Princeton Review Again Recognizes Duquesne for Fire Safety

George Bender

Duquesne University has again been listed by the Princeton Review on its Fire Safety Honor Roll. As one of only 23 colleges or universities out of 1,165 so recognized, Duquesne scored a 99 out of a possible 99 under the rating system. The information gathered to compile the honor roll was developed in conjunction with the Center for Campus Fire Safety and included:

1) The percentage of student housing sleeping rooms protected by an automatic fire sprinkler system with a fire sprinkler head located in the individual sleeping rooms.
2) The percentage of student housing sleeping rooms equipped with a smoke detector connected to a supervised fire alarm system.
3) The number of malicious fire alarms that occur in student housing per year.
4) The number of unwanted fire alarms that occur in student housing per year.
5) The banning of certain hazardous items and activities in residence halls, like candles, smoking, halogen lamps, etc.
6) The percentage of student housing building fire alarm systems that, if activated, result in a signal being transmitted to a monitored location on campus or the fire department.

Congratulations to all who participate in the Fire Safety Program, and a Job Well Done!!!
In the Spring of 2013, Dow Chemical released a series of safety videos relating to lab safety. Their safety culture is part of everything they do and every decision they make...something we can all learn from. The main goal of the Dow Lab Safety Academy “is to enhance awareness of safety practices in academic research laboratories and to promote a safety mindset in the future workforce of the chemical community”. In addition to the lab safety modules there is also a page on specific resources.

The lab safety modules are broken down into four main categories and are further broken down into several topics:

**Safety Orientation & Training**
- Office Ergonomics
- Laboratory Ergonomics
- Fall, Slip & Trip Prevention
- PPE Basics
- Waste Handling
- Secondary Containment
- Housekeeping
- Basic Electrical Safety
- Fire Extinguisher Basics
- Lone Worker

**Specialized Topics**
- Fume Hood Basics
- Gas Cylinder User
- Glassware Handling
- Mechanical Integrity
- Vacuum Equipment
- Biological Hazards
- Nanoparticle Safety
- Cryogenics
- Pyrophorics

**Plan, Evaluate, Execute**
- Lab Hazard/Management of Charge
- Lab Hazard Assessment/Trigger Grid
- Safe Operation Card
- Reactive Chemicals
- Energy Calculations
- Sheets
- Chemical Labeling
- Sample Transportation & Shipping
- Line of Fire

**Sustainable Safety Culture**
- Making Safety Personal
- Inspections
- Interventions
- Recognition
- Mentoring
- Near Miss Reporting
- Learning Experiences
- Effective Safety Communications
- Sustainability
- Leadership Engagement

The Dow Lab Safety Academy can be found at [http://safety.dow.com/](http://safety.dow.com/). This is a great resource that can be utilized by all labs. Please take some time to review these items.

The goal of a strong safety culture in an academic institution is to have administrators, faculty, and staff who care strongly about safety, who have strong knowledge of safety, who teach safety to their students throughout the curriculum, and who promote safety through their leadership and lead by example.
Home Safety Tips for Winter

Bob Haushalter

With summer coming to an end and autumn arriving, you may be thinking about preparing the house for winter. Listed below are a few safety tips to think about while preparing for winter.

Service your Furnace - Now is the best time to call someone to check that your heating system is in good working order.

Fire Prevention - The U.S. Fire Administration reports that fires kill more than 4,000 Americans each year and injure 20,000 more. U.S. fire departments respond to nearly 2 million fires each year, with three-quarters of them occurring in residences.

Smoke Alarms - Every home should have at least one working smoke alarm. It’s inexpensive and can double your chances of survival during a fire. It should be tested monthly and the battery replaced at least once a year. According to FEMA, the smoke alarm should be replaced every ten years of service, or as recommended by the manufacturer.

Don’t overload circuits or extension cords - Cords and wires should never be placed under rugs or in high traffic areas.

Clean Dryer Vents / Lint Filters – Clothes dryers often start fires in residential areas. Clean the lint filter before or after every drying cycle.

Emergency Escape Plan – Every second counts when your house is on fire. Planning ahead can get you and your family to safety. FEMA recommends that you prepare and practice your fire escape plan twice a year with everyone in your household.

Stock up on winter supplies - Make sure you have shovels, ice melt, ice scrapers, and other winter safety items in your home and car.

Check your emergency kits – Keep a supply of food, water, medicines, flashlights, etc. on hand in the event of an emergency. You should stock enough supplies to last several days.

Clean up your yard / gutters - A little bit of maintenance can prevent further damage or clogged sewer drains.
Back to Basics

Ryan Reilly

According to a report from the American Society of Safety Engineers, back injuries are a significant cause of pain as well as a leading cost for employer’s workers compensation claims. Back pain is one of the most common conditions in the workplace; indiscriminate across classes, sexes, education levels, etc. Common factors influencing back injuries include: age, gender, and strength (capacity); frequency of lifts; coupling (grip); load mass; and twisting.

Frequency of single occurrence back injuries are a result of improper lifting, twisting, bending, excessive sitting, excessive bending, and poor posture. According to Kelsey in the “Epidemiology of Musculoskeletal Disorders” there are two types of back injuries: injuries to the spinal vertebrae; and injuries to the back muscles and tendons.

Reduction of injuries begins with an approach to the root cause. This includes evaluation of design, biomechanical lifting, and the amount of lifting and lifting requirements (capacity). Combinations of ergonomic job hazard analysis with functional capacity evaluations are a preventative measure to reduction of back injuries. A combination of design and administrative procedures fit workers to the jobs to which they are best suited and capable of working within their functional capacities. Ergonomic considerations such as hoists, carts, lift-tables, pneumatic lifters, anti-fatigue mats, multi-adjustable chairs, and the use of smaller lighter loads are preventative controls to eliminate stressors to the back. Being in good physical shape and maintaining it is the another step to preventing back injuries. Obesity is a leading contributor to back injuries because the weight in the abdominal region over stresses the back during lifting tasks. In most cases, cumulative back injuries can be prevented with implementation of stretching and flexibility, and worker rotation. If your work tasks involve frequent lifting tasks some tips to avoid common back injuries and musculoskeletal disorders include: stretching to get the blood flowing to muscles as well as to the discs between the vertebrae; do not rely on back belts which do not prevent back injuries and provide a false sense of security; use mechanical lifting mechanisms whenever possible; always assess the load and determine necessary equipment and if it can be handled by one person; keep the load as close to the body as possible; avoid twisting; and keep the back straight, and use the legs to work.

Often times re-orientation of a gauge, control, or box can make a substantial difference in reduction of injury and increased efficiency. Grasping boxes at waist level, opposed to the ground eliminates any requirement of bending. Educating one and other and reinforcement of behavioral change is designed for employees to create awareness of the potential for injury and protection of the back.

Be alert! Accidents hurt.

Protect your back, use a jack.
5 S's for Slips, Trips, and Falls (BLR Publication)

Sort
Organizing and straightening of the workplace and making sure that aisles and walkways are free from obstructions and clearly marked.

Set-in-order
This involves understanding the efficiency of motion and workflow and ordering steps. An example of this is routes and walking patterns.

Shine
This refers to eliminating all forms of contamination; such as dirt, fluids, or liquids, which could cause serious slips, trips, and falls.

Standardize
This refers to organizing, labeling, and bringing order. It includes the concept of “visual management” which involves the use of signs and other ways to order the work environment and communicate visually what is happening.

Sustain
Maintain the process achieved through the strategies. The goal is to make the reduction of STF’s systematic and long-lasting.

Upcoming Events

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