

CHEMICAL SAFETY MOMENT

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When It Comes To Safety, Complacency Can Be Dangerous

Working in a research lab day after day without incident may lead to a false sense of security. If you never have an accident, why worry about it, right?

Research labs are continually changing, whether it be a new process, new chemicals, new researchers. The potential for danger could be right in front of you, but if you don't take the time to prepare for it, once something happens, it may be too late.

Think about your lab, your process. Do you know the hazards that are right in front of you? When is the last time you read the SDS for the chemicals you are working with? Start today! Pick one chemical and review the SDS, what PPE should you wear? Talk about it during your group meeting.



Take a look at the picture above. Is there a potential hazard? It's only when you evaluate the scene will you identify the hazard. Once you know what to look for, the hazard cannot be unseen. (scan the code below to see the hazard)

Fun in the Sun – Field Safety

Always remember to be cautious in extreme heat and listen to your body. Overexertion accounts for about 3.3 million emergency room visits a year in the United States,

Here are some tips to keep in mind:

- Wear sunscreen with an SPF of at least 15
- Take water breaks every 15 minutes
- Wear a hat and UV-absorbent sunglasses
- Eat small, light meals before outdoor activity

Stop and take a break if you experience the following:

- Dizziness
- Sore or painful muscles
- Pulse higher than normal exercise pulse
- Low abdominal pain
- Nausea



Scan Me