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Start Walking!

Research shows that walking regularly can help protect the aging brain against memory loss and dementia, help cut the risk of heart disease, and reduce the chance of developing type 2 diabetes in high-risk adults.

Start with a short walk, five to 10 minutes, and gradually increase to 30 minutes five days a week. It doesn't have to be 30 minutes continuously, you can split it into three 10-minute walks during the day. Just be sure to check with your doctor before you start any exercise program, especially if you recently have been inactive or are substantially increasing your activity level.

Don't set a really large goal. Set a small one first like walking one block, then gradually add on to that. You'll sleep better, feel better and even lose some weight. "Walking Works" sponsored by Yale Health welcomes all walkers no matter what your activity level is. Visit the website at:

<http://yalehealth.yale.edu/attend-classes-and-events> for locations around campus or for information about starting up your own walking group.

Used or Broken Laboratory Glass

Yale EHS, Grounds Maintenance, and Custodial Services have initiated a small pilot project to expand the recycling of glass and other containers from labs. Until this work is completed and then expanded across all labs on campus, it is important that existing practices for safely managing used and broken lab glass be followed.

Chemical and other reagent containers must be empty and triple rinsed with water, and their labels need to be removed or crossed out with a marker.

Whether broken or not, lab glass containers should be placed into any plastic lined cardboard box, and sealed with tape when full. The words "Broken Glass-Normal Trash" should be written on the outside, and the container left next to your regular trash containers. Use only small boxes, and keep total box weights to under about 20 or 25 pounds.

Be especially careful to keep the weight as low as possible on boxes holding dense packing glass objects like used microscope slides or the commercially available glass waste boxes which can become very heavy if filled to the top.

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EVALUATION • RESPONSE • PREVENTION
HAZARDOUS MATERIALS MANAGEMENT • TRAINING

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In need of training, but not sure what type of training your job duties require? Complete your training assessment at www.yale.edu/training or call EHS at 203-785-3550 to find out.

EHS offers a wide variety of safety trainings in classroom sessions as well as online. Visit Yale's training website or call EHS to find out upcoming classroom session dates and times.

Work Outdoors Safely

Spring is the time to get out and get working in the yard. If you plan on taking on an outdoor project requiring power tools, following these tips can help protect you, your family and your home.

Always remember to inspect all power tools for

In the last 20 years, there has been an increase in the number of power tool accidents and injuries in the United States.

Power tool accidents send an estimated 400,000 people to the emergency room per year.

damage to cords, plugs and wiring and have them serviced annually by a professional. Don't leave it unattended, remember to turn it off, unplug it and place it in the "lock" position when carrying it or connecting attachments, and be sure to store it indoors to protect it from the elements.

Protect yourself by wearing the appropriate clothing for the job. Invest in a good pair of safety glasses, hearing protection, dust masks, sturdy boots or shoes and gloves with good gripping surfaces. If your job calls for using a chain saw you may want to consider including chain saw chaps, a hard hat to protect your head if anything falls from above, steel toed shoes and face protection with side shields.

Let's not forget about extension cords. Be sure to use only weather-resistant heavy gauge extensions cords marked "for outdoor use." Examine them along with your power tools for fraying or broken insulation, and any damage to the plug or receptacle. While working outdoors, keep the cord clear of standing water and away from the front end of the tool.

Never take electricity for granted. Use wooden or fiberglass ladders when working near electrical wiring and be sure to check your surrounding work area to be sure you don't accidentally come in contact with overhead power lines. If your outdoor project involves any digging, don't forget that power lines can be underground as well. Call 811 (Call Before You Dig - CBYD) a few days before you start your project to have them come to your home to mark all of the utility lines around your work area.

Do not work alone. Work with someone who can assist in case of any emergency and if you are ever unsure about what you should do - ask someone with experience for advice. Always carry your cell phone and be prepared to call 911.

Mobile Tick Outdoor Field Information Guide

Its spring and many of us will be venturing out into the woods as part of our research, our jobs, or simply to enjoy the Connecticut landscape and perhaps get a little exercise.

The mild winter has ensured that a record number of ticks will be awaiting our arrival this year. In the northeast we are particularly concerned about deer ticks which can be carriers of a number of microorganisms, such as the spirochete bacteria *Borrelia burgdorferi*, that causes Lyme disease.

To help protect you from tick bites, EHS has created a smart phone APP that describes the symptoms of several tick borne diseases, the life cycle (and specifically the feeding schedule) of the deer tick as well as precautions that should be taken when venturing into the tick's habitat. The APP is based on information provided by the Connecticut Agricultural Experimental Station. Included in the APP is guidance for inspecting for ticks after leaving the field and the supplies needed/ techniques to follow for removing ticks. The APP is available at the following URL: <http://m.magmito.com/109390/tick>.

Or by scanning the QR code.



News and Alerts

The U.S. Consumer Product Safety Commission announced a voluntary recall of the following consumer product.

Name of Product: Lenovo ThinkCentre M70z and M90z computers

Units: About 13,000 (50,500 were previously recalled in March 2012)

Manufacturer/Importer: Lenovo, of Morrisville, N.C.

Hazard: A defect in an internal component in the power supply can overheat and pose a fire hazard.

Incidents/Injuries: The firm received reports of one fire incident and one smoke incident in the U.S. No injuries have been reported.

Description: The recalled all-in-one desktop computers, or PCs, are flat-panel monitors with the PC integrated into the monitor housing itself. The power supplies are also inside the monitor or PC housing. The computer chassis has a matte black finish with the brand name "ThinkCentre" in the lower left hand corner of the monitor front. The recalled desktop model numbers, M90z and M70z, along with the serial number and manufacturing date code can be found on a label on the underside of the unit.

Consumers will need to check the serial number on their computer with Lenovo to determine if it is subject to this recall.

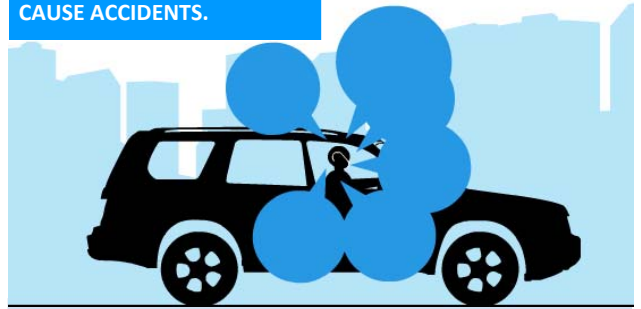
Sold at: Online at Lenovo's websites, by telephone and direct sales through Lenovo authorized distributors nationwide from May 2010 through March 2012 for about \$500 for the M70z model and \$800 for the M90z model.

Manufactured in: Mexico

Remedy: Consumers should immediately stop using the computers, unplug the power supply and contact the firm to determine if your computer is included in the recall and to schedule an appointment for a free replacement of the power supply. Because additional systems and manufacturing dates have been added to the recall, even those customers who contacted Lenovo regarding the [March 2012 recall](#) should contact Lenovo again to verify if their system is part of this expanded program.

Consumer Contact: For additional information, contact Lenovo toll-free at (855) 248-2194 anytime, or visit the firm's website at: www.lenovo.com/aiopsurecall.

TALKING ON A CELL PHONE (WITHOUT A HANDS-FREE DEVICE) OR TEXTING WHILE DRIVING ARE BOTH ILLEGAL IN CT. PUT AWAY YOUR IPOD TOO! DISTRACTED DRIVERS CAUSE ACCIDENTS.



Rules of the Road

Distracted driving is a dangerous epidemic on America's roadways. In 2010 alone, over 3,000 people were killed in distracted driving crashes. Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Talking on a cell phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

Want more information? Visit www.distraction.gov sponsored by US Dept. of Transportation and National Highway Traffic Administration.

Incident Report

March 2012

Description: *Laboratory Fire*

A researcher placed pan of paraffin wax on a hot plate to melt, and left it unattended for a short period of time, during which the wax had bubbled over onto the hot plate and caught fire.

Resolution:

The researcher used a fire extinguisher to put out the fire, but the hot plate, other equipment on the bench, and all the materials on the shelf above were damaged. The fire department responded and verified that the fire was completely out before turning the lab back over to Yale. Facilities had an electrician inspect all wiring and outlets in the affected area, and ServiceMaster was contracted to clean the extensive extinguisher debris the following day.

Lessons Learned:

Never leave items on hot plates unattended, even for short periods of time.