BOSTON MEDICAL CENTER
EXCEPTIONAL CARE. WITHOUT EXCEPTION.

LAB SAFE

A Laboratory Safety Newsletter

BU Boston University Medical Campus

A publication by Environmental Health and Safety and the Laboratory Safety Committee

Volume 6, Number 8. February, 2013. www.bu.edu/orc BUMC- (617) 638-8830 • CRC- (617) 353-4094

Lab Safe is a quarterly newsletter written and distributed by Environmental Health and Safety and the Laboratory Safety Committee.

Make Being Healthy Your Resolution for 2013

With each New Year brings along resolutions to improve your health. Whether your resolution this year is to lose weight, eat healthy, exercise more or quit smoking you can find resources here at Boston University to help you meet those goals. The Health and Wellness website can provide you with several resources to help you meet your goals for 2013. Check out the website at: http://www.bu.edu/hr/benefits/health-wellness/

Do you want to lose weight, lower your blood pressure or just start eating better? The DASH for Health is an online nutrition and weight loss program that is FREE to all Boston University employees and up to three adult household members. Its aim is to help you learn better eating and exercise habits, and it was designed right here at BU by a team of doctors and nutritionists lead by Dr. Tom Moore, Associate Provost on the medical campus. For more information visit the website at:
http://www.bu.edu/hr/benefits/health-wellness/dash-for-health/

Planning to increase the amount you exercise or start a new exercise program, the Fitness & Recreation Center has membership plans and programming designed specifically for faculty and staff. The Fitness & Recreation Center offers membership plans for faculty/staff, as well as spouses and dependents. Find out more online or visit the Fitness & Recreation Center located at 915 Commonwealth Avenue, or call 617-353-2748.

If this is the year that you finally plan to quit smoking, BU offers a free smoking cessation support program and medications for employees. QuitNet is an Internet-based service designed to help individual tobacco users through the quitting process. You can find more information about the program at
http://www.bu.edu/hr/benefits/health-wellness/quitnet/

Get your seasonal influenza vaccine, according to this week's FluView report by the CDC, influenza activity continues to increase in the United States and it is not too late to be vaccinated. BU employees can get a free influenza vaccine at the following location. Call to make an appointment today.

- Charles River Occupational Health Clinic, located at 930 Commonwealth Ave., West (Pleasant Street entrance), phone 617-353-6630

Frequent hand washing with soap and water or the use an alcohol-based hand sanitizer can help prevent the spread of illness.

Lastly, make an appointment to see your primary care physician for your annual physical and health screenings. *LS*

Is that plasticware safe for your Lab Equipment?

Plasticware is a commonly found item in laboratories. Types of plasticware are testtube racks, carboys, trays and waste buckets. One may have to clean these plastics in an automatic dishwasher with a hot cycle, dry them in a dryer, or sterilize them in an autoclave.

It is important to note that your plasticware may not be compatible with an autoclave or other piece of equipment. When you are purchasing a piece of plasticware on Fisher Scientific's website, the manufacturer will tell you if it can be autoclaved. If you find something in the lab you want to clean or sterilize don't just assume it can go into your equipment: **Contact the manufacturer of the plasticware to make sure! If need be, refer to the owner's manual or contact the manufacturer to be aware of the maximum temperatures of your dryer oven and/or glassware washer.** We don't want these scenarios below to happen since you could have downtime for your equipment due to melted plastic or in extreme situations have the melted plastic ignite and start a fire. *LS*

Laboratory Ergonomics

According to Occupational Safety and Health Administration (OSHA), ergonomics is the science of fitting workplace conditions and job demands to the capabilities of the working population. It combines the worker, the environment, and risks associated with musculoskeletal disorders or MSDs such as carpal tunnel, tendonitis, among others with the goal to reduce these risks and make the worker feel more comfortable while performing job-related activities.

Common examples of ergonomic risk factors are found in jobs requiring repetitive, forceful, or prolonged exertions of the hands; frequent or heavy lifting, pushing, pulling, or carrying of heavy objects; and prolonged awkward postures. Manipulating tools in a research setting like pipettes, microscopes, biological safety cabinets, and forceps to name a few can

Continued overleaf

Laboratory Ergonomics

Continued from previous page

expose you to those risks. The level of risk depends on the intensity, frequency, and duration of the exposure to these conditions. Environmental work conditions that affect risk include intensity, frequency and duration of activities.

As a result, Environmental Health and Safety (EHS) is developing a laboratory ergonomics program to assist the laboratory personnel with implementation of safe and healthy work practices in the laboratory setting.

As part of the first steps towards building this program, we would like to hear from you! A short online survey concerning laboratories activities will be conducted in January through

March and your participation is voluntary. Should you have questions or concerns talk with your Department Safety Advisor (DSA) or contact EHS by dialing 617-638-8830 on the Medical campus and 617-353-4094 on the Charles River campus. Your participation is very important to us! Please visit the link: https://www.surveymonkey.com/s/buehslab

Note: Participation in this survey is completely voluntary. You may choose not to answer specific questions or to stop participating at any time. Your identity will not be revealed to anyone. *LS*

Thinking outside the Box

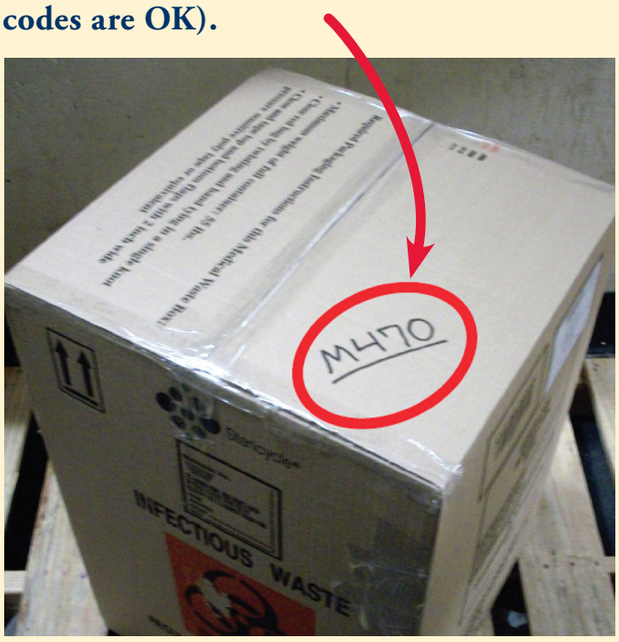
Working safely in a laboratory involves recognizing and evaluating hazards, assessing risks, selecting appropriate personal protective equipment and performing the work in a safe manner.

Safety training is an ongoing process, integral to the daily activities of laboratory personnel. As a new laboratory technique is formally taught or used, relevant safe practices should be included; however informal training through collegial interactions is a good way to exchange safety information, provide guidance, and reinforce good work practices.

One of these practices involves the use of personal items. Cell phones and use of music headphones should be avoided while working in the lab. They can be distracting and thereby increase the potential for an accident to occur. They can also become contaminated if handled while working with hazardous materials.

- Cell phones should not be used while working in the lab.
- Headphones/earbuds and cell-phones should be used with care and discretion.
- Headphones/earbuds can make it difficult to hear important warning sounds of machinery, people walking by or a colleague in need of assistance. *LS*

DID YOU KNOW, section 10.1.5 of the BSL1 and BSL2 Biological Waste Management Guideline requires laboratory staff to write the building and room number on the red-lined biohazard cardboard box with a permanent marker (building letter codes are OK).



Training Corner

Lab Safety Training:

Date	Time	Campus, Bldg-Room
Wed, 1/9/2013	1:30-3:00pm	CRC, PHO-901
Wed, 1/16/2013	9:30-11:00am	BUMC, R-115
Wed, 1/23/2013	3:00-4:30pm	LSEB, 103
Mon, 1/28/2013	9:30-11:00am	BUMC, R-115
Tues, 2/12/2013	1:30-3:00pm	BUMC, R-115
Wed, 2/20/2013	1:00-2:30pm	BRB, 115
Fri, 3/1/2013	9:30-11:00am	BUMC, R-115
Mon, 3/11/2013	1:30-3:00pm	BUMC, R-115
Wed, 3/20/2013	1:30-3:00pm	CRC, PHO-901
Fri, 3/29/2013	1:30-3:00pm	BUMC, R-115
Tue, 4/9/2013	9:30-11:00am	BUMC, R-115
Fri, 4/19/2013	10:30am-12:00pm	LSEB, 103
Tue, 4/23/2013	1:30-3:00pm	BUMC, R-115

Shipping Biologicals Training:

2013 Schedule of Training

Date	Time	Campus, Bldg, Room
Tues, 1/15/2013	9:30am-12:00pm	BUMC, R-110
Thurs, 2/14/2013	9:30am-12:00pm	BUMC, R-110
Wed, 3/13/2013	9:30am-12:00pm	BUMC, L-211
Tues, 4/16/2013	9:30am-12:00pm	BUMC, L-211
Thurs, 5/9/2013	9:30am-12:00pm	BUMC, R-110