

Chemistry Safety Notes

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Lab-Coats—Second Round

The Mission Linen contract has ended. If you put a coat in laundry in the last week or so, please retrieve it so it can be barcoded to the new contract. If it is not barcoded to the new contract, it will be lost forever.

The first round of coats should be returned early in the week of the 30th and I'll let you know when they are ready for pick up. I'm going to audit carefully what was sent and what was returned.

In early November, we'll do another round of labelling.

Thank you for your patience as we make this transition.



CIS Update and CUPA Self-Inspection Reminder

If you have a chemical inventory, you should have received a note to update and certify your inventory.

Additionally, the note came with a reminder to accomplish the CUPA Self-Audit checklist. You need to have at least THREE years of audit records available in your safety documentation.

The CUPA program is [here](#) and the checklist is available [here](#).

As we've been accomplishing our self-inspections, we've been reminding folks about the CUPA requirements. It's a detail that gets missed sometimes.

Facilities Work Orders

You can submit simple Facilities work orders – burned out light bulb, leaky faucet, etc. – directly to the Facilities Customer Service Desk. You can call the customer Service desk directly at 530.752.1655, option 2, and make the work request. Be sure to note the work order number so it can be tracked.

You can also use the [Facilities website](#) to submit a work order. Please be sure to submit as “Someone Else” and enter Scott Berg’s name. That way, the work order can be tracked. Additional [information](#) about the Facilities work order system might be helpful.

You can, of course, continue to work with Scott on projects or needs for your lab. But this is a way to relieve some of the small stuff work load from Scott. This doesn’t apply to work orders for the MPS Machine shop or Chemistry Machine shop.



Lazy costume ideas (for your cat)



A mummy
Pusheen.com



A ghost
Pusheen.com



A box
Pusheen.com



A witch
Pusheen.com



A super hero
Pusheen.com



A monster
Pusheen.com

More on Labelling

A note from a colleague about reading labels carefully:

I set up our inorganic lab yesterday in a rush because it slipped off the radar and did not get set up. I either misread or my assistant misstated the chemical name and I put out **sodium nitrate** instead of **sodium nitrite**. About 2 hours into the lab, when none of the students were getting a precipitate, the instructor finally figured out the mistake and had to have the students clean up and go home.

I was talking to one the students later in the day and mentioned (after apologizing for the mistake) that it was really a good learning lesson for them. They have walked into all their teaching labs and never had to think much about whether or not the "right" chemical was there. So now they have an example of why you don't depend on others to do the correct thing - check for yourself!

- Read the label twice
- Match the name and formula with your lab procedure
- If unsure ask your instructor

I mentioned to the student that the best case was the experiment does not work - worst case is an unexpected incompatibility causing a nasty side reaction. We were lucky yesterday.

Recommended Computer Workstation Practices

Performing tasks at a computer workstation involves repeating the same types of motions over and over again. These types of repetitive motions put stress on muscles, tendons, ligaments and joints. Prolonged repetitive motion stress can result in repetitive motion injuries.

- Adjust chair height so that feet are flat on the floor or footrest at about shoulder width.
- Sit straight in chair with lower back firmly supported against the backrest. The upper back should be lightly touching the backrest.
- Position the computer monitor so it is at a distance of about 24 inches from the user and away from lighting that causes screen glare.
- The computer monitor should be located in front of the keyboard and user.
- The top of the computer monitor screen should be at eye level when the user is sitting upright. Users that wear bifocals should position the computer screen slightly lower.
- The keyboard should be located close to the computer user and at a height whereby the user's shoulders remain relaxed and forearms are parallel to the floor. The bottom of the user's elbows should be at the same height as the keyboard.
- The mouse should be located adjacent to the keyboard on the same surface.
- Movement of a mouse should alternately take place from the both the shoulder and wrist.
- When typing, the wrists should remain straight. If necessary, use a padded wrist rest to maintain a straight wrist position.
- While typing, fingers, hands, wrists, arms, and shoulders should be relaxed.
- Locate work materials in front of the computer user. If necessary, employ a document holder to position work materials in front of the user.
- Frequently change body positions and take short stretch breaks every 30 minutes.
- Rest the eyes hourly by looking away from the monitor and focusing on distant objects.
- Intersperse other work activities with computer typing tasks, especially those that allow the worker to leave their chair and stand or walk.

Source: UC Agriculture and Natural Resources—Risk & Safety Services Safety Note #28



HALLOWEEN SAFETY

Halloween is one of the most anticipated nights of the year for kids, but Safe Kids' research* shows some scary statistics on Halloween safety.



Only **1/3** OF PARENTS

talk to their kids annually about Halloween, although 3/4 report having Halloween safety fears.



On average, **TWICE AS MANY CHILD PEDESTRIANS**

are killed while walking on Halloween compared to other days of the year.



Only **18%**

of parents use reflective tape on their children's Halloween costumes.

12%

of children five years of age or younger are permitted to trick-or-treat alone.



Talk with your goblins about Halloween safety, and how simple precautions can make it a fun and safe night for kids of all ages. For additional safety tips, please visit SafeKids.org/Halloween

Children under 12 should trick-or-treat and **CROSS STREETS WITH AN ADULT**



ALWAYS WALK ON SIDEWALKS OR PATHS

if there are no sidewalks, walk facing traffic as far to the side as possible.



Cross the street at corners, **USING TRAFFIC SIGNALS**

and crosswalks. Parents should remind children to watch for cars that are turning or backing up.



DRIVERS SHOULD SLOW DOWN

and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.



FedEx cares.

*Mickalide, AD, Rosenthal, KM, Donahue, MP. Halloween Safety: A National Survey of Parents' Knowledge, Attitudes, and Behaviors. Washington (DC): Safe Kids Worldwide, October 2011.

