

Case Department of Occupational and Environmental Safety

“Safety Comes First”

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Putting Trash in Its Place: Some Key Reminders for Proper Laboratory Waste Disposal

One person's garbage is another person's treasure, so the saying goes. As we all know however, some trash is potentially dangerous when disposed of improperly. While everyday, commonplace trash such as paper and beverage containers presents few logistic problems for disposal, "sharps," or anything that can puncture a person's body, can present obvious hazards. Moreover, many common electrical devices have multiple toxins in them that must be disposed of properly. Here at Case Western Reserve University, there are specific guidelines in place to ensure the appropriate disposal of these potentially dangerous materials. Below are some of the key factors to remember before you decide to dispose of any refuse from your laboratory:

1) Make sure all refuse is disposed according to its proper designation in the color-coded trash disposal system. For example, it should be separated as Biohazardous or Infectious Wastes, Sharps, Uncontaminated Lab Waste, Chemical Waste, Radioactive Waste, and ordinary trash.

2) Anything that is a "sharp," i.e., broken glass, discarded hypodermic needles, syringes, scalpel blades, cannulas, coverslips, microscope slides, all pipettes (glass or plastic) and pipette tips, test tubes, glass Petri dishes, and other materials designed for use in biological, etiological, bacteriological, or tissue culture work capable of causing puncture wounds or cuts should NOT be placed in the soft waste containers.

(List continued on page 2)

Highlights in this issue:

[Please Read]

- Avoiding Trash No-Nos—Proper Waste Disposal
- Depression—Knowing the Signs
- Construction Safety
- DOT Shipping Procedures (Read carefully)
- Who is New at D.O.E.S.?
- Safety Clearance for Laboratory Equipment
- Laser Safety Audits Under Way

“Custodial Services will

NOT pick up soft waste

with sharps or pseudo

sharps placed in it.”



Trash Disposal (Continued from page 1)

3) Any item(s) that can puncture the soft waste containers but is not considered a sharp (so-called “pseudosharps”) should NOT be placed in the soft waste bags (This includes disposal auto pipette tips).

4) Custodial Services, as well as our two custodial contractors, WILL NOT PICK UP TRASH VIOLATING THESE FIRST TWO RULES. Custodial Services is being told **not** to touch bags or trash receptacles containing inappropriate trash.

5) In the case that these two rules are violated, the trash will remain at the offending laboratory and the Custodial Supervisor, Protective Services, and DOES will be notified. The problem will then be brought to the attention of the laboratory supervisor.

6) One of our most pressing concerns is the growing amount of electronic waste. All computers and most electronic equipment (lamps, etc.) contain a variety of toxic materials including lead, cadmium, and mercury. A lamp can contain from .06mg or more mercury depending upon its type. Moreover, the average computer may contain up to eight pounds of lead! When possible, recycle all computers. Do not place them with regular trash.

(List continued on page 6)

“DO NOT
THROW ANY
LABORATORY
TRASH IN THE
DUMPSTERS. It is
illegal to do so.”

Depression: Know the Signs



Cold weather and shorter days are here, the holidays are over, and a new spring semester is in swing. All these factors can contribute to quite a stressful situation for many, and they also may contribute to a condition known as “seasonal affective depression.”

At a university setting, this is especially prevalent, and sadly, sometimes dangerous. According to the National Mental Health Association, it is estimated that approximately 1.5 million college students have experienced depression on America’s college campuses, while suicide, often a result of the most severe cases of depression, has climbed to become the third leading cause of death among college students. During winter months (and especially during exam periods) suicide rates jump.

(Continued on page 3)

Depression: Know the Signs (continued from page 2)

Some of the more prominent warning signs of depression may include (but are not limited to) the following:

- A persistent sad or anxious mood
- Feelings of hopelessness, guilt
- Loss of interest in nearly all activities
- Low energy
- Trouble focusing, concentrating, or making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Difficulty connecting with friends and family; and, in severe cases, thoughts of death or suicide
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

Left untreated, depression can have a major impact on a student's academics and his or her social life, not to mention the obvious more devastating effects on health and well-being.

As instructors and staff members, it is perhaps not our job to counsel our students; HOWEVER, sometimes we might be the only ones who can catch these early warning signs. If you do see the above warning signs in a student, do not hesitate in exploring it further—meet with that student. If that student is failing (or placing unreasonable demands upon themselves, i.e., most suicide attempts involve “A” students)—do anything you can to diminish the effect of grades upon them. Sometimes this can be a reassuring voice or a personal anecdote about your own college exploits. Remember how subjective the academic experience often is.

If you suspect that a student, co-worker, or even yourself exhibits signs of real depression, please don't hesitate to suggest help or to get help yourself. For any information on what actions to take if you or someone you know has the symptoms of depression, contact the Case University Counseling Services at 368-5872. Their hours are from 8:30 a.m. to 5:00 p.m., Monday through Friday. They are located in Sears 201.

For more information on how to address depression contact the Case Western reserve University Counseling Services:

University Counseling Services

Where? Sears 201
When? Monday-Friday: 8:30-5:00
Phone: 368-5872
Email: wecounsel@cwru.edu

There is also a counselor on duty 24 hours a day, 7 days a week. Call 844-8892 and ask for the University Counselor on-call.

“Approximately 1.5 million college students have experienced depression...”

Construction Safety: A Necessary Precaution

With the demolition/construction at the Adelbert and Euclid intersection, the ongoing development of the North Residential Village, and the reconstruction of the Adelbert Road overpass, there are many things to keep in mind in order to stay safe.

When walking:

- Follow signs and stay on designated paths. Do not venture into a construction area for any reason without proper PPE (hardhat, glasses, etc.) and authorization from the foreman in charge.
- Watch for vehicles where you are not normally used to seeing them. While this has presented a parking problem for several areas, this also can mean vehicles backing in and out of the construction site – often, these drivers have a limited range of vision, so give them as wide a berth as possible.
- Be aware of construction actions in motion. This can include overhead cranes as well as overland transport and pulling.

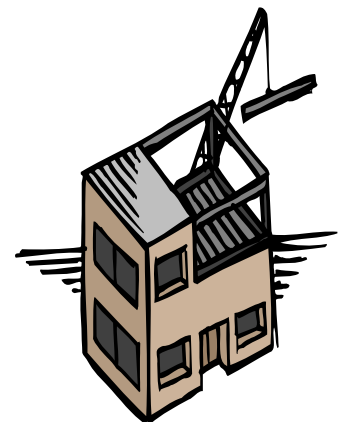
When driving:

- Be careful of construction vehicles on the road and give them ample distance, even more so than when walking. This goes for all driving locations – each year, hundreds of workers die due to construction-related highway accidents.
- Never attempt to circumvent a posted detour. While this may seem like common sense advice, numerous accidents are caused each year by impatient drivers looking for shortcuts. Construction workers and barricades are there for a clear reason. Follow all posted detours.
- Plan ahead. If you know construction is ongoing in a particular area, allow extra time to get to and from your destination. Be reasonable—expect delays.

With so many large-scale projects in process around the Case community, construction can often be frustrating, but as our University is improved and expanded, keep safety concerns in mind for both yourself and the workers who are doing their jobs.



“Be aware of construction actions in motion. This can include overhead cranes as well as overland transport and pulling.”



Shaping up Your Shipping: Following DOT Rules

One of the issues we face at Case is with the items we ship from our labs. For all potentially hazardous materials, i.e., biohazards, flammables, corrosives, etc., you must be specifically trained to ship them. Moreover, if you are trained to ship corrosives by DOES, this does not qualify you to ship other hazardous materials such as flammables. Each separate group of hazardous materials requires proper training in order to comply with DOT standards and ship the materials safely.

*Under no circumstance, should you ship a hazardous material if you are not properly certified to do so. If you do not have proper training in the DOT procedures for handling these materials, you **MUST** contact DOES at 368-2907*

before shipping so that you can be properly trained in the correct procedure.

It is also important to note that DOES must register your items to be shipped with Chemtel. Registration with Chemtel allows all hazardous items to be tracked. This registration is especially important if there is an accident. For example, if the truck shipping the item was involved in a rollover and the shipping manifest was destroyed, by registering the hazardous material with Chemtel, information about the shipped items would be easily retrievable.

If you are ever in doubt about what you are certified to ship, contact DOES immediately at 368-2907.



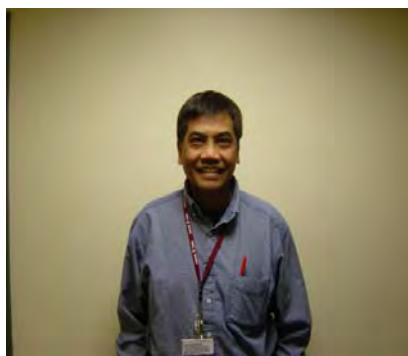
“Under no circumstance, should you ship a hazardous material if you are not properly certified to do so.”

New Faces at DOES: Give Them a Warm Welcome

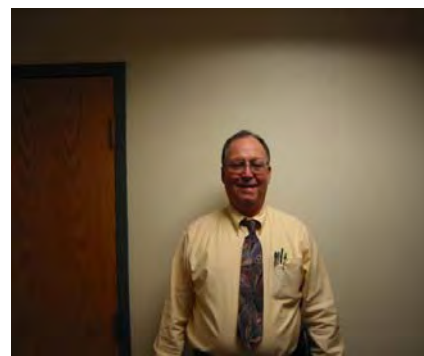
The Department of Occupational and Environmental Safety would like to introduce you to three new staff members. Please join us in welcoming:



Stephanie Kutsko, Chemical Safety Specialist I



Romulo Deza, Chemical Safety Specialist I



Bill DePetro, Safety Compliance Specialist

Trash Disposal (Continued from page 2)

7) Fluorescent Bulbs: All fluorescent bulbs contain a small amount of mercury; therefore, fluorescent bulbs should not be thrown in the ordinary trash. When plant services comes to replace the bulbs, they will pick up the used bulb. If a bulb has already broken, exercise some caution when cleaning it up (use gloves). Place the shards in a rigid box and notify Plant Services (x2580).

8) DO NOT THROW ANY LABORATORY TRASH IN THE DUMPSTERS. It is illegal to do so.

Following these simple rules will protect Custodial Services from injury and allow for an expeditious removal of laboratory trash.

Upcoming Training Sessions

Radiation (x2906)

- **New Training:** *February 9, 2005 Wednesday @ 2:00 p.m.*
February 24, 2005 Thursday @ 9:00 a.m.
March 9, 2005 Wednesday @ 2:00 p.m.
March 24, 2005 Thursday @ 9:00 a.m.
- **Retraining:** PREREGISTRATION IS REQUIRED! - Please call 368-2906,
- **X-Ray Training:** PREREGISTRATION IS REQUIRED! - Please call 368-4606 or email yxt13@cwru.edu

Rad re-training is now online at our website: <http://does.case.edu>

Chemical (x2907)

- **OSHA Lab Standard:** PREREGISTRATION IS REQUIRED! - Please call 368-2907
Held every Tuesday afternoon from 1:00 p.m. to 3:00 p.m.
Additional training classes schedule:
April 14, 2005 Thursday @ 9:00 a.m.
July 14, 2005 Thursday @ 9:00 a.m.

Bloodborne Pathogen (x2907)

- **New training:** PREREGISTRATION IS REQUIRED! - Please call 368-2907
Held every Tuesday afternoon from 3:00 p.m. to 4:30 p.m.
Additional training classes schedule:
February 10, 2005 Thursday @ 9:00 a.m.
May 12, 2005 Thursday @ 9:00 a.m.
- **Retraining:** PREREGISTRATION IS REQUIRED! Call 368-2907 or email vfl@cwru.edu for information and to register.

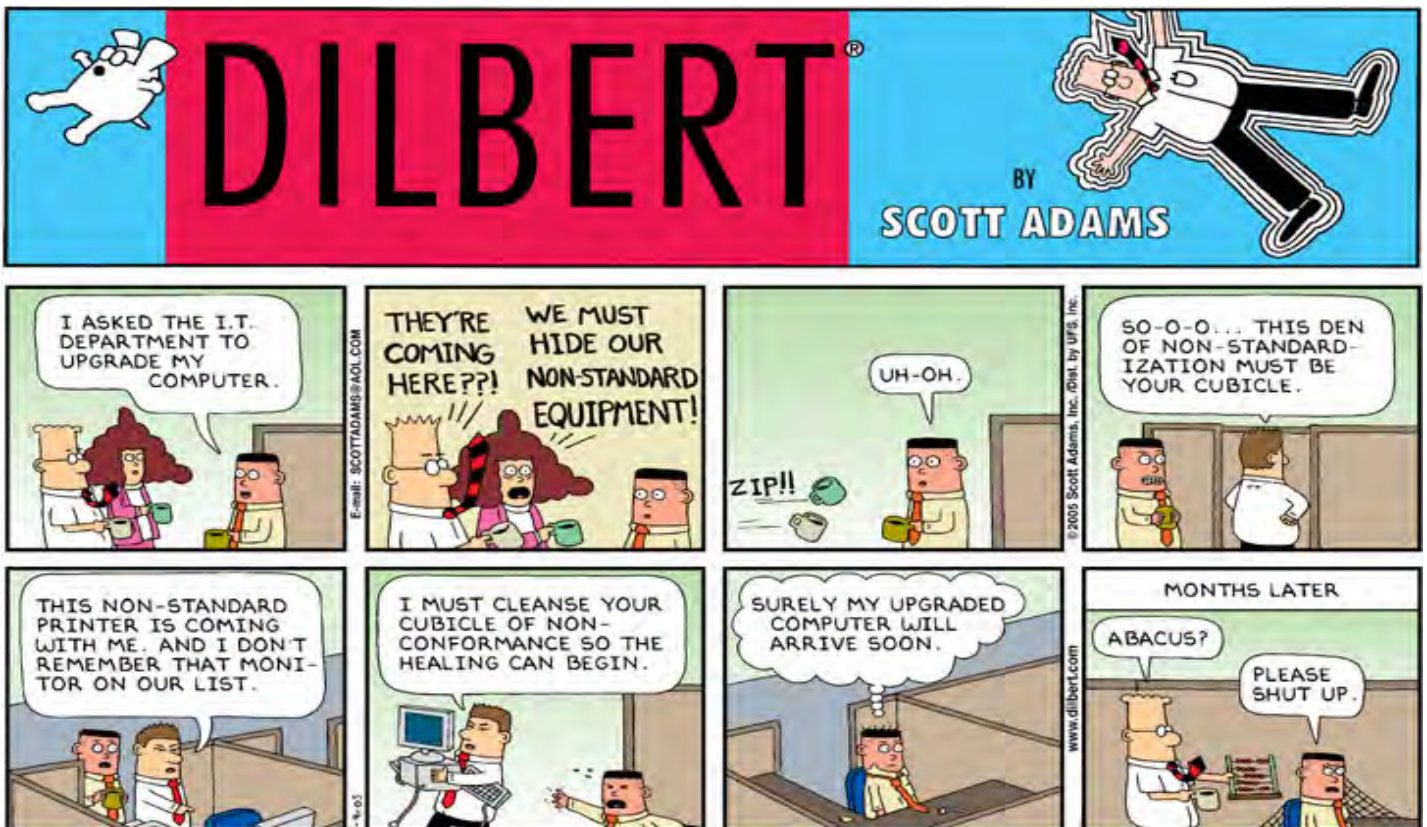
*****As always, check out our website for training dates.*****

A Brief Note on Safety Clearance for Equipment Repair

If you are planning to have any maintenance or repairs done to laboratory equipment, e.g., water baths, refrigerators, and shakers, there is a clear procedure to follow. Prior to any maintenance or repair of the laboratory equipment either onsite or offsite, *a safety clearance must be requested from the safety department*. Equipment should not be sent for maintenance or repair unless the safety department certifies that there is no chemical, biological, and radiological contamination involved. For further information, please contact DOES at 368-2907.

Case Laser Safety Audits Now Being Conducted

CASE Laser Safety Program audits are now being conducted. The Laser Safety Programs will focus on training requirements, appropriate signs and the PI's Lab Laser. Anyone using a Class 3b or Class 4 laser who has not yet attended should contact **H. Wayne Justice, D.O.E.S., at x4600, ext 1**. Mr. Justice oversees all the Laser Safety Programs.



Humor Corner

Why Computers Sometimes Crash - by Dr Seuss

If a packet hits a pocket on a socket on a port, and the bus is interrupted at a very last resort, and the access of the memory makes your floppy disk abort, then the socket packet pocket has an error to report.

If your cursor finds a menu item followed by a dash, and the double-clicking icon puts your window in the trash, and your data is corrupted cause the index doesn't hash, then your situation's hopeless and your system's gonna crash!

If the label on the cable on the table at your house, says the network is connected to the button on your mouse, but your packets want to tunnel to another protocol, that's repeatedly rejected by the printer down the hall.

And your screen is all distorted by the side effects of gauss, so your Icons in the window are as wavy as a souse; then you may as well reboot and go out with a bang, 'cuz sure as I'm a poet, the sucker's gonna hang.

When the copy on your floppy's getting sloppy in the disk, and the macro code instructions is causing unnecessary risk, then you'll have to flash the memory and you'll want to RAM your ROM, and then quickly turn off the computer and be sure to tell your Mom!

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