Case Department of Occupational and Environmental Safety

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Conserving Energy in the Lab, Office, and Classroom

While conserving energy has always been a goal for the university, the rising cost of fuels means faculty, staff, and students should consider the financial benefits of making sure the lights are off. Saved energy means there is more money for other university budgets. The following tips may be helpful in the office and your home to save money in lost energy costs.

Lights create the majority of wasted energy, since they're easy to leave on when leaving a room. It's a good idea to turn off the lights in unnecessary rooms to conserve energy. If you need help remembering, you can make "Turn It Off" signs to hang above light switches to remind yourself.

You can conserve energy by turning off or sleeping PCs, printers, and copiers during periods of inactivity. A computer left on can consume as much as $100 a year while on standby, so use your computer's Sleep or Power Saver mode when you leave for the day. You can also turn off radios and other appliances when you leave for extended periods, such as lunch breaks or meetings.

Some equipment continues to draw power even while turned off to maintain its internal memory or by design, so you may also want to unplug unnecessary machines while they are not being used.

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A national study disclosed that less than half of American office workers clean up before eating at their desks. This lack of rudimentary hygiene, especially during

Ideally, the workplace would be hazard-free and safe from potential injuries and accidents. However, many operations by their nature involve a certain amount of risk that cannot be controlled through engineering measures. In these situations, safety signs, tags, barricades, signals, and other markings have been developed as one way of preventing work accidents.

OSHA has established rules throughout 29 CFR 1910.144 and 1926.200 that address

Have supervisors or managers in your workplace ever made changes to processes or brought in new equipment? Made “minor” modifications to a piece of equipment?

In some cases, changing process or equipment can be beneficial. But, such changes should not be made until a proper change analysis (e.g., having the safety professional analyze the process, bringing in an engineer or manufacturer) has been conducted to determine any hazards the new process or equipment may introduce.

An organization or process is like a web of interconnections; a change in one area throws a different part off balance. Managing these ripple effects is challenging but necessary. Stress this to your managers and supervisors.

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Not so Fasté New Equipment and Processes Need to be Analyzed for Safety (continued from page 4)

It is crucial that qualified personnel evaluate possible changes and make recommendations before major changes to processes or equipment are made. It is also critical that you instruct employees and supervisors not to alter equipment or change processes without getting the proper clearance. Qualified personnel should review proposed equipment changes. Lastly, it is a good idea to periodically inspect work areas to locate non-standard use of equipment, altered equipment, or process changes.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Warning signs of heat exhaustion include the following symptoms:

- heavy sweating
- paleness
- muscle cramps
- tiredness
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