



INFORMATION DAY FOR ERASMUS STUDENTS 2023-2024

TRAINING AREA







I. HEALTH AND SAFETY OFFICE

Our main goals are:

- Giving advise to university community about occupational risks prevention.
- Achieving a safety and healthy university.
- Being a model for university community about safety, health and well-being.



LAVE	EDIFICIO	DEPARTAMENTO	ESPACIOS	
A	Albert Einstein	Estadística, Econometría, Investigación Operativa y Organización de Empresas Física Física Aplicada, Radiología y Medicina Física Matemáticas	Aulas C2B1, C2B2, C2B3, y C2B4	
В	Aulario Averroes		Aulas AUO1 a AU29 y Magna Laboratorios Prácticas Salas Informática 1, 2, 3, 4 y 5 Consejos de Estudiantes Oficina Bancaria	Servicio de Reprografía Ucotienda Fundecor Oficinas Orientación Laboral Caletería
с	José Celestino Mutis	Agronomia Biología Vegetal y Ecología Clencias y Recursos Agrícolas y Forestal	Aulas C4B1, C4B2, C4B3, C4B4, C4B5, C4B6, C4B7 y C4B8	
D	Charles Darwin	Bromatología y Tecnología de los Alimentos Parmacología, Toxicología y Medicina Legal y Forense Zoología	Aulas C181, C182, C183, C184, C185, C186, C187, C186, C1S1 y C1S2	
Ē	Gregor Mendel	Economía, Sociología y Política Agrarias Traducción e interpretación Genética Ingeniería Gráfica e Ingeniería y Sistemas de Información Cartográfica	Aulas C5B1, C5B2, C5B3, C5S1, C5S2, C5S3, C5S4, C5S5, C5S6, C5S7, C5S8 y C5S9	
F	Hospital Veterinario F. Santisteban	Medicina y Cirugía Animal	Aulas HVB1, HVB2 y HVB3	
G	Marie Curie	Química Agrícola y Edafología Química Falaltica Química Fisca y Termodinámica Aplicada Química Incepánica e Ingeniería Química Química Orgánica	Aulas C381, C382, C351, C352 y C353	
38	Producción Animal	Producción Animal	Aulas PAB1, PAB2 y PAB3	
1	Ramón y Cajal		Salas Informática B1, B2, B3, P1, P2, S1 y S2	
1	Sanidad Animal	Anatomia y Anatomia Patológica Comparadas Sanidad Animal	Aulas SABI, SAB2, SASI, y SAS2	
ĸ	Severo Ochoa	Biología Celular, Fisiología e Inmunología Bioquímica y Biología Molecular Microbiología	Aulas C681, C682, C683, C6S1, C6S2, C6S3, C6S4, C6S5, C6S8 y C6S9	

SERV	ricios
0	Colonia San José
0	Salón de Actos Juan XXIII
0	Paraninfo (Edificio de Gobierno- Sala Grados)
0	Caleteria Paraninfo
0	Teatro Griego
0	Apeadero RENFE
0	Pabellón Polideportivo La Areté
0	Biblioteca Universitaria Maimónides
0	Servicio de Publicaciones
•	Caleteria Exterior Aulario
0	Secretarias y Sala de Usos Múltiples
•	Piscina Olímpica
•	Piscina Cubierta
0	Servicios Centrales de Apoyo a la Investigación
•	Almacén SEPA
0	Estadio Universitario Monte Cronos
•	Talleres Mantenimiento y Almacenes
•	Edificio Leonardo da Vinci (en obras)
•	Servicio de Animales de Experimentación
3	Residencia Universitaria Lucano
1	Área de Experimentación
@	Pistas Polideportivas

2. STUDENT'S HEALTH

Where should I go in the case of accident, illness, or injuries?

- Call emergencies 12. At Rabanales
 Campus you can contact to Security Unit on 957 21 10 55.
- To first aids, we have a Health Care Unit, next to Averroes- Classroom Building. You can contact on 957 21 20 81.

9:00-14:00 and 16:00-19:00.

 Other cases, you should go to SAS centre in your neighbourhood.





3. STUDENT'S SAFETY

Am I safe at UCO?

- As students, you are usually exposed to some risks not so important (classrooms, library, etc.).
- Other tasks could have important risks for your health: laboratories, training farm and hospital, etc.













3. STUDENT'S SAFETY

What should I do?

- In the case of a dangerous laboratory practice, you must follow the recommendations of the professor.
- You should know about prevention risk measurements (Safety Data Sheet, Good Practices at lab, etc.).
- You should use collective and personal protective equipment.



Ducha de Seguridad. Para proyecciones con riesgo de quemadura química o si se prende fuego en las prendas de vestir. SAFETY SHOWER

Fuente Lavaojos. Descontamina rápida y eficazmente los ojos en caso de contacto con productos químicos o salpicaduras. EYEWASH FOUNTAIN

Extintor. Apaga el fuego mediante agentes o sustancias extintoras. En la UCO existen dos tipos de extintores: polvo ABC y CO₂. EXTINGUISHER

Manta Ignífuga. Sirven para extinguir incendios incipientes o pequeños.

FIRE BLANKET

Botiquín de Primeros Auxilios. Contiene elementos básicos para auxiliar a personas heridas en caso de accidente (pequeñas heridas o quemaduras). FIRST AIDS KIT

ABSORBENT BLANKETS

Neutrauzador. Sirve de adsorbente y/o absorbente en caso de derrame.





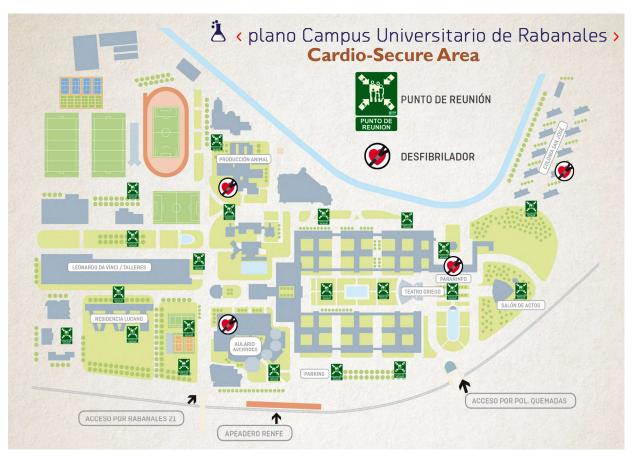
4. EMERGENCIES

Is it possible an emergency at UCO?

- Mainly fire and bomb warning, environmental one.
- We have Safety and Emergency Plans.
- We have defibrillators strategically distributed throughout the campus (Cardio-Secure Area).











Meeting point

How to use a fire extinguisher



4. EMERGENCIES

As a student, I have to:

- Know the emergency measures in UCO.
- Follow basic evacuation rules, in case a building has to be evacuated
- Obey the instructions of emergency teams.
- Collaborate with the training staff for evacuating building and others.



https://bit.ly/3SmcDVx



https://bit.ly/3vDa6hT





INSTRUCTIONS FOR SELF-PROTECTION AT THE UNIVERSITY OF CÓRDOBA



- Remain calm.
- Begin evacuation when indicated by the emergency signal. Follow Emergency Teams' instructions. Evacuate the area in
- an orderly, quiet manner.
- If there is smoke at the emergency exits, block the door

cracks and wait for outside help, DON'T GO THROUGH THE SMOKE. HEAD TO THE MEETING POINT

When the evacuation alarm is hear, join the first evacuation

- group you see.
 - Signal that the area is clear. In
- general, help each other.
- Transport the incapacitated in an effective way.
- Direct and assist the disabled with special attention. Inform
- 10. the Alarm and Evacuation Team of the incidents observed
- 11. during the evacuation. Stop and disconnect the machines being used.
- 12.
- 13. Do NOT take the lifts.
- 14. DO not separate from the evacuated group.
- 15. DO not take backpacks or similar items.
- 16. Do not run.
- 17. DO not stop.
- 18. DO not push.
- 19. Do not go back.
- 20. DO not leave the meeting points until being told to.

Remember: IN THE EVENT OF AN EMERGENCY

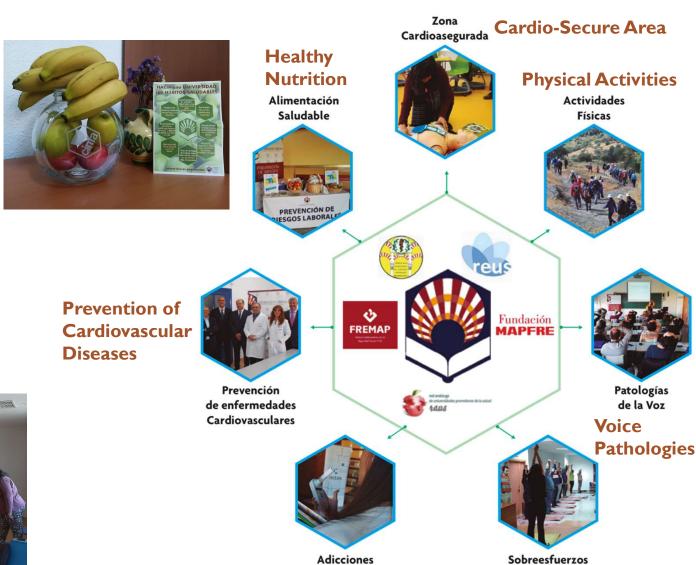


5. HEALTHY HABITS

What should I do to improve my health?

Sport and healthy habits.





Addictions

Over Efforts

5. HEALTHY HABITS

Activities at UCO which you can collaborate with:







February 14Th European day of Sexual Health



March and October Blood collections
#Challenge | 10000



April
Physical Activity
"Dale a tu Cuerpo"



May 31Th World No Tobacco Day



October 6Th
Healthy Universities Day
Healthy food









www.uco.es/prevencion



prevencion@uco.es



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