

**In this issue of the Environmental Health and Safety (EHS) Listserv –
October 9, 2019**

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1. Situational Preparedness – Distractions 101: Quiz Yourself

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.

When we think of the term “distracted driving” we often think “texting.” In reality, anything that can divert your attention manually (doing something with your hands/feet), visually (staring at something interesting in the landscape) or cognitively (planning your workday/home tasks) are “distractions.”

Here are a few things you maybe don't think of as “distractions” but are:

- Changing the music, temperature or other controls in your vehicle
- Starting a navigation app while driving
- Taking a photo or video of the scenery
- Taking in the view
- Eating, drinking, smoking, vaping
- Looking for items on the floor of your car
- Talking to another passenger
- Daydreaming, planning tasks
- Road rage or mental continuation of an argument

Here are a few things you can do to keep yourself and others safe:

- **Stay Calm.** Anxiety and stress can be big distractions when driving. Take deep breaths to remain calm, cool, collected and focused on the road.
- **Keep the Peace.** Driving is not the time to get into an argument or rehash one you just had. Save your frustrations for when you are in a safer setting.
- **Pull Over.** If you just can't seem to keep your focus, find a safe place to pull over and take a break.
- **Know Your Controls, like how to turn on lights or windshield wipers.** Get to know your car's controls before you start driving - especially if the car

is new to you. This will help to minimize distractions if use of a control becomes necessary.

- **Make Adjustments Before You Start Driving.** Make adjustments to your steering wheel, seat and mirrors before you hit the road.
- **Use Your Passengers.** If you have a passenger in the car, ask them to help out with car controls like turning on the heat or AC, or changing the music.
- **Utilize Your Radio Presets.** Most car stereos allow you to preset your favorite stations so that you only need to press one button to hear what you want.
- **Stay Off Your Phone.** Cell phone use **in any form** is a huge distraction. Put your phone away where you cannot reach it so you do not use it while behind the wheel.
- **Be Rested.** Driving - especially long distances - can be tiring. Make sure you are well rested beforehand to avoid cognitive distractions.
- **Be Full and Satisfied.** Don't forget to eat! Make sure you factor meal times into driving time to avoid eating while driving. Use the restroom before you get into the vehicle.
- **Set Your GPS Before You Start Driving.** Make sure you put your destination into your GPS system or app before you take to the roadways.

Do you know as much as you think you do about distracted driving? Go online to the resource provided and take the quiz provided. If riding with others who are distracted....say something. Avoid becoming another distracted driving statistic.

Resources

- ONE SECOND UnityPoint Health “Distraction 101”
<https://www.unitypoint.org/blankchildrens/onesecond-before-you-drive.aspx>

2. Biosafety & Biosecurity Awareness Month

October is Biosafety and Biosecurity Awareness Month. The UNL Department of Environmental Health and Safety (EHS) is participating this year by reminding everyone on campus that EHS has a team dedicated to biosafety and biosecurity at UNL. This team consists of:

Matt Anderson (Biosafety Officer; manderson11@unl.edu, 402-472-9554)
Charles Murrieta (Biosafety Specialist; cmurrieta2@unl.edu, 402-472-4925)
Farida Ebrahim (Safety Specialist; febrahim2@unl.edu, 402-472-4925)

The EHS biosafety team is available to assist researchers on campus with a variety of tasks and issues, such as:

- ★ Providing hands-on biosafety training to researchers, lab staff, and students. Training is also available in a web-based format. The biosafety team recently posted the 2019 annual biosafety refresher training module to the EHS web page (<https://ehs.unl.edu/web-based-training#BioRef>). This training can be used to satisfy the annual refresher training requirement for anyone conducting work under a protocol that has been approved by the Institutional Biosafety Committee, except those persons who work is subject to UNL's Bloodborne Pathogen Exposure Control Plan.
- ★ Conducting risk-based assessments for new researchers or projects;
- ★ Occupational Injury/Illness investigations
- ★ Assisting with IBC form completion and maintenance
- ★ Assessing assigned spaces for proposed biological research
- ★ Answering research safety-related questions

Following is a poster to focus on biosafety and security during the month of October. If you would like a PDF to print out and post in your area contact a Biosafety team member or the EHS main office (ehs@unl.edu or 402.472.4925).

ABSA
INTERNATIONAL

OCTOBER 2019

Biosafety and Biosecurity Month

N ENVIRONMENTAL
HEALTH AND SAFETY
University of Nebraska-Lincoln



The UNL EHS biosafety team provides services to assist faculty, staff and students in integrating safety and compliance into their workplace culture and behavior and is available to assist researchers on campus with a variety of tasks and issues. Our goal is to provide educational and training outreach and service to the UNL research community. Some of the ways we do this are by:

- Providing hands-on biosafety training to researchers, lab staff, and students
- Conducting risk-based assessments for new researchers or projects
- Occupational Injury/Illness investigation
- Assisting with IBC form completion and maintenance
- Assessing assigned spaces for proposed biological research
- Answering research safety-related questions



ABSA
INTERNATIONAL
The Association for Biosafety and Biosecurity

"We support your research and want to help you do it safely!"

Contact us:

Matt Anderson, PhD, RBP, CBSP
Biosafety Officer, manderson11@unl.edu or 402-472-9554

3. Harvest Safety

Agriculture is among the most hazardous industries according to the Bureau of Labor Statistics. Harvest is an intense time due to the quantity of work to be accomplished and the time frame in which it must be done. That urgency, often

leading to fatigue and inattentiveness, can result in an increased incidence of injury. Maintaining awareness of and avoiding potential hazards is the key to avoiding injury. Here are a few harvest time safety tips to consider:

- Read operator's manuals prior to equipment use and be sure all operators are familiar with and properly trained in safe use.
- Install and use safety devices such as Slow-Moving Vehicle signs and seat belts. Have roll-over-protective devices fitted on tractors.
- Keep all equipment/machinery guards in place. Wait until all mechanisms have stopped moving and have been secured from restarting before attempting to service/unclog.
- Take breaks and get enough sleep. Fatigue, stress, medication, alcohol, and drugs cause lack of focus on tasks. Stay hydrated to maintain awareness.
- To reduce fall hazards, use grab bars when mounting and dismounting machinery, and wear non-slip footwear.

Working safely helps avoid injuries so you can get the job done.

Resources

- EHS **Ag Safety** SOPs <https://ehs.unl.edu/sop/ag-safety>
 - **Harvest Safety** https://ehs.unl.edu/sop/s-harvest_safety.pdf
 - **Tractor Safety** <https://ehs.unl.edu/sop/s-tractor.pdf>
- "Harvest Safety Tips (with free downloadable PDF)." 10 Sep 2018. Stewart Seeds <https://www.stewartseeds.com/en-us/agronomy-library/harvest-safety-tips.html>
- Mihalovic-Bayer, Dawn. "Harvest safety tips for farmers." *Mayo Clinic Health System*, 18 Sept. 2015, <https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/harvest-safety-tips-for-farmers>
- OSHA Quick Card "Protecting Farmworkers from Tractor and Harvester Hazards" (English/Spanish) <https://www.osha.gov/Publications/OSHA3706.pdf>
- OSHA Quick Card "Backing Up Farm Vehicles and Equipment Safety" (English/Spanish) <https://www.osha.gov/Publications/OSHA3733.pdf>

4. Eye Injury Prevention

While October is recognized in the United States as Eye Injury Prevention Month, protecting your eyes from potential hazards should occur year around. According to the Prevent Blindness organization, more than 2,000 people injure their eyes at work each day. Up to 20 percent of work-related eye injuries cause temporary or permanent vision loss. The good news is that 90 percent of eye injuries are preventable with use of appropriate safety eyewear. Take the

“Workplace Safety Quiz” developed by Prevent Blindness America to find out if you really know what you need to about on-the-job eye protection.

The Occupational Safety and Health Administration (OSHA) provides an Eye and Face Protection eTool that guides the user through selection of the appropriate safety eyewear, considering the hazards present (e.g., impact, dust, chemical, optical radiation, heat).

General tips to promote eye safety include:

- Safety eyewear must be marked with "ANSI Z87" and worn at all times whenever eye hazards are present.
- Workers should know where the nearest eyewash station is at their job site and how to use it.
- The correct style of safety eyewear must be based on the hazards present. For example, goggles are needed when there is risk of chemical splash to the eyes; safety glasses are not an appropriate choice for this type of hazard.
- Employees should have regular eye exams to make sure their vision is adequate to do their jobs safely.
- Standard prescription eyewear is not a substitute for safety eyewear. However, prescription eyewear can be designed to also serve as safety eyewear. Consult your supervisor if you have a need for prescription safety eyewear.

Protect your eyes...you only get one set!

Resources

- Prevent Blindness America “Workplace Safety Quiz”
https://www.preventblindness.org/sites/default/files/national/documents/fact_sheets/MK32_WorkSafetyQuiz.pdf
- OSHA Eye and Face Protection eTool
<https://www.osha.gov/SLTC/etools/eyeandface/index.html>
- EHS SOP Personal Protective Equipment (PPE) – Eyes and Face
https://ehs.unl.edu/sop/s-PPE_eyes-face.pdf
- American Academy of Ophthalmology “Eye Injuries at Work”
<https://www.aao.org/eye-health/tips-prevention/injuries-work>
- Occupational Health & Safety “Tips: Workplace Eye Safety”
<https://ohsonline.com/articles/2008/03/tips-workplace-eye-safety.aspx>
- ALL ABOUT VISION “Eye safety basics”
<https://www.allaboutvision.com/safety/eye-safety-basics.htm>
- Awareness Days “Eye Injury Prevention Month 2019”
<https://www.awarenessdays.com/awareness-days-calendar/eye-injury-prevention-month-2019/>

5. Safety Shorts – Eye Safety

This series features links to short safety resources each month. Provided this month are resources on prevention of eye injuries in the workplace and at home.

- **Eye Safety – Safety Eyewear – Eye Injury Prevention**
Safety Memos (3:30 minutes)
<https://www.youtube.com/watch?v=pfAZwGZS-Hk>
- **Eye Safety: Only Takes a Second and Lasts a Lifetime**
NationwideChildrens (8:38 minutes)
<https://www.youtube.com/watch?v=H-Ari7rINsM>
- **Safety Watch – Eye Safety**
CMS Safety (3:22 minutes)
<https://www.youtube.com/watch?v=DAWptUYPbhw>

NOTE: Resources provided are for informational purposes only. Publication does not indicate an endorsement of a particular company or product or affect current UNL policies and procedures.

6. Please Share Your Thoughts...

...on our service. Environmental Health and Safety is committed to excellent customer service and offers a *Customer Satisfaction Survey* as an easy method for the campus community to provide feedback on our services and staff. By taking a few moments to complete the survey (<http://ehs.unl.edu/survey>), you will be helping us to identify areas where we might need to focus our attention.

In order to effectively evaluate potential areas for improvement, please provide specific information or examples and your name and contact information. The Director, Brenda Osthus, follows up on all submissions. We greatly appreciate your participation.

Please feel free to contact Brenda Osthus, EHS Director, at 402-472-4927 or bosthus1@unl.edu if you would rather communicate outside the parameters of this survey.

7. Revised 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!

Environmental Health and Safety

University of Nebraska-Lincoln

3630 East Campus Loop

Lincoln, NE 68583-0824

(402) 472-4925

<http://ehs.unl.edu>

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