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1. Situational Preparedness – Biking Safety

Situational preparedness is so important that we will be looking at various aspects over time, as well as providing resources to assist you to “be prepared” for whatever situations you may encounter at UNL.

Commuting to work via bicycle has become a rising trend, despite cyclists representing less than 1% of all commuters nationwide. Bureau of Labor Statistics (BLS) findings show the number of people traveling to work by bike has grown by 60%, from about 488,000 in 2000 to about 786,000 during the 2008-2012 period. In Lincoln this trend is evident in bike lanes being added to more and more city streets to accommodate the increasing number of cyclists using their own equipment or renting from the various locations around town.

The most recent records available from the National Highway Traffic Safety Administration (NHTSA) show there were 783 bicyclists killed in crashes with motor vehicles in 2017. Being cognizant of road hazards and rules of the road, whether on a bike or in a vehicle, can help avoid deadly encounters.

The American Academy of Orthopedic Surgeons reminds cyclists to:

- Wear a helmet that fits snugly but does not obstruct vision. It should have a chin strap and buckle that stays securely fastened.
- Follow the rules of the road. Ride in the direction of traffic. Follow traffic signs and lights. Signal your turns or your intentions so that drivers can anticipate your actions. If you are riding with others, ride single file.
- Ride defensively. Understand that drivers often do not see cyclists; so, be aware of surroundings and ready to act to avoid a collision.
- Choose bike routes wisely. Avoid riding on high traffic roads if possible. The most direct route to a destination is often not the safest because more vehicles will also take that route. Select streets with fewer and slower cars.

- Avoid distracted cycling. Do not listen to music with head phones, talk on the phone, text or do anything else that can obstruct hearing and/or vision or cause distraction while riding.
- Take extra precautions at night. Wear bright fluorescent colors and make sure to have rear reflectors. Both a working tail light and headlight should be visible from 500 ft. away.
- Never underestimate road conditions. Be cautious of uneven or slippery surfaces.
- Maintain your bicycle. Check your bicycle's mechanical components on a regular basis (brakes, tires, gears, etc.), just like you would for a car.
- Dress appropriately. Avoid loose clothing that might get caught in the bike's mechanics and wear appropriate footwear, such as closed toed shoes to decrease your chance of a foot injury. Use appropriately padded cycling shorts for longer rides.

Whether you're riding for pleasure or commuting, remember to refresh yourself on the rules of the road before hopping on two wheels. For drivers, remember to take a second to double or triple check your surroundings this summer. That extra second could avoid a tragedy.

Resources

- Valentic, S. (2019, June 7). Sincerely Stefanie: Biking Safely in the Summer. Retrieved from <https://www.ehstoday.com/safety/sincerely-stefanie-biking-safely-summer>
- National Highway Traffic Safety Administration "Bicycle Safety" <https://www.nhtsa.gov/road-safety/bicycle-safety>
- National Safety Council "Bike Safety and Enjoy Your Ride" <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/bicycles>
- How to Not Get Hit by Cars <https://bicyclesafe.com/>
- Bike Lincoln <https://lincoln.ne.gov/city/plan/bike/get-biking/laws.htm>

2. Chancellor's University Safety Committee Open Forum Soon

The Chancellor's University Safety Committee (CUSC) will host the fall **Open Forum** meeting at Nebraska East Union 3:00 – 4:00 p.m. on Tuesday, September 17, 2019. The campus community is invited to share concerns or just observe the workings of the CUSC.

The CUSC is a UNL committee established to assist the Chancellor by making recommendations of methods to reduce safety hazards at UNL. The campus community may contact the CUSC Chair at any time with safety concerns or questions and attend bi-monthly meetings.

The CUSC charter, as well as links to the list of members, upcoming agenda, meeting dates/locations, previous meeting minutes, current year's goal and more, are available online.

Resources

- Chancellor's University Safety Committee
<http://ehs.unl.edu/chancellors-university-safety-committee-cusc#cusc>

3. Focus on Farm Safety in September

While planning for emergencies, those working in agriculture have unique circumstances to consider. There are a number of University of Nebraska-Lincoln "farm" operations throughout the state. Agriculture is one of the most hazardous industries, with a work-related death rate of 23.2 deaths per 100,000 workers annually.

The National Education Center for Agricultural Safety (NECAS) is promoting September 15-21, 2019, as *National Farm Safety and Health Week 2019*. The purpose of this organization in general and the week, in particular, is to call attention to the hazards and risks of farm work and promote safe practices to mitigate those hazards. Field research often involves many of the same hazards that agricultural work does.

The theme for 2019 is "Shift Farm Safety Into High Gear." Daily Topics focus on a particular hazard area:

- Monday –Tractor Safety & Rural Roadway Safety
- Tuesday –Farmer Health & Opioid/Suicide Prevention
- Wednesday – Safety & Health for Youth in Agriculture
- Thursday – Confined Spaces in Agriculture
- Friday – Safety & Health for Women in Agriculture

NECAS provides resources supporting each day's theme, in addition to the vast resources always available online through their website. Of particular note is the Tractor Safety Poster

(<https://web.nicc.edu/marketing/necas/nfshw/2019/NEC-AA-TRACTOR-SAFETY-06-14-2019.pdf>) that can be downloaded and posted as a visual reminder of basic Tractor Safety considerations.

The AgriSafe Network, another group focused on farm safety, is participating by providing daily webinars. Review webinar topics and register at <https://www.agrisafe.org/nfshw-2019>. The free webinars are from 12-1 p.m. Central Time September 16-20, 2018.

U.S. Agricultural Safety and Health Centers, funded by the National Institute for Occupational Safety and Health (NIOSH), have produced safety and health

videos related to agriculture and other outdoor endeavors. Popular topics are grain bins, heat illness, tractor rollovers, livestock safety and needlestick injuries. These videos are available through the U.S. Agricultural Safety and Health Centers YouTube channel.

EHS provides resources on a variety of topics relating to safety while conducting agricultural/outdoor operations under the Safe Operating Procedure (SOP) heading **Ag Safety**. Topics include:

- Nebraska Guide G1770 Cleaning Pesticide Application Equipment
- All-Terrain Vehicles
- Animal Feeding Operations
- Grain Bin Safety
- Harvest Safety
- Outdoor Power Equipment Safety
- Sharps Use and Handling with Livestock
- Skid Steer Loaders
- Tractor Safety.
- And more...

Other SOPs relevant to agricultural/outdoor operations are found online in the SOP categories **Heat Stress**, **Landscape**, **Shops**, and **General/Other**.

Resources

- EHS **Ag Safety** Safe Operating Procedures
<https://ehs.unl.edu/sop/ag-safety>
- EHS SOP listing <https://ehs.unl.edu/sop>
- NECAS *National Farm Safety and Health Week 2019*
<https://www.necasag.org/nationalfarmsafetyandhealthweek/>
- U.S. Agricultural Safety and Health Centers videos
<https://www.youtube.com/user/USagCenters>
- AgriSafe Network <https://www.agrisafe.org/>

- **National Education Center for Agricultural Safety: Growing Safely Video Series** <https://www.necasag.org/safetytraining/videosandwebinars/>
 - Chainsaw Safety
 - Fatigue Safety
 - PTO Safety
 - Farm Electrical Safety
 - Auger Safety
 - Rural Road Safety
 - Sun Safety
 - Unloading and Loading Trailer Safety...and more.

- **Webinars** (<http://www.necasag.org/safetytraining/videosandwebinars/>) are provided by AgriSafe and require registration, although there is no fee.

- Manure Pit Foaming Webinar
- Confined Space – Manure Pit Entry Webinar
- Confined Space – Grain Pit Entry Webinar
- **Anhydrous Ammonia Safety** (OffTheJobSafety, 5:31 minutes)
<https://www.youtube.com/watch?v=NYodpPEVyPc>

4. Lessons Learned: Lab Safety

Research science is full of hazards. Chemists and safety professionals do their best to minimize the danger, but accidents do happen and the stakes can be extremely high. So how can chemists ensure that when things do go wrong—or when they nearly go wrong—that we learn from those experiences to work toward a safer future? Communication is key.

In Chemical & Engineering News four chemists who have survived accidents shared their stories so others can learn from them. Interviews are available in both podcast and script format: <https://cen.acs.org/safety/Podcast-Lessons-learned-lab-safety/97/i30>

Resources

- Kemsley, J., & Davenport, M. (2019, July 24). Podcast: Lessons learned in lab safety. Retrieved from <https://cen.acs.org/safety/Podcast-Lessons-learned-lab-safety/97/i30>
- EHS **Laboratory** Safe Operating Procedures
<https://ehs.unl.edu/sop/laboratory-sops>

5. Lessons Learned: Dangers of Peroxide-Formers

Some common laboratory chemicals can form peroxides. Once peroxides are formed, these chemicals can become extremely sensitive to thermal or mechanical shock and may explode violently. Peroxides are formed through a spontaneous reaction with oxygen. Simply opening the container can initiate peroxide formation, while light and heat act to accelerate the process.

A large explosion occurred at the University of Minnesota (UMN) while organic waste was being processed. The UMN department shared an incident report, as part of the response recommendations to raise awareness not only at UMN but nationally with other universities.

Resources

- University of Minnesota Safety Alert “Dangers of Peroxide Formers – Explosion at UMN
https://dehs.umn.edu/sites/dehs.umn.edu/files/safety_alert_-_thompson_explosion_aug19.pdf

- University of Minnesota Guidance Document “Peroxide-Forming Chemicals (PFCs)”
https://dehs.umn.edu/sites/dehs.umn.edu/files/gd_peroxide_forming_chemicals_aug_2019_jo.pdf
- EHS **Chemical Safety** Safe Operating Procedures (SOPs)
<https://ehs.unl.edu/sop/chemical-safety>
- EHS SOP **Use and Storage of Peroxide-Forming Chemicals**
<https://ehs.unl.edu/sop/s-peroxides.pdf>

6. Near Miss? Good Catch?

EHS and the Chancellor's University Safety Committee encourages reporting of near-miss/close call incidents and potentially unsafe conditions (e.g., unsafe acts, equipment defect, etc.) in the workplace so that contributing factors can be identified and abated before they result in personal injury/illness or property damage.

A near miss is an incident where no property was damaged and no personal injury sustained, but where, given a slight shift in time or position, damage and/or injury or illness easily could have occurred. It can be thought of as a "close call." Looking at the situation from another viewpoint...it can be thought of as a “near hit!”

Identifying such a situation represents a "Good Catch" that just might save you or a co-worker from injury! By reporting these circumstances, you are contributing to a safer and healthier campus environment. Information reported is shared throughout the University for educational/awareness purposes with specific identifying information (e.g., names, departments, etc.) redacted. EHS appreciates your participation and assures you that there is no risk of repercussions for reporting a situation or hazard.

To support this effort, a “*Near Miss/Close Call Incident Reporting Form*,” <https://ehs.unl.edu/near-missclose-call-incident-reporting-form>) is available on the EHS website. To help you spread the word in your department/area/facility EHS has developed business-card size handouts containing the URL for reporting. Please consider requesting a number of these Near Miss/Close Call reporting informational cards. To request any quantity of these business-card size handouts contact EHS at 402.472.4925 or ehs@unl.edu.

Resources

- *Near Miss/Close Call Incident Reporting Form*
<https://ehs.unl.edu/near-missclose-call-incident-reporting-form>

7. Revised Training and Safe Operating Procedure

Training

Powered Industrial Truck Training <https://ehs.unl.edu/web-based-training#PIT>

Updated to reflect changes to SOPs reviewed in the August listserv.

Safe Operating Procedure

Safety Protocol: Sealed Sources https://ehs.unl.edu/sop/s-sealed_sources_3.pdf

Changed to include Holonium-166m operations, radiation safety information and safety precautions.

Remember...SAFETY IS AN ATTITUDE!

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