

## NEW @ EH&S

- ❖ EH&S welcomes Jim Patton as OSU's Fire Life Safety Officer. You can reach Jim at 7-3066 or [jim.patton@oregonstate.edu](mailto:jim.patton@oregonstate.edu)
- ❖ Drinking water fixtures in OSU facilities are monitored for water quality on a routine basis. Information on this program including sampling plan, locations, and results can be found on EH&S [Drinking Water Program](#) page.
- ❖ EH&S is excited to announce the new and improved [Lab Safety Training Program](#) delivered via OSU [Bridge](#) learning management system. This new training replaces all 3 former lab safety training videos.

## Coming Soon

- ❖ Fall of 2019, EH&S will host a Department/Unit Safety Coordinator (DUSC) seminar. Details will be announced soon. Hope to see you there.

## Appropriate Summer Lab Wear

The weather outside is warming up, and while shorts and sandals are great if you are spending time outdoors, it is important to be properly dressed while working in a laboratory.



Always wear shoes that completely cover your feet. No sandals or crocs.

Proper PPE, including a lab coat, is required when working with hazardous materials. Long pants that cover and protect your legs should also be worn.



OSU PPE Policy: [SAF 308](#)

## Labs with ZERO Deficiencies on Lab Assessments from Quarters 1 & 2 of 2019

You and your staff are to be commended for setting a high standard for safety and compliance.

- Dr. Louise Copeman (CIMRS)
- Dr. Valerian Dolja (BPP)
- Dr. Adrian Gombart (BIO/BIO)
- Dr. Scott Heppell (FW)
- Dr. Russel Ingham (BPP)
- Lab Animal Resources @ LPSC
- Dr. Kathleen O'Malley (FW/COMES)
- Analytical Service Core Lab (LPI)
- Dr. Jason Penry (KIN)
- Dr. Viviana Perez (LPI)
- Dr. Virginia Weis (IB)

## Do you work outside in the heat?

Heat is the leading weather-related killer in the U.S., even though most heat-related deaths are preventable through outreach and intervention ([epa.gov](http://epa.gov)).

## Did you know?

Between 1999 and 2014, there were more than 9,000 heat-related deaths in the U.S. ([epa.gov](http://epa.gov)).

The [OSHA NIOSH Heat Safety Tool App](#) is available for download to help determine heat related illness risks, precautions you can take, and symptoms to look out for.

## HEAT EXHAUSTION OR HEAT STROKE?

### HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

### HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



### HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°  
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

### HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

## FIRE/EMERGENCY EVACUATION

In the event your building and/or work area needs to be evacuated, follow the R.A.C.E. method to ensure you and your colleagues get out safely:

**R – RESCUE** and/or relocate anyone in immediate danger.

**A – ALERT (ALARM)** others by activating the building fire alarm or with your voice.

**C – CONFINE** the emergency by closing the doors as you evacuate.

**E – EXTINGUISH/EVACUATE** immediately. If you are trained and extinguishing can be done safely, attempt to extinguish the fire with a nearby fire extinguisher. Training is available on the EHS website under [training materials](#).