

Keep OUR ENVIRONMENT Clean

Environment, Health & Safety (EH&S) Office

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Keeping the Environment Clean

Author: Ben Owens (Nursery/Greenhouse Supervisor)

There are several ways, we as the community at William & Mary can do to keep our environment clean on a daily basis. Recycle comes to mind at once. There are blue recycle cans all over campus in and outside of buildings that we can use to recycle certain types of paper, most bottles and cans. It is important when recycling not to put non recyclables in the blue can but rather the brown trash cans.



Smokers! Please use the smoking canisters (outposts) and not the ground after finishing. Not only do cigarette butts hurt the environment but they are disgusting to look at.



Turf areas can be major polluters of the environment. The over use of fertilizers and chemicals can end up in the Chesapeake Bay, and cause algae to grow which harms the aquatic life. I am not saying don't use chemicals, if possible, use organic products for fertilizing. One easy way is to use your grass clippings as mulch, instead of bagging them.



Plant gardens at home. You don't have to have a green thumb to grow a garden. They can be as simple as a pot of tomatoes or 2 acres of fruit trees. For patios or large yards, carefully placed containers of plants or vegetation not only helps the environment, but add beauty to any space and are easy to maintain.



There is nothing better than a wonderful day spent outside, enjoying the weather, the water or enjoying any activity you chose. Let's protect it for our children and their children. Have Fun! Enjoy your summer!

PiTcH IN!
Keep YOUR Community Clean

SCOOP the Poop

Information Taken From: <http://askhrgreen.org/>

Good to KNOW

Poop pollutes. When it rains, pet waste can be washed into the storm drain. From the storm drain, the polluted water flows directly to streams, bays and the ocean—polluting the water we swim in and harming aquatic life with high levels of nitrogen and bacteria. Excess nitrogen leads to rapid algae and weed growth in the waterway and produces cloudy, green, foul-smelling water. In turn, aquatic life suffers from depleted oxygen levels. Also, people are at risk of getting sick from drinking or swimming in waters contaminated by pet waste. Lastly, no one likes that moment when they step in pet waste and take it home.



Good To DO

1. Always carry a plastic bag with you when you walk your dog. Re-use an old newspaper delivery bag or plastic grocery bag to pick up the waste.
2. Use the bag like a glove; pick up the pet waste, turn the bag inside out around the waste, seal the bag and dispose of it in a trash can.
3. Remember that cleaning up after your pets in your own yard is as important as cleaning up after them in public places.
4. Share the importance of keeping pet waste out of our waterways with others in your community.

Always scoop the poop.

**Scoop it, bag it,
and trash it.**



Just for the *HEALTH* of It

Heat Illnesses

(Stress, Exhaustion, Stroke)



Heat related illness is a problem for many types of workers including outdoor construction, law enforcement workers, landscaping and maintenance personnel, manufacturing workers and athletes. All employees are reminded that high temperatures, humidity, direct sun exposure and heavy physical labor increases his/her risk for heat illnesses.

Symptoms and Prevention

Symptoms of Heat Exhaustion

Extreme sweating, clammy, moist skin, weakness or fatigue, dizziness, confusion

Symptoms of Heat Stroke

Throbbing headache, confusion, dizziness, slurred speech

Steps to take when a co-worker is ill from Heat

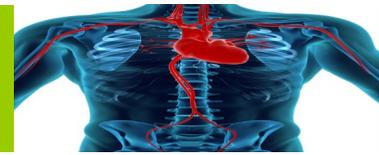
1. Call 911.
2. Stay with the worker until help arrives.
3. Move the worker to a cooler/shaded area.
4. Remove outer clothing, fan and mist the worker with water

Prevent Heat Illnesses

1. Wear protective clothing that provides cooling
2. Drink 1 cup of water every 15–20 minutes.
3. Take breaks in shaded or air-conditioned areas.
4. Schedule hot jobs for the cooler part of the day.
5. Use relief workers or assign extra workers.
6. Monitor your physical condition and that of your coworkers.



STAY HYDRATED!!!



Automated External Defibrillators (AEDs)



Sudden cardiac arrest is one of the leading causes of death in the U.S., affecting over 350,000 people every year. The majority of sudden cardiac arrest begin with ventricular fibrillation. Rapid treatment of ventricular fibrillation, through the application of

a controlled electrical shock, is essential for the victim's survival.

AEDs are portable defibrillators that deliver an electrical shock in effort to revive a person that has suffered a sudden cardiac arrest. These devices are rapidly gaining recognition as lifesaving tools because they are easy to use and will deliver an electrical shock only if it is appropriate. Since 2009, the number of AEDs on campus have climbed over 60, with the most recent AEDs being placed in the Integrated Science Center and Small Hall.

Stay Tuned: Upcoming AED/CPR and First Aid training will be advertised in the *WMDigest*.

Be Active at Work



Studies have shown that sitting behind a desk for long periods of time is unhealthy. However, these tips can improve your health while making minimal changes to your busy work schedule:

1. Find a parking spot far away from the front entrance of your work space.
2. Take a phone call and walk around the office or stand when reading emails.
3. Go talk to a colleague in his/her office instead of calling or sending an email.
4. Get off the office during lunchtime, get some fresh air and go for a walk.
5. Invest in an adjustable desk that allows you to sit, kneel or stand to perform work.
6. Every hour, stand up and stretch or move in place.

BE ACTIVE—You will thank yourself later.

Safety is Everybody's Business

Laboratory Safety

Storage

The 2012 Virginia Statewide Fire Prevention Code states that storage shall be maintained 2 feet or more below the ceiling in nonsprinklered areas of buildings or a minimum of 18 inches below sprinkler head deflectors in sprinklered areas of buildings. The 18 inch vertical clearance requirement is treated as a horizontal plane throughout the room.

According to OSHA, materials stored on shelves against a wall are not subject to this requirement because they do not impede the overlap of spray from multiple sprinkler heads.

Laboratories within the Integrated Science Center, Small Hall, McGlothlin Street Hall, Keck Lab, Adair Hall, Pop Lab and Millington are required to follow these storage guidelines.

- Materials stored on shelves against a wall are not required to be stored 18 inches below the sprinkler head. Materials stored against a wall should only be stored on shelves and cabinets affixed to the wall, or carts positioned against the wall.



- Material should not be stored on top of laboratory equipment/appliances positioned \geq 18 inches from the sprinkler head.



- Materials stored on shelves should not extend beyond the width/length of the shelf or touch the ceiling.



- Material stored on shelves, laboratory equipment, book cases or carts that are not located against the wall should be positioned 18 inches below the sprinkler head, across the horizontal plane.



Fire Safety



It is grilling season and everyone enjoys the taste of slightly charred hot dogs, pineapple kebabs and medium rare steaks. Every year grills cause thousands of fires and hundreds of injuries. According to the National Fire Protection

Association, fire in the grill is a welcomed sight, but fire anywhere else can make your barbecue memorable for all the wrong reasons.

Follow these steps to have a memorable grilling experience:

- ♦ Propane and Barbecue grills are designed for outdoor use only. Never barbecue in a trailer, tent, or building.
- ♦ Make sure the gas (propane) grill lid is open before lighting.
- ♦ When using a barbecue grill, be sure that all parts of the unit are firmly in place and that the grill is stable and cannot be tipped over.
- ♦ Use barbecue utensils with long handles to avoid burns and splatters.
- ♦ Never leave a grill unattended once lit.
- ♦ Place the grill well away from buildings, and overhanging tree branches.
- ♦ Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- ♦ Keep flammable materials far away from the grill. Do not store lighter fluids in close proximity to your grills. If a can of lighter fluid gets too hot it can explode.
- ♦ Keep a fire extinguisher or water nearby in case the fire escapes the grill.



Have YOU HEARD?

WORK HARD & BE
PROUD OF WHAT
YOU ACHIEVE

EH&S Collaborates with Faculty for a Home Run!

Author: Sandra Prior



During the month of April, the EH&S Office worked with faculty to answer an operational question. This was our first collaboration with our faculty and it resulted in a huge cost savings for us and a technical note for faculty. Our operational question centered on characterization of the respirable lead hazard at Hughes and Munford Halls. These halls, located at the Dillard Complex, make ideal training facilities for emergency responders who conduct search and rescue and other tactical training maneuvers. However, peeling paint in the buildings raised the question about the potential lead hazard when the paint is stepped on during training activities. Sandra Prior (EH&S Director) partnered with Amy Wilkerson (Applied Research Center Lab Manager), to use their new X-ray Fluorescence unit to test the paint in place. Dennis Manos followed up with a proposal for his graduate student, Reed Beverstock, to bring paint chip samples back to the ARC for Energy Dispersive Spectroscopy analysis to benchmark the results of the portable XRF unit against the electron-impact generated x-rays of the SEM. Reed documented the comparison results in an ARC Tech Note and received the added advantage of including the tech note in his personal portfolio. Chemistry Faculty, Gary Rice, contributed certified lead samples that allowed qualitative characterization of the buildings possible. Our thanks to all who helped us characterize the lead hazard. Our Faculty are a wonderful technical resource. We look forward to future collaborations!

Campus Hazardous and Electronic Waste Day

On April 15, 2015, the Committee on Sustainability, Facilities Management and Environment, Health & Safety hosted a hazardous materials and electronic waste drop-off event for the campus. Faculty, staff and students on campus participated by turning in chemicals, paints, pesticides, bulbs, batteries, scrap metal and a variety of electronics. This event takes place every year during the month of April, so you have time to prepare and participate in the next event. Meanwhile, EH&S is available during working hours to collect hazardous waste including chemicals, paints, oil, bulbs, batteries, and scrap metal generated on the campus of William & Mary. For specific details and additional information visit: <https://www.wm.edu/offices/facilities/services/safety/hazardwaste/index.php>

TRAINING available through the EH&S Office:

- CPR/AED and First Aid
- Fire Extinguisher
- Lab Safety
- Bloodborne Pathogens
- Confined Space
- Lockout/Tagout
- Ladder Safety
- Lifting Safety
- Heat Stress Training
- Asbestos



Contact Information

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WE Believe in Keeping YOU SAFE