



Safety Talks

SPRING/SUMMER ISSUE 2008



Helping laboratory workers brush up on proper techniques

Laboratory workers certainly aren't school kids, but anyone can benefit from a review of basic safe practices.

The following safety tips are adapted from a publication by the National Institute for Occupational Safety and Health (NIOSH): School Chemistry Laboratory Safety Guide:

- * Check the label to verify a substance's identity before using it. If you transfer chemicals from their original containers, label chemical containers as to the contents, concentration, hazard, date, and your initials.
- * Weigh out or remove only the amount of chemical you will need. Do not return the excess to its original container, but properly dispose of it in the appropriate waste container.
- * Never touch, taste, or smell any reagents. Never place the container directly under your nose and inhale the vapors.
- * Use the laboratory chemical hood, if available, when there is a possibility of release of toxic chemical vapors, dust, or gases. When using a hood, the sash opening should be kept at a minimum to protect the user and to ensure efficient operation of the hood. Chemicals and equipment should be placed at least six inches within the hood to ensure proper air flow.

- * Never fill a pipette using mouth suction. Always use a pipetting device.
- * Add concentrated acid to water slowly. Never add water to a concentrated acid.
- * Make sure no flammable solvents are in the surrounding area when light-ing a flame.
- * Be careful when handling hot glassware and apparatus. Hot glassware looks just like cold glassware.
- * Place chemical waste in appropriately labeled waste containers. Never pour chemical waste into the sink drains or wastebaskets.

The guide is available on the NIOSH website at: www.cdc.gov/niosh/docs/2007-107, or it can be ordered through the NIOSH publications office by calling: (800) 356-4674.



(source: J.J. Keller, Idea of the week: 6-10-07)

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We're also on the web:

www.odu.edu/af/ehs

Grilling Safety

Nothing says Spring like a backyard BBQ. Before dinner goes up in smoke, be sure to read these safety tips:

- Make sure your grill is at least three feet away from other objects.
- Only use starter fluid made for charcoal grills.
- If using propane, make sure the connection to the tank is secure.
- Never grill indoors! This is not only a fire hazard but a source of Carbon Monoxide.



Medical/Biohazardous Waste?

Are you producing Medical or Biohazardous Waste? Do you know what goes in the "Red Bags" and how to dispose of them?



If you're not sure, please contact our office at 683-4495 and let us know. We will try answer any questions you may have and review the programs that we have in place.

First Aid for Cuts & Scrapes

Minor cuts and scrapes are a common job hazard. Gloves help, but if you get a cut or scrape on the job, follow these tips from the American Medical Association:

- **Don't put your mouth over the wound** or breath on it. This just gives germs a chance to infect it.
- **Don't allow dirty fingers** or any soiled material, such as a rag or used tissue, to touch the wound.
- **Clean the area** immediately with soap and water.
- **Hold a sterile pad** or clean paper towel over the wound to stop the bleeding, then bandage.
- **Keep the wound covered** for a few days, and change the bandage to keep it clean.

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Vacation fun? Take safety along for the ride



Summertime means family vacations. Provide your employees with tips for taking safe road trips to show you really care about their safety. The following guidance from the National Highway Traffic Safety Administration (NHTSA) can help you remind workers to keep safety in mind.



Begin with a safe vehicle

It's important to perform some basic vehicle safety checks before the journey:

- ⇒ Tires - Check air pressure in all the tires, especially the neglected spare. If tire tread depth is down to 1/16 of an inch, it's time to replace the tires.
- ⇒ Belts and hoses — Inspect all belts and hoses for blisters, cracks, or cuts.
- ⇒ Wiper blades — After winter storms, the windshield wiper blades are probably ready to be replaced.
- ⇒ Cooling system — Check the coolant level. If the system is due to be flushed, have it done before you go.
- ⇒ Fluid levels — Check the oil level (and consider having an oil change). Also check the following fluid levels: brake, automatic transmission, power steering, windshield washer, and coolant.
- ⇒ Lights - Check headlights, brake lights, turn signals, emergency flashers, and interior lights. If you're towing a trailer, be sure its lights work.
- ⇒ Air conditioning — If the air isn't blowing cold, have the system repaired. Emergency repairs are more costly.

Happy trails

Practice safe driving techniques during those long hours behind the wheel:

- ⇒ Stay focused — The best way to stay focused is to avoid fatigue. Take frequent breaks, stay overnight at a motel, and share the driving.
- ⇒ Traveling with children — Stop along the way to make the trip easier, less tiring, and more interesting for children. Bring along favorite books or soft toys. Play games or sing to keep children busy.
- ⇒ Buckle up every trip, every time — Buckling up is the single most effective thing you can do to keep yourself and your passengers safe.

(source: J.J. Keller, Idea of the week: 7/9/06)

EH&S New Staff Member

The EH&S office is very pleased to announce a recent addition to our family: Sheri Vann, Radiation Safety Officer.



Sheri comes to us from Northrop Grumman and provides us with valuable experience in the Radiation Safety Field. She will be responsible for overseeing the University's Radiation Safety Program.

Please join us in welcoming our newest staff member. We are confident that Sheri will become an invaluable part of ODU and the EH&S office.

ODU Recycling

The mission of Recoverable Resources is to remove as much recyclable material from the university waste stream as possible, while providing the best and most efficient service to our customers.

To find out more about ODU's Recoverable Resources visit them at:
www.odu.edu/af/facilities/recycling

