



## HIGHLANDER SAFETY TEAM

ENVIRONMENTAL HEALTH &  
SAFETY

# WEEKLY SAFETY TOPICS

## EMERGENCY EQUIPMENT USING AN EMERGENCY SHOWER

**1. Call for help. If someone else is in the room, ask them to escort you to the shower. If alone, stay calm and carefully make your way to the shower.**

**2. Stand under the showerhead and pull the shower handle down to turn it on.**

**3. Wet the entire head and body and remove excess clothing. Move around to wet all areas. You may need to strip down to bare skin.**

**4. Flush for 15 full minutes or longer.**

**5. You can use the eyewash at the same time if you have splashed on your face or in the eyes.**

**6. Seek medical attention. Always have a medical professional check your skin and eyes, even if you feel okay. If you can, take the product safety data sheet (SDS) with you.**

**7. Report your injury to your supervisor and then to EH&S by calling 951-682-7778 or online at <https://ehs.ucr.edu/report>**

