



Safety BEACON

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9th Annual RA Safety Night *Training for our UD Resident Assistants*

The collective efforts of EHS, UDPD, Residence Life-Housing and external partners Aetna Fire Department, State and City Fire Marshals and the Delaware State Fire School recently provided four rotating fire and campus safety training modules to 188 Residence Assistants and 25 Professional Residence Life-Housing Staff as part of the annual RA Safety Night. The training was provided to prepare RA's for proper reaction in event a fire emergency occurs within their Residence Hall.

Hands-on fire extinguisher training emphasized the PASS (Pull Pin/Aim/Squeeze/Sweep) method to operate the extinguisher, limitations of fire extinguishers and the need to report all fires by contacting UDPD at 9-1-1.

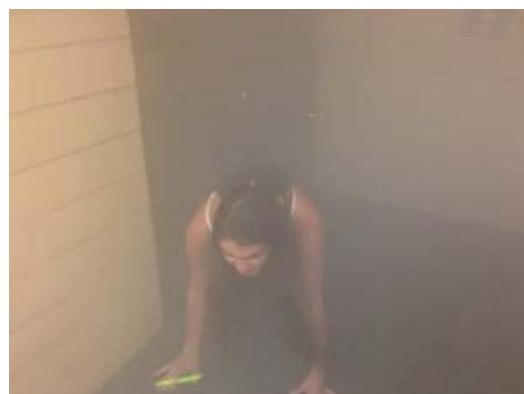
Lane Hall 3rd floor was filled with theatrical smoke to provide a true simulation of a smoke filled dormitory corridor. The RA's practiced evacuation by crawling and staying low for cleaner breathing air and enhanced visibility. Lane Hall Room 209 was staged with various prohibited items that might turn up in a dorm room. The RA's were divided into teams of three and were given 30-seconds to survey the room and identify as many prohibited items as they could.

Another exercise was how to extinguish a stovetop fire. While wearing fire fighter turnout clothing, a helmet and gloves, the RA's practiced putting lids on burning pots. The purpose of this exercise was to emphasize the dangers of unattended cooking and certain combustibles that can be around a cooking area.

The experience the RA's received during this event will hopefully lead to a "fire incident" free academic year in the residence halls.



RA's practiced extinguishing real fires



RA's had to crawl through simulated smoke in dorm hallways

What day will my waste be picked up?

EHS picks up waste three days a week on the Newark Campus

The Chemical Waste Collection and Management Group are getting some much needed renovations to their work space. The renovated work space will provide more room for storage, preparation, testing, and shipment of chemical waste generated throughout the campus. Meanwhile, lab wastes are still being collected on the following days:

Monday	Tuesday	Wednesday
Biowaste Pickups	Chemical Waste Pickups	Radioactive Waste Pickups

(Lewes/Georgetown Waste Pickups occur on 3rd Thursday of each month)

If you have any questions regarding chemical waste they may be addressed to Brian Miani at brianjm@udel.edu.

Ergonomics

Stand up and take a break!

In the hustle and bustle of work, time can easily get away from us. In addition to having a good ergonomic workstation, taking frequent, brief breaks throughout the day is important.

Taking routine breaks help reduce the muscle tension that happens when muscles remain fixed in one position for too long. Muscles that remain in a static position will experience fatigue more easily and have decreased circulation making the individual uncomfortable and tasks more difficult.

Every twenty minutes, make sure to look away from the computer to give your eyes a rest. At this time, break from typing and do some gentle stretches for your hands and shoulders. Every hour, stand up and move around as this allows you to rest from the static position and exercise different muscles, allowing you to feel less tired and more focused.



There are various ways to set up reminders to take breaks. There is a free app for the iPhone called "Stand Up! The Work Break Timer" that can be set to the individual's work schedule and will provide reminders to take routine breaks. Another way is to use a small kitchen timer set to alarm at twenty minutes. Also, try setting up an 'appointment' with a reminder on the Outlook calendar; the reminder will pop-up on computer screen and can be 'snoozed' so it will reappear at the twenty minute intervals.

Being proactive with routine breaks can be beneficial in the long term with employee health and work productivity.

To set up an ergonomic workstation evaluation or questions about the ergonomic program, email Ann Woodall at woodall@udel.edu or call 302-831-7026.

Responding to a Chemical Spill

I spilled a chemical, now what?

Here at the University, we strive to prevent any chemical spills from occurring in our labs but accidents will happen. If a chemical spill should occur, a quick response with a stocked chemical spill kit will minimize potential harm to personnel, equipment and laboratory space. Laboratory workers who have had the proper training and possess the appropriate equipment can safely and effectively handle the majority of small spills without the assistance of EHS.

UD classifies spills into two categories: Small Spills and Large Spills. A Small Spill is defined as less than 1 liter of a hazardous material, which poses no fire hazard, is not particularly volatile and is neither toxic nor corrosive. A Large Spill is defined as spilling more than 1 liter of a hazardous material or a spill that occurs outside of a laboratory in an office, hallway, elevator, etc.

Some types of chemicals will require EHS assistance, including corrosive, highly toxic or reactive chemicals such as:

- Strong Acids: Examples - Sulfuric Acid, Nitric Acid, Hydrofluoric Acid or Perchloric Acid
- Strong Bases: Example - Ammonium Hydroxide
- Substances that are Poisonous by Inhalation or Absorption: Examples - Phosphorous Oxychloride, Formates, Titanium Tetrachloride, or Isocyanates
- Radioactive Material
- Reactive Material: Examples - Dry Picric Acid, Sodium Borohydride
- Mercury Compounds, Metallic Mercury, Mercury Salts or Aqueous Mercury Solutions
- Volatile Flammable Liquid: Examples - Ethyl Ether, Benzene, Ethyl Acetate or Hexane

If a small spill should occur in your lab:

- o Confine the spill following the directions in the chemical spill kit.
- o Immediately notify your supervisor, teaching assistant or principal investigator
- o Dispose of spill cleanup material through the appropriate waste program

In the case of large spills or spills containing materials that are a threat to people, include radioactive material or an infectious agent, or incorporate a corrosive, highly toxic, or reactive chemical, call EHS for assistance!



Mold

Indoor Air Quality

We are exposed to molds frequently in outdoor environments. But mold can also be found indoors. Molds reproduce through spores that can land and grow on wet or damp materials. Mold growth is encouraged by warm and humid conditions often found in damp, dark, hidden spaces. Mold spores are generally considered an allergen but just because mold is present does not mean a person will be affected or become sick.

The University's policy is to undertake efforts to minimize the presence of mold in University buildings and maintain living spaces free of visible mold growth. Our treatment of indoor mold is always consistent.

1. Remove the source of moisture. Controlling moisture can control mold growth.
2. Remove all growth either by disinfection or removal of building materials that have growth on them.
3. Once mold has been removed and the area treated, surfaces damaged by mold growth will be repaired/repainted.



For questions regarding mold, contact the Environmental Health and Safety Department at 302-831-8475.

EHS would like to hear from you!

We encourage all members of the UD community to submit safety improvement ideas on campus.

You may submit ideas that impact your personal safety here on campus or the safety of the greater community.

Your participation will help raise safety awareness in our community!

Please submit your safety concerns/ideas via email to dehsafety@udel.edu.

