

## Environmental Health & Safety

# Safety BEACON

www.udel.edu/ehs  
302-831-8475

### EHS Department Updates

#### *Hi's and Goodbye's*

As we all know, the Covid-19 Pandemic was a trying time for all members of the UD community. As day-to-day operations were paused for many on campus, our department remained operational ensuring mandatory research was able to operate safely and efficiently. As last year came and went, some EHS department members retired, some new members were hired and others got internal promotions!

#### Who Retired

EHS Director **Mike Gladle** retired in July 2021 and finally has fulfilled a lifelong dream of living on a lake in Virginia. Mike cast a bright light of safety consciousness campus wide throughout his years here at UD and we wish him the absolute best in this next chapter of his life!

EHS Specialist and Stormwater Superwoman **Jen Pyle** also retired. Jen helped build the University's Stormwater program and worked with the City of Newark on a regular basis to promote public education programs focused on stormwater and environmental awareness. You may have seen her at public events in and around the Newark area. Jen's positive attitude and beaming smile will be missed here at EHS.

#### Who's Been Hired

With each door closing, a new one opens and EHS would like our readers to give a warm welcome to the new members within our department.

**Stephanie Briggs** has taken the position as the Environmental Health and Safety Specialist for our Stormwater Program. Stephanie has over 18 years' experience working in environmental consulting and will be working closely with the City of Newark to continue growing UD's Stormwater Program. On Sunday September 19th, Stephanie will have a stormwater education table set up at Newark's Community Day here at UD, on The Green!



Stephanie Briggs

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Josh Lennon

We are happy to welcome back previous EHS Fire Intern, **Josh Lennon**. Josh joined the Chemical Waste Program as an Environmental Health and Safety Technician. Before coming back to work for UD, Josh was the Assistant Fire Marshal at Widener University. Josh has taken on the responsibilities of chemical waste pickups, shipments, and chemical clean outs.

Our most recent addition to EHS is **Paul Jensen**. Paul comes to the University from Dentsply Sirona where he managed the company’s distribution unit and hazardous materials shipping. Paul is working for our Chemical Waste Program handling chemical waste pickups, shipments, and chemical clean outs.



Paul Jensen

Our department is such an integral part of keeping the University safe and healthy and we know that our new hires will do their absolute best to uphold this commitment.

### And Who Got Promotions

EHS Veteran, **Krista Murray** has been promoted to Director! Krista previously served as the Department’s Assistant Director. In the wise words of previous Director Mike Gladle, “Teamwork makes the dreamwork” and we have no doubt Krista will excel within her new position and we look forward to Krista leading our team.



**Tony Haigler** has been promoted to Environmental Health and Chemical Specialist. Tony previously served as the Senior Technician for the Chemical Waste Disposal Program. Tony will take on the responsibilities of chemical waste shipments, chemical clean outs, and will continue to provide the campus community excellent service for the chemical waste and laboratory safety programs.

**Ann Woodall** has been promoted to Environmental Health and Safety Technician II. Ann will continue to work within the Radioactive Materials Program. Ann will also continue expanding UD’s Ergonomics Program.



**Dianna DegliObizzi** has been promoted to the Administrative Assistant III position. Dianna will continue to manage the day-to-day within the EHS office and supporting EHS staff.

# Campus Fire Safety Month

## *Welcome Back to Campus*

Using the backdrop of the nationwide efforts with Campus Fire Safety Month recognized during the month of September, the Fire Safety Team at EHS extends a warm welcome to students, faculty and staff. The team works hard to put eyes on all 466 University buildings in an effort to keep our campuses free from fire. With a staff of three full-time employees and fellow EHS staff assisting, the Fire Protection Team is actively involved with plan reviews and inspections of new construction and renovations; with fire prevention/extinguisher training of Residence Life RA's, Graduate Assistants and Lab Grad Students; and conducting fire drills throughout the year at residence halls, public assembly, and academic buildings. The staff assists with crowd management for major events throughout the year to including commencement, concerts at the BCC, Coast Day, and Football Games. All of the functions of our group involve the knowledge and use of applicable fire codes in the State of Delaware. Maintaining the highest level of fire safety and code compliance is a perpetual goal of our team.

### **UD's Fire Safety Plan**

The campus fire safety plan was published to provide the campus population standardization when it comes to fires and other emergency responses. [The Campus Fire Safety Plan](#) addresses areas such as reporting all fires large or small to UDPD at 9-1-1 or 302-831-2222; to sound the fire alarm with the manual fire alarm pull station to immediately evacuate the building at the nearest exit when a fire alarm is sounded, gathering away from the building at a distance not less than 200 feet; and guidance for occupants with disabilities who are located on an upper floor to take refuge in designated areas or stairwell landings. Along with proper fire reaction procedures, the plan covers fire extinguishers, basic code compliance, fire drills, prohibited items, tent permits and open flame/hot-work permits.

### **Use of Fire Extinguishers**

The plan covers when to use a fire extinguisher. The EHS Fire Safety Team oversees the inspection of over 4000 fire extinguishers on campus. The fire extinguishers are distributed throughout the buildings at prescribed (codes distances for the type and the location. The first step is always to report the fire to 9-1-1 or 302-831-2222 (cell phone) before attempting to put out the fire. Initiation of the fire alarm is in order to ensure the safety of occupants. Be sure the fire isn't too large to make the attempt. Be sure you have a safe passage to escape. The EHS Fire Safety Team offers monthly fire extinguisher training classes at the General Services Building or can schedule training at the worksite by emailing [fire-safe@udel.edu](mailto:fire-safe@udel.edu)

### **Basic Code Compliance**

During our building fire safety assessments and when contacted with a complaint of a code violation on campus, the EHS Fire Safety Team evaluates the occupant/users' management of exits, egress corridors, and stairwells to assure a clear path to safety is maintained. Excessive storage and housekeeping practices and maintaining 18" clearance of sprinklers from storage are a few of the common code violations observed. Instead of using code references for the national, state and municipal authorities, the Campus Fire Safety Plan has the code language already built in and provides interested parties the ability to see the code reference at the local/campus level. Within the Campus Fire Safety Plan are links to the fire drill frequency for the various use groups on campus, guidance with electrical safety, and purchase of goods with UL listings the open flame permits link and Hot Work Permit links are included, as is the Space Heater Policy, Tent Permit guidance and information regarding Authorized Cooking areas.

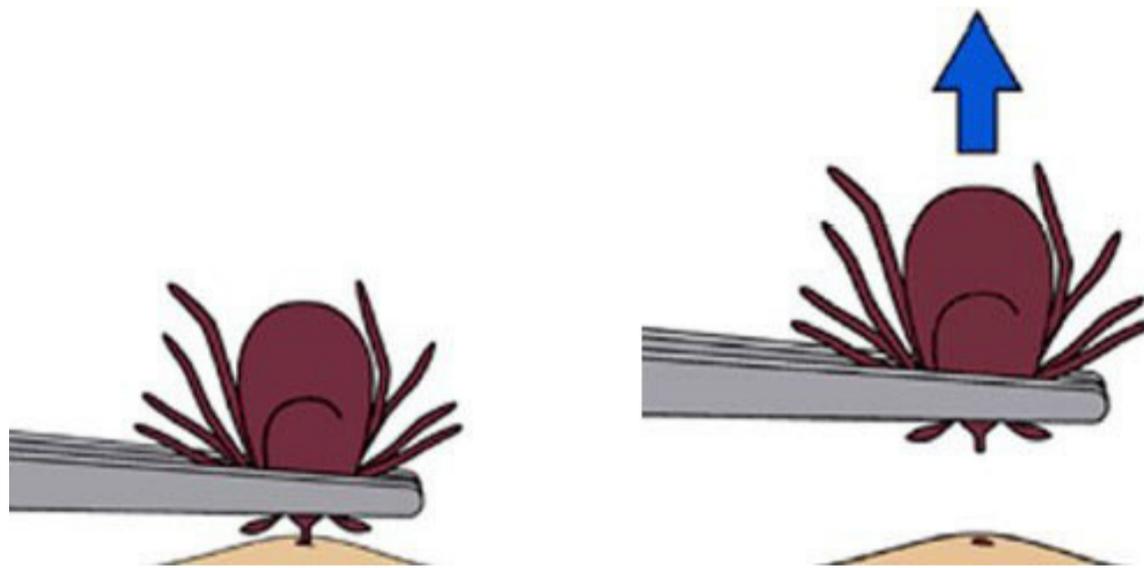
It is our goal to assure the buildings in which we live and work are of the highest standard in regards to fire and life safety; any suggestions or comments are welcomed at [fire-safe@udel.edu](mailto:fire-safe@udel.edu). Be Safe!

## Tick...Tick...Tick...

### *Are you protecting yourself during Tick Season?*

Ticks can be found all around us, even in yards and residential areas. Ticks are active year-round if temperatures are above freezing, so be careful when cutting the grass, tending your garden, raking leaves, or any other outdoor activity. Before going out in tick habitat like tall grasses, take these basic precautions:

- **Wear tick repellent.** If applying it directly to your skin, use a product that contains DEET, IR3535, or oil of lemon eucalyptus as the active ingredient. If applying to your clothing, use a product that contains permethrin as the active ingredient.
- **Wear long sleeves and long pants** to make it harder for ticks to reach your skin. Wear boots and tuck your pant legs into your socks.
- **Wear light colors** to make ticks easier to spot.
- **Conduct frequent, regular tick checks** to remove ticks promptly. Ticks that are removed before they bite do not pose any health threat. Once they bite, ticks may transmit pathogens, but the sooner they are removed, the less likely they are to infect you. Some pathogens may be transmitted in as little as 15 minutes of attachment.
- If you get a tick bite, **Remove the tick promptly.** Use fine-tipped tweezers and grasp the tick as close as possible to the skin. Pull upward (away from your skin) slowly and steadily. Be careful not to twist or jerk the tick — the mouthparts may break off and remain embedded in the skin. If this happens, remove them with tweezers as you would remove a splinter.



After removing the tick, **wash the bite area** with rubbing alcohol or soap and water.

**Check your body for more ticks.** Where there is one tick, there may be others.

**Be vigilant for symptoms** of tick-associated diseases. Signs and symptoms may include fever, rash, aches, and flu-like symptoms. If any symptoms develop, consult a medical professional and let them know if you've been bitten recently.

**Do NOT** apply a match or lighter to the tick and **Do NOT** coat the tick in alcohol, nail polish, petroleum jelly, or other substances. Studies show that these folklore remedies are unsuccessful in detaching the tick.

# Got Dead Batteries?

## *EHS will recycle them for you!*

Batteries are great when you need a portable, convenient power source. Whether starting your car in the morning, keeping your flashlight lit during a power outage, or changing the television channel with your remote, we use batteries to power our everyday lives. But what happens when they run out of juice? Many of us may think that it is okay to throw them in the trash or recycling can but that is not the case.

That's where UD's EHS Department comes in! If your lab or department has used or dead batteries (Alkaline 9 Volt, AA, AAA, C, D, car batteries or lead acid batteries) that you'd like to dispose of, simply go to our website at [udel.edu/ehs](http://udel.edu/ehs) to schedule a chemical waste pick-up, and we'll come to you! It's easy, it's safe, it's free and it's good for the environment!

A few guidelines that apply to waste owned and generated by the University of Delaware:

- Batteries must also be official UD waste; we do not accept residential or off-campus batteries from home.
- To dispose of batteries around your house, the Delaware Solid Waste Authority sponsors special collection events several times each year at different locations around the state <http://www.dswa.com> or local collection sites like Home Depot/Lowes.
- Don't put used batteries in campus garbage or campus recycling.
- Batteries are NOT to be mailed to EHS through interdepartmental envelopes or cardboard boxes.
- Batteries contain heavy metals like acid, lead and nickel. Sometimes old or used batteries leak these contaminants, which can leak through paper and cardboard.
- Examples of acceptable containers: Laundry detergent containers, plastic bins, tupperware containers, gallon Ziploc bags (If you are unsure if your container is acceptable, please call us at 302-831-8475).

A few examples of acceptable containers for used batteries:



- The lid must be able to completely shut or be duct taped closed.
- Overflowing containers will not be accepted.
- Please note: containers will not be returned unless you request this in the comments section when you submit the waste pick up form.
- All containers must be clearly labeled "used batteries" with the department's name on the container.
- If you requested to have your container returned but EHS decides the container is at the end of its usage life, you will be notified by our department that your container will not be returned.

# Stormwater Runoff

## *Why You Should Care*

### What is Stormwater Runoff?

Stormwater runoff occurs when precipitation from rain or snowmelt flows over the ground. Impervious surfaces like driveways, sidewalks, and streets prevent stormwater runoff from naturally soaking into the ground.

### The effects of stormwater runoff and pollution:

- Stormwater can pick up debris, chemicals, dirt, and other pollutants and flow into a storm sewer system or directly to a lake, stream, river, wetland, or bay. Anything that enters a storm sewer system is discharged untreated into the waterbodies we use for swimming, fishing and providing drinking water.
- Excess nutrients, such as those from fertilizers, can cause algal blooms. When algae die, they sink to the bottom and decompose in a process that removes oxygen from the water. Fish and other aquatic organisms can't exist in water with low dissolved oxygen levels.
- Household hazardous wastes like insecticides, pesticides, paint, solvents, used motor oil, and other auto fluids can poison aquatic life. Animals and people can become sick from eating diseased fish and shellfish or ingesting polluted water.
- Polluted stormwater often affects drinking water sources. This, in turn, can affect human health and increase drinking water treatment costs.



In the picture above, you can see discoloration in the water. This discoloration is actually algal blooms forming on the surface.



Oil from a car and pesticides from grass run off into our stormdrains.

### What can I do to help?

- Minimize the use of fertilizers, herbicides, and pesticides on your home lawns. If you must use the products, follow instructions for proper application. Do not over apply and do not apply before a rain storm.
- Put trash in trash cans and clean up litter. Keep the University dumpster lids closed; this keeps trash inside and keeps rainwater out which prevents trash truck leakage and reduced costs at the landfill.
- Wash your car at a car wash or wash your car on the lawn so that soap suds and dirty water get filtered in the grass as opposed to washing down the nearest storm drain.



All the soap, scum, and oily grit runs along the curb. Then into the storm drain and directly into our ponds, rivers and streams.

If you see any environmental hazards on campus, do not hesitate to call our office at 302-831-8475. As members of our community, we rely on you to help keep our campus and storm drains clean!

# Injured on Campus

## Do you know what to do?

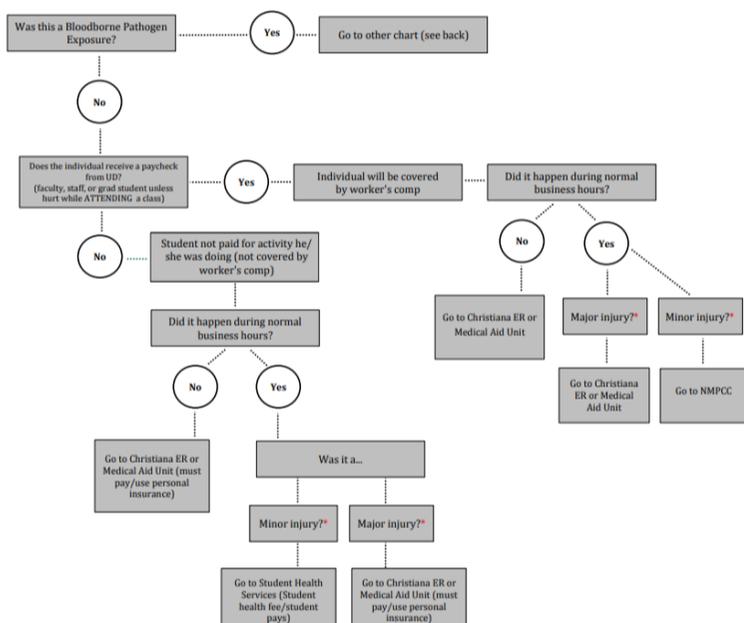
Would you know what to do in the event that you or someone near you gets injured or has chest pain? Where do you go for treatment? Who pays for it?

Depending on the type of injury, timing can be of the essence. It's important to make sure that you know how to deal with an injury, should one occur. Follow up care may be needed after the injury as well, depending on the type and severity.

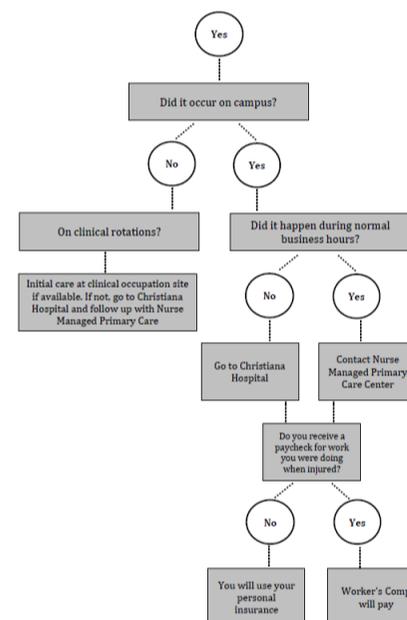
If you are injured, or even have a near miss, the most important thing do to is report it as soon as possible to your instructor, faculty member, advisor or supervisor, no matter how "minor" you may think it is. This helps you get the care you need and allows documentation in case complications arise. It also helps to assure the injury will not happen to someone else when preventive actions are taken.

If the injury is serious, call 911 and an ambulance will be dispatched. The flow chart in the link below can help with the decision making process and answer questions that may arise.

### WHERE TO GO FOR TREATMENT



### WAS THIS A BLOODBORNE PATHOGEN EXPOSURE?



All BBP exposure should contact the Nurse Managed Primary Care Center for follow up care.

An injury or illness can be stressful, but EHS is always here to help ease that burden and work through the process with you.

### Other Helpful Links:

First report of Injury (for employees or anyone who gets a paycheck from UD)

<https://udapps.nss.udel.edu/casforms/ehs/firstreport/index.jsp>

Student/ Visitor First report of Injury

[https://www1.udel.edu/ehs/forms/downloads/student\\_visitor\\_injury.pdf](https://www1.udel.edu/ehs/forms/downloads/student_visitor_injury.pdf)

Incident Investigation (necessary for all incidents:

<https://www1.udel.edu/ehs/generalhs/downloads/Incident%20Investigation%20Form.pdf>

Near Miss Reporting (if someone wasn't injured but could have been)

<https://www1.udel.edu/ehs/forms/downloads/nearmiss.pdf>

# Ergonomics

## *It's time to transition your "Work From Home Office" to "Back in the Office"*

A year-and-a-half ago, many changes and decisions were quickly made due to the pandemic. Part of these major changes was transitioning to working at home and setting up a "workstation" which may not have been used with the best ergonomic practices. Now with the transition in returning to the office, whether full-time in the office or in a hybrid format, it's a good time to remember the following important ergonomic factors while at your home and office workstations.

- Ensure that you are sitting fully in your chair to obtain support, especially for your back. Use a chair that allows your feet to be flat on the floor; if unable to do so, and you don't have a footrest, an empty box top or reams of paper can be used for foot support.
- If using a laptop, raise the height of your screen to help you to maintain an upright position rather than hunching over to look at the screen. With the laptop being higher, use an external keyboard and mouse to achieve the neutral wrist position. Alternatively, use the laptop as a docking station, connecting it to a standard computer monitor, keyboard, and mouse.



- Remember that it is most important to take periodic breaks while working at the computer. Routinely look away from your monitor to give your eyes a rest, while doing some gentle stretches. In addition to these micro-breaks, stand up and move around every hour.
- With the use of tablets and cell phones constantly increasing, it is important to remember proper ergonomics when using these devices to avoid "cell phone slump." The greater the head tilt, the greater the pressure on neck and shoulders. Avoid tilting your head downward by raising the height of your tablet/phone.

Using and maintaining good ergonomic practices and routine will help in overall productivity and well-being. Environmental Health & Safety provides an ergonomic program to University employees. This is a free on-campus program that provides one-on-one evaluations, trainings and presentations, and a chair/ergonomic equipment loan program. More information can be found at: <https://www1.udel.edu/ehs/generalhs/indhygiene/ergonomics.html>

Questions and requests can be directed to Ann Woodall at [woodall@udel.edu](mailto:woodall@udel.edu).

### **Environmental Health and Safety 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](mailto:dehsafety@udel.edu)

