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## Winter is Coming



While some of you may be seasoned pros at dealing with winter weather, there may be some of you who are about to experience your first winter in New England. Preparation is key to ensure you don't get caught out in the cold. Here are some tips courtesy of Yale's Office of Emergency Management:

### Choose the Right Clothes

Wear loose, lightweight, warm clothes in layers. Trapped air insulates. Remove layers to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Half of your body heat loss can occur from the head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry. Wear sturdy waterproof and slip resistant boots or shoes. You will spend a lot of time outside walking to and from your classes or your lab and wearing warm gear is key to your safety and comfort.

### Understand the Hazards

- **Wind Chill:** How wind and cold feel on exposed skin (this is not the actual temperature). As the wind increases, heat is carried away from your body at an accelerated rate, driving down your body temperature.
- **Frostbite:** Damage to body tissue caused by extreme cold. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of your nose. If symptoms are detected, get medical help immediately.
- **Hypothermia:** A condition brought on when the body temperature drops to less than 95 degrees Fahrenheit (F). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If body temperature is below 95°F, seek medical care immediately.

### Listen Up

- **Outlook:** Winter storm conditions are possible in the next 2-5 days. Stay tuned for local media for updates.
- **Watch:** Winter storm conditions are possible within the next 36-48 hours. Prepare now.
- **Warning:** Severe winter conditions have begun or will begin within 24 hours. Act now.
- **Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If you are cautious, these situations should not be life threatening.

Update your contact information so that you receive Yale Alerts in the event the University has a delayed opening or closing. Click [here](#) for more information on staying connected with the Department of Emergency Management.

## Brrrrrrr

The coldest day of the year on average in New Haven is January 30<sup>th</sup> with an average high of 37°F and an average low of 23°F.

Source: *Weather Spark*

## New Online Safety Data Sheet (SDS) Management System Now Available

[MSDSonline](#), a Safety Data Sheet management system, is now available to provide members of the Yale community access to millions of Safety Data Sheets online. The system is accessible for free to Yale faculty, staff and students from any Yale IP address. Click [here](#) for a tutorial on how to search for Safety Data Sheets using this system.



Safety Data Sheets provide detailed information prepared by the manufacturer or importer of hazardous chemicals, which describe the physical and chemical properties of the product.

MSDSonline allows for a simple search of this information by product name, manufacturer, CAS# and/or product code. It also allows you to search Safety Data Sheets for products in your campus or department location.

- [Access MSDSonline](#)
- [MSDSonline Tutorial](#)
- [MSDSonline Help Guide](#)
- [Learn More About Safety Data Sheets](#)

For questions or if you difficulty accessing the system, contact [ehs@yale.edu](mailto:ehs@yale.edu).

*The staff at EHS wishes you and your family a healthy and happy holiday season.*

## Yale Honored as Gold-Level Bicycle Friendly University



*Courtesy of Yale Office of Sustainability*

The League of American Bicyclists recently recognized Yale University with a Gold Bicycle Friendly University<sup>SM</sup> (BFU<sup>SM</sup>) award, joining more than 180 visionary colleges and universities from across the country. Yale has been a Bike Friendly University since 2012 when the University achieved Bronze-level status, then getting to Silver in 2014. Yale is one of only 20 universities in the country with the Gold-level designation. Yale is also the only

Bicycle Friendly University in Connecticut.

With the announcement of 46 new and renewing BFUs, Yale joins a cutting-edge group of colleges and universities across the United States that are transforming their campuses and the communities around them. There are now 182 Bicycle Friendly Universities in 45 states and Washington, D.C.

“From renewing Platinums to brand new Bronzes, this latest class of Bicycle Friendly University awardees show a wonderful commitment to safety, health and sustainability through their efforts to support bicycling on campus,” said Amelia Neptune, director of the League’s Bicycle Friendly America Program. “We applaud this round of BFUs for raising the standard and being innovative in making bicycling a safe, convenient and enjoyable option for students, staff and visitors alike.”

The Bicycle Friendly University program recognizes institutions of higher education for promoting and providing a more bikeable campus for students, staff and visitors. There are over 2,700 bicycle parking spaces on and around campus, including outdoor and indoor racks and lockers. Students, faculty and staff who bike to campus also have access to several shower facilities. A Bicycle Safety Training course is offered regularly to the Yale community and participants are provided with a free bike helmet. Yale also partners with CTrides, a program of the Connecticut Department of Transportation, to offer a guaranteed ride home and commuter rewards to cyclists.

In addition to these existing facilities and programs, the University is planning for several new bike-related enhancements for campus. A new bikeshare program will launch this fall. A Sustainable Transportation Framework Study, also to be completed later this fall, will present implementable near-and long-term strategies that encourage bicycling, walking and transit use to connect Yale’s commuting population to its campuses and to better connect the campuses to each other.

Moving forward, Yale will have access to a variety of free tools and technical assistance from the League to become even more bicycle-friendly. The [Yale Sustainability Plan 2025](#) sets goals to achieve carbon neutrality by 2050, increase sustainable transportation on and off campus and enhance partnerships with the City of New Haven towards a more sustainable campus and city. The University’s leap from Silver to Gold-level Bicycle Friendly University is an acknowledgment of these efforts and many new, exciting initiatives to come.

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*“For safety is not a gadget but a state of mind.” - Eleanor Everet*

## In Case of Emergency

If you need to call 911, Yale Police or West Campus Security for an emergency, it is important to remember to provide some basic information to ensure responders will be able provide assistance as quickly as possible.

- Give details on the nature and extent of the emergency.
- Give them your name and the number from which are calling.
- Provide the location of the emergency including building and room number.
- Let the responders know the best entrance to get to you as fast as possible.
- If possible, someone should meet the responder at the entrance to direct them to the emergency location.
- Follow the instructions of the emergency personnel.

It is also recommended that you prepare yourself ahead of time in case an emergency arises. Speak with your co-workers about the best location for an emergency responder to access your area and how to give specific instructions on how to arrive at that area.

For more information on a dealing with an emergency situation, visit [emergency.yale.edu](http://emergency.yale.edu).

## EHS Staff Donates to Hurricane Relief in Puerto Rico

EHS staff donated 13 boxes of personal protective equipment to aid in disaster relief in Puerto Rico following Hurricane Maria.

Cathleen King, chemical hygiene officer and manager of the chemical and physical safety sections, and Paula Castagna, chemical hygiene officer, received an e-mail from the American Industrial Hygiene Association seeking donations that will be given to the full-time faculty and volunteer graduate students in the Industrial Hygiene Program at the University of Puerto Rico Graduate School of Public Health.

Donations sent included N95 respirators, work gloves, nitrile gloves, gowns, hearing protection and safety glasses.

Liz DeChello, senior administrative assistant, and Pam England, receptionist, handled shipping the supplies to Puerto Rico.