

Safety *Beak*



Department of Occupational Health and Safety • Volume 6, Issue 1 • February 2009



National Heart Month University CPR Program

National Heart Month was approved by Congress in 1963 in order to raise awareness of Heart Disease. Currently, Heart Disease is the leading cause of death for adults in the United States, killing one person every 34 seconds. Occupational Health and Safety (OHS) plays a part in the goals of National Heart Month by providing Cardiopulmonary Resuscitation (CPR) training every month. It is a fact that immediate CPR assistance provided after cardiac arrest can double a victim's chance of survival.*

In recent years, interest in the subject has grown, and, as a result, the CPR Program at the University is continually reviewed and adjusted to meet the current need. In this fiscal year alone, we have scheduled 30 public classes for the University community and the surrounding area.

Benefits to learning CPR include helping someone who is suffering cardiac arrest, stroke, or choking. According to a published report by the American Heart Association, 75 to 80 percent of all out-of-hospital cardiac arrests happen at home.*

OHS offers a variety of CPR first aid classes every month. For more information on taking a CPR class at the University, visit www.udel.edu/OHS/CPR.html or call 831-8475. For more information on these statistics, visit www.americanheart.org.

**From American Heart Association website, CPR Facts and Statistics*

Check out our Web page:
www.udel.edu/ohs

Success of the Single-stream Recycling on Campus

By Guest Author: Mike Loftus, Assistant Director, Facilities – Grounds Services

In the fall of 2008, the University launched Phase 1 of a single stream recycling program at various locations on campus. Single-stream recycling on campus equates to the comingling of cans, bottles, cardboard, office paper, etc. into one container for collection and delivery to the Delaware Solid Waste Authority (DSWA). This provides the University with an opportunity to increase the amount of recyclables diverted from the landfill.

Transforming the University's method of segregated recyclables into a comingled program took much work and collaboration from several departments on campus including Grounds Maintenance, Academic and Residential Custodial Services, the Office of the Executive Vice President, and the departments selected to test phase 1 of the single stream recycling pilot program. These departments include Laird campus residence halls, the College of Agriculture and Natural Resources and the Athletics Department (including game day recycling during Blue Hen football home games) on the South Campus.

Residential custodial staff distributed desk side containers to student rooms; Academic custodial staff prepared and distributed containers for use in the College of Agriculture, Bob Carpenter Center and other buildings on South Campus. Grounds Manager Roger Bowman was charged with design, procurement and deployment of new recycling dumpsters for all locations. His efficiency in making this happen so fast is commendable! The process was also successfully aided by a student crew, led by Jim Jiannenny. Overall, the insight provided by everyone involved will bring continual improvements and adjustments to this project. For more information, contact Mike Loftus at 831-2797.

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POISON PREVENTION WEEK

National Poison Prevention Week, the third week in March each year, was designated by Congress as a means for local communities to raise awareness of the dangers of unintentional poisonings and to take preventative measures. Every day, ordinary people take action to save lives and reduce illnesses from poisoning. Although about half of poisoning emergencies involve small children, the National Capital Poison Center also provides immediate life-saving information for suicide attempts, medication errors, chemical spills, occupational exposures, product misuse, drug interactions and pet poisonings.

Poisonings are preventable. Become actively involved in helping ensure the safety of children and adults in your home and community by making your home poison proof and talking with local schools about teaching poison prevention. Find additional information and event materials at the National Poison Prevention Week Council website www.poisonprevention.org.

Poison Control Number

1-800-222-1222

Put the poison control number on or near every home telephone and save it on your cell phone. The line is open 24 hours a day, 7 days a week.

OOPS I JUST FELL...

Have you ever fallen, looked around to see if anyone saw you, picked yourself up and then hurried away totally embarrassed by the whole event? Did you realize that you had the opportunity to help others by sharing your experience? Injury/illness reporting and investigation is the best way to prevent others from experiencing a similar event because it gets to the root of the reason for the injury/illness so that corrections can be made. Promptly reporting your injury to your supervisor is your responsibility as required by University policy 7-3. Completing the report ensures the event is documented in case anything further develops and allows you and your supervisor to examine what went wrong. In my case it was as simple as paying attention to where I was walking when approaching a curb – yours might be more significant. You can learn more about how to help others through injury/illness reporting and investigation by attending an OHS class or visiting www.udel.edu/OHS/accidentrep.html.

CHEMICAL HYGIENE:

Department of Homeland Security (DHS), Chemical Facility Antiterrorism Standard (CFATS) and Chemical Inventory Program Update

The University is still below the reporting thresholds for the items listed on the DHS List of Chemicals of Concern (http://www.dhs.gov/xlibrary/assets/chem-sec_appendixa-chemicalofinterestlist.pdf). However, for certain chemicals, we are approaching the limits that require notification. An accurate inventory of these items must be maintained in the Environmental Health and Safety Assistant Program (<http://ehs.facil.udel.edu:1568>). All of the information compiled in February 2008 has been uploaded into the program. There is an obligation for the University to continually assess our chemical inventories and report to DHS. Please update your inventory as necessary. Contact Kevin Eichinger at eich@udel.edu or 831-2103 if you need a log-in and a password to access the system to update or add to your chemical inventory.

IMPORTANT DATES: MATCHING GAME



Draw a line matching the day of observance to the date it falls on in 2009.

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|---|---------------------|
| Arbor Day • | • April 22 |
| Earth Day • | • April 18 |
| AG Day • | • April 25 |
| Community Cleanup Day • | • April 24 |
| Regional Campus Sustainability Summit • | • March 7 & April 4 |
| Household Hazardous Waste Day • | • March 8 |
| Earth Week • | • March 15-21 |
| Daylight Savings • | • April 18 |
| Poison Prevention Week • | • April 19-25 |

Answer Key AG Day, April 25; Arbor Day, April 24; Community Cleanup Day, April 18; Daylight Savings, March 8; Earth Day, April 22; Earth Week, April 19-25; Household Hazardous Waste Day, March 7 & April 4; Poison Prevention Week, March 15-21; Regional Campus Sustainability Summit, April 18

GET READY FOR SPRING FITNESS!!

Are you tired of the winter doldrums; do you have a case of the “blahs”? Now is the time to put some spring into your life and get fit! Many studies have shown that increased activity reduces blood pressure, improves the immune system, and promotes overall health and well-being.

There are many indoor activities that you can participate in to jump start your Spring fitness plan!

- Workout at the UD fitness centers and University pool.
- Take a friend and try a UD fitness class.
- Power walk at the local mall.
- Ride a stationary bike or do some stretching activities while watching TV at home.
- Play Twister with the kids.
- Go roller skating at the local skating rink.

Cold weather outdoor activities are also enjoyable!

- Bundle up and take the dog for a walk around the neighborhood or the local park.
- Play in the snow and re-live your childhood.
- Go ice skating at the UD ice arena.
- Take up snowboarding, cross-country skiing, or snow shoeing.
- Take a walk through Longwood Gardens both inside and outside.

As the weather gets warmer consider other activities as well!

- Participate in the Lt. Governor’s Challenge: www.getupanddosomething.org/ltgov/index.html
- Walk or run along the James Hall trail with a friend.
- Bike around campus or your neighborhood.
- Take up rollerblading.
- Try a new sport such as tennis, pickle ball, or karate.

Always consult with a doctor before beginning a new exercise program, eat a well-balanced diet, and stay hydrated. There are a number of local websites with some great fitness ideas for you to consider. Check it out!

www.behealthydelaware.org
www.getupanddosomething.com
www.christianacare.org/body.cfm?id=729
www.udel.edu/wellness

Remember to make it fun and fitness will be with you for a lifetime and don’t forget to include the kids!

Get Ready Now for a New Year of Green Initiatives: BUILD A RAIN BARREL

It seems in this time of tightening our money belts, we are all looking for ways to conserve and rain barrels are a very viable option for conserving water. A rain barrel collects and stores rain (storm water runoff) from rooftops. The benefits from harvesting rainwater from residence rooftops are numerous. First, the stored water can later be used to water lawns, gardens, potted plants, window boxes, and street trees.

This not only helps to preserve our natural resources, but also may help to reduce water utility bills particularly during the summer months when lawn and gardening water needs are at their peak. Rainwater harvesting is also beneficial by temporarily holding water during a rain event, which decreases the amount of water running across lawns and roadways where it picks up pollutants. Storm water then flows into storm drains and other conveyance systems, which eventually empty directly into local waterways. Additionally, this runoff is directly proportional to the amount of impervious surfaces so in highly urbanized areas any amount of harvesting we as consumers can do can help to alleviate downstream erosion and drinking water pollution. For more information, please contact Leslie York-Hubbard at leslieyh@udel.edu.

Want to build your own rain barrel? Visit <http://www.udel.edu/OHS/environment/rainbarrelinst.pdf>



LOOK WHO’S SAFE: **The College School**

DOHS would like to recognize The College School for this edition of Look Who’s Safe. The College School serves students in grades 1-8. Through the Principal, Dr. Jean Geddes-Key and Administrative Assistant Martha “Marty” McDonough, the children have embraced fire safety as a major part of their safety awareness.

Annual participation with Delaware Firemen’s Association Fire Prevention Week poster and essay contests, attending lectures by DOHS Fire Protection Staff, and tours of fire apparatus/equipment provided by Aetna Hose Hook and Ladder Fire Company have sparked the children’s interest and awareness of fire safety at school as well as at home. The children and staff are challenged on a monthly basis by participating in school evacuation drills, which enhances their ability to promptly and orderly leave during simulated fire conditions. An annual appreciation pizza party is the climactic end of the Fire Prevention Campaign and contest participants and winners are recognized for their fire safety efforts.

A true alliance has grown between DOHS/Fire Protection and the College School in the name of fire safety. It’s an allegiance that will continue to grow through the years. Hats off to the staff and children at The College School!



TRAINING SCHEDULE FOR UPCOMING DOHS COURSES

All trainings in GSB 130 unless otherwise specified.

FEBRUARY 2009

Bloodborne Pathogens Training	by appt.
Computer Workstation Ergonomics Training	by appt.
3 Confined Space Training Part 1	10-11am
Laser Safety Training	1:30-3pm
Radioactive Material Safety Refresher Training	9-10am
5 Biosafety Training	2-3pm
6 X-Ray Safety Training	10:30am-12pm
Right-to-Know/Chemical Hygiene Training for Lab Workers	1-2:30pm
9 Confined Space Training Part 2	10-11am
12 Chemical Waste Training	1-2pm
Compressed Gas Safety Training	10-11am
Initial Radioactive Material Safety Training Part 2	2-3:30pm
13 Right-to-Know Training for General Employees	10-11am
Stormwater Quality Training	11am-12pm
17 Environmental Programs at the University of Delaware	9-10am
Reactive Chemical Safety Training	1-2pm
Toxic Chemical Safety Training	2-3pm
19 Laboratory Ventilation Safety Training	11am-12pm
23 Fire Extinguisher Safety Training	2-3:30pm
26 Hydrofluoric Acid Safety Training	11am-12pm
28 CPR - Healthcare Provider <i>Cost of this class is \$40.00</i>	9am-3pm

MARCH 2009

Bloodborne Pathogens Training	by appt.
Computer Workstation Ergonomics Training	by appt.
X-Ray Safety Training	by appt.
2 New Graduate Student Orientation Training	2-3pm
CPR - Heartsaver AED <i>Cost of this class is \$30.00</i>	6-9pm
3 Laser Safety Training	1:30-3pm
Radioactive Material Safety Refresher Training	9-10am
4 Right-to-Know/Chemical Hygiene Training for Lab Workers	10-11:30am
6 Power Industrial Trucks Refresher Training	9am-12:30pm
Biosafety Training	11am-12pm
Lyme Disease Awareness	2-3pm
11 Initial Radioactive Material Safety Training Part 2	9-10:30am
12 Chemical Waste Training	10-11am
Compressed Gas Safety Training	2-3pm
13 Indoor Air Quality Training	10-11am
17 Ladder Safety Training	10-11am
19 Laboratory Ventilation Safety Training	2-3pm
20 Reactive Chemical Safety Training	10-11am
Toxic Chemical Safety Training	11am-12pm
25 Hydrofluoric Acid Safety Training	2-3pm
26 Proper Lifting Refresher Training	2-3pm
27 Lockout/Tagout Training	9-10am
Stormwater Quality Training	1-2pm
28 CPR - Healthcare Provider <i>Cost of this class is \$40.00</i>	9am-3pm
30 Fire Extinguisher Safety Training	2-3:30pm

APRIL 2009

Bloodborne Pathogens Training	by appt.
Computer Workstation Ergonomics Training	by appt.
X-Ray Safety Training	by appt.
2 Right-to-Know/Chemical Hygiene Training for Lab Workers	1-2:30pm
3 Fall Protection Safety Training Part 1	10-11am
4 CPR - Healthcare Provider <i>Cost of this class is \$40.00</i>	9am-3pm
6 CPR - Heartsaver AED <i>Cost of this class is \$30.00</i>	6-9pm
7 Lyme Disease Awareness	11am-12pm
Biosafety Training	2-3pm
Radioactive Material Safety Refresher Training	9-10am
8 Laser Safety Training	1:30pm-3pm
9 Chemical Waste Training	1-2pm
CPR - First Aid Class <i>Cost of the class is \$30.00</i>	6-9pm
Initial Radioactive Material Safety Training Part 2	2-3:30pm
14 Compressed Gas Safety Training	10-11am
16 Laboratory Ventilation Safety Training	11-12pm
17 Asbestos and/or Lead Based Paint Awareness Training	9-10am
Fall Protection Safety Training Part 2	10-11am
Radioactive Material Safety Refresher Training - Lewes <i>(Cannon 104)</i>	10-11am
Stormwater Quality Training	11am-12pm
Reactive Chemical Safety Training	1-2pm
Toxic Chemical Safety Training	2-3pm
22 New Graduate Student Orientation Training	11am-12pm
23 Hydrofluoric Acid Safety Training	11am-12pm
24 Indoor Air Quality Training - Lewes <i>(Cannon 104)</i>	10-11am
27 Fire Extinguisher Safety Training	2pm-3:30pm

LESSONS LEARNED: JHA IN THE FIELD

The Department of Occupational Health and Safety (DOHS) was recently involved in training and providing a job hazard analysis (JHA) for a multi-faceted field project. This operation specifically involved entering an elevated steel structure, which also included a variety of hazards such as entering a permit-required confined space, utilizing an aerial lift, possible exposures to carbon monoxide, lead based paint, bird droppings and general dust.

The person responsible for the project was proactive and contacted DOHS prior to the start of the project to inquire about the training and other considerations that may be inherent in an exercise of this nature. As a result of a JHA analysis being completed to identify the hazards posed by the project, the project members signed up for confined space entry training; respiratory protection and fit testing; and were medically screened and qualified to wear respiratory protection.

On the day of the project kick-off an additional

observation was made that a critical aspect had been overlooked. The project members did not have a Ground Fault Circuit Interrupter (GFCI) to protect them from electric shock while entering the confined space steel structure. It did not become evident that GFCI protection was not present until field observations of the equipment on-site could be made and evaluated. All work was immediately halted until a GFCI could be procured. It just so happened, a safety supply store was close at hand and the project did not have any significant delays.

The project group had taken all the correct measures to ensure a safe and compliant endeavor; however, the lesson in this project is to continually assess equipment needs before, during and after a project and to involve more than one member of the team. In this case, the need for the use of a GFCI could not be determined until the actual equipment on-site could be fully evaluated. It is always important to complete a final safety evaluation prior to starting any operations to ensure the safety of your project members and a successful project.

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