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1. March = Ladder Safety Month

The American Ladder Institute (ALI) sponsors National Ladder Safety Month every March. ALI is the American National Standards Institute (ANSI) approved developer of safety standards for the ladder industry. Standards are technical specifications that prescribe rules governing the safe construction, design, testing, care and use of various types of ladders.

Each year, there are more than 164,000 emergency room-treated injuries and 300 deaths in the U.S. that are caused by falls from ladders. Thousands suffer disabling injuries. Most ladder deaths are from falls of 10 feet or less. Many everyday tasks require the use of a ladder or step stool. Step stool hazards are similar to those of ladders, even though step stools generally are of a lower height.

This year there are five key themes for Ladder Safety Month: Choosing Your Ladder; Safety Before the First Step (Inspection and Set Up); Safety While Climbing; Safety at the Top; and Ladder Safety Misconceptions.

To assist workers using ladders, NIOSH (National Institute for Occupational Safety and Health) has developed a free mobile application designed to improve extension and step ladder safety. If you use a ladder or a step stool, review the resources provided to ensure that you do not become a “statistic.”

Resources

- American Ladder Safety Institute
<http://www.americanladderinstitute.org/>
- National Ladder Safety Month <https://www.laddersafetymonth.com/>
- NIOSH “FALLS IN THE WORKPLACE- NIOSH Ladder Safety App”
<https://www.cdc.gov/niosh/topics/falls/mobileapp.html>
- EHS **Ladder Safety** SOP <https://ehs.unl.edu/sop/s-ladder.pdf>
- EHS **Portable Ladder Safety** Web-Based Training
<https://ehs.unl.edu/web-based-training#PortableLadder>

- Ladder & Step Stool Safety for Everyone (October 2018 colloquium)
<https://ehs.unl.edu/training/Colloquium>

2. Safety Shorts – Using Ladders Safely

This series features links to short safety resources. Provided this month are resources related to ladder safety.

- Mobile Ladder Safety (AmericanLadderInst, 15.59 minutes)
<https://www.youtube.com/watch?v=isv6O-Flj8c&t=3s>
- Articulated Ladders Safety Training (AmericanLadderInst, 25:09 minutes)
<https://www.youtube.com/watch?v=3g-Kwc7qMaY&t=13s>
- Single and Extension Ladder Safety (AmericanLadderInst, 19.35 minutes)
<https://www.youtube.com/watch?v=sWuOBu3GjHw>
- How to Use Ladders Safety | Ask This Old House (This Old House, 10.21 minutes)
https://www.youtube.com/watch?v=Ap243_DAijs

NOTE: Resources are provided for informational purposes only. Publication does not in any way endorse a particular company or product or affect current UNL policies and procedures.

3. Meet New EHS Staff

EHS is pleased to welcome the following individuals to our staff!

- Hello, my name is **Rachael Warhurst**. I joined Environmental Health and Safety in October 2021 as an Assistant Biosafety Officer. I hold a Master of Health Administration and a Bachelor of Science in Medical Laboratory Sciences. My previous work experience includes biorisk management and clinical laboratory work. Currently, I work to support UNL's programs for research involving biological agents.
- Hello, my name is **Dalton Ringland**, an EHS Technician. I earned a Bachelor of Science in Health and Fitness Studies from Nebraska Wesleyan University. Duties typically conducted include Hazardous and Universal Waste pickups on all three campuses in Lincoln. I conduct Safety and Compliance Surveys of selected spaces, mainly laboratories.

- Hello, my name is **Rebecca Cederberg** and I have recently joined EHS as a technician. I have a B.S. in Biological Sciences with training in molecular and cellular biological techniques. I have experience managing academic research labs. At EHS, I conduct Safety and Compliance Surveys of laboratory spaces and collect Hazardous and Universal Waste.

4. Wearing Eye Protection

Each day about 2,000 workers in the United States suffer eye injuries that require medical treatment, making these injuries the most common type of work-related injury. Eye injuries can lead to permanent visual impairment. Since eye protection is required across industries, it is clear the issue may not be one of awareness as much as it is of compliance.

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. Workers should consult with their supervisors in the following cases:

- If their protective eyewear does not fit well, for example feels too tight or too loose on the face
- If eyewear is scratched and interfering with vision
- If personal vision changes, perhaps requiring safety glasses with a bifocal component (lower half magnifies for ease of reading instructions/labels)

Worker eye injuries happen three major ways:

- **Striking or scraping:** The majority of eye injuries are the result of small particles or objects striking or scraping the eye.
- **Penetration:** Objects that go through the eyeball and result in permanent vision loss.
- **Chemical and thermal burns:** Chemicals such as those used in research, cleaning or maintenance activities are common causes of chemical burns to eyes. Thermal burns can occur to welders.

Selection of the appropriate safety eyewear must consider 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 is based on the hazards present and anticipated tasks. 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.

Always wear appropriate eyewear, even if you are just passing through a hazardous area. Protect your eyes...you only get one set!

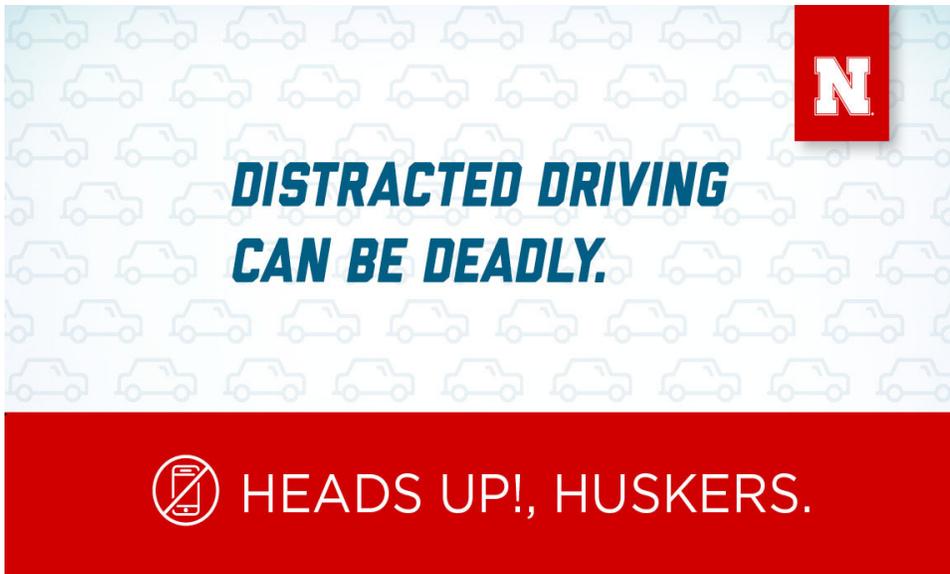
Resources

- “The Importance of Wearing Eye Protection.” *Safety+Health Magazine*, Safety+Health Magazine, 18 Feb. 2022, https://www.safetyandhealthmagazine.com/articles/22280-the-importance-of-wearing-eye-protection?utm_source=march1st&utm_medium=email&utm_campaign=inThisIssue
- EHS SOP Personal Protective Equipment (PPE) – Eyes and Face https://ehs.unl.edu/sop/s-PPE_eyes-face.pdf
- American Academy of Ophthalmology “Eye Injury Prevention” <https://www.aao.org/eye-health/tips-prevention/preventing-injuries>
- American Academy of Ophthalmology “Safety Glasses and Protective Eyewear” <https://www.aao.org/eye-health/tips-prevention/injuries-protective-eyewear>
- 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>

5. Situational Preparedness Tips

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 operating a motor vehicle, bicycle or motorcycle remember:



***DISTRACTED DRIVING
CAN BE DEADLY.***

 HEADS UP!, HUSKERS.

Whether by car, bike, scooter, skateboard, or walking think about:



***GET THERE SAFE – GET
OFF YOUR PHONE.***

 HEADS UP!, HUSKERS.

When walking around campus and in particular when crossing streets:



Resources

- Heads Up! graphics <https://ehs.unl.edu/heads-up-graphics>
(Printable format online. For electronic displays contact ehs@unl.edu or 402.472.4925.)

6. Near Miss or Near Hit?

The Chancellor's University Safety Committee (CUSC) is reaffirming their goal to focus more intensely on Near Miss/Close Call reporting and to also encourage reporting of unsafe practices. To support that effort, the EHS "*Near Miss/Close Call Incident Reporting Form*" allows for reporting of unsafe practices.

By reporting all near misses, often thought of as "close calls," or unsafe practices, you are contributing to a safer and healthier campus environment. Information reported is shared throughout the University for educational/awareness purposes. Specific identifying information (e.g., names, departments, etc.) is not included in informational publications. Participation will benefit the entire campus community. Be assured that there is no risk of repercussions for reporting a situation or hazard.

A "near miss" can also be viewed as a "near hit!" Next time you see something and think, "This could have ended up very badly," report that circumstance online to help your fellow workers throughout the university stay safe.

Resources

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

7. Revised Biosafety Safe Operating Procedures

- **Biosafety Containment Levels**
https://ehs.unl.edu/sop/s-bio-containment_levels.pdf
Updated with the most current guidance on containment level practices, procedures and facility requirements. Changes are primarily in Table 1. Additional changes include adding “ventilated caging” as a requirement for ABSL-2 animal work and adding a reference to the ISO 35001 standard on Biorisk Management for Laboratories and Other Related Organizations and Appendix M of BMBL as additional resources for large-scale biosafety practices and procedures.
- **Chemical Disinfectants for Biohazardous Materials**
<https://ehs.unl.edu/sop/s-bio-disinfectants.pdf>
Read this updated document for guidance about dating of commercial bleach containers to aid in proper disposal upon expiration, guidance about expiration of alcohols used for disinfection, and other changes too numerous to mention here.
- **Microbiological Laboratory Practices**
https://ehs.unl.edu/sop/s-bio-microbiological_lab_practices.pdf
Updated to reflect new guidance from the BMBL 6th Edition on training best practices, door posting, PPE based on risk assessment, disinfection, sharps, BSL-2 lab vacuum lines with HEPA filters, medical surveillance/immunizations and more.

THINK SAFETY – DON'T LEARN BY ACCIDENT!

Environmental Health and Safety

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