



LabNotes

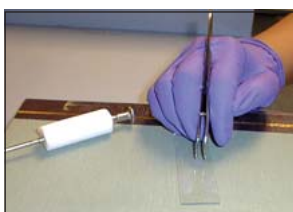
NO. 76

SAFETY NEWS FOR UC SAN DIEGO RESEARCHERS

SPRING 2007

Custom Ergonomics Training for Laboratory Personnel

Arrange custom ergonomics training for your laboratory work group. Ergonomist Keri Harris will present best practices for reducing ergonomic injuries associated with common lab tasks, such as pipetting, microscopy, and work performed at biosafety cabinets and chemical fume hoods.



Learn best practices for reducing ergonomic risks in the laboratory



Does Your Lab Need New Equipment? Stools? Pipettes?

Bonus! Completing custom laboratory ergonomics training qualifies your lab for funding assistance from EH&S to help purchase ergonomically designed products exclusively from Marketplace. Funding amounts for labs are based on financial need.

Consider inviting Keri to your next lab meeting. Contact Keri Harris at ksharris@ucsd.edu, (858) 822-0294.

Safe Use of Environmental Rooms

Environmental rooms, generally built for the growth of cells or organisms, are engineered to control temperature and humidity levels. Designed with limited or no mechanical ventilation, environmental rooms typically have closed air circulation systems that rely on the opening and closing of the room's door to bring in fresh air, as compared to laboratories, which receive 10 exchanges of outside air per hour through the building ventilation system.

Continued on back—see Enviro Rooms

New Cell Phone Recycling Bins



Help UCSD keep electronic waste out of landfills by properly disposing of discarded cell phones. Return your unwanted mobile phone to the service provider it was acquired from. When that is not possible, use a cell phone collection bin on campus or Campus Mail. Address the package to "Used Cell Phone." No mail code is needed.

Cell phone bins are located at:



- College Residential Life Offices
- Price Center Bookstore
- SIO Library

Continued on back—see Cell Phones

Spring Cleaning Event

Is it getting a little crowded in your lab?



- of the fume hood
- Reduce the quantity of hazardous materials involved in the event of a lab emergency, such as fire or earthquake
- Help UCSD comply with chemical storage and fire regulations
- Conserve resources by donating surplus chemicals to ChemCycle at <http://chem-tech.ucsd.edu/Reuse/>

Make time for spring cleaning and enjoy these advantages:

- Free up work and storage space
- Eliminate clutter and obstructions from building corridors
- Find those mystery containers hidden in corners or in the back

Quarterly clean out events help the EH&S Environmental Management Facility (EMF) avoid the unusually heavy loads generated when County inspections are scheduled, prompting everyone to clean out at the same time.

Continued on back—see Spring Cleaning



Please Post or Circulate

Environmental Rooms ... continued



Typical environmental room temperatures at UCSD are:

- Warm rooms: 37°C
- Cold rooms: 4°C

Since they have limited or no mechanical ventilation, release of any toxic substance into an environmental room presents a hazard to occupants, and potential cross-contamination of research projects.

Therefore, work involving any hazardous materials should be done only in closed systems.

Take great care to control hazards and ensure a safe working environment in environmental rooms. Follow the guidelines for safe use of environmental rooms on Blink at <http://blink.ucsd.edu/go/envirorooms>. Topics include:

- Hazard evaluation and control
- Prohibited storage materials
- Safety training
- Good housekeeping
- Emergency preparedness
- Repairs and inspections

Questions? Contact an EH&S Research Assistance Program specialist: <http://blink.ucsd.edu/go/rap>

Spring Cleaning Event ... continued

EH&S encourages research areas to conduct clean outs on this quarterly schedule:

- **1st quarter** (January–March): School of Medicine
- **2nd quarter** (April–June): School of Engineering, Psychology, Cognitive Science
- **3rd quarter** (July–September): Biology, Chemistry/Biochemistry, Physics
- **4th quarter** (October–December): SIO

For more information, contact the Research Assistance Program specialist for your building: <http://blink.ucsd.edu/go/rap>.



Use caution if old chemicals are discovered during clean outs. Contact the EMF immediately if unstable or unknown chemicals are found: (858) 534-2753

"Safety Training Days" on Enrollment Central

Register online at Enrollment Central:
<http://enrollmentcentral.ucsd.edu>

Browse "EH&S—Safety" under Course Topics for classes and schedules. Learn more about UCSD safety training resources at <http://blink.ucsd.edu/go/safetytraining>.

Cell Phones ... continued

EH&S collects and properly disposes of discarded cell phones to:

- Comply with regulatory requirements aimed at preventing environmental pollution
- Curtail energy use associated with cell phone manufacture

Nearly one hundred million cell phones are replaced each year. Cell phone circuitry and displays can contain toxic compounds like arsenic, beryllium, cadmium, copper, and lead. The plastic shells of the cell phones have also been treated with brominated flame retardants.



These materials are disposed of as hazardous waste. In addition to the toxic compounds, electronics also contain nontoxic, recyclable materials. These include valuable resources such as precious metals, engineered plastics, glass, and other materials—all of which require energy to manufacture. The energy required to produce these materials from scratch generates additional pollution. Rather than dump usable materials in a landfill, much of it can be recycled.

Learn more about disposal of UCSD's electronic waste on Blink: <http://blink.ucsd.edu/menu/hazwaste>

ChemCycle

<http://chem-tech.ucsd.edu/Reuse/>

With over 5,000 usable surplus chemicals available **free** to UCSD researchers, ChemCycle is good for the pocketbook and good for the environment.



Check ChemCycle's inventory before you buy new chemicals. Follow instructions on the ChemCycle Web page to search for, request, or donate chemicals: <http://chem-tech.ucsd.edu/Reuse/>