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Glove Etiquette

Gloves are an important piece of personal protective equipment (PPE) in laboratories and clinics. Along with lab coats and safety glasses, gloves complete the triad of basic safety equipment in most laboratories. So-called disposable “exam” gloves are inexpensive, comfortable, easy to use, and available in different sizes, styles, and even colors today. In addition to protecting you from incidental contact with potentially hazardous materials, these kinds of gloves also protect your research materials from damaging enzymes on your hands and skin.

As important as gloves are, they are not meant to be worn in hallways or throughout buildings in common access spaces. Gloves or other PPE that you believe could be contaminated need to be removed *before* leaving the lab and collected for special disposal along with other waste materials. While it is one thing to keep non-contaminated gloves on when traveling to an adjacent laboratory or support room, wearing gloves in broader public areas (especially hallways, stairways, and elevators) is unacceptable. Even if you know the gloves are not contaminated and you are only wearing them to protect research materials from your own hands, it gives the appearance to others that you are handling hazardous materials and potentially spreading contamination through common areas of the University. If you need to transport hazardous research materials beyond your laboratory room, ensure that they are properly packaged and contained before stepping out into common areas of your building.

For more information about gloves, other personal protective equipment, or proper containment and packaging for hazardous materials, please visit our website (www.yale.edu/ehs) or contact your Safety Advisor.

Investigating the bacteria hidden in restaurants' most unlikely places, ABC News Consumer Correspondent Elisabeth Leamy went undercover at 10 restaurants in three U.S. states.

Have You Gotten Your Flu Shot Yet?

This season “is stacking up to be moderate to severe” according to Tom Skinner of the Centers for Disease Control and Prevention. “In the past 10 years we have seen just two or three like it.” Already, the virus has been reported in 48 states — 30 of which are reporting high or “severe” levels.

Haven't gotten yours yet? Yale Health members and students may get a flu shot in the Preventive Health Department on the 2nd floor of the Yale Health Center, 55 Lock St., Monday-Friday from 8:30 am-4:30 pm. No appointment is necessary.

Pediatric patients under the age of 3 must call the Pediatrics Department at 432-0206 to make an appointment to receive a flu shot. Pediatric patients 3 and older may attend a walk-in flu clinic on Saturday, January 26th or Saturday, February 2nd from 10:00 am-2:00 pm in the Pediatrics Department on the 3rd floor of the Yale Health Center. No appointment is necessary.

Hold the Lime Please

The next time you order that drink at your favorite eatery, ask the wait staff to hold the lime (or lemon).

ABC News recently went undercover at restaurants in three states taking swab samples from surfaces diners normally touch. Their results? The Microbiology Department at New York University tested the samples and found bacteria that cause staph infections and strep throat, and believe it or not, e. coli and fecal matter. Gross! Interestingly, the bathroom faucets and doorknobs harbored the fewest germs, along with salad tongs and ketchup bottles, because those items get cleaned often.

Salt and pepper shakers, and tables were in the top five. They aren't sanitized nearly often enough, so after being handled by hundreds of diners and workers, one can only imagine the germs left behind. As for the tables? Bacteria found there wasn't because tables weren't being cleaned. Apparently, the investigation uncovered parents changing their babies' diapers right where people eat.

Number 3 on the germ list were garnish wedges. Besides finding that fruit wasn't washed before being cut, restaurant workers were caught grabbing wedges with bare hands and reaching in again and again without gloves or tongs.

So what, may you ask, were number 1 and number 2? Menus came in at number 2. Those tested contained staph and strep bacteria (think of all the people that touch them daily). And of all things, seats came in at number 1. Seventy percent of the chair seats tested had bad bacteria on them -- 17 different kinds, including strains of E. coli. Why? All customers sit on them, and most restaurants don't think to sanitize them.

So what can you do? Boycott restaurants? Wear hazmat suits? Okay, so those may be a bit extreme. The next time you go to a restaurant, take a seat, order your food – and then be sure to wash your hands for 20 seconds before you eat.

Walk Like a Penguin

Walking to and from parking lots and around Yale's campuses during the winter requires special attention to avoid slipping and falling. No matter how well the snow and ice are removed from those areas, we will still encounter some slippery surfaces when walking outdoors. It's important to constantly be aware of these dangers and to learn to walk safely.

Keep the following safety tips in mind:

- Assume that all wet, dark areas on pavements are slippery and icy.
- Avoid boots or shoes with smooth soles and heels. Wear shoes or boots that provide traction on snow and ice or slip a pair of ice cleats over them.
- Use special care when entering and exiting vehicles.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous.
- Point your feet out slightly like a penguin and shuffle. Spreading your feet out slightly improves your stability.
- Bend slightly and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Extend your arms out to maintain your balance.
- When walking on steps always use the hand railings and plant your feet firmly on each step.
- GO S-L-O-W-L-Y!! When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- When walking on a sidewalk which has not been cleared and you must walk in the street, walk against the traffic and as close to the curb as you can.
- At night wear bright clothing or reflective gear, as dark clothing will make it difficult for motorists to see you.
- Wear sunglasses during the day to help you see better and avoid hazards.

Fume Hood Safety Tips

- All work with volatile or toxic chemicals must be done inside of a chemical fume hood. Use a fume hood for all chemical experiments and manipulations if possible .
- Do not lean into the fume hood. Work 6 inches inside of hood, not on the edge.
- Keep sash below "arrow" sticker on hood frame, or lower if possible, and close it when the hood is not being used.
- If the alarm activates, lower the sash a little until the alarm stops - DON'T disengage or over-ride the alarm (call EHS if your alarm sounds consistently).
- Do not use the fume hood for chemical storage. Too much clutter inside a fume hood will interfere with airflow and cause turbulence.
- CLEAN UP! Very simply, clean up the hood when you are done, and decontaminate surfaces as necessary. Remove all beakers, tubes, racks, pipettes, etc. that you brought into the hood. Place all reagents back in their proper storage place. Place all hazardous waste in their appropriate containers.

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EVALUATION • RESPONSE • PREVENTION
HAZARDOUS MATERIALS MANAGEMENT • TRAINING

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Rules of the Road



In the spirit of New Year's resolutions, why not add a few on driving safely to your list for 2013. These are ones you can stick too!

- I resolve not to drive when I've been drinking or if I'm impaired by any legal or illegal drug or medication.
- I resolve not to ask anyone who has been drinking, "Are you okay to drive?", because I know that they really aren't.
- I resolve to be the designated sober driver for my friends or family whenever they ask and to support the sober driver in my group.
- I resolve to give my kids a safe ride home – no questions asked.
- I resolve to turn off my phone or put it out of reach when I'm driving so I don't get distracted.
- I resolve to make sure everyone in the car is buckled up on every ride, day or night.
- I resolve to follow speed, red light, safe turns and all other traffic laws.
- I resolve to be a courteous commuter.
- I resolve to share the road with motorists, motorcyclists, bicyclists and pedestrians alike.

Incident Report

January 2013

Description: Chemical splash to eye

A researcher was splashed in the eye when working with a small amount of corrosive liquid. He was wearing regular prescription eyeglasses and a few droplets hit the eye.

Resolution: He immediately washed out his eyes in the eyewash station in the lab. A lab mate accompanied him to the hospital emergency room, where he was examined and sent home. Fortunately he has no lasting injury to his eye.

Lessons Learned: This incident is a reminder that regular prescription glasses are not a substitute for safety glasses or goggles when handling hazardous materials. Anyone working with hazardous materials must wear appropriate eye protection. This researcher will wear safety glasses that fit over his regular prescription eyeglasses at a minimum at all times in the laboratory.