



# Safety BEACON

Volume 11, Issue 3 - Summer 2015

## Bernie Alexander Fire Safety Award for 2014

*And the winner is...UD Police!*

In memory of former University of Delaware Fire Marshal, Maurice "Bernie" Alexander, EHS/Fire Safety is recognizing the efforts of the University Police Department. EHS recognizes the efforts of UD Police for their constant support toward our Fire Safety Program during emergencies and training.

Chief Patrick Ogden and the staff at the University Police Department have distinguished themselves with outstanding support to EHS/Fire Protection in a multitude of areas this year. The level of fire safety provided this year in event emergency planning, BCC Emergency Action Plan development, RA Training Night, and Emergency Actions at two major laboratory fires far exceeded efforts of any contemporaries.

The diligence of this department led by Chief Ogden, has demonstrated the highest level of fire safety practices at the University of Delaware.

The Bernie Alexander award is sponsored by the Alexander Family in Bernie's name. This award includes the winner's name engraved on a plaque (proudly displayed at the EHS Office), a framed certificate of recognition and a check for \$100.00.



Kevin McSweeney presents UDPD with the Bernie Alexander Award



Shawn Alexander and Susan Alexander pose with Chief Patrick Ogden who accepted the Bernie Alexander Award



In Memory of Bernie Alexander  
UD Fire Marshal  
1987-2006

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Dear EHS

# 19th Annual Safety Committee Gathering

*Thank you to all those who attended!*



George Whitmyre won a Fire Extinguisher



Scott Douglass and Mike Gladle read off raffle ticket numbers



Mike Gladle gives the opening speech

On Tuesday, June 11th 2015 over 60 individuals gathered for the 19th annual recognition for those who have served as safety committee chairs and departmental Chemical Hygiene Officers over the past year. This was one of our largest turnouts, and we were pleased to recognize the more than 50 individuals who have served their departments as safety committee chairs or chemical hygiene officers.

This work is often a volunteer duty on top of the regular job responsibilities, as was recognized by Dr. Charlie Riordan, Deputy Dean for Research and Scholarship. He discussed the commitment to safety at the university, and how the culture of safety is critical to our function. Mr. Scott Douglass spoke of the role safety committees serve to their departments, as was evident this year when one of our committees provided critical information to help resolve an emergency response in one of their buildings, allowing the department to continue operations in a timely manner. Besides a chance to meet others serving in similar roles, the safety committee chairs had the opportunity to win raffle prizes!

Environmental Health and Safety held the second Safety Poster contest this year. Departments and individuals were encouraged to submit posters related to workplace, home, and personal safety. There were a number of submissions this year. The first place prize went to Dining Services, second place went to the Art Department, and third place went to Harker ISE Lab. Each winning Department received gift certificates to UD's Vita Nova restaurant. We hope to see many more submissions next year!



Kevin McSweeney speaks about Bernie Alexander



Charlie Riordan and Mike Gladle present George Whitmyre with a retirement gift from EHS



Krista Murray awards First Place to Rob LoFurno, Dining Services

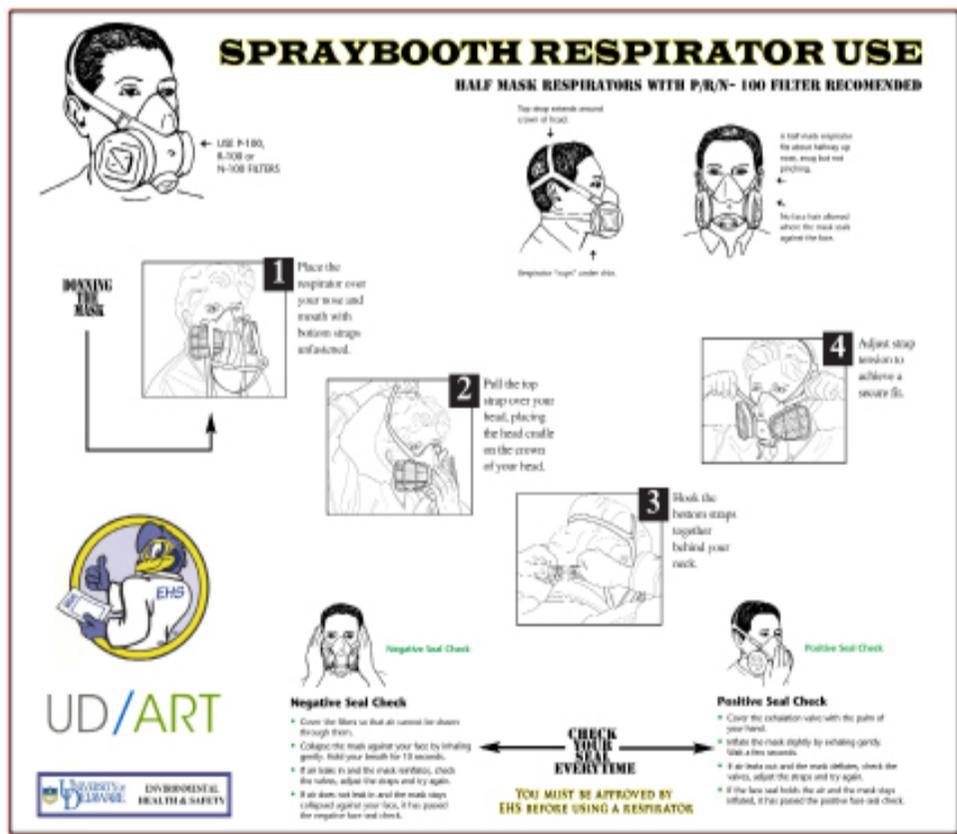
# Safety Poster Contest Winners



## First Place Winners

### Dining Services

Prize: \$75 Gift Card to Vita Nova



## Second Place Winners

### Art Department

Prize: \$50 Gift Card to Vita Nova



**ISELab** | Interdisciplinary Science & Engineering Laboratory

## Third Place Winners

### ISEL

Prize: \$25 Gift Card to Vita Nova

## Lead Paint Safety

*Keep your home lead safe!*

Do you own a house built before 1978 and are planning a renovation project?

If the answer is yes, your house may contain lead-based paint (LBP) and should be tested before work begins.

LBP can be found in residential housing on interior and exterior components such as doors, windows, walls, ceilings, and associated trim.

Lead was added to residential paint products for its durability, finish, and water resistance until the federal government banned its use in housing in 1978.

The EPA estimates 24% of US homes built between 1960 and 1978 and 69% of homes built between 1940 and 1959 have LBP present.

LBP kept in good condition is usually not an issue but can become a hazard if it begins chalking, peeling, or chipping. Disturbing LBP during repair or renovation projects can cause unsafe levels of lead dust which can be ingested or inhaled by children and occupants.

In 2010 the EPA began enforcing a law called the Lead RRP Rule (Renovation, Repair, and Painting). It mandates that all contracting firms working in pre-1978 homes or child-care facilities become certified RRP firms, use certified supervisors, test for and notify occupants of LBP, and use proper housekeeping and cleaning steps. The state of Delaware recently became one of 14 states to administer their own RRP program through the Division of Public Health.

If you plan on doing renovation work yourself on your pre-1978 home it's a good idea to become educated on LBP hazards and ways to control LBP dust. If you are hiring a contractor make sure they are RRP certified.

*Check the EPA's and Delaware's Division of Public Health websites for more information.*

<http://www2.epa.gov/lead>

<http://www.dhss.delaware.gov/dhss/dph/hsp/lead.html>

## Lessons Learned

*Bunsen Burner*

The Fire Safety group has responded to two recent small fire incidents on campus involving a common laboratory appliance; the Bunsen burner.

Fortunately, neither of the incidents resulted in any injuries or major damage; but they had potential for a more serious outcome. The two incidents did share some common factors that could have prevented the occurrence including, but not limited to:

- Proper burner clearance from combustible materials or flammable liquid vapors
- Regular inspection of burners for condition of fuel hoses and overall condition
- Using long handle lighters or starters to light the burner
- Adjusting flame heights to a manageable level
- Use of Standard Operating Procedures for Bunsen burners
- Proper fire reaction to include reporting of incidents to UDPD at 302-831-2222
- Proper knowledge and use of fire extinguishers



Remnants of an ethanol container



Bunsen burner with damaged fuel line

*Lab users and groups are invited to request or attend laboratory fire safety and fire extinguisher training by contacting Kevin McSweeney at 831-3873 or by email [kmcsween@udel.edu](mailto:kmcsween@udel.edu).*

## Ticks and Lyme disease in the Small Wonder!

*Delaware residents watch out for ticks this summer season!*



### Get the facts:

- Delaware is among the top 10 states with the highest Lyme disease incidence rate in the United States.
- Lyme disease is transmitted to animals and humans through the bite of an infected blacklegged tick or deer tick.

### How to remove a Tick:

- Use fine tweezers to grasp the tick as close to the skin surface as possible.
- Pull backwards gently but firmly, using an even, steady pressure. Do not jerk or twist.
- Do not squeeze, crush, or puncture the body of the tick, since its bodily fluids may contain infection-causing organisms.
- After removing the tick, wash the skin and hands thoroughly with soap and water.
- If any mouth parts of the tick remain in the skin, these should be left alone; they will be expelled on their own. Attempts to remove these parts may result in significant skin trauma

### Early symptoms of Lyme Disease:

- “Bull’s Eye” Rash
- Fever
- Chills
- Fatigue
- Muscle and joint aches
- Headache

### PREVENTION IS KEY!

- Know where to expect ticks -- ticks live in moist and humid environments, particularly in or near wooded or grassy areas.
- Use insect repellants containing DEET according to the product’s instructions.
- Wear light colored clothing to allow you to see ticks crawling on your clothing.
- When possible, wear long sleeves and long pants. Tuck pant legs into socks.
- Upon return from outdoor activities in potentially tick-infested areas, search your body for ticks.
- Keep grass mowed and short.

## Ergonomics

*Your office workspace doesn't have to be a pain in the neck!*

### What is the point of Ergonomics?

The goal of ergonomics is to reduce stress and eliminate injuries associated with the overuse of muscles, bad posture, and repeated tasks.

### How do we implement Ergonomics?

Design work spaces to fit the employee’s physical capabilities and limitations. The Workstation should be setup to avoid frequent reaching, twisting, or turning.

Employees should have working documents at roughly the same distance and height as the monitor, and make adjustments to the room lighting or computer monitor to eliminate screen glare.

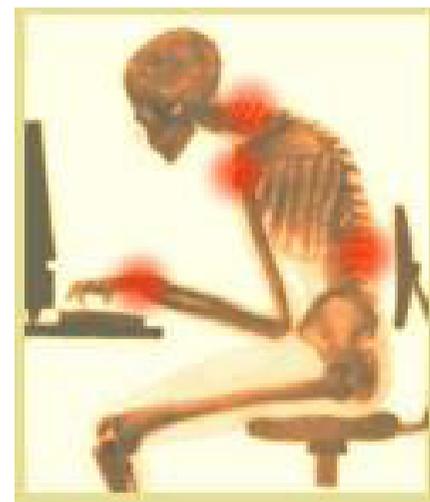
### The importance of taking computer breaks...

Every twenty minutes, pause from what you are doing, do some gentle stretching and focus your eyes away from the computer screen. Every hour, take a break by actually stepping away from the computer and workstation. For break reminders, many people use timers/alarms through their phones or computers.

*Download the app “Standup.”*

This app is free, easy to use, and provides break reminders throughout the day.

*For any questions, or to schedule an ergonomic workstation evaluation, contact Ann Woodall at [Woodall@udel.edu](mailto:Woodall@udel.edu).*

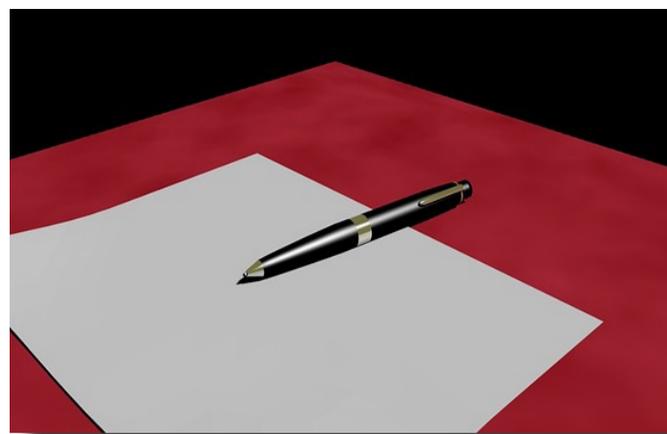


Common pain areas on the body resulting from an incorrect ergonomic workspace

## Dear EHS,

I am trying to submit a Chemical Waste Pickup form online. The pickup is for RNA extraction buffer waste. I checked on your website for details on disposing of this product but your site only provides a hazardous chemical list without including other chemicals. When I fill out the Chemical Waste Label, how should I proceed with the unknown chemicals? Should I label each bottle of waste with a separate Chemical Waste label?

Best,  
PhD Student



Dear PhD Student,

EHS can help dispose of your extraction buffer.

A request for pick-up will need to be submitted. Submitting a request for the pick-up is easy.

Just do the following:

1. Go to the University of Delaware Website and click on Web Forms under Faculty and Staff/My UD Resources.
2. Sign in and click on the Tab that says BLANKS.
3. Scroll down to EHS: Chemical Waste Pick-up Form (you can right click on the underlined section and choose OPEN HYPERLINK to access the request directly and just log in).
4. Fill this out and click submit.

**Or**

1. Go to the University of Delaware EHS website (<http://www.udel.edu/ehs/>).
2. Click on Forms at the bottom right hand side of the screen.
3. Chemical Waste Pick Up Request can be found under Waste Disposal Forms .
4. Fill out the web form and click submit.

The waste crew picks up waste every Tuesday upon request.

We also pick-up old batteries, used oil, toner cartridges, old aerosol cans, and old paints.

If you have any other questions about hazardous chemicals/chemical waste disposal, please contact Brian Miani at [brianjm@udel.edu](mailto:brianjm@udel.edu).

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## 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](mailto:dehsafety@UDel.Edu).

