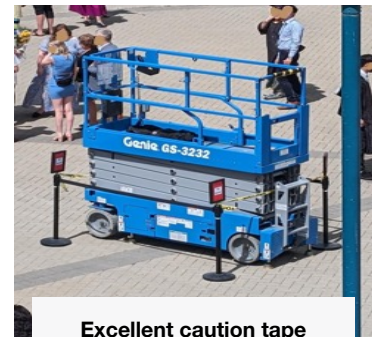
Safety Inspections are conducted on a regular basis throughout the campus. Here are some pictures that demonstrate great Safe Work processes, wearing the right PPE for the job, and hazard prevention.



Geotechnical Drilling to determine sub-surface characteristics.



Lines painted for backing into the bioenergy plant.



Excellent caution tape & caution barrier for the genie lift when not in use.

Positive Observations

Promoting a Safety Conscious Culture for our UNBC Community

Labs PPE: Clean and ready for next use.



Painted stair ends & wall corner for visibility.



If you see any positive safety initiatives, please photograph them, and send the pictures to safety@unbc.ca

Working together for safety

We would like to thank everyone for participating in our growing Safety Community at UNBC!