



LIFE LINE

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DIRECTOR'S LOG

By: Mike Durham, Director E.H.S.

Welcome, Spring Time!!

Thank goodness the season is changing. This winter has been a doozy, not for just us, but the entire country. Enough ice! Enough horror stories from stranded motorists for hours and hours on the interstate in Alabama and Georgia! Enough school closures! Enough about that..

As we get ready to plant gardens and plan vacations, safety may seem to be unimportant, but it is an every day challenge. So keep it, as we urge, Safety First!

I was reading recently that pedestrian accidents caused by inattention while texting is becoming a major classification of such accidents. While it used to be being struck by vehicles, it has now become just tripping or running into an obstacle or wall. *YouTube* is a good source of laughs showing people crashing into walls, falling into mall flower beds, down stairs, even one where someone fell onto the subway tracks in a subway station. Luckily the train did not show up right away.

On campus, it is very common to see students, staff and others walking along texting and paying little attention to their surroundings or the sidewalk below. While we make continuous efforts to keep sidewalks flat and continuous, the oak tree roots are relentless in creating cracks and ledges that cause falls when one is not paying attention to where they are stepping. While I can't in good conscience suggest that no one walk and text, like I can for driving and texting, I do recommend that you consider what is ahead and take extra care. Try as we might, we can't keep all the sidewalks without irregularities that can cause tripping.

We are about to make some repairs to the walking surfaces in the Quad, where the sidewalks are broken and uneven. You will see construction

activity in this area soon. Hopefully we can keep noise levels down so we don't disturb classes. Be aware of these activities while you walk and text in the Quad.

In the October issue of this newsletter I wrote about the impact of drugs and alcohol misuse, and particularly the impact of marijuana use among children. In today's local newspaper *The Advocate*, an article sparked my interest. [BR sees spike in synthetic marijuana overdoses](#) is the title of the article, and it reports that within the past two week period, hospitals have treated at least 100 people suffering from apparent synthetic marijuana overdoses. This has resulted in DHH Secretary Kathy Kliebert issuing an emergency rule banning eight new types of synthetic marijuana found in our area.

Quoting from the article: "The symptoms (of use) can range pretty widely from sedation to significant agitation, violent behavior, delirium, self-injurious behavior and frank psychosis," said Dr. William Elliott, of Baton Rouge General Medical Center. The long-term effects of abusing the drug range from depression to psychotic breakdowns and schizophrenia diagnoses in patients with no history of mental illness, Elliott said....

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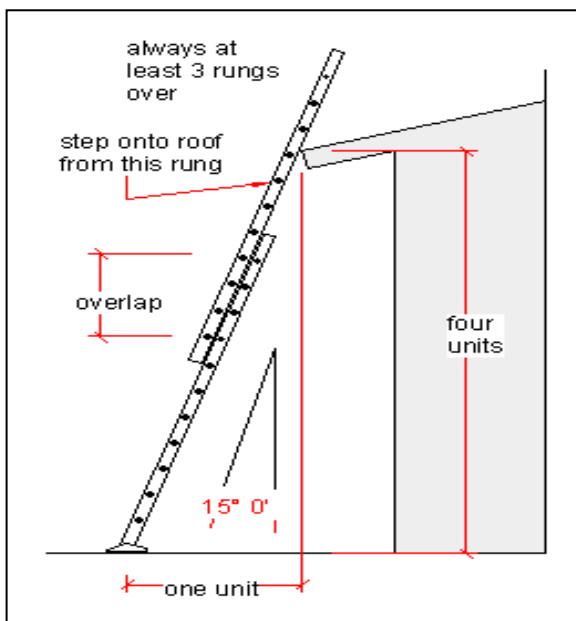
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Ready to do some home repairs?

On average, about 145,000 people visit the emergency room each year because of ladder mishaps.

Here are a few safety steps: -

- Inspect the ladder before using it to make sure there are no loose or broken rungs. Pay attention to guidelines for weight and height limits of the ladder. Include your weight PLUS the weight of the material you carry on the ladder when following weight limitations of the ladder.
- Survey the work area for overhead power lines, pedestrian routes, moving vehicles, etc., and verify adequate support for the ladder footing.
- Step ladders should be “opened” fully with the 4 “feet” firmly on the ground before using. “Leaning” a step ladder so it stands on only two feet reduces its rated load capacity.
- Make sure the ladder is the right height for the job. Many accidents happen when people over-extend their reach because their ladders are too short.
- Never stand on a ladder’s bucket shelf, or the top rung.
- Extension ladders should not be placed at an angle that is too extreme. Use the 4:1 height-to-distance rule. (see diagram below)
- Avoid using a metal ladder near electrical sources.
- Face the ladder when climbing down and make sure your weight is centered between the two sides.



Lightning

Lightning's behavior is random and unpredictable. Preparedness and quick response are the best defenses against the risk of injury or death.

At the first signs of thunder or lightning, take precautionary steps. Clear the area if you hear thunder. Move quickly away from the area or to a shelter when you see lightning. Then take these actions:

- Move into solid buildings and structures. If that's impossible, move into an automobile. Relatively small non-metallic structures, such as pavilions, outhouses, sheds, bus shelters, or others *do not* provide protection.
- If you're in a house or building, do not use the telephone or any electrical appliance that's connected to the building's electrical wiring. Do not use showers, sinks or anything where you're in contact with buildings plumbing system. If lightning strikes the building you are in, it's likely that the current will flow through the electrical wiring or water pipes.
- Stay away from tall, isolated objects, such as trees, flagpoles or posts. Dense woods are relatively safe because the large number and density of trees. However, don't stand too close to any one tree.
- Avoid open areas, such as large fields, parks and parking lots.
- Stay away from lakes, ponds, railroad tracks and fences that could act as a conductor to bring the current from a distant lightning strike.
- If you are caught out in the open without time to escape or find shelter, seek a low area (if time permits) crouch down, bend forward and hold your ankles. Position your head so that it's not the highest part of your body, but don't let it touch the ground. Cover your ears. Under no circumstances should you lay down.
- If lightning is about to strike you or something relatively close, you may experience a tingling sensation on your skin and/or your hair may stand on end. If that occurs, quickly get into the tuck position.

**ON Campus
Emergency Planning**

Blood-borne pathogen

In the event of an emergency within a building, take the following actions:

- Remain calm and do not enter a dangerous area;
- Begin evacuating the building; go to designated assembly area
- Call **Campus Police 578-3231** (or 911 from campus phone) and provide information pertaining to the emergency;
- Follow directions of floor monitors;
- Stay out until police give the **OK** to re-enter the building.

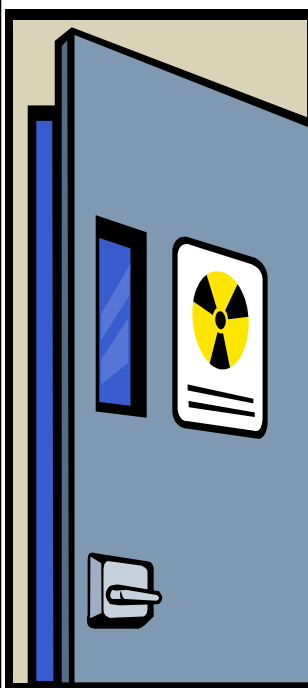
Each Building Coordinator should review their building emergency plan on an annual basis to ensure:

- The plan is accurate,
- Emergency equipment (fire extinguishers, Alarm panels, etc.) function properly and
- Evacuation Floor Monitors and building occupants are trained in the plan and proper emergency response.

Some diseases such as Hepatitis (types A, B, and C), HIV (Human Immunodeficiency Virus), syphilis and others, are spread through exposure to body fluids. Infection can occur by sharing contaminated needles, sexual contact with an infected partner, accidental cuts from sharp objects that are contaminated, getting blood or body fluids on skin with an open sore or cut, or in eyes and mouth. At LSU, Policy Statement 65 provides guidance on activities involving human body fluids.

Treat all blood and body fluids as potentially infected

- Use gloves, eye protection, and protective clothing and avoid contact with body fluids.
- Wash hands with antibacterial soap after contact.
- Contact trained personnel to respond and properly clean and decontaminate area after an accident.
- Frequent hand washing is the best defense against spreading infection.



Special Note:

Radiation Equipment must be made incapable of generating ionizing radiation before surplus.

Remove all radioactive sources, X-ray tubes or heads, and labels and tags that indicate it contained sources of radiation *before* creating a transfer of surplus property.

If there are questions, please contact Radiation Safety Office at 578-2008.

Radiation Equipment

Hazardous materials waste pick-up.. *Revised Method!*

The Office of Environmental Health and Safety (EHS) is responsible for management of LSU's Hazardous Waste Program. EHS has a long history of helping the LSU community with waste disposal by collecting and ensuring its disposal in a safe and regulatory compliant manner.

In March, EHS introduced a new method for requesting disposal of waste by utilizing the *Waste Disposal* module of the Environmental Health Safety Assistant (EHSA).

EHSA is the online environmental management database that is available to researchers and staff within the LSU community. A link is provided below. Your PAWS ID and password allow access to the system.

If you have difficulty accessing the system, please contact EHS and we can assist you with problems.

The EHSA waste disposal requests are associated with the chemical inventory program and will allow better tracking of waste. Waste profiles have been created within the system and users will be able to use drop down menus to describe their waste. Another significant feature is that the lab can generate a printed waste label that is regulatory compliant.

Containers must be in good condition and properly labeled. Upon receipt of the request, your waste should be picked up within ten working days.

[Hazardous Waste Request](#)

If you have problems, please contact:

Lisa Pepitone
578-5146
lpepitone@lsu.edu

Jerry E Steward
578-4314
jsteward@lsu.edu

First Users of New EHSA Waste request system!!



Stephanie Voudris—
from the Entomology Department in the Life Science building was the first person to use the *Waste Disposal* module to schedule a pick-up!!



Julie Butler—
from the Department of Biological Sciences was the first to utilize the *Labelling Function*!!

Director's Log
(continued from First Page)

State [law](#) currently outlaws more than a dozen of these "strands" of synthetic marijuana, and adding these eight will be the subject of a [new bill](#) in this session of the Louisiana Legislature. From the news story, however, it appears that there are thousands of chemical combinations that can be formulated to produce the effects of those already banned. And these eight will soon be replaced on the shelves with others not currently banned. Wow, is there a way to curb this??

Let's keep this spring and summer safe for ourselves and our families!



Emergency Telephone Numbers

LSU Police

578-3231 or
911 from campus phone

Facility Services

578-3186 (Non-emergency)
578-2327 (24 hr. emergency)

Safety/Environmental

578-5640

Radiation Safety

578-2747

++++ Safety Meetings +++++

As a minimum, Department Safety meetings should be conducted Quarterly. This newsletter can be used as safety meeting material. Please route through your department via e-mail and request a "return receipt," or circulate with "sign-in" sheet containing printed name/date/ and initial.

Office of Environmental Health and Safety (E.H.S.)

201C Copy and Mail Center

South Stadium Drive

578-5640

www.ehs.lsu.edu

[Mike Durham](#), Director

[Mike Hooks](#), Assistant Director

[Greg Hayes](#), Manager, Biological Safety

[Quinesha Morgan](#), Biological Safety Coordinator

[Jerry Steward](#), Manager, Chemical Safety

[Thomas Walsh](#), Health and Safety Officer

[Lisa Pepitone](#), Environmental and Emergency
Response Coordinator

[Jason LeJeune](#)-Manager, Laboratory Safety

[Patrick West](#), Manager, Environmental and Safety
Training

[Joyce Gibbs](#), Administrative Coordinator