

# Safety *Beak*



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## AED Saves Life at UD

On Wednesday, April 16, 2008, a University faculty member went into sudden cardiac arrest while at work. The arrest occurred at the Wellness Fair, held in the Trabant University Center. Cathy Ciolek, with the UD PT Clinic, Jamie Hartnett, with the Employee Wellness Center and Dr. Frederic Todd Harad and Kathy Sullivan from Christiana Care jumped into action. They immediately contacted 911 and began CPR when they determined that she was



not breathing and did not have a pulse. One responder went to the hallway and obtained one of the AEDs that is staged in the Trabant Center. They applied the AED and it shocked. The patient began breathing, a pulse was felt, and began to respond to questions. The University Police, EMTs from the University Ambulance and the Newark Fire Department and New Castle County Paramedics arrived, took over care and transported her to the hospital. Prompt action by the responders and the accessible AED

saved the individual's life. Occupational Health and Safety commends these responders for their lifesaving actions and the support provided to maintain AEDs in the Student Centers. This exceptional service is truly a benefit for everyone at the University.

Since September 2001, the Department of Occupational Health and Safety, with the support of numerous departments, has been placing semiautomatic external defibrillators (AED) in key buildings across all campuses. AEDs are a crucial link in the cardiac arrest chain of survival. Immediate cardiopulmonary resuscitation (CPR) and defibrillation by an AED within four minutes can increase a cardiac arrest victim's survival rate up to 75%. Approximately 220,000 Americans suffer a heart attack and go into sudden cardiac arrest annually. Nearly 10,000 of these arrests occur in the work place. Many AEDs are staged around campus, mainly in buildings where large crowds gather or a higher risk population works or visits. The AEDs, in part, are obtained through a grant by the State of Delaware called "First State, First Shock". In addition, a number of departments have purchased their own units. Since the inception of the program, 34 units have been placed in public locations. There are 30 units on the Newark Campus, 2 on the Georgetown Campus, 1 each on the Wilmington and Lewes Campuses. There are also units located in University Police Cars, in Student Health and Sports Medicine and on the Research Vessels in Lewes. Units are on order for the new Admissions Building, the Computing Center, Pearson Hall, and for the Athletic Trainers for sporting events and team practice. Hundreds of University faculty, staff and students have been trained as part of the University AED program. AEDs, with departmental support, can be placed in any building at the University. Occupational Health

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and Safety encourages all University employees to attend a CPR and AED training program at least biannually. Anyone can learn how to use an AED, provide CPR and save a person's life. Go to [www.udel.edu/OHS/AED.html](http://www.udel.edu/OHS/AED.html) to see the exact locations of the AEDs and for information on how to obtain one for your building. Go to [www.udel.edu/OHS/CPR.html](http://www.udel.edu/OHS/CPR.html) for information on attending a CPR, AED or First Aid Class. Please contact Kevin Eichinger at [eich@udel.edu](mailto:eich@udel.edu) or 831-2103 for more information, to start the process to install an AED or to schedule a training class in your department.

### MARK YOUR CALENDARS

The OHS Annual Safety Committee Recognition Luncheon will be held on **Thursday, May 22, 2008.**

Safety Committee Annual Reports are due on or before **Monday, June 30, 2008.**

Check out our Web page: [www.udel.edu/ohs](http://www.udel.edu/ohs)

## CHEMICAL HYGIENE: LABORATORY INSPECTIONS

Laboratory inspections are required by University Policy 7-02, Department Safety Committees. They are to be conducted quarterly and are typically organized by the Departmental Chemical Hygiene Officer or Safety Committee Chair. Laboratory supervisors are responsible for ensuring compliance with the University's Chemical Hygiene Plan and must correct any deficiencies identified in the laboratory in a timely manner. DOHS is in the process of making the inspection forms available online through EHS Assistant. This will help simplify the lab inspection and reporting process. For more information about lab inspections, or to locate the inspection forms and guidance documents, please go to [www.udel.edu/OHS/chplabinspct.html](http://www.udel.edu/OHS/chplabinspct.html) or contact DOHS at 831-8475.

## LESSONS LEARNED: LASER EYE INJURY

Late on a Friday afternoon, an operator was measuring the laser power of an 800 nm pulsed laser beam. To reduce the power, the operator introduced, by hand, a glass filter into the beam path. As the operator turned his head to read the nearby power meter, the filter was inadvertently tilted upward and a beam reflection entered his right eye. The operator immediately noticed a flash, like looking into the sun, but experienced no pain.

A doctor's examination revealed a short string of four burn marks on the retina of the eye. Four weeks after the experiment the operator still sees an "echo" of the laser flash when closing the eye and there is a blurred portion in the peripheral field of vision. Had the burns occurred in the foveal region of the operator's retina, effective vision in the eye would have been lost.

The operator could have avoided this accident by wearing laser glasses which were nearby, by using a filter mount instead of holding the filter by hand, and by writing and following a written protocol for the work.

There are more than seventy other Class 3b and 4 lasers presently in use on campus which are capable of causing a similar or more severe eye injury. Studies have shown that nearly 30% of all laser injuries occur during laser beam measurements and alignments.

This account of a laser eye injury at the university should serve as a reminder to all laser operators of the importance of safety training, written safety protocols, beam confinement, and the use of laser eyewear.

For information regarding laser safety training and practices, contact Bill Fendt at 831-1434.

## NEW LASER SAFETY COMMITTEE FORMED



BACK ROW: Douglas Buttrey, Matthew DeCamp, Sylvain Cloutier, Murray Johnston; FRONT ROW: William Fendt, Elizabeth Peloso, Robin Elliott

The Provost appointed an eight member Laser Safety Committee at the end of 2007 to strengthen and formalize the laser safety program established by OHS. The committee has held two meetings thus far on January 8, and April 24, 2008. The committee pictured (at left) consists of members from OHS, Research & Graduate Studies, Engineering, and Arts & Sciences. These units were chosen as they are representative of the areas where lasers are used on campus. The committee will be chaired by Dr. George Watson when he returns from sabbatical, in the meantime, Dr. Murray Johnston has agreed to chair.

The formalization of the program will

## SPRING CLEANING SAFETY

Spring is the perfect time to clean out your basement, garage, and even your laboratory areas of unwanted chemicals, cleaners, paints, automotive fluids, and other miscellaneous materials that require special disposal considerations. For your household chemical items that you want to dispose of, the Delaware Solid Waste Authority (DSWA) hosts several household hazardous waste collection events throughout the state each year.

Visit DSWA's household hazardous waste Web site at: [www.dswa.com/programs\\_haz.asp](http://www.dswa.com/programs_haz.asp) to learn more about their program and what can be brought to the events, as well

as the dates, times, and locations of the events. If you are from a neighboring state and do not know where to find information regarding your state's household hazardous waste program, feel free to contact David Levandoski at 831-8274 or [davelev@udel.edu](mailto:davelev@udel.edu).

Remember that all University of Delaware chemical waste and unwanted chemicals must be managed through the Department of Occupational Health and Safety. Go to the following Web form to request a chemical pick up: [www.udel.edu/OHS/wastepickup.html](http://www.udel.edu/OHS/wastepickup.html).



include adoption of a laser safety policy, designation of a laser safety officer, and establishment of a review procedure for use of new lasers. The committee will be especially helpful in assisting OHS with the review of research protocols. Discussion of incidents, facility renovations affecting laser work and any new regulatory changes will also be regular business for the committee. The laser safety program is intended to address the main hazards of laser work which include electrical hazards associated with the operation of the laser as well as skin and/or retinal burns from direct or reflected exposure to coherent light produced by the laser.

# NATURAL OUTDOOR HAZARDS AND SAFETY

Perhaps the most common hazard of the outdoors is sunburn. Some prevention recommendations offered by the Occupational Safety and Health Administration (OSHA) include wearing clothing that does not transmit visible light. If you are able to see through the fabric, the garment offers little protection against sun exposure. Limit direct sun exposure and seek shade whenever possible. OSHA states that sunscreen of sun protection factor (SPF) 15 or greater must be used in situations where it is the only effective means of protection.

Some plants pose hazards. Poison ivy plants are covered with sap-like oil called urushiol which in minute amounts of one nanogram – a billionth of a gram – may cause dermatitis. Touching contaminated clothing or breathing smoke from burning plants can have the same

effect as direct contact. Clothing and tools can remain contaminated with urushiol for years. To avoid contact with hazardous plants stay on clear paths and learn to recognize them.

Another common outdoor hazard is bites or stings from animals and insects, including snakes, spiders, and bees. Mosquitoes and ticks can carry diseases such as West Nile Virus and Lyme disease. In addition to the pain and swelling from insect stings, for some people, these stings can cause life-threatening allergic reactions. When outdoors, dress to cover-up, wear insect repellent, and examine skin carefully for insects.

Any outdoor activity entails risk; however, the hazards can be minimized by recognizing and avoiding dangerous situations. A healthy respect for potential hazards can go a long way towards maximizing the safety of outdoors events.



[www.poison-ivy.org](http://www.poison-ivy.org)

## WORD SEARCH

- ALLERGIC      RECOGNIZE
- DERMATITIS      REPELLENT
- INSECTS      SAFETY
- MOSQUITO      SHADE
- OUTDOOR      STING
- PLANTS      SUNBURN
- POISON      SWELLING
- PROTECTION      URUSHIOL



## LOOK WHO'S SAFE Dr. John Pesek

The Department of Occupational Health and Safety (DOHS) would like to highlight the many efforts Dr. John Pesek, from the Department of Food and Resource Economics, has made in his pursuit to receive 100% compliance with the New Graduate Student Safety Orientation



(NGSO) training. The University requires all new graduate students to complete this University specific training in an effort to familiarize the students with the unique campus safety features. As many of you have found, ensuring that all new graduate students complete this training can be quite a challenge. Dr. Pesek has made compliance by all graduate students in his department a priority and contacts DOHS each semester for an update. He forwards us a current list of all students, asking for their status, and then proceeds to personally follow up with each delinquent student reiterating the importance of the training and requests completion as soon as possible. We appreciate all of Dr. Pesek's efforts and feel he is a model for others who are tasked with monitoring the NGSO training for their departments.

## STEPPING INTO SPRING... SAFELY

By Guest Author: Kim Edson, Graduate Assistant, UD Wellness Center

You know the feeling ... when the gray days fade and the first glimpses of spring appear, there's a tangible excitement called spring fever. It's the perfect time to step up your physical activity routine and take it outdoors. Here are some practical tips to ensure safety while exercising outside:

- Let your family know what time you'll be back from your workout.
- Carry a driver's license or wear an identification tag.
- Be sure to put on sunscreen to protect your skin.
- To increase your visibility, wear reflective gear. Try reflective tape or a reusable reflective ankle band. If your reflective gear is in the wash, wear white or, at the very least, avoid black.
- While cycling, wear a bike helmet at all times. The most serious bike injuries are to the head.
- Don't wear headphones ... they prevent you from hearing sounds around you, such as a car or people. If you can't live without them, leave one ear exposed or the volume down low.
- Stay within familiar, well-lit streets. If you want to explore a different neighborhood or a woody trail, wait until daylight and bring a buddy.

# TRAINING SCHEDULE FOR UPCOMING DOHS COURSES

All trainings in GSB 130 unless otherwise specified.

## MAY 2008

<b>1</b>	<b>Bloodborne Pathogens Training</b>	by appt.
	<b>Computer Workstation Ergonomics Training</b>	by appt.
	<b>X-Ray Safety Training</b>	by appt.
<b>2</b>	<b>Right-to-Know/Chemical Hygiene Training for Lab Workers</b>	10-11am
	<b>Right-to-Know Training for General Employees</b>	11am-12pm
<b>6</b>	<b>Laser Safety Training</b>	3pm-4:30pm
<b>7</b>	<b>Biosafety Training</b>	2-3pm
<b>8</b>	<b>Initial Radioactive Material Safety Training Part 2</b>	9-11am
	<b>Compressed Gas Safety Training</b>	1-2pm
	<b>Fume Hood Safety Training</b>	2-3pm
<b>9</b>	<b>Environmental Programs at the University of Delaware</b>	9-10am
<b>10</b>	<b>CPR - Healthcare Provider</b>	9am-3pm
	<i>Cost of this class is \$40.00</i>	
<b>12</b>	<b>Proper Lifting Refresher Training</b>	10-11am
<b>13</b>	<b>Radioactive Material Safety Refresher Training</b>	9-10am
	<b>CPR - Heartsaver AED</b>	6-9pm
	<i>Cost of this class is \$30.00</i>	
<b>15</b>	<b>Reactive Chemical Safety Training</b>	10-11am
	<b>Toxic Chemical Safety Training</b>	11am-12pm
<b>16</b>	<b>Stormwater Quality Training</b>	11am-12pm
<b>19</b>	<b>Fire Extinguisher Safety Training</b>	2-3:30pm
<b>20</b>	<b>Hydrofluoric Acid Safety Training</b>	2-3pm
<b>22</b>	<b>Chemical Waste Training</b>	1-2pm

## JUNE 2008

<b>1</b>	<b>Bloodborne Pathogens Training</b>	by appt.
	<b>Computer Workstation Ergonomics Training</b>	by appt.
	<b>X-Ray Safety Training</b>	by appt.
<b>3</b>	<b>Laser Safety Training</b>	3-4:30pm
<b>4</b>	<b>Initial Radioactive Material Safety Training Part 2</b>	1-3pm
<b>6</b>	<b>Right-to-Know/Chemical Hygiene Training for Lab Workers</b>	1-2pm
<b>9</b>	<b>Chemical Waste Training</b>	1-2pm
<b>10</b>	<b>Radioactive Material Safety Refresher Training</b>	9-10am
<b>10 &amp; 12</b>	<b>CPR - Pediatric First Aid and CPR (2 Part Class)</b>	6-9pm
	<i>Cost of this class is \$50.00</i>	
<b>12</b>	<b>Compressed Gas Safety Training</b>	10-11am
	<b>Radioactive Material Safety Refresher Training (Lewes, Cannon 104)</b>	10-11am
	<b>Fume Hood Safety Training</b>	11am-12pm
	<b>Biosafety Training</b>	2-3pm
<b>13</b>	<b>Stormwater Quality Training</b>	11am-12pm
<b>17</b>	<b>Reactive Chemical Safety Training</b>	1-2pm
	<b>Toxic Chemical Safety Training</b>	2-3pm
<b>20</b>	<b>Power Industrial Trucks Refresher Training</b>	9am-12pm
<b>21</b>	<b>CPR - Healthcare Provider</b>	9am-3pm
	<i>Cost of this class is \$40.00</i>	
<b>24</b>	<b>Hydrofluoric Acid Safety Training</b>	11am-12pm
<b>30</b>	<b>Fire Extinguisher Safety Training</b>	2-3:30pm

## JULY 2008

<b>1</b>	<b>Bloodborne Pathogens Training</b>	by appt.
	<b>Computer Workstation Ergonomics Training</b>	by appt.
	<b>Laser Safety Training</b>	3-4:30pm
	<b>X-Ray Safety Training</b>	by appt.
<b>2</b>	<b>Right-to-Know/Chemical Hygiene Training for Lab Workers</b>	10-11am
<b>8</b>	<b>Radioactive Material Safety Refresher Training</b>	9-10am
	<b>CPR - Heartsaver AED</b>	6-9pm
	<i>Cost of this class is \$30.00</i>	
<b>9</b>	<b>Biosafety Training</b>	2-3pm
<b>10</b>	<b>Chemical Waste Training</b>	10-11am
	<b>Compressed Gas Safety Training</b>	1-2pm
	<b>Fume Hood Safety Training</b>	2-3pm
<b>11</b>	<b>Initial Radioactive Material Safety Training Part 2</b>	9-11am
	<b>Environmental Programs at the University of Delaware (Lewes, Cannon 104)</b>	11am-12pm
<b>12</b>	<b>CPR - Healthcare Provider</b>	9am-3pm
	<i>Cost of this class is \$40.00</i>	
<b>17</b>	<b>Reactive Chemical Safety Training</b>	10-11am
	<b>Toxic Chemical Safety Training</b>	11am-12pm
<b>18</b>	<b>Stormwater Quality Training</b>	11am-12pm
<b>22</b>	<b>Hydrofluoric Acid Safety Training</b>	2-3pm
<b>25</b>	<b>Asbestos and/or Lead Based Paint Awareness Training</b>	9-10am
<b>28</b>	<b>Fire Extinguisher Safety Training</b>	2-3:30pm

## New Additions to OHS

The Department of Occupational Health and Safety (DOHS) would like to highlight new staff members. First, we would like to introduce **Linda Ward-Skehan** who is assisting with the industrial hygiene program. Linda is our new part-time Environmental Health and Safety Specialist. She has a MS degree in Industrial Hygiene from Temple University and will be concentrating on the Confined Space Entry and Fall Protection programs. Linda also has a wealth of knowledge and experience administering medical monitoring programs.



Linda Ward-Skehan



Nikki Schiavone

The next addition to our office is **Nikki Schiavone** who will be covering Elaine Nelson's responsibilities this summer while Elaine is out on maternity leave. Nikki is a sophomore here on campus majoring in Psychology and is a member of the UD Marching Band. Both are welcomed additions to our team.



[www.udel.edu/ohs](http://www.udel.edu/ohs)

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