There’s a lot of ‘buzz’ about the billions of cicadas that will arrive soon and overrun the East Coast. It’s being rated as the ‘most closely watched bug-out in history’.

While it may start to look and sound like something from a science fiction or horror movie, these insects are harmless to humans and animals. They don’t feed on vegetables and flowers, but may cause damage to young trees. To prevent damage, cover young trees with netting with a mesh of no less than ¼ inch.

To preserve their unique way of life, entomologists discourage the use of pesticides or other measures that can be harmful to these fascinating creatures.

Grilling is one of the most popular ways to cook food, especially in warmer weather. Follow these simple tips and you will be on the way to safe grilling:

- Only use propane and charcoal BBQ outdoors.
- Place the grill well away from the home, deck railing and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area and never leave your grill unattended.
- Remove grease or fat buildup from the grills and in trays below the grill.

**Charcoal grills:**
- Charcoal chimney starters allow you to start charcoal using newspaper as a fuel. If you use a starter fluid, use only charcoal starter fluid.
- Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of reach of children and away from heat sources.
- If using an electrical charcoal starter, be sure to use an extension cord approved for outdoor use.
- When you are finished grilling, let the coals cool completely before disposing in a metal container.

**Propane Grills:**
- Drip soapy water over the hoses and around the fittings. Any bubbles forming means there is a propane leak.
- If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.
- If the flame goes out, turn the grill and gas off and wait at least 15 minutes before re-lighting it.
- Always make sure your gas grill lid is open before lighting it.
Using Extension Cords Safely

Most of us have probably never given any thought to whether an extension cord is the right one for the job. Not knowing may cause an injury, a death, or a fire if the wrong cord is used. The popular and inexpensive “flat” extension cords we see so often at home are actually not allowed in the workplace according to the Occupational Safety and Health Administration (OSHA) and for good reason. A flat electrical cord only has a single layer of insulation around the wiring which can lead to a short if the cord is cut or damaged.

Extension cords should not be used for heat-producing appliances such as coffee pots, toasters, and space heaters, nor should they be used for anything but temporary use. Along with the potential to be crushed, extension cords placed under carpeting may be sufficiently confined to cause overheating. When selecting an extension cord, the round orange cased three pronged cords found at local hardware stores and large retailers are generally sufficient for most home applications.

Below are some helpful tips when using an extension cord:

- Check to see if the manufacturer’s tag is still attached for info on the proper use of that specific cord.
- The cord should be round, not flat, with a three prong plug that indicates it is grounded.
- Inspect the cord to verify that it is not cut, crimped, stretched, shows evidence of over-heating, or damaged in any way. If any exposed wires are present, discard the cord immediately.
- The plug should not be modified in any way.
- Cut or damaged extension cords must never be repaired by reattaching the wires and taping the outer cover. This does not provide adequate strain relief nor does it provide for protection from water intrusion.
- If any of these issues are found, do not use the extension cord. Instead, remove it from service, render it unusable (cut it up), and discard it.

Rules of the Road

Each year about 33,000 people are killed in motor vehicle crashes. With 45 to 60 percent effectiveness, seat belts are the single most effective means of reducing the risk of death in a crash and have saved more than 250,000 lives since 1975 in the U.S. alone.

Buckling up is the most important safety measure you can take to protect yourself and your passengers and greatly reduces the risk of being thrown from the vehicle during a crash.

So remember, buckle up for safety!

Incident Report

Description: Needlestick exposure to biohazardous material

EHS responded to an emergency concerning a researcher who sustained a needlestick exposure in a biomedical laboratory, while working in a tissue culture hood with biohazardous material. The researcher was performing an experimental procedure which involved collection of viral particles after centrifugation. As the amount of this liquid was less than expected, the researcher decided to use a syringe needle to extract as much of it as possible. This process resulted in the person sustaining a needlestick injury. Since the exposure involved recombinant DNA (rDNA) agents, the incident needed to be reported to the Office of Biotechnology Activities at the NIH.

Resolution:
The EHS Safety Advisor met with the researcher to investigate the needlestick incident and review proper procedures for working in a tissue culture hood. The researcher was given detailed information about the requirement to eliminate sharps, such as needles or glass- pasteur pipettes, from tissue culture experiments conducted at the approved biosafety level of the laboratory. The researcher was also re-trained by the lab manager to use several non-sharp alternatives for the collection of centrifuged fluid.

Lessons Learned:
The primary lesson learned is reinforcement against the use of sharps with infectious or rDNA material. Another lesson learned is the importance of communication between lab members. One example is to use a ‘buddy-system’ while performing experiments with hazardous agents. This incident could have been prevented if the researcher had sought the expertise of an experienced colleague by clearly communicating the problem at hand. Such simple measures go a long way to sustaining a healthy laboratory safety culture.

Big Y Recalls Cottage Cheese

SPRINGFIELD, MA—May 22nd, 2013

Hood has announced it is recalling a selection of Hood and Big Y branded cottage cheese. The company says the containers may have fragments of metal caused by a faulty manufacturing part. Each recalled container has a code date of 14 JUN 2013.

The products being recalled are:
- UPC: 18894-30096, Big Y Cottage Cheese Sour Crean w/Chives 160z.