Go back to the lifting basics

frain more than once in your life. Backaches and back injuries occur for a wide variety of reasons. One of those reasons is poor lifting techniques. Unfortunately, the muscles attached to the bones in the spinal column are not built to handle the heavy stress of lifting, so if you do not use proper lifting techniques, you can damage your back muscles and cause painful injuries. Here are some tips for lifting safely:

- Plan the lift before you begin Ask yourself if you will grip the object. Where do you have to move it? How will you get there? How will you put it down when it reaches its destination?
- Lift just an edge of the object This will help you get an idea of the weight. If
- Stand correctly You should be close to the object to be lifted, and your feet should be planted firmly on the floor, somewhat apart with toes pointing out.
- Squat down Keep your back straight, your knees bent, and your stomach • muscles tightened to support the spine during the lift.
- Grasp the object firmly Test to be sure you can lift the object successfully • before you move with it. Keep the object close to your body The closer it is, the less force it exerts on your spine.

(Continued on page 3)



Winter driving carries unique risks

Winter driving carries several unique risks. Two of the greatest risks are the loss of visibility and the loss of



Case Department of Occupational and Environmental Safety

The "ABCs" of Safer and More Efficient Fume Hoods

Always lower the sash as much as possible to protect the user and to minimize visual obstruction from sash board.

 ${f B}$ ulky equipment should cover less than 50% of surface area, be

Close the sash when not working in front of the hood.

Please keep these three simple steps in mind for safe and efficient use of the fume hoods.

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on it without risking a skid and loss of control. If conditions are this bad, the driver should have the

Case Department of Occupational and Environmental Safety

Radioactive Material Ordering

The RSOF has established the following procedures when ordering radioactive material.

For liability reasons, the RSOF requires that the old CASE requisition with the signature of the AU or -2236) and must have the PeopleSoft requi-

signature will be accepted. Also, you must print the name below the signature. This information can be written on the main body of the requisition. The RSOF maintains a list of individuals authorized to sign

RSOF.

As of July 1, 2004, in addition to the paper requisition, the orders (including all replacement orders and no-charge samples) must now be submitted through the PeopleSoft system. The following items must appear on the PeopleSoft requisition:

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Safety Glasses: Keeping Them Clean

(Originally Published on 09/05/2006 by J.J. Keller) Dirty safety glasses can be very irritating and can lead

lenses clean with a shirt.

How to Clean Your Safety Glasses

Several methods for disinfecting eye-protective equipment are acceptable. The most effective method is to disassemble the goggles or spectacles and thoroughly clean all parts with soap and warm water.

- Carefully rinse all traces of soap and replace defective parts with new ones.
- Swab thoroughly or completely and immerse all parts for 10 minutes in a solution of germicidal deodorant fungicide.
- Remove parts from solution and suspend in a clean place for air drying at room temperature or with heated air.

Do not rinse after removing parts from the solution because this will remove the germicidal residue that retains its effectiveness after drying.

When to Clean Your Safety Glasses

There are many situations where safety glasses should be cleaned:

- Eye and face protection equipment that has been previously used should be disinfected before being issued to another employee.
- When employees are assigned protective equipment for extended periods, the equipment should be cleaned and disinfected regularly.
- Atmospheric conditions and the restricted ventilation of the protector can cause lenses to fog. Frequent cleansing may be necessary.

Upcoming Training Sessions*

IMPORTANT NOTE: While all laboratories must attend training at DOES, labs must hold specific training in the CHP and ECP as it pertains to the actual work they do. Labs will also need an outline of the CHP and ECP training and a sign in sheet to accompany. Store the sign-in sheet and outline with the CHP and ECP. IT will be asked for during lab inspections.

New Hazard Communication (Right-to-Know) Training

Retraining is required annually. DOES Small Meeting Room - Service Building 1st Floor PREREGISTRATION IS REQUIRED! - Please call 368-2907

*As always, consult our website (http://does.case.edu) for a full schedule of training sessions (continued on page 9)

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<u>New Radiation Safety Training</u> Retraining is required annually. DOES conference room - Service Building 1st Floor PREREGISTRATION IS *REQUIRED* ! - Please call 368-2906

<u>New Laser Safety Training</u> Retraining is required annually.