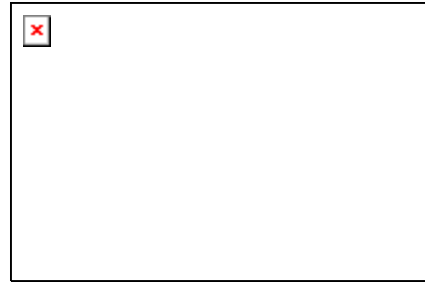


Environmental Health & Safety News



March, 1998

EDITORIAL:

LB 1090. Nebraska Senator Wesely has proposed a bill which would prohibit the use of powdered latex products. The proposal states that: (1.) After January 1, 1999; No public health and safety provider or health care facility shall use or authorize the use of powdered latex glove products. It goes on to define health care facilities, latex glove products, and public health and safety providers. Additional information will be provided as it becomes available.



"More children die in home accidents than from all childhood diseases combined"....."Child Safety Forum"

CHILDREN AND SAFETY BELTS:

A *USA Today* snapshot (2/12/98) stated, "even though head injuries are the major cause of death for passengers ages 14 and under in vehicle crashes, the rate of safety seat and belt use for children drops by age." This means parents assume that just because a child is no longer an infant or pre teen, safety belts are no longer needed. **NOT SO!!!** We all need them... regardless of the law. We need to use them to save lives...perhaps the lives of our children and grandchildren!



—"We can say with some assurance,
that although our children may be victims of fate,
they will not be victims of our neglect.".....J.F. Kennedy



CHEM-EXCHANGE PROGRAM UPDATE:

Since inception in 1995, the Creighton University chemical redistribution program "Chem-Exchange" has redistributed over \$15,125.00 worth of chemicals. Many of these chemicals are donated to the program when a lab is decommissioned, there is a change in primary investigator, or a change in research emphasis occurs. This figure does not include overall cost savings in chemical waste disposal costs.

All chemicals should be reviewed at least annually for signs of degradation and in the case of peroxide formers, every 4-6 months. Any department or researcher wishing to donate good chemicals to the program or an updated listing of current chemicals available should contact Lenore Koliha, Department of Environmental Health and Safety at 546-6404/546-6400.

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INJURED ON THE JOB????

Report it to your supervisor, and don't forget to fill out an HR-24 form. Forward the form to Risk Management within 24 hours of the incident. We can't work to correct and solve safety problems on campus, if accidents and injuries are not reported.

SAFE BABY BATHING:

Infant bathtub seats are not safety equipment. Drownings have actually increased since the seats became widely used. *Reason:* A care giver leaves a child alone in the tub, believing the seat guarantees safety. The seat can easily tip over, and the infant can drown in only a few inches of water. *Self defense:* Never leave a baby unattended in a bath. Use infant seats correctly-to hold the baby upright and free an adult's hands for washing.

Extracted from: US Consumer Product Safety Commission; R. Rauchschalbe

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Plan ~~the~~ work-then work the plan-that's the safe way!

ERGONOMIC TIPS FOR COMPUTER WORK STATIONS:

- Keep wrists in line with hands and forearms-"Don't Bend the Wrists"
- Hold your head and spine upright, sit well back in your chair with buttocks positioned where seat and backrest meet.
- Use good posture! Do not slouch or slump in your chair.
- Work at a proper level. Keyboard at a level where arms are at a 90 degree angle, top of the screen level with the eyes or lower depending upon vision impairment (Bifocals/Trifocals, etc.)

- Whatever the task associated with the work station, reduce or minimize excessive repetition.
- For eye comfort, every 20 minutes or so, focus on an object a few feet away, move your eyes up and down and sideways. Don't forget to blink. Some operators concentrate so hard on the screen that they forget to blink. Blinking is a natural function that lubricates the eye. Very Important!

Ever stop to think?...and fail to start again....that's how accidents happen!

REGULATORY REQUIREMENTS FOR INFECTIOUS WASTE:



In 1991 OSHA passed the Bloodborne Pathogen Standard (29 CFR 1910.1030). The standard requires special containment for all potentially infectious wastes.

Containers used for storing contaminated sharps, as specified by the standard, must be color coded (red), labeled, puncture resistant, leak proof and closable.

Biohazard bags must only be used for infectious waste. The bag must be red in color and marked as infectious waste. Bags must not be used for chemical waste, radioactive waste, or regular trash. The bags must go through testing as outlined by the "American Society of Testing" for durability and puncture resistance. Care must be taken that the weight of the waste load not exceed the burst strength of the bag.

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--"It hurts to get hurt!"--Think about it!

HOME BACK PROTECTION TIPS!



When you lift a box or baby, bend from the knees-not the waist. Hold the weight as close to your body as possible. *When washing dishes*, open the cabinet below the sink... bend one knee and put your foot on the shelf under the sink...lean forward so some weight is supported. *When vacuuming*, stand with all your weight on one foot...and step forward and backward with the other foot while pushing the vacuum forward and backward. *When on the phone*, do not cradle the ear piece between your ear and your shoulder.

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Safety doesn't work unless you work at it!

LIFE SAFETY CODES:



Often during Environmental Health and Safety reviews, we find orphaned equipment (i.e. shelving, desks, refrigerators etc.). These items are generally in the hall, by doorways, or on the loading dock, blocking access to egresses.

The National Fire Prevention Association (NFPA) 101-Life Safety Code was implemented in the early 1900's, due to loss of life in tragic fires. Life Safety Codes include regulations for fire safety in virtually all structures. These regulations stipulate that all hallways must remain clear of debris in the event of an actual emergency. Fire doors are designed to help contain and prevent the fire from spreading to other building areas and should never be propped open.

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A STITCH IN TIME SAVES NINE--AN OLD YANKEE SAYING THAT APPLIES TO SAFETY.

SKIN CONDITIONS:



Check skin moles every six months for any changes. See a physician if a mole meets any of the ABCD conditions:

- Asymmetry- the two sides do not match in shape or color
- Border- is irregular, ragged or notched- or seems blurred
- Color- varies in different parts
- Diameter- is more than one-quarter inch

Very Important: A skin biopsy should be read by a dermatopathologist; a physician who is specially trained in interpreting the test. Do this even if your insurance will not cover the cost.

Danger: Many early-stage melanomas are missed on biopsies.


Published in , "Bottom Line/Personal" 1/1/98; Robert Friedman, MD; New York University Medical Center

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If you haven't got time to do it right the first time,
When are you going to have time to go back and fix it?,,,,
Think safety and do it right the first time!

The EH&S Newsletter is published by the Creighton University Environmental Health and Safety Department. It is provided to disseminate safety information to Creighton University Employees and Students inclusive of regulatory updates and policy changes. Questions regarding newsletter content and suggestions for ways to improve the newsletter should be addressed to Paul Nichols, Director, Environmental Health and Safety at pnichols@creighton.edu. We welcome any and all constructive criticism via E-mail (pnichols@creighton.edu), Fax at (402)546-6403, or Telephone at (402)546-6400.



 Environmental Health and Safety Staff: Director-Paul A. Nichols Chemical Specialist-Lenore Koliha Admin. Secretary-Mindy Foster	Campus Emergency Telephone Numbers: Public Safety (emergency)-- 280-2911 Public Safety (general)----- 280-2104 Environ.Health & Safety---- 546-6400 Radiation Safety-----280-5570 Chemical Safety----- 546-6404 Chemical Waste----- 546-6404 Physical Plant-----280-2780
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