



# Case Department of Occupational and Environmental Safety

**“SAFETY COMES FIRST”**  
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## Eye Injury Prevention: Knowing the Basics

According to the American Academy of Ophthalmology, there are more than 1 million eye injuries each year in the United States. An astonishing **ninety percent of these injuries could have been prevented if the individual had been wearing the appropriate eyewear.** In order to ensure your eye safety, it is important to know how and when to use the appropriate eyewear. Below is a quick summary of some important points to remember regarding eye protection:

- Understand your eye protection choices and what they mean. There are three basic types of eye protection available:
  - 1) *Safety Glasses*—Safety glasses are designed to protect your eyes from particulate matter. For example, from flying particulate debris in a machine shop. **They are not designed for normal lab use and cannot protect your eyes from liquids.**
  - 2) *Safety Goggles*—Safety goggles form a seal that protects eyes from liquids, gases, and mists. They are recommended for lab use, but they do not protect the whole face.
  - 3) *Face Shields*—Safety shields protect the face but may not protect the eyes. They are recommended for lab use.
  - 4) *Combination (Safety Goggles and Safety Shield)*—This combination provides for the ultimate eye protection in the lab. It shields the eyes and the face from solids, liquids, and gases.

## Eye Injury Prevention: Knowing the Basics (continued from front page)

***“In the case of chemical burn to the eye, flush the eye with clean water and seek emergency medical treatment immediately.”***

- In case of chemical burn to the eye, flush the eye with clean water and seek emergency medical treatment immediately.
- Wearing proper eye protection is important outside of the workplace as well. The American Academy of Ophthalmology (AAO) notes that safety goggles should be worn when working in a home workshop, yard, or when jump-starting or working on your car.
- The AAO notes that safety goggles should also be worn when working with household chemicals.
- Injuries such as cuts, chemical burns or foreign bodies stuck in the eye are emergencies. Don't try to treat these injuries yourself—contact your Eye M.D. or emergency room for help immediately.
- The leading causes of eye injuries include sports accidents, consumer fireworks, household chemicals, battery acid, and yard debris (particularly projectile objects from lawn mowers and weed “wackers”).
- Always wear protective eye wear during sports and recreational activities.
- Even a seemingly light blow can cause a serious eye injury. If a black eye, pain, or visual problem occurs after a blow, contact your Eye M.D. or emergency room immediately.

Remember, **in the lab, safety goggles should always be worn for eye protection.** They provide protection for the eyes from hazardous solids, liquids, and gases. For full face protection, a safety shield should be used in tandem with safety goggles. Professors are responsible for the use of their labs and any potential fines imposed for failure to wear proper eye protection or for injuries associated with the failure to use proper eye protection.

For more information on eye safety in the lab, please contact DOES at (216) 368-2906/2907. You may also find more information online at the American Academy of Ophthalmology's website ([www.aao.org](http://www.aao.org)).

Sources: MedicineNet.com ([www.medicinenet.com](http://www.medicinenet.com))

American Academy of Ophthalmology ([www.aao.org](http://www.aao.org))

# ***Mark Your Calendar: Classes Begin August 28***

## Career Overtakes Finances as Leading Cause of Stress

*Originally Published on 7/07/2006 in KellerOnline (www.kelleronline.com)*

According to a new poll conducted on LifeCare®, Inc.'s, private web site during the month of April, "job/career" has replaced "finances" as the leading cause of stress for most people. Thirty-two percent of respondents identified their job as their biggest stressor, while 24 percent selected finances. Finances consistently led job/career in past polls by LifeCare, a creator of life management services.

The reason for this turnaround? "First, people are being asked to do more with fewer resources, which means working longer hours and taking on more responsibility," said LifeCare CEO, Peter G. Burki. "Naturally, that's going to raise stress levels. But it's also important to note that 'job/career' is more of a catch-all category than any of the others. It encompasses time management, work/life balance, compensation, relationship issues with bosses and co-workers, personal happiness and more. Add that all together and it's easy to see why job/career would top the poll results."

The other leading causes of stress respondents cited were:

- Spouse/significant other — 12 percent
- Children/parenting issues — 9 percent
- Time management — 9 percent
- Caring for an older loved one — 5 percent
- Personal health — 4 percent
- Other — 5 percent

The good news, Burki said, is that more and more employers, health plan and insurance providers, and other organizations are helping people reduce stress through work/life programs. "By doing so, they're helping their clients, members and employees stay healthier and happier, and that equates to fewer stress-related health-care claims filed, higher on-the-job productivity, less turnover and greater loyalty," he stated. LifeCare, for example, offers clients a comprehensive array of stress management tools and resources, including those that address finances, work/life balance, child and elder care, on-the-job and personal relationships, health and wellness, time management — all of the stressors identified in the poll.

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***"[P]eople are being asked to do more with fewer resources, which means working longer hours and taking on more responsibility," said LifeCare CEO, Peter G. Burki. "Naturally, that's going to raise stress levels."***

***Mark Your Calendar:  
Labor Day is September 4***

## OSHA Issues Citations in Biosafety Lab Case; Media Accounts Led to Investigation

*Originally Published on 05/11/2005 in KellerOnline (www.kelleronline.com)*

OSHA has completed its investigation of researcher exposure to tularemia bacteria at a Massachusetts university and medical center. Three employees became ill following their exposure to a highly infectious strain of the bacteria during the course of their work.

**“Employers who hire researchers to work with potentially infectious biological materials have a significant duty under the law to make every effort to ensure that their employees are protected at all times from exposure to such materials”**

According to Brenda Gordon, OSHA’s area director in Braintree, her office conducted an investigation between January 21 and April 27 after learning through media accounts of the exposures, which took place late last summer and early fall. OSHA has issued to the university and medical center identical sets of citations alleging three serious violations each of OSHA’s personal protective equipment standard, including: failure to ensure that all employees wore gloves and eye protection when working with tularemia live vaccine strain (LVS); failure to certify in writing the required workplace hazard assessment for work with tularemia LVS; and failure to retrain employees who were working with tularemia LVS and who were not using gloves and eye protection.

OSHA defines a serious violation as one where there is a substantial probability that death or serious physical harm could result and that the employer knew, or should have known, of the hazard. The total proposed penalty for the alleged violations is \$8,100.

Gordon also issued a letter of significant findings and recommendations to the director of the Office of Environmental Health and Safety at the university and medical center recommending additional steps to eliminate or reduce hazards to employees working with attenuated biological agents, such as tularemia LVS, that have a highly infectious parent strain. Gordon's letter asks the university and medical center to provide OSHA with progress reports on the employer's efforts to reduce employee exposure to biological materials.

"Employers who hire researchers to work with potentially infectious biological materials have a significant duty under the law to make every effort to ensure that their employees are protected at all times from exposure to such materials," Gordon said. "Proper training in the precautionary procedures to be followed, the use of personal protective equipment, and the use of safety equipment in the lab can help assure such protection."

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# Paperwork Burden Eased by Hazardous Waste Program Changes

*Originally Published on 06/29/2006 in KellerOnline (www.kelleronline.com)*

EPA is changing the regulatory requirements of the hazardous waste program to reduce the paperwork burden the requirements impose on the states, EPA, and the regulated community. EPA has estimated that the total annual hour savings under the final rule ranges from 22,000 hours to 37,500 hours per year. The rulemaking will streamline information collection requirements, ensuring that only the information that is actually needed and used to implement the hazardous waste program is collected.

As part of the hazardous waste regulations, EPA established recordkeeping and reporting requirements that allow the agency to enforce and ensure compliance with the regulations. Congress directs all federal agencies to become more responsible and publicly accountable for reducing the burden of federal paperwork on the public. Over the past five years, EPA has assessed and evaluated the need for the many recordkeeping and reporting requirements found in the Resource Conservation and Recovery Act (RCRA) hazardous waste program. In the course of this effort, the agency identified numerous opportunities to eliminate or streamline RCRA requirements, while continuing to protect human health and the environment.

Based on the assessment, a new rule changes a number of the regulatory requirements found in 40 CFR parts 260 through 271. These changes will bring about burden reductions to both the regulated community and the regulators. According to EPA, the changes are a direct result of consultations with a number of state experts on potential burden reduction ideas, as well as public input through two Notices of Data Availability and a Proposed Rulemaking.

## Highlights from the rule:

- To effectively present the large number of regulatory changes, the agency divided the changes into ten categories or groups.
- **Option to follow OSHA regulations for emergency training.** Large quantity generators (LQGs) and treatment, storage, and disposal facilities (TSDFs) must train their employees in emergency procedures. Under the new rules, waste handlers have the option of complying with either the RCRA or OSHA requirements for emergency response procedures.
- **The amount of time records must be kept.** Many of the recordkeeping requirements for TSDFs mandate record retention for the life of the facility. In this final rule, EPA reduced the length of time waste handlers must retain certain records on site to three years or five years for hazardous waste combustion units (e.g., operating record requirements at 40 CFR 264.73 and 265.73). The agency also increased the record retention time for a selected number of documents for interim status facilities in cases where the notification requirement has been eliminated.
- **Certification by a professional engineer.** Numerous regulations require generators and TSDFs to obtain an independent, qualified, registered, professional engineer's certification, as specified. EPA changed certain RCRA certification requirements by taking out the terms "independent" and "registered."

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## Paperwork Burden Eased by Hazardous Waste Program Changes (continued from page 5)

***“LQGs and TSDFs must have contingency plans to minimize hazards to human health and the environment from fires, explosions, or any unplanned release of hazardous waste to the environment.”***

- **Option to follow the Integrated Contingency Plan Guidance.** LQGs and TSDFs must have contingency plans to minimize hazards to human health and the environment from fires, explosions, or any unplanned release of hazardous waste to the environment. The regulations are now modified to indicate that these waste handlers may consider developing one comprehensive contingency plan based on the Integrated Contingency Guidance. This guidance provides a mechanism for consolidating the multiple contingency plans that waste handlers have to prepare to comply with various government regulations.
- **Elimination of selected recordkeeping and reporting requirements.** Certain recordkeeping and reporting requirements are eliminated from the regulations in order to eliminate submission of duplicative information and/or reporting unnecessary burden to waste handlers.
- **Decreased inspection frequency for hazardous waste management units.** Under many RCRA inspection requirements, the rules specify a frequency at which waste handlers must inspect their frequency for facility and equipment. These changes reduce the self-inspection frequency for hazardous waste tank systems from daily to weekly, under certain conditions. In addition, EPA is allowing facilities in the National Performance Track Program to reduce their inspection frequencies, under certain conditions, up to monthly, on a case-by-case basis, for tank systems, containers, containment buildings, and areas subject to spills.
- **Selected changes to the requirements for record retention and submittal of records.** The new rule modifies certain requirements under which waste handlers must keep records on-site and submit these same records to EPA. It specifies certain records that waste handlers need to keep only on-site.
- **Changes to the requirements for document submittal.** EPA has eliminated several requirements to reduce the number of documents that are submitted to the Agency for review.
- **Reduced frequency for report submittal.** The changes also reduce the submittal frequency of certain documents (e.g., from semi-annual to annual).

The final rule was published in the April 4, 2006, Federal Register.

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## Upcoming Training Sessions\*

\*As always, consult our website (<http://does.case.edu>) for a full schedule of training sessions

### **New Radiation Safety Training**

Retraining is required annually.

DOES conference room - Service Building 1st Floor

PREREGISTRATION IS *REQUIRED* ! - Please call 368-2906

### **X-Ray Safety Training**

DOES conference room - Service Building 1st Floor

PREREGISTRATION IS *REQUIRED* ! - Please call 368-4606 or email [yxt13@case.edu](mailto:yxt13@case.edu)

### **Laser Safety Training**

DOES conference room - Service Building 1st Floor

PREREGISTRATION IS *REQUIRED* ! - Please call 368-4600

or email [hwj@case.edu](mailto:hwj@case.edu)

The Laser Safety training schedule is now available online at the DOES website <[does.case.edu](http://does.case.edu)> under Laser Training. Listed below are the training dates through October 2006:

- Tuesday, August 15, 1:00 PM
- Wednesday, September 6, 2006, 9:00 AM
- Thursday, October 5, 2006, 1:00 PM

### **New Bloodborne Pathogen Training**

Please call 368-2907 to preregister for this class.

Class Objective: To go over the Bloodborne Pathogen Standard

Class Frequency and Time: The class is offered every Tuesday from 3:00 to 4:30 pm. Location: The class is held in the DOES conference room in the Service Building First Floor unless otherwise specified in the calendar.

### **Bloodborne Pathogen Training**

Please call 368-2907 to preregister for this class.

There is an online version of this class. You do not have to attend the class if you take the online version.

Class Objective: Retrain workers annually for the Bloodborne Pathogen Standard

Class Frequency and Time: The class is typically offered twice a month. It is approximately 1 hour in duration.

Location: The class is held in the DOES conference room in the Service Building First Floor unless otherwise specified in the calendar.

### **Formaldehyde, Benzene, Methylene Chloride, and Vinyl Chloride Retraining**

Please call 368-2907 to preregister for this class. There are online versions of Formaldehyde and Benzene retraining. If you take the online versions of Benzene or Formaldehyde you do not have to take the class.

Class Objective: Chemical specific training.

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### **Chemical Safety (OSHA Lab Standard Training)**

Please call 368-2907 to preregister for this class.

Class Objective: To train all university personnel using hazardous chemicals in a laboratory setting in basic chemical safety principles and the requirements of the OSHA Laboratory Standard 1910.1450.

Class Frequency and Time: The class is offered every Tuesday from 1:00 to 3:00 pm. Also additional classes are available.

Location: The class is held in the DOES conference room in the Service Building First Floor unless otherwise specified in the calendar.

### **Hazard Communication Training (Right-to-Know)**

See website <does.case.edu> for schedule.

### **Radiation Safety Retraining**

Please retrain on the Internet @: <http://does.case.edu>

### **Annual Respirator Training**

DOES conference room—Service Building 1st Floor.

PREREGISTRATION IS REQUIRED ! - Please call 368-2907

Note: *There is an online version of this class.* If you take the online version you do not have to take the class. But you still need to come in for a fit test.

**(Again, for a complete listing, please consult the DOES website at <<http://does.case.edu/>>)**

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