

**April - June 2011**

Upcoming Events and Reminders

*Hazard Walkthroughs*  
 April 19th: Libermann Hall

May 17th: Student Union  
 June 21st: Energy Center

*SPCC Training (Bb)*  
 April 1st-30th  
 Facilities Management

*Benefits Fair*  
 April 13th

*Fisher Product Show*  
 April 19th

*Mellon Hall Safety Meeting*  
 May

*Lab Chemical Inventories*  
 June

*EHS/Radiation Safety Committee Meeting*  
 June 8th

# The Safety Chronicle

## Mellon Hall Annual Meeting & Training

Paula Sweitzer

We are coming up on our annual safety meeting for Mellon Hall. For the past ten years, EHS has met with all the occupants of Mellon Hall labs every spring to discuss various safety items (some new and some old). This safety meeting is mandatory for all individuals working in the labs, which can include faculty, teaching assistants, post-docs, students, or visitors. We do not have a date scheduled as of printing- more infor-

mation will be posted on the EH&S website's Training page when available.

This annual safety meeting is not to be confused with the annual Lab Safety Training offered through blackboard. Both sessions are required every year. All new individuals coming into the labs during the spring and summer months must complete the Lab Safety Training through blackboard as soon as possible.

Safety is everybody's responsibility!

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Questions or concerns regarding this newsletter or safety in general may be directed to:  
[safety@duq.edu](mailto:safety@duq.edu)

## Floor Marshal Reception & Recognition Ceremony

Vanessa Fowler

Environmental Health & Safety hosted a reception on March 14th to recognize the exceptional service provided by University Floor Marshals.

These volunteers provide leadership and support to their fellow building occupants in times of emergency; ensuring individuals evacuate the building safely and gather a safe distance away.

Following comments of appreciation from George Bender, Director



Philip Hoschar (C) receives inaugural award from Steve Schillo (L), VP for Business & Management and Vanessa Fowler (R), EHS Coordinator.

EHS, Steve Schillo, VP for Business & Management, and Vanessa Fowler, EHS Coordinator, the inaugural Outstanding Floor Marshal Award was presented to Mellon Hall resident Philip Hoschar.

Next year's Outstanding Floor Marshal Award recipient will be chosen by a nomination process by the general campus community.

Thank you to all our Floor Marshals who attended and who serve our community so well.

## Mellon Hall Fire Safety Upgrades

*George Bender*

Students and faculty returning for the spring semester were met by a new fire alarm system in Mellon Hall. The system installation was inspected, tested and approved by the City Fire Bureau during the last week of December. A simulated evacuation drill was conducted on February 14th to familiarize occupants with the new system and was met with enthusiastic approval.

The next step in the fire safety upgrade for Mellon Hall is the installation of a sprinkler system. The engineering and design of the system is tentatively scheduled for the fiscal 2012 year, with installation scheduled for 2013 and 2014. In addition to the obvious advantages of installing this system, another will be that the permissible amounts of flammable, combustible and corrosive materials will be increased.

### Renovations

- **Labs.** Several labs in Mellon Hall will receive some much needed attention in the coming year. Chemistry's 314 and 316 will be renovated with grant funding received.
- **Sidewalks.** Once the freeze thaw cycles of spring have passed, Facilities Management will begin to address the various sidewalk shifts and sinkages across campus. If you see any sidewalks or walkways that need attention, contact Facilities Management at x6011.
- **Fire Alarms.** Canevin and Rockwell Hall are scheduled to have upgraded fire alarm systems installed in 2012.

### Mellon Hall

- **Lab inspections.** Annual Biology lab inspections were conducted by EH&S Staff and Dr. John Stolz on March 3rd. Generally speaking, things were found to be in good shape, except for some housekeeping issues (i.e. cluttered bench-tops, work areas, fume hoods and sinks).
- **Occupancy Inspection Update.** EH&S is working with the departments within Mellon Hall to help them meet the requirements of the existing "B" (business class) occupancy rating. We are working with an April 1st deadline for the submission of lab inventories calling out reactive, water-reactive and corrosive chemicals. After April 1st, the City of Pittsburgh Fire Inspector will return for a thorough inspection of Mellon Hall and its chemical inventories.

## Brief Updates

*Vanessa Fowler*



### Campus Fire Safety Conference

EH&S Coordinator, Vanessa Fowler, recently attended the Campus Fire Safety Conference and Expo in Columbus, Ohio.

Among the various topics in fire suppression, safety training, emergency management and risk management, one topic discussed was the "See it, Solve it" approach to hazard management. The premise of such programs is the empowerment of individuals outside of Health and Safety to address safety issues as they arise.

While Duquesne does not have a formal program as such, we do have systems in place for anyone to report and solve safety issues on their own. Anyone in the Duquesne community can submit a Safety Suggestion Form to the Labor/Management Safety Committee (forms available on EH&S Website, under "Safety Suggestions"). Some departments are able to directly submit work orders, and anyone can contact Facilities Management directly (x6011).

Questions about what is a safety hazard or how to report them can be directed to Vanessa Fowler at x1506.

### FEMA NIMS and 1st Aid/CPR/AED Training

The staff of EH&S recently upgraded its emergency response preparedness by completing 1st Aid/CPR/AED training and National Incident Management System (NIMS) training through the Federal Emergency Management Agency's (FEMA) website. These trainings are available free or at a low cost to anyone on campus. Public Safety provides Red Cross training to any interested Duquesne faculty and staff. NIMS training is free and available online:

Introduction to NIMS: <http://training.fema.gov/EMIWeb/IS/is700a.asp>

Introduction to ICS: <http://training.fema.gov/EMIWeb/IS/IS100HE.asp>

## Working in the Elements: Heat Disorders

Vanessa Fowler

Heat disorders can result in many things from simply discomfort to disorientation to death. Depending on the severity and type of heat exposure, a range of effects are possible (see “The Signs” below).

As temperatures outside the body rise above 95°F, the temperature inside the body will begin to rise and more blood will be diverted from the brain, organs and muscles to the skin for evaporative cooling, the 2nd leading mode of heat loss from the body. An indicator of heat exhaustion is a 2% drop in body weight due to perspiring, which can result in slower hand-eye coordination, impaired attention and short term memory as well as a 23% slower reaction time.

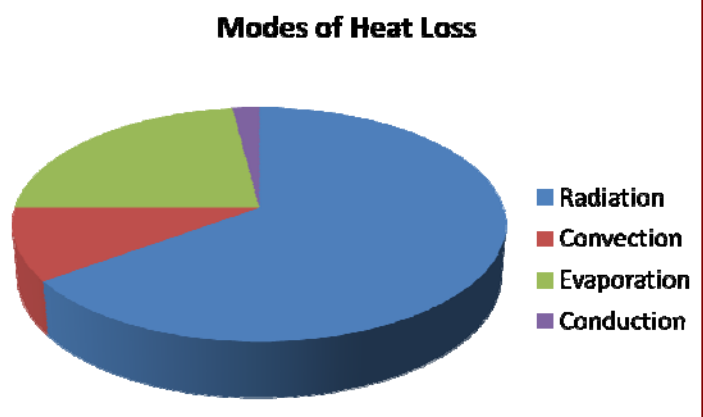
It is difficult to say everyone will be effected within a certain temperature and humidity range; that you should limit yourself to only so many minutes of moderate activity at a time, but everyone is effected differently by heat. Despite this uncertainty, there are things you can do protect yourself:

- Allow yourself time to **gradually acclimate** to warmer ambient temperatures by alternating work and rest

### The Signs

1. **Heat Rashes.** Prickly heat occurs when a lack of evaporation causes the skin to remain sweaty.
2. **Fainting.** Heat syncope can occur when an un-acclimated person simply stands still in a hot environment.
3. **Heat Cramps.** These cramps, or muscle spasms, occur due to loss of electrolytes.
4. **Heat Exhaustion.** Characterized by moist, clammy, and pale or flushed skin, and normal or slightly elevated body temperature due to a lack of water and/or electrolytes.
5. **Heatstroke.** The most severe heat disorder is marked by a lack of sweating (the body can no longer regulate its own temperature). Additional signs include confusion, delirium, loss of consciousness, convulsions or coma, elevated body temperature, and hot, dry skin.

Heat Stroke:  
Hot, dry skin.



### Resources

- National AG Safety Database: Heat Stress <<http://nasdonline.org/document/137/d001702/heat-stress.html>>
- OSHA Safety and Health Topics: Heat Stress <<http://www.osha.gov/SLTC/heatsstress/index.html>>
- EHS Today: How Heat Stress Affects Performance by Bruce Baker and John Ladue. June 2010.
- Coastal Brochure: Heat Stress
- Photo Credit: <http://nasdonline.org/document/137/d001702/heat-stress.html>

periods. This adjustment time can take a week or more. **Plan for “rest”** by slowing down or switching to less strenuous tasks. Alternate work, but don’t stop completely.

- **Dress the part** with breathable cottons that also protect from direct sun exposure (i.e. light, long sleeve cotton shirt).
- Remember that **hydration is key** to good health, especially when your body is losing fluids at such a rapid pace. Take frequent water breaks and replace lost electrolytes.

For a person who is experiencing heatstroke or heat exhaustion, the American Red Cross suggests moving the person to a cooler place, removing or loosening clothing, applying cool, wet cloths and slowly drinking cool water. And if a person is suffering from heatstroke, call 911 or Public Safety (x2677) immediately, as heat-



Heat Exhaustion:  
Moist, clammy skin.

stroke is a life-threatening condition.



## ENVIRONMENTAL HEALTH & SAFETY

**Your one-stop safety info  
source: check out our  
website!  
[www.duq.edu/ehs](http://www.duq.edu/ehs)**

Main Phone: 412-396-5329  
Fax: 412-369-5275  
E-mail: [safety@duq.edu](mailto:safety@duq.edu)  
Website: [duq.edu/ehs](http://duq.edu/ehs)  
Blackboard path:  
[www.blackboard.duq.edu](http://www.blackboard.duq.edu)  
→My Communities

## Spring Evacuation Drills

*Vanessa Fowler*

- ↳ During the week of March 21st, evacuation drills were conducted in 28 buildings. Of these, # met or bettered their allotted times. Three buildings exceeded their time: Brot-tier Hall, Vickroy LLC and Fisher Hall.
- ↳ For a list of Gathering Points, guidance for those with temporary or permanent handicaps and general emergency response procedures, see the “Emergency Evacuation Guidelines” on the EH&S website’s Emergency Management page.
- ↳ Remember that your Floor Marshals are there to help you. If you do not know the identity of your Floor Marshal, contact Vanessa Fowler, EHS Coordinator, for assistance.



## Safety at Home: Boating & Motorcycle Safety



*Nicole Rodrigues*

After a long cold winter, warmer temperatures and sunnier days are calling to get you out of the house! Spring marks the beginning of boating and motorcycle season. The activities can be both enjoyable and safe when following some important laws and best practices.

### General Safety:

- Regardless of your level of expertise, taking a riding or boating training course is a good idea; courses are available on all levels to refresh rusty skills and add to your knowledge base.
- Alcohol and drugs impair your judgment and your reflexes! Whether you are operating a boat or a motorcycle, the influence of these substances are greatly exaggerated by exposure to sun, glare, wind, noise and vibration.
- Boats, kayaks, canoes, personal watercraft and motorcycles require proper maintenance and should be thoroughly inspected prior to use.
- Safety gear such as lifejackets helmets and protective clothing should always be worn regardless of the weather, you never know when such items could save your life!

- Be weather-wise—always check the weather before going out and bring a radio; sudden wind shifts, lightning flashes and choppy water are indicators of a storm, get off the water!
- **WEAR A LIFEJACKET!** Federal law requires all children under the age of 13 to wear an approved life jacket while aboard recreational vessels underway except when below deck or in an enclosed cabin. While adults are not required to wear lifejackets, it is highly recommended for your personal safety.
- Learn to swim; if you are going to be in and around the water, proper boating safety means knowing how to swim.

- Remember that motorcyclists are harder to spot than cars; consider wearing light or white helmets, bright or fluorescent clothing and drive defensively, keep to a speed consistent with your riding skills and weather conditions
- Always be alert when riding, a pebble crack, pothole, or bump could potentially cause a bailout. Be aware that different road surfaces have unique hazards:
  - Asphalt: potholes and debris can impact steering
  - Painted lines: offer little traction and almost impossible to navigate when wet
  - Cement: less slippery than asphalt, but contain grooves and uneven surfaces