

Earth Day

April 22, 2016



Earth Day is an annual event, celebrated worldwide on April 22nd. Most often, people celebrate the entire week as **Earth Week**. During this time, people are energetically involved in events to demonstrate their support for actions and practices that protect the environment. Several of these events include air and water pollution control, elimination of toxic dumps, saving energy, planting trees and cleaning up trash from the environment. **GET READY**—The Committee on Sustainability will host events during **Earth Week (April 16th - 23rd)** to embrace this year's theme **"THE WORLD AROUND US."**

- ◇ **Saturday/Sunday (16th, 17th):** Sustainable Art Opening, Crim Dell Restoration Clean Up
- ◇ **Monday (18th):** Tree Planting Ceremony, Edible Plant Walk
- ◇ **Tuesday (19th):** AMP Smoothie Bike, Tribe Truck Farm Demonstration
- ◇ **Wednesday (20th):** James River Clean Up with the Bike Alliance
- ◇ **Thursday (21st):** Sustainability Documentary Showing, Yoga at Matoaka
- ◇ **Friday (22nd):** Earth Week Panel, Sunset Paddle with Campus Rec
- ◇ **Saturday (23rd):** Earth Week Festival & Homebrewaroo - live music, free food and shirts, President Reveley reading "The Lorax"

Earth Day Resources: www.ruthehealth.com, sustainability.virginia.edu, www.earthday.org

Pre-Pre-Earth Week Event

Clean out your on-campus offices and closets!

Date: March 29, 2016

Time: 11 a.m. - 2 p.m.

Location: William & Mary Hall Parking



Batteries, Light bulbs, Used Oil, Metals and Electronics will be recycled.

Facilities Management, Environment Health & Safety and the Committee on Sustainability are working together to host the **6TH ANNUAL HAZARDOUS AND ELECTRONIC WASTE COLLECTION DAY**. Instead of throwing used batteries, paint, used oil, broken electronics and light bulbs in the trash or dumping expired/unused chemicals down the drain, bring them to this event. Items must be from offices/departments located on the William & Mary campus only.



JUST FOR THE HEALTH OF IT

A majority of people made New Year's Resolutions to transform their lives by living healthier. In addition to eating healthier, forgiving others, and exercising, there are ways of living a healthier lifestyle you can **START TODAY**—no membership fees required.

Be KIND

Numerous studies have shown that acts of kindness slow aging, make better relationships, give us healthier hearts and make us happier people.



So, JUST FOR THE HEALTH OF IT—Be KIND

- ◆ Smile at strangers **OR** Speak to someone 1st **OR** Give someone a High-5
- ◆ Hold the door open for someone
- ◆ Give someone a compliment
- ◆ Give up your place in line to another person
- ◆ Pay for someone's meal **OR** sit with a stranger at lunch
- ◆ Say "Thanks" **OR** "[Lean on Me](#)" **OR** "Excuse Me"
- ◆ Give a gift to your news carrier, mail person, garbage collector, or hair dresser/barber
- ◆ Wave at someone in the rear view mirror if they let you in front of them on the road **OR** let someone merge in front of you on the road

"Doing the most good—for **my health**. That's the beginning of changing the world." - C.H.

Laugh Out Loud



When we laugh out loud, it increases happiness within ourselves and change the atmosphere because laughter is contagious. Laughter dissolves distressing emotions. **It is difficult to feel anxious, angry, stress or sad when you're laughing.**

Here are some suggestions to help you

Laugh Out Loud

- ◇ Go to a comedy club
- ◇ Watch a funny movie, video clip or TV show
- ◇ Seek out funny people
- ◇ Share a good joke or a funny story
- ◇ Play with a pet, children/grandchildren or significant other
- ◇ Make time for fun activities (bowling, golf, or date night)

So, JUST FOR THE HEALTH OF IT—Laugh Out Loud

International Moment of Laughter DAY is celebrated on April 14, 2016. The goal of this day is to get people to laugh because laughter is the best medicine.

Safely Prepared

Fire Alarms



This is not a drill

A fire alarm system consists of a number of devices working together to detect and alert people through visual and audio signals whenever smoke or fire is present. At William & Mary, fire alarm evacuation signals generally consist of a standardized audible tone, with visual notification in all public and common use areas and resident apartments. The Fire Safety Officer conducts planned and unplanned fire drills throughout the academic year. **ALL PERSONNEL should address and respond to ALL FIRE ALARMS.**

Safety Tips:

- Never question the alarm, always address it. **GET OUT.**
- Raise the alarm, **alert others** on the way out of the building.
- **Close doors** as you pass through them, to help with containment.
- Proceed directly to the predetermined muster area, 100 feet from the building.
- Announce to emergency responders if persons might still be inside needing assistance.
- Remain at the muster area until **FIRE OR POLICE DEPARTMENT GIVE THE ALL CLEAR**—it is SAFE to enter the

Emergency Phone Numbers

Campus Police: 221- 4596

All Emergencies: **911**



Electrical Hazards

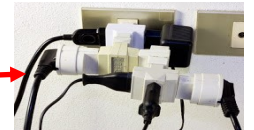
(Office Equipment)



Office equipment is capable of causing cuts, burns, and electrical shock if not used, maintained and serviced correctly. **Be alert to "Household Use Only" precautions on appliances.** These do not belong in an office unless their use is comparable to home use.

⇒ **Inspect your equipment's cords and plugs periodically.** Look for damaged cord jackets, loose or broken plug blades, and separation of the plug from the cord.

⇒ **Avoid overloading circuits.**



⇒ **Extension cords should only be used as a temporary measure (≤90 days)** while you await additional receptacles; with exception of mobile equipment in research laboratories.

⇒ **Power strips are acceptable** for simultaneous use of several low-current devices such as computers and their peripherals. The strips must have built-in over-current and voltage surge protection.



⇒ **Never place cords beneath carpet.** This can cause overheating of the wire insulation and cord damage that cannot be seen until it starts a fire.

⇒ **Keep appliances away from water.** Avoid hanging houseplants above electrical appliances.

Did YOU KNOW ? ? ?

Pressurized Vessels



Cryogenic liquid cylinders are insulated, vacuum-jacketed pressure vessels. These cylinders are used on campus to store and dispense liquefied gases (LN2) for sample preparation and storage, flash freezing and other laboratory processes. They operate at pressures up to 350 psi (gauge), hold 80 to 500 liters of liquid, and are equipped with safety relief valves to protect the cylinders from pressure build-up. **Cryogenic liquid cylinders and their components should be properly maintained and inspected.**

Suggested Preventative Maintenance Schedule (Resource: Jefferson Lab)

Component and Fluid Service	Maximum Test and or Inspection Interval (years)
Vessel: Gas (non-corrosive)	5
Vessel: Gas (corrosive)	2
Vessels and piping: Category M fluid	1
Vessel: Liquid (corrosive)	1
Vessel: Liquid (non-corrosive)	5
Dewar Vessel	2
Rupture Disk	Inspect/Replace every 5
Vessel: Boiler	2
IC4 Relief Device	2
Relief Device: Gas (non-corrosive)	5
Relief Device: Gas (corrosive)	2
Relief Device: Category M fluid	1
Relief Device: Liquid (corrosive)	2
Relief Device: Liquid (non-corrosive)	5
Relief Device on Dewar Vessel	5

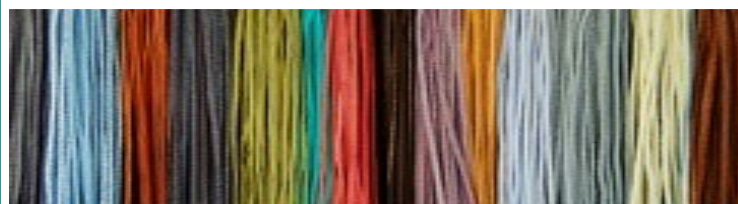
Transporting

Materials Of Trade (MOTs)

In support of University-related work, William & Mary employees may transport small quantities of hazardous materials (non-waste) in a university-owned or personal vehicle on campus or on public roads, in accordance with the Hazardous Materials Regulations Materials of Trade (MOTs) exception (49 CFR 173.6). Quantity limitations, packaging requirements, marking and labeling requirements are listed in the [U.S. Department of Transportation Materials of Trade](#) document.

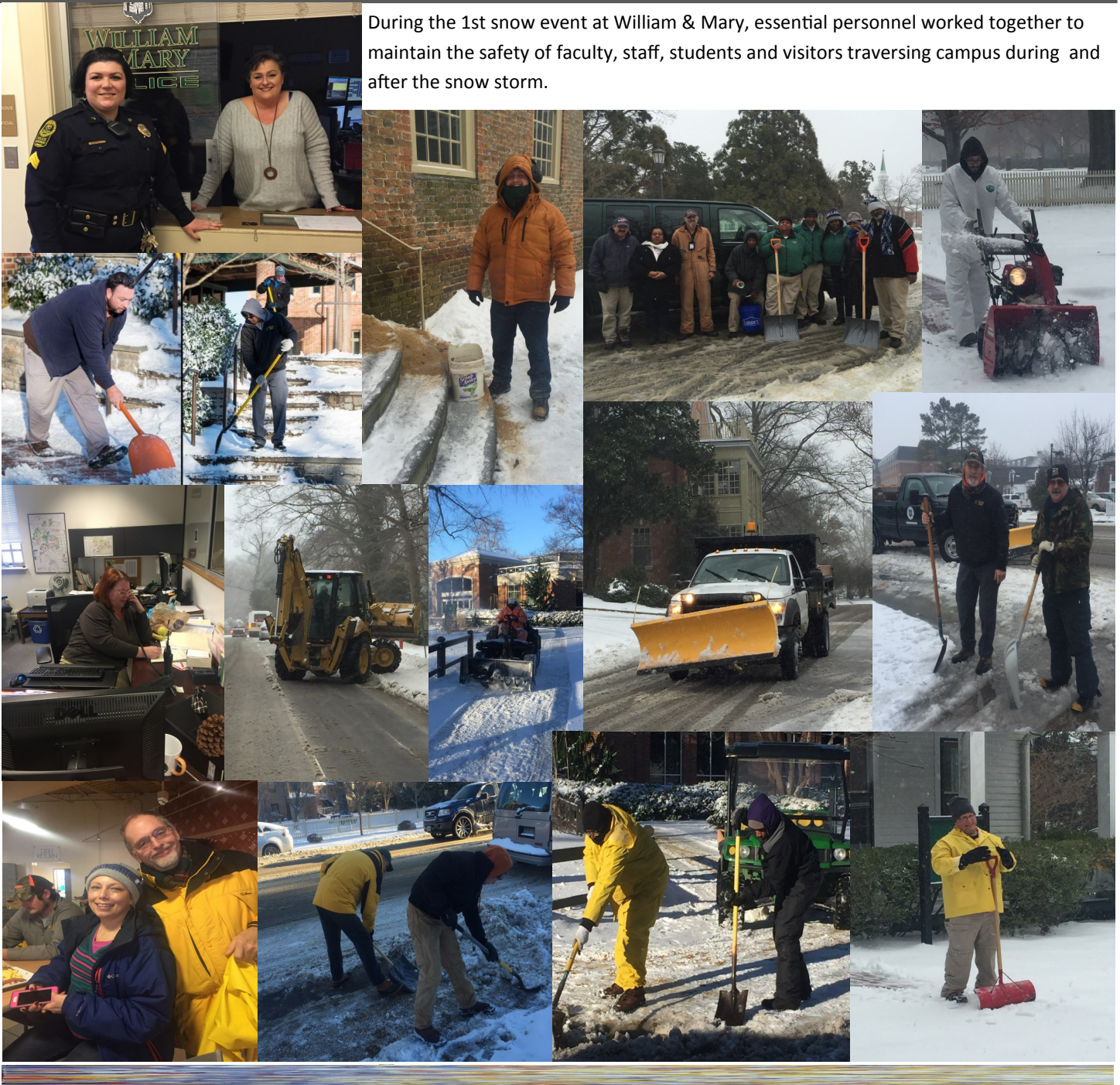


- ◆ Faculty, staff or students moving hazardous materials **should be trained** and familiar with the hazards and basic handling properties.
- ◆ A **secondary containment** shall always be utilized to move hazardous material.
- ◆ When using a vehicle, the **container** containing the hazardous materials **should be secured**, and not in the passenger section of the vehicle. Ensure liquids are sealed appropriately to avoid leaks.
- ◆ William & Mary employees shall **contact the Environment, Health & Safety Office** prior to transporting hazardous material off campus and report the following information:
 1. Reason for transport off campus
 2. Destination
 3. Verification that coordination with safety representative or appropriate personnel at new location has taken place.



We Believe in Keeping You Safe

During the 1st snow event at William & Mary, essential personnel worked together to maintain the safety of faculty, staff, students and visitors traversing campus during and after the snow storm.



SURROUND YOURSELF WITH



THOSE ON THE SAME MISSION AS YOU

MakeTheRightCall



EHS Office	Phone
Director, EH&S	(757) 221-2146
Safety Engineer	(757) 221-2288
EH&S Specialist	(757) 221-6450
Fire Safety Officer	(757) 221-1745