Welcome

ANR Staff Meeting
Thursday
January 17, 2019
1:30 – 2:30 PM

AGENDA

UC ANR IN ACTION
Why We Meet
Stories From the Field

UPDATES
Leadership Corner
UC Path
An Ergo Moment
Second Street Operations
Celebrate

LEARNING
Safety Training – IIPP

https://ucanr.zoom.us/j/530365395
Dial: (based on your location for higher quality)
US: +1 669 900 6383 or +1 646 558 8656
Webinar ID: 530 365 395
Why do we meet?

We Celebrate
We Meet New Faces
We Laugh
We Inspire
We Build Team

We are all a part of something bigger- All our efforts make a difference
Stories From the Field

Shyra Murrey
EPNEP Program State Office Supervisor
The Expanded Food and Nutrition Education Program
EFNEP will be celebrating it’s 50\textsuperscript{th} year anniversary in 2019!

Honoring the past and celebrating the present
True or False?
A nutrition bus was used to educate community members.
True.

True or False?
EFNEP nutritional aides taught food preservation methods.
True.

Nutritional aides drying apricots. Photos taken in Kern County.
True or False?
EFNEP nutritional aides taught lessons in the homes of participants.
True.

Nutritional aide visiting a participant at home. Photos taken in 1970 Kern County.
Meet the EFNEP State Office Team
EFNEP State Office Team

Megan Marotta
Program Integrations Coordinator

Tamekia Wilkins
Research Data Analyst
4H/Master Gardener/EFNEP

Anne Iaccopucci
Healthy Living Academic Coordinator II
4H/EFNEP

Amber Hobart
Student Assistant

Lyn Brock
Professional Development Coordinator
EFNEP/UC CalFresh
The state office provides support to 38 nutrition educators, 7 nutrition supervisors and 10 NFCS/YFC advisors in 24 counties.
EFNEP in the Community

In 2017-2018 nutrition educators taught lessons to 26,845 youth and 5,449 households reaching an additional 24,441 family members.
Hands-on and evidenced-based curricula
Adult participants completed an average of 8 lessons totaling 11.4 hours.

Participants make healthier food selections for themselves and their family
95% of adult participants report improved diet quality.

Participants live more active lifestyles
86% of adult participants report improved physical activity practices.
EFNEP in the Community

Participants learn to stretch food dollars
82% of adult participants report improved Food Resource Management.

EFNEP families averaged a food cost savings of $39.60 per month.

California EFNEP families had a food cost savings of $445,737.60
Here’s what participants are saying….

“I have changed my grocery shopping habits and I have begun preparing healthier meals for my family. Last month, I spent $100 less on grocery shopping compared to what I spent the month prior to joining the nutrition class”

Contra Costa/Alameda County
Here’s what **participants** are saying….

“I thank you so much that you can offer it (classes) in Spanish. **This helped me to lose more than 40 pounds by starting to eat the amount food my body needs.**”

San Francisco/San Mateo County
Here’s what participants are saying….

“I have been diagnosed with diabetes, with very high sugar levels, in this program I learned in a very clear and precise way the changes I needed to make, and understand why I was having high levels of sugar in my blood!! She (The EFNEP Educator) gave me the necessary tools to change.”

Alameda County
Here’s what **participants** are saying….

“I learned how to look at labels and **choose the best foods** for my family. I have been cooking lots of different foods and my family has been enjoying them.”

Fresno County
Here’s what **students** are saying…

“From the day you started to teach us I decided to **eat healthy** and share the stuff that you been teaching us to my family.”

Contra Costa County
Here’s what **teachers** are saying….

“The curriculum introduced **valuable knowledge** to students around sugar content in their drinks, how to **read nutrition labels** and how to make wiser decisions with their daily food choices.”

Los Angeles County
Here’s what healthcare professionals are saying....

“...I’m a dietitian with Children’s Hospital in Oakland. I just saw a family this morning and the mom said she took a class or nine or ten classes with you about three months ago and she’s here with her daughter to see me about healthy eating and she raved about your class and she made some changes to their family nutrition and I was so impressed so I thought I wanted to give you a call to let you know that, you made a significant impact in this families nutrition habits.”
I actually got to experience it myself about forty years ago. My aunt had a nutrition educator that would go visit her home and my mother was able to participate in.
EFNEP Makes a Difference
5 ways to connect with EFNEP

1. Join our mailing list

2. Follow us on social media
   2. EFNEP California (YouTube)
   3. @CaliforniaEFNEP (Twitter)

3. Collaborate with a nutrition educator in your county

4. Participate in UC ANR Giving Tuesday

5. Estamos Contigo – We are with you Campaign
Thank you for listening!
Updates

Leadership Corner
  Wendy Powers
UC Path
  John Fox and Dave Krause
An Ergo Moment
  Malendia MacCree
Second Street Operations Committee
  David Alamillo
Leadership Corner

- Increasing our funding partners
- Continue to fill academic positions
- Strategic Communications Director
- Watching state budget
- Populating new Governing Council
- Program Council – SWP/I overviews
- Goal owners meeting
- Good news story of the week
UCPath Update

John Fox
Dave Krause
What you need to know about UC Path

UC ANR Town Hall

Tuesday, January 29, 2019
1pm – 2pm

Live in the 2nd Street Building Valley Rooms and broadcast via Zoom
What you need to know about UC Path

Actions everyone can take to prepare:
• Enroll in DUO Multifactor Authentication before Feb 15
• Review and update your home address and contact information in At Your Service Online before Feb 28
• Sign up for Direct Deposit if you currently receive your paychecks by mail before Feb 28

Head’s Up: Single Sign-On (SSO) enforcement
An Ergo Moment

Malendia Maccree
Driving and Ergonomics

https://www.ccohs.ca/oshanswers/ergonomics/driving.html
How should I adjust my care seat?

Read the vehicle manual and understand the available adjustments.

Common adjustments include:
1. **Seat height**
2. **Seat cushion length**
3. **Seat forward/back position**
4. **Seat cushion angle**
5. **Seat back rest**
6. **Lumbar support**
7. **Steering wheel**
8. **Head restraint (head rest)**
9. **Fine tuning**

Photo credit: https://www.proergonomics.ca/news-article.php?id=40
Seating Position

Image source: https://profusionrehab.com/tips-to-avoid-neck-shoulder-pain-while-driving/
Head Restraint Position

https://carsafetyfeaturesphysics.weebly.com/head-restraints.html
Incoming Second Operations Committee Members

- **Bernadette Ramirez**: YFC, 4-H YDP, EFNEP
- **Bertha Felix**: HR
- **Kelly Scott**: Dev. Srvcs, MG, RECs/OAVP
- **Veronica Geiger**: BOC, C&G

**Outgoing** Second Street Operations Committee Members

- **Kim Lamar**: BOC, C&G
- **Tina Perez**: HR
- **Melissa Mabuchi**: YFC, 4-H YDP, EFNEP
- **Rob Broadhurst**: Dev. Srvcs, MG, RECs/OAVP

*thank you!*
Returns May 1, 2019

* T-Shirt orders by Jan. 30

University of California
Agriculture and Natural Resources

* See your local Staff Assembly Ambassador
Celebrate!
New Faces
AGENDA cont.
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UC ANR
Safety Training

David Alamillo

IIPP
What is an IIPP
A Declaration of Safety

“We hold these Truths to be self-evident, that all employees are created equal, that they are endowed by their employer with certain unalienable Rights, that among these are Health, Safety, and the Pursuit of Happiness…”

- Thomas Jefferson
(Amended by ANR EH&S)
IIPP – our capstone safety program

• Employers are required to provide and maintain a safe and healthful working environment, promote safe practices, and reduce injuries & illness

• In California, employers must establish, implement, and maintain an effective written Injury & Illness Prevention Program (IIPP) – CCR/8-3203

• The IIPP is the umbrella under which all health and safety programs and policies are implemented. It is the foundation for our safety programs.
Purpose

• Keeping employees, volunteers, visitors, and program participants safe is a responsibility shared by all.

• The IIPP aims to protect the health & safety of our people and environment, while decreasing the potential risk of injury, illness or exposure to hazards.

• An effective IIPP helps to improve employee wellbeing, morale and efficiency; while reducing University losses, claims and costs.

• IIPP training shall take place whenever workplace hazardous substances are introduced or removed, or a person’s responsibilities or actions under the IIPP change.
IIPP – Core Program Components

• **Responsibility:**
  the identities of the persons responsible for implementing the IIPP

• **Compliance:**
  a system for assuring employees comply with safe work practices and recognizing employees who follow safe and healthy practices

• **Communication:**
  an employee communication system, including meetings, training programs, postings, written communications, etc.
  * we encourage you to report potential hazards or a ‘near miss’

• **Hazard Assessment:**
  procedures for identifying and evaluating workplace hazards, including periodic inspections to identify unsafe conditions and work practices
IIPP – Core Program Components cont.

- **Accident/Exposure Investigation:**
  a procedure to investigate occupational injuries or illnesses
  * report all injuries to your supervisor and submit an injury report

- **Hazard Correction:**
  methods for correcting unsafe or unhealthy conditions, work practices, or work procedures in a timely manner

- **Training and Instruction:**
  about safe work procedures for new employees, or when there are new hazards or job duties

- **Recordkeeping:**
  methods for recordkeeping and documentation of safety and health training
Rights!
As an employee you have a right to

• A safe workplace free from recognized hazards
• Receive training on hazards associated with your job
• Know how to control hazards of your job
• Report workplace hazards without fear of reprisal
• Actively participate in discussions and training regarding your health, safety, and wellbeing
Roles & Responsibilities

Managers and Supervisors

• Managers and Supervisors are expected to provide Health and Safety leadership and guidance within their unit

• Know the TRICK of a good safety supervisor/manager
  • Train employees on correct safety practices and safe job performance
  • Report unsafe conditions and incidents
  • Inspect for workplace safety and compliance
  • Correct issues and problems found
  • Keep records of training
Roles & Responsibilities

All Employees

All employees have the responsibility to maintain a safe & healthful work environment

See Safety Note #118
As an employee, you should

• Follow safe work practices, including use of applicable PPE
• Be familiar with your IIPP and it’s location
• Know the potential health and safety hazards of your job and how to protect yourself
• Know how to report unsafe conditions
• Report any work-related injury or illness to your supervisor or Safety Coordinator
• Know what to do in an emergency
• Correct unsafe conditions within your authority
• If you are unclear about your responsibilities, ask your supervisor
Roles & Responsibilities

Environmental Health & Safety

• Minimize or prevent occupational injuries and illnesses, and to protect the quality of the workplace and surrounding environment

• Implement, manage, maintain, & train on health and safety programs

• Recommend appropriate corrective actions and programs

• Serve as the liaison between ANR and various external agencies and regulatory bodies

• Provide training, resources, and assistance

http://safety.ucanr.edu/
Resources for Safety

- Your Supervisor
- Bulletin Boards & Posting Areas
- IIPP (Binder or Online)
- Safety Coordinator (Mark Barros, David Alamillo, or dept. Safety Contact)
- EH&S
  - Visit us in person
  - Visit our website: safety.ucanr.edu
  - Use the EH&S Ask Button
Where to find the IIPP

• The Injury and Illness Prevention Program (IIPP) and Emergency Action and Fire Prevention Plan (EAFPP) for all units at the ANR Second Street Building are located:
  o On the building website at: [http://ucanr.edu/2ndstreetsafety](http://ucanr.edu/2ndstreetsafety)
  o Printed copies are located in the EH&S Library (next to Workspace 162)

• For more information:
  o [http://safety.ucanr.edu](http://safety.ucanr.edu)
  o [http://ucanr.edu/risk](http://ucanr.edu/risk)
Safety & Emergency

Environmental Health and Safety web site
Incident Reports
Previous Training Presentations
Safety Spotlight Monthly Newsletter: Each month, the spotlight will focus on a specific workplace safety topic, drawing on the expertise from staff in Occupational Health Services, Environmental Health & Safety, Emergency/Business Continuity Management, and the Police and Fire Departments.
NoR Building Injury Illness Prevention Program
NoR Building Emergency and Fire Plan
Report an Injury
Map to Occupational Health Services
Map to Sutter Davis

Emergency alarm

If an emergency occurs, pull the fire alarm located by any of the four main entrances. Every employee will be trained in the emergency procedures as part of orientation to the building, and periodic drills will be conducted. For more information, refer to your copy of the Emergency Action and Fire Prevention Plan or ask your unit’s safety monitor. Please contact Mark Barros 530-750-1262 or e-mail mbarros@ucanr.edu

Emergency contact information
- Fire/Medical Emergency dial 911.
- For non-emergencies, contact City of Davis Police: (530) 747-5400.
ANR Building Safety Review

University of California
Agriculture and Natural Resources
QUESTIONS?
Next ANR Staff Meeting
February 21, 2019
1:30 PM

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Webinar ID: 530 365 395