



Department of Occupational and Environmental Safety NEWSLETTER

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CASE WESTERN RESERVE UNIVERSITY

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Back-to-School Basics

The summer is over and classes have begun -- but how prepared are you? If you run a lab, then chances are you have new students, new teaching assistants, and maybe even new full-time employees. Or maybe you are one of these new people! If so -- welcome to CWRU!

To get ready for the new school year, the first thing to do is to make sure that your entire staff of personnel is properly trained. All new employees must be trained by D.O.E.S.

If you are a new employee or find yourself in a new workplace environment, don't wait for someone to tell you to get trained -- take responsibility and make sure you are properly trained to handle the possible safety hazards you might face.

The Safety Office offers training sessions in **Radiation, Chemical, and Bloodborne Pathogens (BP) Safety**. Radiation and BP Training sessions are subdivided into "New" and "Retraining" sections, so sign-up for the appropriate session based on your training status (which can now be checked by entering your social security # as a code on a the D.O.E.S. homepage at <http://does.c>

Elevator Transport Safety

Have you ever gotten on the elevator in the BR1 and noticed someone dressed in head-to-toe PPE holding a small vial very carefully away from their body? What if this person then pressed a button, leaving a suspicious red residue from their dirty gloves?

Would this bother you? It should, especially if the material in question was toxic, blood-based, or even radioactive. And if the potentially-dangerous vial spilled? The person would be protected and you (without PPE) would not be so lucky.

Safety Services is advising that in accordance with both OSHA and Ohio health code regulations that all chemicals and lab/animal specimens and all persons wearing PPE be transported on the freight elevator ONLY. Conversely do not travel on the freight elevator unless you are wearing appropriate PPE.

The new signs posted near the regular elevators in the BRB read "No Food or Drink in the Elevator," "Transport of Animals, Lab Equip Samples and Stock is forbidden in this Elevator," and "Wearing PPE such as glove and lab coats is forbidden on this Elevator." Please follow these rules and **do not take these signs down**. Help make the BR1 safe for workers and visitors alike.

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What a WASTE!

New CWRU Recycling Program

Recently, some buildings at CWRU have been asked to participate in the University's new recycling program.

If your building, office, or lab is part of this new pilot program, you have already been issued a small, personal recycling container for your desk or bench. In this container, you should collect:

- Accounting ledgers
- Brochures
- Colored paper
- Printouts
- Copy machine paper
- Adding machine tapes
- Files
- Memos
- Legal pads
- Lined paper
- Recycled paper
- Time cards

Staples, paper clips, and rubber bands may also be recycled, but only in small quantities.

You should **not** recycle:

- Food waste
- Napkins
- Paper plates
- Candy/gum wrappers
- Magazines
- Overnight mail
- Blueprints
- Books
- Carbon paper
- Labels
- Photographs
- Thermal fax paper

When your personal recycling container is full, empty it into the large blue bin located in a central location in your department or lab. Once this larger bin is full, Customer Services will collect it. **Please do not label or sticker the blue bin in any way as a different bin will be delivered every time it is collected.**

The paper you will recycle will be supplied to a paper mill to help make valuable fibers for post-consumer materials.

Facts about Recycling:

- Every office worker produces 1.36 pounds of scrap paper daily.
- Waste paper consists of 45% of Ohio's solid waste and approximately 80% of office waste.
- Seventeen small trees are needed to make one ton of paper.

If you have questions, please contact Sam Delzoppo at x1075 or by email at sdd7.

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Gwen Cox-Johnson or Erick Adam Sanders if you have questions as to which session you should sign up for. If you run a lab, don't let your workers slip through the cracks.

Another way to prepare your lab for both workers and students is to stranger-proof it. You probably spend most of your days there, so you know where and what everything is -- but don't assume that other people will also. Go through your lab and make sure everything is (properly) labeled and correctly shelved, sealed, and signed. When there are hazardous materials and items which might be misused, unidentified, or misshelved, this extra step of preparedness is a must.

Also, familiarize your lab with our newsletter. If you keep the old copies in a file or binder (which is a good idea) leave some time for your staff to leaf through them. Or, direct them to our new-look website at <http://does.cwru.edu> where an archive exists of our past issues. Of particular interest might be our 1998 issue devoted to student lab workers or the OSHA inspection quiz in our last issue.

Along these lines, take some time in these beginning weeks to go oversimple procedures for

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Upcoming Training Sessions

Radiation (x2906)

- **New Training:** Sept. 26; Oct. 11, 29; Nov. 10 (call for times)
- **Retraining:** Sept. 22; Oct. 3, 17 (call for times)
- **X-ray Training:** call office to set up training

Chemical (x2907)

- **OSHA Lab Standard:** Mondays 1-3 (Service Building Conference Room)

Bloodborne Pathogen (x2907)

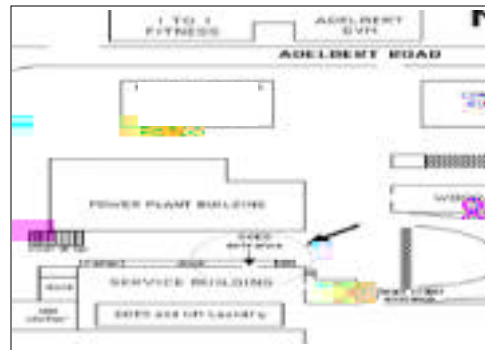
- **New Training:** Mondays 3-4 (Service Building Conference Room)
- **Retraining:** Sept. 27; Oct. 5, 18; Nov. 2 (call for times; Service Building Conference Room)

Don't forget: rad re-training is now also **ONLINE** on our website: <http://does.cwru.edu>.

As always, call us for upcoming dates and times.



HOT TIPS



Quick Response

If you were in the Animal Facility on August 7



Heavy Lifting

No doubt you've heard the old adage: when lifting heavy objects, bend from the knees and not the waist in order to guard against painful back injury. And though this probably goes through your mind every time you lift something (or help someone move) it has recently been discovered why so many of us ignore this sound advice.



A study in France found that squatting to grab something (the correct way) is actually harder on the heart than bending from the waist. Thus, most people choose to ignore the advice to use their knees because it expends more energy.

An estimated four in five adults develops lower back pain at some point in their lives. So though it may feel more taxing, keeping your back straight and lifting from the knees is still sound advice to avoid later, often debilitating back pain. And don't lift more than 50 pounds at one time.

If you have a condition in which an increased heart rate might prove dangerous, then you should ask your doctor before lifting anything heavy.

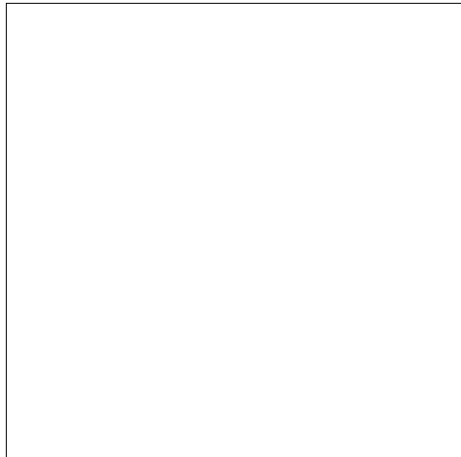
Kitchen Bacteria

With a nationwide rise in *e.coli* infections and flesh-eating bacteria outbreaks, most people are more aware of the dangers of bacteria, esp. when preparing food. But there are a number of overlooked steps you can take in your kitchen or break room to help combat the onslaught of microscopic invaders.

Dr. Russell Broaddus, a pathologist at Ben Taub General Hospital in Houston, suggests the following steps to keep your food area bacteria-free.

- Detach your can opener blade and scrub it with





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and Environmental Safety**

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Safety News For the Campus Community