

AIR QUALI		SAF	SAFE OPERATING GUIDELINES						
	HAZ	ARD POTENT	IAL EVALUATION			ERGONOMI	CS ASSESSMEN	г	
	⊠Struck	Ву	⊠Weather Conditions	⊠Lifting		L M F 🗆 Wal	lking L M	F 🛛 Kneeling	L M F
	■ ⊠Struck	Against	⊠Hazardous Substance	⊠Carrying		L M F □Star	nding L M	F Hearing/Nois	e <mark>L M</mark> F
	Slip/Tri	p/Fall	⊠Electrical Hazards	⊠Reaching A	bove Shoulder	L M F □Sitti	ing <mark>L M</mark>	F Climbing Stai	rs L <mark>M</mark> F
	Caught	In/Between	⊠Obstruction/Confined	d ⊠Straight Pu	lling	L M F 🗆 Crav	wling <mark>L</mark> M	F Climbing Lad	ders <mark>L M</mark> F
	⊠Materi	al Handling	Equipment Operating	; 🛛 Pulling han	d over hand	L M F DTwi	sting L M	F Simple Grasp	L M F
	HIRAC		1 <mark>2</mark> 3 4	L×IDual Grasp		L M F LIPus	hing L M	F URepeated Mo	otion L M F
				TRAINING RE	QUIREMENTS				
GE	ENERAL CAMP	US	DEPA	RTMENT SPE	CIFIC		SPEC		
Cal Maritime	EHS Pocket Guide	Emergency	Department	Authorized Driver	Ergonomics	Basic	Marine Programs	T.S. Golden Bear	As Identified/
I A O H	I A O H	I A O	E H I A O H	I A O H	I A O H	I A O H	I A O H	I A O H	I A O H
DO NOT U	SE ANY EQUIPME	NT OR MACHIN	IE UNLESS YOU HAVE	RECEIVED INSTR	UCTION IN THE S	AFE USE AND OPE	RATION AND HA	VE AUTHORIZAT	ON TO USE.
			PER	SONAL PROTE	CIVE EQUIPM	ENT			
				H		R	Ŕ	(The second seco	
Eye Protection	Foot Protection	Hand Protection	Hearing Protection	Body Protection	Head Protection	Respiratory Protection	Fall Protection	Face Shield	OTHER
When exposed	When working	When hands a	re When exposed	When exposure	Where there is a	May be	When there is a	Face shield can	
to eye or face	in areas where	exposed to	to a time	to: Intense heat,	potential for	required if	risk of falling	be used over	
hazards from	there is a	hazards such a	ns weighted	hot metals,	injury to the	removal of	from a height	the glasses if	
flying particles,	danger of foot	those from ski	n average noise	other hot liquids	head from	contaminants	greater than	there is a	
molten metal,	falling or rolling	absorption of	level of 85 dBA	Impacts from	tailing objects	from the air	4ft GSO	of flying dobris	
acids or caustic		substances	an 8 hour work	can cut burn	there is a risk of	below	6ft MSO	of fighting debris.	
liquids, chemical	objects piercing	severe cuts of	r shift.	Hazardous	impact to head	permissible	When working		
gases or vapors,	the sole, or will	lacerations;		chemicals	•	exposure level.	in confined		
or potentially	protect the	severe		Or potentially			space		
injurious light	affected	abrasions;		infectious					
radiation		punctures;		materials					
Frannomic	(1) Low <2	hrs (M) Moderat	e 2-5hrs (F) Frequent >5	hrs per 8-hours	Trainina	(I) Initial (A) An	$nual Refresher (\Omega)$	Occasion/Post Inci	dent (H) Hazard
Ligonomic		(iii) moderati						e cousion i rost men	
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	GENERAL CAMPUS SAFE OPERATING PROCEEDURES									
	WORK DUTIE	S	HAZARD POTENTIAL		HAZARD CONTROLS & PROTECTION MEASURES					
1	Use of office equipment		Electrocution, electrical shock, bruising and miscellaneous injuries	fek fek	Ensure all electrical equipment is properly grounded. (i.e. three prong electrical plugs) and in proper working order before using. Strictly follow all manufactures precautions and recommendations. DO NOT overload circuits by stringing multiple power strips (also known as daisy chaining)					
2	Using ladders or step-ladders	甲	Ladder collapsing; Slipping and falling from ladder	frie frie frie frie	Inspect ladder before use. Use ladder at proper height. Make sure the ladder in assembled, locked and on level ground. DO NOT exceed weight limit for ladder. DO NOT stand on the top or top rung of ladder and make sure a co-worker is holding ladder if any higher than a step-ladder.					
3	Work Station	<u> </u>	Muscle-skeletal disorders, eye/body strain and fatigue	fek fek fek	Ensure workstation is ergonomically correct for the person using the workstation. Ensure proper lighting so that there isn't a glare in order to prevent eye strain. Review phone placement and accessories so that operator is sitting square and limiting excessive head/neck tilt in order to prevent neck strain					
4	Office Furniture		Falling objects	Re Re	Ensure all doors and drawers are fully secured. Do not overload shelves. Ensure bookcases are seismically strapped/secure to wall to prevent tipping over.					
5	Walking in offices, buildings hallways and stairs	KAN KAN	Slips, trips and falls	fek fek	 Ensure all walking and working surfaces have been properly maintained, properly lit, are free of debris and remove potential tripping hazards. Use handrails when using stairs. A Note: No opened toed footwear is allowed in food operations A Note: No opened toed footwear is allowed on T.S. Golden Bear 					
6	Campus Construction Activities	. <u>Å</u> .	Pedestrians knocking over ladders or lights or bumping into worker; pedestrians getting hit with equipment or falling tools, etc.	frie frie	Always be aware of surroundings. Stay away from construction zones.					
7	Working outside in Weather		Heat stroke, heat exhaustion, frostbite	€¥¢	Dress appropriately for the weather, keep hydrated, and take necessary breaks when needed					
8	Heaving lifting and reaching		Overexertion, strains and sprains	(Fie (Fie (Fie	Use proper lifting techniques, limit duration of repetitive motion. Always know your weight limit, lift with your legs, get help if needed. Use step ladders when lifting objects above shoulder height.					
9	Campus	次次	Personal safety and security	fele fele	Always be aware of your surroundings. Changing weather conditions can increase slip hazards throughout the campus					
10	Operating university vehicles		Motor vehicle accident, striking a pedestrian or bicyclist	허실 허실 허실	Inspect vehicles before use. Use seat belts. Travel at safe speed for conditions. Stay alert for pedestrians, other vehicles, and objects in travel path.					

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	POSITION SPECIFIC SAFE OPERATING PROCEEDURES								
	WORK DUTI	ES	HAZARD POTENTIAL		HAZARD CONTROLS & PRO	TECTION MEASURES			
1	Walking in offices, buildings hallways and stairs	KS KS	Slips, trips and falls	부분 문문	 Ensure all walking and working surfaces have be free of debris and remove potential tripping has Use handrails when using stairs. A Note: No opened toed footwear is allowed A Note: No opened toed footwear is allowed 	een properly maintained, azards. I in food operations I on T.S. Golden Bear	properly lit, are		
2	Using hand tools	×	Cuts, pinches, smashes, punctures, severing of fingers.	い でき でき	Keep tools in good condition. Inspect tools before Wear safety glasses. Work away from yourself. Use normal caution required for all hand tools.	ore use.			
3	Working in areas with high vehicular traffic		Struck by, caught in between to self or co-workers	Ψk	Barricade work areas using cones, tape or tem additional traffic control support . Wear appro work is in an area with vehicle traffic	porary fencing. Contact (priate PPE including high	Campus Police for visibility vest if		
4	Working in areas with high pedestrian traffic	Ń.	Slips, trips, falls and other injuries to self, co-workers and pedestrians.	ă.	Barricade work areas using cones, tape or tem including high visibility vest if work is in an area	porary fencing. Wear ap a with vehicle traffic	propriate PPE		
5	Using ladders(step and extension)	к В	Fall, broken bones, cuts, bruising, electrical shock	feje feje	Always read and follow all manufactures labels overhead power lines before moving or setting contact with the ladder. If using extension ladd building 4:1 and that 3 rungs exceed to top lan Ensure the ladders rungs, steps and feet are fro	s/markings on the ladder g up a ladder. Always ma ler; insure footing is secu ding area. ee from damage or slipp	Always look for intain 3-points of ire, proper angle to er material.		
6	Using motorized/elec trical tools & equipment		Struck by, caught in between. Burns, electrical shock, electrocution, dismemberment, bruising, broken bones, blisters	Ŕķ	Ensure the tool/equipment is in proper workin is turned off when performing maintenance ar Strictly follow manufacturer recommendations determined by the scope specific JHA-PTP	g order prior to use. Ens nd attaching or detaching s. Always wear appropria	ure tool/equipment g equipment. te PPE as		
7	Mobile lifts (scissor, articulating boom, truck mounted)	y j	Fall, electrocution, electrical shock, electrical burns	ξ.je	Only certified operators may use mobile lift eq manufacturer instructions for use. Conduct a p a level surface prior to raising. Ensure there ar lines. Always use appropriate fall protection as required under University scope specific JHA-P	uipment. Always review pre-use inspection of the e no overhead obstruction determined by manufact TP.	and follow all lift. Ensure lift is on ons or electrical cturer and/or		
8	Working in confined space		Lack of oxygen or overexposure to methane gas	₩¥	Before working in confined area, verify that it i permit as required). While working, always ver one person outside confined area to monitor s	s safe by monitoring air (ntilate area using fan. Alv afety of those working ir	get confined space vays have at least uside.		
9	Working in poorly lit areas		Slips trips and falls	ŝ.	Use a pedestal light, head lamp, or other light visibility. A handheld light is best utilized when balance, carrying items, and opening doors or	that can be affix to person there isn't a need for h otherwise.	on in order to gain ands to be used for		
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10	Working on or around extremely hot equipment or machinery		Heat exhaustion, burns and blisters	Ŕk	Drink plenty fluids and take breaks as needed in cool areas. Ensure machine guards are in place where appropriate. Wear appropriate PPE as determined by manufacture and/or required under University scope specific JHA-PTP.
11	Elevated work/Fall Protection		Broken bones, crush, bruising, lacerations	6×	Employees on a work surface with an unprotected side or edge which is greater than 4ftGSO, 6ftCSO, 6ft MSO, above the lower level shall be protected from falling by the use of a fall protection system (guardrail, warning line system and/or personal fall arrest system)
12	Rigging		Struck by, caught in between, dismemberment	Fie Fie Fie	Only qualified personnel may perform rigging and subsequent lifting of material and equipment. A lift plan is required, but not limited to, for all lifts classified as "critical" as defined by CALOSHA, or when there is a high risk to personnel or equipment, or as determined by the Department of Safety & Risk Management. Prior to use, inspect material/equipment to be lifted as well as the rigging equipment. Review physical condition. Excess use, worn or defective rigging shall be immediately removed from service and tagged with DO NOT USE. Read and follow all manufactures labels/markings. DO NOT exceed lifting capabilities of the rigging equipment.
13	Working with/in hazardous agents and environments		Asphyxiation, respiratory complications and chemical exposure	Ŕhe	Prior to commencing work that involves hazardous agents a Job Hazard Analysis (JHA) and/or Pre Task Plan (PTP) shall be completed. The JHA and/or PTP shall identify all substances, agents and environments that present a hazard and recommend hazard controls measures. Use substitution whenever possible prior to engineering, administrative or PPE control measures. Use approved and calibrated testing devised prior to starting work. Refer to SDS.
14	Trenching and excavation	À	Electrocution, electrical shock, trench collapse, hazardous atmosphere, falls, drowning and explosions	Fre Fre Fre Fre	Contact Fire Department at least 72-hours prior to digging. Trenches > 5 feet deep require CALOSHA permit and addition shoring/shielding unless the excavation is made entirely of staple rock. Trenches >4 feet must have a safe means of access and egress. Maintain at least 2 feet of clearance from trench edges. Test atmospheric conditions prior to entry. Employees shall not work in excavations which there is an existing accumulation of water or where water is accumulating.
15	Using generators		Electrocution, electrical shock and electrical burn, carbon monoxide poisoning, cuts, bruising, pinching, blisters and broken bones	Fix Fix Fix	Always read and follow all manufactures labels/marking on the generator prior to use. Inspect the generator prior to us to ensure proper working order. Ensure the generator is properly grounded. Do not use a generator in an enclosed area and ensure exhaust fumes are vented away from workers. Use appropriate PPE when using a generator.

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	Working on		Electrocution, electrical shock and	E.	Ensure LOTO procedures have been strictly foll	lowed. Ensure the panel	board has been
	panelboards		electrical burn		properly de-energized by using voltage meter.	Only qualified person sh	all de-energize or
16	rated at 240V				re-energize panelboards. Refer to NPFA 70E Ta	ble 130.7(c)(9) to deterr	nine appropriate
	and below				PPE and to determine if insulated tools are req	uired when working with	h energized gear.
	Working on		Electrocution electrical shock and	A.	Ensure LOTO procedures have been strictly follow	lowed Ensure the nanel	hoard has been
	panelboards	^	electrical burn	~	properly de-energized by using voltage meter.	Only qualified person sh	all de-energize or
17	rated at				re-energize panelboards. Refer to NPFA 70E Ta	ible 130.7(c)(9) to deterr	nine appropriate
	600V>240V				PPE and to determine if insulated tools are req	uired when working with	h energized gear.
					Proper PPE must be worn.	5	0 0
	Working on		Electrocution, electrical shock and	Å.	Ensure LOTO procedures have been strictly following	lowed. Ensure the panel	board has been
	panelboards		electrical burn		properly de-energized by using voltage meter.	Only qualified person sh	all de-energize or
18	with 600V class				re-energize panelboards. Refer to NPFA 70E Ta	ble 130.7(c)(9) to deterr	nine appropriate
	switchgear				PPE and to determine if insulated tools are req	uired when working with	h energized gear.
	Marking with		Electropution electrical check and	Æ	Proper PPE must be worn.	lowed Fraura the nanal	hoord has been
	other 600V		electrical burn	÷	properly de-energized by using voltage meter	Only qualified person sh	
	class				re-energize nanelboards Refer to NPFA 70F Ta	ble 130 7(c)(9) to deter	mine appropriate
19	equipment				PPE and to determine if insulated tools are req	uired when working wit	h energized gear.
	(277V through				Proper PPE must be worn.		
	600V nominal)						
	Working with		Electrocution, electrical shock and	E.	Ensure LOTO procedures have been strictly following	lowed. Ensure the panel	board has been
20	NEMA E 2		electrical burn		properly de-energized by using voltage meter.	Only qualified person sh	all de-energize or
20	motor starters				re-energize panelboards. Refer to NPFA /UE Ta	ible 130. /(c)(9) to deterr	nine appropriate
	(2.5KV through 7.2 k\/)				Proper PPE must be worn	uired when working with	il ellergized gear.
	Working with		Electrocution. electrical shock and	Å	Ensure LOTO procedures have been strictly follow	lowed. Ensure the panel	board has been
	metal clad	^	electrical burns		properly de-energized by using voltage meter.	Only qualified person sh	all de-energize or
21	switchgear (1kV				re-energize panelboards. Refer to NPFA 70E Ta	ble 130.7(c)(9) to deterr	nine appropriate
	through 38kV)				PPE and to determine if insulated tools are req	uired when working wit	h energized gear.
				6r	Proper PPE must be worn.		
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CORE EHS TRAINING REQUIREMENTS							ADDIT	IONAL NOTES			
			-	Α	0	Н	As a general rule, NO Specific PPE is r	equired for office personnel. In the event			
			-	Α	0	Н	onditions require PPE, personnel will be relocated to designated safe zones.				
			Ι	Α	0	Н	Personnel assigned to the T.S. Golden	Bear will be required to wear sturdy, closed toed			
			Ι	Α	0	Н	shoes.				
			1				Personnel assigned to food service op	erations will be required to wear slip resistant,			
			Ι	Α	0	Н	closed toed shoes.				
	Ва	sic First Aid /CPR/AED	Re	comm	nend	led					
	IF CONDITIONS CHANGE: STOP WORK IMMEDIATELY-REVIEW WITH SUPERVISOR-DOCUMENT HAZARD-REVIEW WITH SRM										
	EME	RGENCY RESPONSE					HOUSEKEEPII	NG & SECURITY			
1	First Aid Kit	Located in buildings			1		ne work area/site Clean? Ensure work	area is clean daily and that any hazardous			
					L	•	materials are	properly disposed of daily			
2	AED	Located in all main buildings			1	,	ne work area/site Ensure lights	are turned off and building is locked upon exiting			
					2		ure? work for the	day.			
3	Emergency phone	Campus Police- 707-654-1111 o	r 91	1		,					
4	Evacuation	TBD based on Facility & Emerge	ncy		3)					
	REMINDER: IMMEDIATELY REPORT ALL INCIDENTS, REGARDLESS OF SEVERITY, TO YOUR SUPERVISOR AND THE DEPARTMENT OF SAFETY & RISK MANAGEMENT.										

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