

INJURY ILLNESS PREVENTION PROGRAM
NAPA VALLEY COMMUNITY COLLEGE DISTRICT



Date Revised
3/26/2015

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SECTION I

INTRODUCTION

In order to maintain a safe and healthful work environment the Napa Valley Community College District has developed this Injury & Illness Prevention Program for all employees to follow. This document describes the goals, statutory authority, and the responsibilities of all employees under the Program. It addresses Compliance, Hazard Identification, Accident Investigation, Hazard Mitigation, Training, Hazard Communication, and Program Documentation. By making employee safety a high priority for every employee we can reduce injuries and illnesses, increase productivity, and promote a safer and healthier environment for all individuals at Napa Valley Community College District.

GOALS

Diligent implementation of this program will reap many benefits for Napa Valley Community College District. Most notably it will:

1. Protect the health and safety of employees. Decrease the potential risk of disease, illness, injury, and harmful exposures to district personnel.
2. Reduce Workers' Compensation claims and costs.
3. Improve efficiency by reducing the time spent replacing or reassigning injured employees, as well as reduce the need to find and train replacement employees.
4. Improve employee morale and efficiency as employees see that their safety is important to management.
5. Minimize the potential for penalties assessed by various enforcement agencies by maintaining compliance with Health and Safety Codes.

STATUTORY AUTHORITY

- ◆ California Labor Code Section 6401.7.
- ◆ California Code of Regulations Title 8, Sections 1509 and 3203.

RESPONSIBILITY

The ultimate responsibility for establishing and maintaining effective environmental health and safety policies specific to District facilities and operations rests with Director of Facilities Services. General policies, which govern the activities and responsibilities of the Injury & Illness Prevention Program, are established under Napa Valley Community College District's final authority. Matt Christensen the Director of Facilities can be contacted at (707) 253-3343.

It is the responsibility of Supervisors and Managers to develop procedures, which ensure effective compliance with the Injury & Illness Prevention Program, as well as other health and safety policies related to operations under their control.

Supervisors and Managers are responsible for enforcement of this Program among the employees under their direction by carrying out the various duties outlined herein, setting acceptable safety policies and procedures for each employee to follow and ensuring that employees receive the general safety training. Each Supervisor and Manager must also ensure that appropriate job specific safety training is received, and that safety responsibilities are clearly outlined in the job descriptions, which govern the employees under their direction. Supervising others also carries the responsibility for knowing how to safely accomplish the tasks assigned to each employee, for purchasing appropriate personal protective equipment and for evaluating employee compliance.

Immediate responsibility for workplace health and safety rests with each individual employee. Employees are responsible for following the established work procedures and safety guidelines in their area, as well as those identified in this Program. Employees are also responsible for using the personal protective equipment issued to protect them from identified hazards, and for reporting any unsafe conditions to their supervisors.

The Napa Valley Community College District is responsible for developing and managing this Injury & Illness Prevention Program.

The Director of Facilities Services will establish and chair the District Safety Committee. The Safety Committee will meet at least quarterly. Information regarding the Safety Committee including Committee's function and role, meeting agendas, and meeting minutes can be found on the Facilities Services webpage on the District's website.

COMPLIANCE

Compliance with this Injury & Illness Prevention Program will be achieved in the following manner:

1. Supervisors and Managers will set positive examples for working safely and require that all staff under their direction work safely.
2. Supervisors and Managers will use all disciplinary procedures available to them to ensure that employees follow established safety policies and procedures. Performance evaluations, verbal counseling, written warnings, and other forms of disciplinary action are available.
3. Supervisors and Managers will identify the resources necessary to provide a safe work environment for their employees and include them in budget requests.
4. Supervisors and Managers will establish appropriate means of recognition for employees who demonstrate safe work practices.

Napa Valley Community College District has developed this comprehensive Injury & Illness Prevention Program to enhance the health and safety of its employees.

HAZARD IDENTIFICATION

A health and safety inspection program is essential in order to reduce unsafe conditions, which may expose employees to incidents that could result in personal injuries or property damage. It is the responsibility of Napa Valley Community College District to ensure that appropriate, systematic safety inspections are conducted periodically.

Scheduled Safety Inspections

Upon initial implementation of this Program, inspections of all work areas will be conducted. All inspections will be documented using the appropriate forms (or equivalent) with appropriate abatement of any hazards detected.

Thereafter, safety inspections will be conducted at the frequency described below:

1. Annual inspections of all office areas will be conducted to detect and eliminate any hazardous conditions that may exist in all office areas and instructional and public spaces.
2. Semi-annual inspections of all potentially hazardous areas (shops, cafeterias, warehouses, gymnasiums, labs, sheds, etc.) will be conducted to detect and eliminate any hazardous conditions that may exist.

Unscheduled Safety Inspections

1. Additional safety inspections will be conducted whenever new equipment or changes in procedures are introduced into the workplace that presents new hazards.
2. Safety reviews will be conducted when occupational accidents occur to identify and correct hazards that may have contributed to the accident.

ACCIDENT INVESTIGATIONS

Supervisors and/or Managers, with support from trained Facilities Services staff, will investigate all accidents, injuries, occupational illnesses, and near-miss incidents to identify the root cause. Appropriate repairs or procedural changes will be implemented promptly to correct the hazards implicated in these events.

To ensure timely accounting for Workers' Compensation procedures, the supervisor with input from the employee when possible must complete and submit the Supervisor's First Report of Injury form.

HAZARD CORRECTION

All hazards identified will be promptly investigated and alternate procedures implemented as indicated. The District recognizes that hazards range from imminent dangers to hazards of relatively low risk. Corrective actions or plans, including suitable timetables for completion, are the responsibility of the Director of Facilities Services.

TRAINING

Effective dissemination of safety information lies at the very heart of a successful Injury & Illness Prevention Program. Employees must be trained in general safe work practices in accordance with applicable laws and regulations.

Specific Safe Work Practices

In addition to general training, each employee will be instructed how to protect themselves from the hazards specific to their individual job duties. At a minimum this entails how to use workplace equipment, safe handling of hazardous materials and use of personal protective equipment. Training must be completed before beginning to work on assigned equipment, and whenever new hazards or changes in procedures are implemented.

The Supervisors and Managers are provided with the training necessary to familiarize themselves with the safety and health hazards to which their employees are exposed.

It is the responsibility of each Supervisor and Manager to know the hazards related to his/her employee's job tasks, and ensure they receive appropriate training.

1. Supervisors will ensure that all employees receive general and job-specific training prior to initial or new job assignments.
2. Supervisors will ensure that employees are trained whenever new substances, processes, procedures or equipment are introduced to the workplace which may create new hazards. Training must also be given when new or previously unrecognized hazards are brought to a supervisor's attention.

COMMUNICATION

Effective two-way communication, which involves employee input on matters of workplace safety, is essential to maintaining an effective Injury & Illness Prevention Program. To foster better safety communication the following guidelines will be implemented:

An Employee Bulletin Board for posting information on safety in a location accessible to all employees. Changes in protocol, safety bulletins, accident statistics, training announcements, and other safety information will be posted, as they become available.

Safety information and forms will be available at the Facilities Services webpage on the District's website.

Managers and Supervisors will provide time at periodic staff meetings to discuss safety topics. Status reports will be given on safety inspections, hazard correction projects, and accident investigation results, as well as feedback to previous employee suggestions. Employees will be encouraged to participate and give suggestions without fear of reprisal. A safety meeting attendance form should be used to document attendance and topics covered at the meeting and this form can be found on the Facilities Services webpage.

Employees are encouraged to bring to the District's attention any potential health or safety hazard that may exist in the work area. The Employee Safety Recommendation form can be used for this purpose. Facilities Services Work Orders are the recommend process to communicate this information from the District's website on the Facilities Services webpage. Completed Work Orders are forwarded to Facilities for necessary actions. All reporting forms can be found on the Facilities Services webpage.

Supervisors will follow up on all suggestions and investigate the concerns brought up through these communication methods. Feedback to the employees is critical, and must be provided for effective two-way communication.

DOCUMENTATION

Many standards and regulations of Cal/OSHA contain requirements for the maintenance and retention of records for occupational injuries and illnesses, medical surveillance, exposure monitoring, inspections and other activities relevant to occupational health and safety. To comply with these regulations, as well as to demonstrate that the critical elements of this Injury & Illness Prevention Program are being implemented, the following records will be kept on file in the District Office or school site for at least the length of time indicated below:

1. Copies of all IIPP Safety Inspection Forms. Retain 5 years.
2. Copies of all Accident Investigation Forms. Retain 5 years.
3. Copies of all Employee Training Checklists and related Training Documents. Retain for duration of each individual's employment.
4. Copies of all Safety Meeting Agendas. Retain 5 years.

The District will ensure that these records are kept in their files, and present them to Cal/OSHA or other regulatory agency representatives if requested. A review of these records will be conducted by the Superintendent during routine inspections to measure compliance with the Program.

A safe and healthy workplace must be the goal of everyone at Napa Valley Community College District, with responsibility shared by management and staff alike. If you have any questions regarding this Injury & Illness Prevention Program, please contact the District's Safety Manager.

RECORDKEEPING

All records and reports that are generated by this program shall be maintained by the appropriate manager/supervisor.

SECTION II

GENERAL SAFE WORK PRACTICES

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

These Safe Work Practices are part of Section Two, Training and Education, of the Injury & Illness Prevention Program of Napa Valley Community College District, and by section 303 of Title 8, the mandatory safety legislation of Cal/OSHA. You are obligated to follow these Safe Work Practices while performing your work activities.

You are obligated to follow these practices while performing your work activities.

1. It is important that all employees report all work related injuries and illnesses to their immediate manager/supervisor as soon as possible after they become aware of the injury or illness.
2. Everyone should exercise extreme care and consideration in the performance of their duties to see they do not cause injury to others or create work hazards which could cause injury to others.
3. No one should try to lift or move heavy or bulky objects, which could cause injury to the back and other body parts.
4. Personal tools, equipment, extension cords, or electrical heaters should not be brought onto District property without the permission of the Maintenance Department.
5. Use of electrical heaters to provide warmth for extended periods of time in the past has been the originating cause of buildings fires. As a result, the use of electrical heaters is discouraged and alternative means should be found for providing heat over the cooler months.
6. If it is necessary to use a fire extinguisher, or if you notice that the pressure indicator is outside of the green area, you should report it to the Maintenance Department as soon as possible so the extinguisher can be recharged or replaced.
7. When you become aware of a defect in a piece of equipment, remove it from service or report it to the appropriate party so that repairs can be made. Building and equipment defects are to be reported to the Maintenance Department. Failure to report faulty conditions for repair can result in injuries.

8. Be sure that any food or liquid spill is wiped up immediately rather than left for someone else to remove.
9. Never attempt to repair electrical equipment or an appliance. They should be removed from service and the Maintenance Department notified.
10. File cabinets can be used improperly. Opening two drawers simultaneously can cause a cabinet to crash to the floor. Whenever possible, cabinets should be bolted together in tandem or secured to the wall if it is convenient. Training should be given to those who utilize the file cabinet's equipment. Filing cabinet drawers should never be left open unattended.
11. Flammable liquids such as duplicating fluid should always be stored in appropriate, closed containers. Large supplies should be stored in UL-approved cabinets or by other appropriate means described by the fire department. Flammable liquids should never provide a continuous supply to a piece of equipment unless by a Fire Department approved process. An earthquake could cause a spill or possible fire from flammable materials not properly stored. Use secondary containment to guard against spills.
12. Because of ever pending possibility of earthquake occurring, heavy objects should be stored on lower shelves, while lighter and less dangerous items can be stored on the middle and upper shelves. Ideally, all materials stored on shelves should have restraints such as bungee cords.
13. Bookshelves, storage cabinets, and other elevated storage areas should be well secured, securely bolted to the wall, or unitized in such a way as to reduce tipping in an earthquake.
14. Defective furniture, worn carpets, defective stairs, loose handrails, and other facilities defects, which create accident hazards, should be reported to the Maintenance Department so repairs can be completed. If possible, remove the objects from service.
15. Everyone should take the time to become educated regarding the emergency procedures in place for responding to fires, earthquakes, or first aid emergencies. Know all means of exit from your work area.

SECTION III

DEPARTMENT SPECIFIC SAFE WORK PRACTICES

SAFE WORK PRACTICES FOR OFFICE AND ADMINISTRATIVE EMPLOYEES

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. Warn others working in the area when a file drawer is open so they do not turn around or straighten up quickly.
2. Paper cutter should be provided with a finger guard.
3. Retaining spring on the paper cutter should be adjusted to hold the blade in the up position.
4. Lock paper cutter blade in down position when not in use.
5. Do not leave a knife or scissors on the desk with the point towards you.
6. Thumb tacks, razor blades, and other sharp objects should not be stored loose in a drawer.
7. Use caution when cleaning up broken glass. Do not place loose in trashcan. Wrap in heavy paper and mark "Broken Glass".
8. Fans used in work areas should be equipped with proper guards, which prevent fingers from being inserted through the mesh.
9. Copiers should be turned off before attempting to remove jammed paper.
10. Organize workstations so that all materials are within easy reach.

Video Display Terminal Users

These specific Safe Work Practices for users of video display terminals and keyboards should be viewed not only as a way to prevent injury, but also as a way to maximize comfort on the job. Adjustments need to be made to each workstation to customize the station for maximum comfort and efficiency. Most adjustments can be made using existing furniture and equipment. If these safe work practices are implemented diligently, the employee should find work less stressful and less fatiguing from uncomfortable surroundings.

1. Keyboard should be positioned so wrists and hands are straight or at no less than a 10% upward angle.
2. Keyboard slope should be between 0-25 degrees.
3. Adjust backrest of chair to maintain natural curve of lower back (a lower back pad, such as a pillow or rolled up towel, can support the lower back).
4. Adjust chair height so weight is shifted forward off spine and at keyboard level.
5. Keep feet flat on the floor to help maintain good posture and leg circulation.
6. If above adjustments do not permit your feet to rest on the floor, a footrest should be used.
7. Shift position frequently.
8. If possible, alternate different tasks throughout the day.
9. Be aware of the early warning symptoms of fatigue. When the arm, hand, back, or neck begin to feel tired or strained, the body is signaling that it needs to take a break.
10. Adjust VDT screen to avoid glare. Use contrast/brightness controls, position angle of screen, adjust nearby blinds or drapes, or use anti-glare filter.
11. Regularly clean the screen.
12. Adjust the height of chair to allow eyes and hands to be in the proper position in relation to screen and keyboard.
13. Adjust VDT screen to be at least 18-30" from eyes.
14. Eye to keyboard distance when seated should be between 17-20".
15. Eye to copy reading distance should be 12-16".
16. Adjust VDT so that the top of the screen is below eye level; viewing angle should be 20 degrees or less.

17. Learn and practice exercises that relieve eyestrain and fatigue, for example:
- Blink slowly and frequently to keep eyes moist.
 - Rest eyes from light – shape hands into shadow cups and place lightly over closed eyes and hold for one minute.
 - Periodically look away from screen and focus on another object at least 20' away.
 - Roll eyes clockwise, then counterclockwise three times.

SAFE WORK PRACTICES FOR CHEMISTRY, BIOLOGY, PHYSICS

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. All employees should know the location of fire extinguishers and have some familiarity with their use. If necessary, specific training should be given.
2. All employees should know the location of the fire blankets and should have some training in rapid response in how to use fire blankets.
3. All chemicals should be labeled properly and clearly. The date the material was acquired should also be identified on the label so that inventory procedures can be followed in the future. Potentially harmful chemicals should be labeled, stored, and handled with special precautions.
4. All chemical storage areas should have containment in the front of doors that close and special retaining devices or sturdy lip extensions installed in front portion of the shelves.
5. Scalpels and dissecting needles for the lab experiments should be stored in clear breakers with the sharp edge or points in a downward position.
6. Because of possible contamination of food products, eating and drinking is not allowed in laboratories or in the preparation room. Food or beverage containers should never be used to store materials in laboratories.
7. When spills involve classified hazardous materials, you should activate emergency procedures that involve hazardous spills. If you are unfamiliar with such procedures, contact College Police at (707) 253-3330
8. Incompatible chemicals should not be stored in the same vicinity or in the same cabinet.
9. All flammable materials should be stored in special cabinets. These are of steel construction with special ventilation and are labeled appropriately.
10. Corrosive material should be stored in special corrosive cabinets. This is for the protection of both employees and facilities.

11. Certain operations may require the use of an appropriate dust mask or respirator. Only trained employees who have had a medical clearance may use a respirator. Contact the Facilities Director or Program Coordinator for information on the District respiratory protection program.
12. Gloves and goggles should always be worn while diluting strong acids, working with volatile materials, utilizing flammable liquids, or when fume hoods are being used.
13. All employees should know the location of the Material Safety Data Sheets (MSDSs), which are on hand for all chemicals in the laboratory. Take the time to familiarize yourself with the MSDSs to understand the hazard of the materials and know emergency procedures and first-aid response
14. Place broken glass in the appropriate waste containers. If broken glass containers are not available, place the broken glass in a paper bag. Seal the bag and label it as broken glass. Place next to the garbage can for Custodial Department to see. Please be cautious about disposing of broken glass and other sharp objects. Be aware that another person must handle your trash.

SAFE WORK PRACTICES FOR CREATIVE AND FINE ARTS

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

These Safe Work Practices are part of Section Two, Training and Education, of the Injury & Illness Prevention Program of Napa Valley Community College District, and are required by Section 3203 of Title 8, the mandatory safety legislation of Cal/OSHA. You are obligated to follow these Safe Work Practices while performing your work activities.

You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

CERAMICS/SCULPTURE/PAINTING/JEWELRY/THEATER ARTS

1. Certain operations may require the use of an appropriate dust mask or respirator. Only trained employees who have had a medical clearance may use a respirator. Contact the Campus Safety Officer or Program Coordinator for information on the District respiratory protection program.
2. Whenever work involving the spraying of coatings, paints, or solvent-carrying materials is being done, the exhaust hood and spray booth should be utilized.
3. To be effective, the hood exhaust system must be operating at peak efficiency. Filters should be changed regularly so that residue does not build-up and restrict the effectiveness of the exhaust system.
4. Proper eye protection should be worn at all times when either using or observing others who are using equipment that produces flying particles as a result of grinding, drilling, cutting, or turning metal or wood stock in process. In addition, all grinding and buffing equipment should be equipped with properly adjusted tool rests and shields.
5. All compressed gas cylinders, whether in storage or being used, should be contained in a cart or secured to the building structure by two sturdy, metal chains that are tightly installed about one-third and two-thirds of the way up the cylinder so that the cylinder cannot tip.
6. Properly approved eye protection should be worn at all times when performing welding or brazing activities.
7. Hoses, gauges, or other equipment should be inspected regularly. Repairs should be made to faulty equipment immediately or it should be removed from service.
8. Arc welders should be inspected periodically, and all necessary repairs should be completed.
9. Portable oxygen/acetylene welding units should be equipped with a fire extinguisher.

10. Housekeeping is an important issue in maintaining a safe work environment. The general area should be maintained in a neat, orderly condition. The floors should be cleaned regularly to reduce the amount of airborne particles.
11. Because of possible contamination of food products, eating and drinking is not allowed in the art studio. Food or beverage containers should never be used to store materials in the studio.
12. All employees should know the location of fire extinguishers and have some familiarity with their use. If necessary, specific training should be given.
13. If the fire blankets are provided, employees should have some training in rapid response in how to use fire blankets.
14. All chemicals should be labeled properly and clearly. The date the material was acquired should also be identified on the label so that inventory procedures can be followed in the future. Potentially harmful chemicals should be labeled, stored, and handled with special precautions.
15. All chemical storage areas should have containment in the form of doors that close, and special retaining devices or sturdy lip extensions installed in front portion of the shelves.
16. When spills involve classified materials, you should activate emergency procedures that involve hazardous spills. If you are unfamiliar with such procedures, contact College Police at (707) 253-3330.
17. Incompatible chemicals should not be stored in the same vicinity or in the same cabinet.
18. All flammable materials should be stored in special cabinets. These are of steel construction with special ventilation and labeled appropriately.
19. Corrosive material should be stored in special corrosive cabinets. This is for the protection of both employees and the college facilities.
20. Gloves and goggles should always be worn while diluting strong acids, working with volatile materials, utilizing flammable liquids, or when fume hoods are being used.
21. All employees should know the location of the Materials Safety Data Sheets (MSDSs), which are on hand for all chemicals in the laboratory. Take the time to familiarize yourself with the MSDSs so as to understand the hazard of the material and know emergency procedures and first aid response.
22. Soiled rags that contain hydrocarbon solvents or other flammable materials should be stored and/or contained in special air tight, covered metal containers.

THEATER ARTS

1. Activities in the theater area often involve lifting or moving heavy materials. These are specific methods and procedures, which should be followed whenever lifting is required. A basic summary involves bending your knees and keeping your back straight. It is your responsibility to periodically review and follow those guidelines.
2. A number of safeguards must be in place when using the radial arm saw.
 - a) The saw should not pull or extend past the worktable being used.
 - b) There should be an automatic retracting spring or cable to return the radial arm to the rear position after it has been used.
 - c) The blade of the saw should be covered except at the actual work surface.
3. Dust collection devices on equipment such as saws and grinders should not be removed except for servicing. Equipment should not be used if the dust collection devices appear to be malfunctioning. Remove the piece of equipment from use if this occurs.

SAFE WORK PRACTICES FOR PHOTOGRAPHY/JOURNALISM

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. A variety of chemicals are used in the processing of negative film and developing of photographs. All employees and students should be familiar with the Material Safety Data Sheets for the chemicals used in the photography lab, including requirements of the Napa Valley Community College District Hazard Communication Program.
2. Some individuals may have a sensitivity or susceptibility to developing rashes or superficial skin abnormalities when handling photographic chemicals. At the first indication of a skin condition developing, care should be taken to utilize protective gloves or barrier creams. Proper washing after handling processing chemicals and using an effective moisturizer can also help to control skin conditions.

WORK PRACTICES FOR AUTOMOBILE MAINTENANCE

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. Never get under a vehicle to perform maintenance, even if only for a few seconds, unless it is supported on jack stands or on a proper floor hoist. Never get under a vehicle supported by bumper jack, floor jack, or similar temporary lifting device. Never exceed the load rating of jack stands.
2. Whenever possible, eliminate using brake shoes, pads, or other materials containing asbestos as a raw material. If this is not possible, or if you are absolutely sure that asbestos is not present, use formal safety procedures to control possible asbestos exposure.
3. Proper eye protection should be worn at all times when using or observing others who are using equipment which produces flying particles as a result of grinding, drilling, cutting, or turning metal or wood stock in process. In addition, all grinding and buffing equipment should be equipped with properly adjusted toll rests and shields.
4. All compressed gas cylinders, whether in storage or being used, should be contained in a cart or secured to the building structure by two metal chains that are tightly installed about one-third and two-thirds of the way up the cylinder so that the cylinder cannot tip.
5. Proper eye protection should be worn at all times when performing welding or brazing activities.
6. Oxygen and fuel gas cylinders should be separated as described by the NFPA standards.
7. Hoses, gauges, or other equipment should be inspected regularly. Repairs should be made to faulty equipment immediately or it should be removed from service.
8. Arc welders should be inspected periodically, and all necessary repairs should be made to faulty equipment immediately or it should be removed from service.
9. Portable oxygen/acetylene welding units should be equipped with a fire extinguisher.

10. Housekeeping is an important issue in maintaining a safe working environment. The general area should be maintained in a neat, orderly condition. The floors should be cleaned regularly to reduce the amount of airborne particles.
11. Because of possible contamination of food products, eating and drinking is not allowed in the area. Food or beverage containers should never be used to store materials in the area.
12. All employees should know the location of fire extinguishers and have some familiarity with their use. If necessary, specific training should be given.
13. If fire blankets are available in the shop, employees should have some training in rapid response in how to use fire blankets.
14. All chemicals should be labeled properly and clearly. The date the material was acquired should also be identified on the label so that inventory procedures can be followed in the future. Potentially harmful chemicals should be labeled, stored, and handled with special precautions.
15. All chemical storage areas should have containment in the form of doors that close, and special retaining devices or sturdy lip extensions installed in the front portion of the shelves.
16. When spills involve classified hazardous materials, you should activate emergency procedures that involve hazardous spills. If you are unfamiliar with such procedures, contact College Police at (707) 253-3330.
17. Incompatible chemicals should not be stored in the same vicinity or in the same cabinet.
18. All flammable materials should be stored in special cabinets. These are of steel construction with special ventilation and are usually labeled appropriately.
19. Corrosive material should be stored in special corrosive cabinets. This is for protection of both employees and facilities.
20. Gloves and goggles should always be worn while handling acids i.e. in car batteries, working with volatile materials i.e. cleaning solvents, or utilizing flammable liquids.
21. All employees should know the location of the Material Safety Data Sheets (MSDSs), which are on hand for all chemicals in the laboratory. Take the time to familiarize yourself with the MSDSs so as to understand the hazards of the materials and know emergency procedures and first aid response.
22. Soiled rags that contain hydrocarbon solvents or other flammable materials should be stored and/or contained in special air tight, covered metal containers.

23. Due to the presence of flammable liquids, extreme care is exercised to reduce the likelihood of fire:
 - NO SMOKING
 - OILY RAGS are placed in the safety cans after use
 - SPRAY CANS and other containers of flammable substances are kept in flammable storage cabinet.
24. Extreme care should be exercised whenever tire maintenance is performed. Using air to set tires is an acceptable practice; however, there should be a maximum pressure control on the tire equipment.
25. Automotive batteries are recharged outside to avoid the possible build-up of flammable gasses. Avoid causing an arc when connecting the charging cables, the hydrogen and oxygen gasses, which evolve in charging operations, could explode.

SAFE WORK PRACTICES FOR REPROGRAPHICS

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. The flammable materials in Reprographics presents a constant fire hazard. As a result, all employees should know the location of fire extinguishers and should be familiar with the operation of fire extinguishers and techniques for effectively and quickly extinguishing a fire.
2. All flammable materials should be stored and dispensed from approved safety containers. Rags soiled with hydrocarbon solvents or printing ink should be stored in approved covered metal containers.
3. Bulk storage of flammable materials should be contained within an approved cabinet.
4. The use of solvents and chemicals presents a health hazard for all employees. Employees who work in and around reprographics should be familiar with the Material Safety Data Sheets for all chemicals stored and used in reprographics. Employees should be familiar with the hazards of those chemicals, first aid procedures, and emergency response guidelines.
5. Cleaning of printing machines should always be done in a careful, safe manner. The press should never be wiped down or cleaned while it is running, even at slow speed.
6. Never attempt to clear a mis-fed or jammed paper while the press is running. Always shut down the press before performing the operation.
7. Equipment should be locked out/tagged out before maintenance.
8. Workstations should be organized to minimize the need for lifting, bending, or reaching of supplies.
9. Eating, drinking, or applying of cosmetics is prohibited in the press area or photo dark room.

**SAFE WORK PRACTICES FOR
FACILITIES DEPARTMENT**

THE GROUNDS DEPARTMENT

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. Working in the heat of the day can pose serious threats if precautions are not taken. Usually the heavy work will be scheduled in the early hours of the day. Please observe the following to cope with working outdoors on hot days:
 - a) During break, go to a shaded spot or air conditioned room.
 - b) Drink lots of water, taking small amounts often, rather than large quantities at infrequent intervals.
2. Heavy lifting work presents many opportunities for injury. Take a moment to plan the lift or move. A two-person job is a two-person job. Do not be a hero by doing it yourself. Follow a standard lifting procedure at all times.
3. Grounds crew should wear appropriate safety clothing and equipment. Steel-toe safety shoes, gloves, goggles/safety glasses, dust mask, respirator, hearing protectors, hats, hard hats, coveralls, and knee pads as required.
4. Transport heavy equipment only after proper care in securing the equipment has been exercised. Observe all traffic laws with special regard to speed limits. Heavy loads increase braking distances, and top heavy loads are likely to topple in sharp turns.
5. Operate heavy equipment, i.e. the backhoe, with great care. In many operations, such as when digging with the backhoe, someone will be assigned to act as a spotter.

6. Trenching and excavation work presents serious risks to all workers. The greatest risk and one of the primary concerns, is that of a cave-in. The following safety precautions must be taken when performing trenching and excavation.
 - a) Someone will be assigned to act as the spotter.
 - b) Barriers will be placed around the excavations as soon as it is possible.
 - c) Trenches 4' deep or deeper will be braced with approved trench shields to avoid cave-ins.
 - d) Keep materials or equipment that might fall into the trench at least 2' away from the edge of the excavation.
7. Anyone operating equipment that produces a noise level greater than 85 dBA (voice communication between employees is difficult), hearing protection must be worn. If you are in doubt, contact your supervisor to have the sound level checked. Department policy requires the use of hearing protection when using blowers, tractors, chain saws, mowers, pavement cutter, and other noisy equipment.
8. Only certified drivers can use the forklift. Follow safety guidelines set forth in the District's Industrial Truck Program. Forklifts should be checked by the driver each day prior to operation. If found unsafe, report the problems to the division dean immediately for repair. No riders are permitted on these vehicles.
9. All chemicals should be labeled properly and clearly. The date the material was acquired should also be identified on the label so that inventory procedures can be followed in the future. Potentially harmful chemicals should be labeled, stored, and handled with special precaution.
10. All chemical storage areas should have containment in the form of doors that close, and special retaining devices or study lip extensions installed in front portion of the shelves.
11. Incompatible chemicals should not be stored in the same vicinity or in the same cabinet.
12. All flammable materials should be stored in special corrosive cabinets. These are of steel construction with special ventilation and labeled appropriately.
13. Corrosive material should be stored in special corrosive cabinets. This is for the protection of both employees and the college facilities.
14. All employees should know the location of the Material Safety Data Sheets (MSDSs), which are on hand for all chemicals in the laboratory. Take time to familiarize yourself with the MSDSs so as to understand the hazards of the materials and know emergency procedures and first aid response.

15. Due to the presence of flammable liquids, extreme care is exercised to reduce the likelihood of fire:
 - NO SMOKING
 - NO OILY RAGS are placed in the safety cans after use
 - SPRAY CANS and other containers of flammable substances are kept in the flammable storage cabinet
16. Dust collection devices on equipment such as saws and grinders should not be removed except for servicing. Equipment should not be used if the dust collection devices appear to be malfunctioning. Remove the piece of equipment from use if this occurs.

WELDING

1. All compressed cylinders, whether in storage or being used, should be contained in a cart or secured to the building structure by two metal chains that are tightly installed about one-third and two-thirds of the way up the cylinder so that the cylinder cannot tip.
2. Properly approved eye protection should be worn at all times when performing welding or brazing activities.
3. Oxygen and fuel gas cylinders should be separated as described by the NFPA standards.
4. Hoses, gauges, or other equipment should be inspected regularly. Repairs should be made to faulty equipment immediately or be removed from service.
5. Arc welders should be inspected periodically, and all necessary repairs should be completed.
6. Soiled rags which contain hydrocarbon solvents or other flammable materials should be stored and/or contained in special air tight, covered metal containers.
7. Portable oxygen/acetylene welding units should be equipped with a fire extinguisher.

VEHICLE MAINTENANCE

1. Never get under a vehicle to perform maintenance, even for only a few seconds, unless it is supported on jack stands or on a proper floor hoist. Never get under a vehicle supported by bumper jack, floor jack, or similar temporary lifting device. Never exceed the load rating of jack stands.
2. Whenever possible, eliminate using brake shoes, pads, or other materials including asbestos as a raw material. If this is not possible, or if you are not absolutely sure that asbestos is not present, use formal safety procedures to control possible asbestos exposure.
3. Gloves and goggles should always be worn while diluting strong acids, working with volatile materials, or utilizing flammable liquids.
4. Extreme care should be exercised whenever tire maintenance is performed. Using air pressure to set tires is an acceptable practice; however, there should be a maximum pressure control on the tire equipment.
5. Automotive batteries are recharged outside to avoid the possible build-up of flammable gases. Avoid causing an arc when connecting the charging cables; the hydrogen and oxygen gases which evolve in charging operations could explode.
6. Collection of chlorofluorocarbons/air conditioning fluid should occur only using the Environmental Protection Agency approved capturing and recycling equipment.
7. When working on a car that is running, either work outside or use the hose ventilation system when working inside.

SAFE WORK PRACTICES FOR THE CUSTODIAL DEPARTMENT

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. Do not attempt to lift heavy or bulky objects that could cause strain to the back or other body parts. Use lifting aids or seek the assistance of fellow workers. To lift manageable size and weight boxes, use the following:

First squat down and use the legs and arms instead of the back to lift the box. Once you are in a squat position, lift the box with your arms and place it on your thighs for balance; if necessary, place your knee on the ground for balance. Make sure you have a good grasp on the box, and slowly rise, remembering to keep your back straight. Never bend over at the waist and lift with your back. Never twist torso while lifting or carrying items.
2. It is the professional responsibility of everyone who lifts or moves heavy materials to practice safe lifting methods. The basic method to avoid back injuries is to bend your knees when you lift.
3. Use eye protection when using strong chemicals for cleaning/clearing drain problems and other uses. One splash of this material into an eye could cause permanent damage.
4. Avoid storing cardboard, paper products, and other combustible materials in equipment rooms containing devices with open flame heating elements such as water heaters, boilers, and furnaces.
5. Exercise extreme care when cleaning and removing trash from science rooms and areas where broken glass could exist. People are not always cautious about discarding dangerous materials such as broken glass, needles, and other devices that could cause injuries.
6. Always identify wet floors or spills with caution signs to avoid injury to yourself, fellow workers, and the public. Wipe up spill immediately, if possible.
7. Always inspect power tools for safe power cords. This is especially important for tools that use water, such as wet vacuums, floor strippers, or carpet cleaners. Any break in a cord should be reported to the supervisor immediately. Equipment should not be used until cord is repaired.

8. Never permanently secure the power switch of a buffer or similar piece of equipment; it could cause damage to property and possibly injury to you or others.
9. Do not operate a buffer close to a power cord. The cord can get wound up in the equipment and cause damage to the equipment and possible injury to you.
10. Never use flammable solvents such as gasoline or similar materials to remove stains or spots from tile or other surfaces. The vapors can be explosive and dangerous.
11. All employees should read the Material Safety Data Sheets that are available for all hazardous materials used in custodial operations.
12. Chemicals have been provided for specific tasks. Specific guidelines should be followed when handling, using, and dispensing chemicals:
 - Never mix chemicals, other than to dilute them with water or following the manufacturer's instructions.
 - Wear appropriate safety equipment (goggles, gloves, boots, etc.).
 - Check the MSDSs for details for the chemical's properties, hazards, and first aid procedures.
 - If you are not familiar with a specific chemical or are not comfortable with its appropriateness to the process at hand, contact your supervisor for instructions.
13. Ladders (either wood or fiberglass) are provided for cleaning light fixtures or high surfaces. Never stand on the upper two rungs of the ladder. Never stand on furniture to reach elevated surfaces.
14. Be careful when cleaning near electrical devices such as light switches. If you notice covers are missing on light switches or electrical outlets, contact your supervisor for repairs.
15. All Custodians should wear appropriate safety clothing and safety equipment.
 - Approved rubber gloves should be worn when handling chemicals, during restroom sanitation, and when removing garbage.
 - Rain gear is provided for inclement weather.
 - Since work is often at night, carry a flashlight.
 - Rubber boots are to be used when using the floor scrubber.
16. Use mechanical means, such as a hoe or broom, to push garbage down. Never use a hand, foot, or other body part.
17. Hygiene is important, especially after restroom sanitation. Hands should be washed frequently.
18. Certain job activities require the use of a respirator. The District's Respiratory Protection Program will be used to train and fit test those employees that will be given respirators.

19. Only certified drivers can use the forklift. Follow safety guidelines set forth in the District's Industrial Truck Program. Forklifts should be checked by the driver each day prior to operation. If found unsafe, report the problems to the division dean immediately for repair. No riders are permitted on these vehicles.
20. When cleaning and disinfecting areas contaminated with blood or other bodily fluids:
 - a) Put on disposable, waterproof latex gloves and other appropriate personal protective equipment.
 - b) Clean visible soil with a detergent solution.
 - c) Rinse with water.
 - d) Disinfect area with disinfectant solution (bleach or EPA approved solution). Leave on for 20 minutes or allow to air dry.
 - e) Remove the gloves and wash your hands immediately.
21. Blood and bodily fluids can contain infectious materials. Use the appropriate personal protective equipment at all times. If you are exposed to blood or bodily fluids, i.e., on your skin or needle puncture, please see your supervisor immediately.
22. When working in the shooting range, the Safe Work Practices specifically designed for the shooting range cleaning and maintenance must be followed.
23. Earplugs or earmuffs should be used when operating any equipment if the noise level makes it difficult to converse at a distance of 3' or less. Earplugs or earmuffs must be worn when using a gasoline-powered blower.

SAFE WORK PRACTICES FOR THE CHILD DEVELOPMENT CENTER

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. Whenever possible, the lifting of children is to be kept to a minimum. Teaching staff should participate in back care workshops to teach the correct way to lift children and other heavy objects. When it is necessary to lift or move heavy objects, it is extremely important that everyone practice the safe lifting method of bending the knees and not the back. Staff are encouraged to ask for assistance if moving large objects such as children's classroom furniture.
2. Teaching staff and teacher assistants are required to use gloves whenever they are required to touch any bodily fluids. Teaching staff and teacher assistants should carry disposable (latex or vinyl) gloves in their pockets at all times when at work.
3. The floors are kept clean and free of debris to avoid tripping. Wet floors should be dry mopped to avoid slipping.
4. The outdoor pavement and front steps should be kept free of standing water (rain) to avoid slips and falls.
5. All staff are required to wash and disinfect their hands often to avoid the spread of germs. Disinfectant hand soap is provided in a dispenser for this purpose. If access to running water is not possible, use alcohol-based hand cleaner. Hand cream is also used to keep hands from cracking.
6. All staff are encouraged to take breaks and eat nutritiously.
7. All staff are encouraged to stay at home when ill, especially with respiratory illness.
8. Paper towel dispensers with individual paper towels are available for all staff.
9. Staff use different sponges (labeled) for cleaning the floor and cleaning counter tops. This helps in preventing the spread of germs.
10. Staff are required to renew first aid certificates and CPR certificates on a regular basis. These certificates must be current.

11. Staff are encouraged to wear comfortable clothing and shoes with rubber soles.
12. Staff are requested not to reach or lift articles from high shelves. They are encouraged to request assistance.
13. Garbage is removed frequently, at least once a day.
14. If staff becomes aware of a faulty piece of equipment, it should be taken out of use immediately and reported to the CDC director.
15. All employees are required to educate themselves on the emergency procedures for responding to fire, earthquakes, and other emergencies. The children's center has an emergency preparedness plan, which is available for staff and parents.

SAFE WORK PRACTICES FOR THE WAREHOUSE

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. All shipping/receiving employees who may handle containers or boxes should follow this proper lifting procedure:

First squat down and use the legs and arms instead of the back to lift the box. Once you are in a squat position, lift the box with your arms and place it on your thighs for balance; if necessary, place your knee on the ground for balance. Make sure you have a good grasp on the box, and slowly rise, remembering to keep your back straight. Never bend over at the waist and lift with your back. Never twist torso while lifting or carrying items.

2. Box cutters, knives, and other cutting devices are potentially dangerous and should be treated with respect. Always cut away from yourself. First, slit the topside edges of the box on both sides, and then pull up the middle and cut down the centerline. Take care not to hurt yourself or damage the merchandise inside. If the knife is equipped with a safety, keep the safety in position at all times. If the knife has a moveable blade, always store the blade within the handle when not in use.
3. A pallet jack is an expensive investment and a potential dangerous piece of equipment if not used properly. Refrain from any kind of horseplay when using pallet jacks.
4. Always use the pallet jack in such a way as to reduce potential injury to your feet by maintaining an adequate amount of room to maneuver. If others are in the area, be sure to leave a safe distance to work around them. Make sure they are aware of your presence and that a pallet jack is in use.
5. Do not use the pallet jack in a hurry or move it around too quickly. It is possible to run out of control and injure someone.
6. Take time to become familiar with emergency exits in order to respond properly in an emergency or evacuation.

7. Only certified drivers can use the forklift. Follow the safety guidelines set forth in the District's Industrial Truck Program. Forklifts should be checked by the driver each day prior to operation. If found unsafe, report the problems to the warehouse supervisor immediately for repair. No riders are permitted on these vehicles.
8. Place all hazardous materials in the appropriate storage cabinet prior to the end of the receiving day.
9. In transporting hazardous materials on campus, ensure that the load is secure. Segregate incompatible materials from each other. Use secondary containment if available.
10. Never accept a leaking hazardous material container from a distributor.
11. Warehouse employees should wear appropriate safety clothing and equipment: Steel-toe safety shoes and as required: gloves, safety glasses, and lifting belts.
12. Use of hand trucks to move boxes or equipment requires proper care in securing the load. Never stack the load above the frame of the hand truck. Observe the nose plate of the hand truck as you return it empty. The nose plate could cause an injury to the feet or ankles of others.
13. Delivery van operators are responsible for the safe operation of the vehicle at all times. Perform safety checks of the tires, mirrors, lights, horn, steering gear, brakes, wipers, and seat belt, etc. Report any defects to the warehouse supervisor for repair.

SAFE WORK PRACTICES FOR ADAPTIVE PE

These Safe Work Practices are provided for your information and education. They are intended to provide you with basic safety and health information that will assist you in avoiding injury while performing your daily activities.

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices.

1. Always use proper body mechanics when lifting individuals, weights, and equipment to avoid back injuries.
2. Always place mats and equipment out of the student's pathway.
3. Check cables regularly on exercise equipment.
4. Secure cords to avoid falling accidents.
5. Check all exercise equipment on a regular basis to make sure it is operating correctly and safely.
6. All instructors should have clear procedures in place in the event of an emergency.
7. Employ proper techniques to avoid heat stress.
8. The following cleaning and sanitizing procedures must be followed whenever equipment or facilities are contaminated with potentially infectious materials:
 - a) Use latex (or nitrile/vinyl, if allergic to latex) gloves.
 - b) Remove visible soil with a detergent solution.
 - c) Rinse in water.
 - d) Wash area with a sanitizing solution, e.g., bleach water or EPA approved solution. Bleach water is ¼ cup bleach to 1 gallon of water. The solution must be mixed daily to ensure the solution is not weakened by evaporation of chlorine.
 - e) Air-dry or rinse after 20 minutes.
 - f) Remove gloves and wash hand immediately.

SAFE WORK PRACTICES FOR STUDENT HEALTH CENTER

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You are encouraged to contribute ideas to expand or improve these Safe Work Practices

1. All employees must have the understanding of universal precautions: **All human and body fluids are treated as infectious.**
2. Washing and sanitation procedures
 - a) Wear latex (or nitrile/vinyl, if allergic to latex) gloves and other appropriate personal protective equipment.
 - b) Remove visible soil with a detergent solution.
 - c) Rinse in water.
 - d) Wash area with or dip toys in a sanitizing solution, e.g., bleach water or EPA approved solution. Bleach water is $\frac{1}{4}$ cup bleach to 1 gallon of water. The solution must be mixed fresh daily to ensure the solution is not weakened by the evaporation of chlorine.
 - e) Air dry.
 - f) Remove gloves and wash hands immediately.
3. All surfaces should be cleaned frequently. Tables and counter tops must be cleaned before food can be served from/on them. Follow the department's specific procedure on frequency of cleaning.
4. First aid assistance should be done using latex (or nitrile/vinyl) gloves and other appropriate personal protective equipment. After removing the gloves properly to ensure not to contaminate yourself or the surrounding areas, wash hands as instructed below. If clothes are contaminated, then remove clothing immediately and wash skin area with soap and water. Always report first aid assistance.
5. How to wash hands:
 - a) Wet hands with running water and apply soap from a dispenser. Lather well. You may wish to remove all jewelry from hands and place in a safe location. Wash vigorously for 15 to 20 seconds.
 - b) Rinse well under running water with water draining from wrist to fingertips.
 - c) Leave water running.
 - d) Dry hands well with a paper towel and then turn off the faucet with the paper towel.

6. Eating, drinking, smoking, applying cosmetics, and handling of contact lenses is prohibited in areas where blood or body fluid may be present.
7. Waste disposal of items containing liquid or semi-liquid blood or other potentially infectious materials that would release blood or other materials in a liquid form if compressed will be in red biohazardous waste bags. Handle these bags only when wearing latex gloves. Once materials are placed in these bags, they must be treated in seven days. Contact the District Facilities department immediately once generating biohazardous waste.
8. Clothing soiled with blood or other potentially infectious body fluids is considered contaminated. Contaminated laundry must be bagged and treated by an appropriate facility. Contact the District Facilities department immediately once generating contaminated laundry.
9. Non-regulated waste may be disposed of as regular trash. This includes feminine hygiene products, Band-Aids, or dressings with small amounts of dried blood.