



Praise works wonders!



It may be your responsibility to make sure employees are working safely, but most people don't know how to do this beyond enforcing rules. While we are often quick to point out deficiencies, we sometime miss obvious opportunities for praise!

One of the best ways to encourage somebody is to recognize their efforts when they have done the right thing! This may be as simple as an on-the-spot, personal "Thank You," or it may be recognizing their efforts in a group meeting.

Another option is to nominate that person to receive an OHSU Rose Award (rose@ohsu.edu). This program acknowledges great efforts with the presentation of a certificate and an embroidered rose sticker, commonly worn like a badge of honor on an employees photo identification.

Don't forget to notice the good stuff! There is nothing like being recognized for a job well done.

NOTE: This works equally well for employees *and* managers!



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Shared Successes

The following are interesting progress notes from SafetyTeam members' activities:

- A very common copy machine brand at OHSU, the Toshiba E-16 (Studio), was noted to have discolored plastic on an access door, and a smell of burnt plastic was noticed. This problem had been noted when the copiers first arrived at OHSU, but at that time, the manufacturer claimed that this was not unusual and posed no safety hazard. The OHSU Safety Committee asked for an official update.

Toshiba confirmed that this was typical. A design oversight placed a heat producing device inside the machine too close to the plastic access door, and routine operating temperatures frequently cause the discoloration. Toshiba maintains that, while unattractive, there is no safety concern. OHSU has lots of these copiers, and to date, none have been involved in a fire event.

Thanks members... be safe!



Topic of the Month



This month's specialized training topic is **Good Hand Care**.

The number one cause of hand irritation at work is rashes. A few of the more common causes include: overexposure to water, dry air, soaps and detergents, solvents, cleaning agents, latex, and ingredients in skin- and personal-care products. Healthcare, research, and other employees can benefit from good hand health precautions.

Hand Washing

Remove rings prior to washing hands since they trap soap and moisture next to the skin. Use warm water and rinse thoroughly after soaping for 10 - 15 seconds. Apply moisturizer soon after towel-drying hands to retain the most moisture in your skin.

Use small quantities of soap, since soap strips natural oils from skin. These oils help your skin retain moisture. Avoid detergents, perfumed and deodorant soaps, as these may actually irritate skin. Regardless of type of soap used, frequent hand-washing will cause increased skin dryness.

Hand Sanitizer

Hand sanitizers are a good alternative to hand washing, unless your hands are soiled. (If so, you must wash dirt away with soap and water.) Rub hand sanitizers over skin surfaces until dry. The product approved for use in OHSU hospitals and clinics is Avagard D (available from Logistics).

Lotions and Moisturizers

If hand or forearm skin becomes irritated, lotion should be used after handwashing. The only lotion approved for use in OHSU hospitals and clinics is Cavilon (available from Logistics). Other lotions may be used in non-clinical areas and while away from work.

Apply moisturizers liberally after handwashing

and immediately after bathing for best moisture retention. When selecting moisturizers, the simpler and messier the better (think petroleum jelly)! Water-based moisturizers are usually the least effective.

Gloves

Nitrile, plastic, and vinyl are easier on hands than latex. Powder-free is less likely to irritate than powdered gloves. Just make sure that you have the right glove to protect you from chemicals and/or biologicals you work with. If you are ever in doubt, seek advice from Environmental Health and Radiation Safety.

Stretching

If you use your hands for fine detail work (e.g.: typing, surgery, handwriting, etc.), it is important that you take breaks to stretch your hands and wrists. Go through a full range of gentle motions, including flexion, extension, and rotation. These will keep muscles/joints warmed and ready to perform!

Other precautions

- Wear gloves when peeling or pressing oranges, lemons, grapefruits, tomatoes, peppers, or onions.
- Avoid skin contact with solvents, stain removers, fuels, and cleaning products.
- Don't pick at loose skin or cuticles. These are best trimmed using a sharp nail clipper or scissor.

Questions?

Good hand care is essential to preserve your ability to remain comfortable while working. If hands remain dry or irritated for more than a couple of days and attempts to soothe and repair them fail, consult Employee Health at 503-494-5271.

Questions?

**Environmental Health and Radiation Safety
503 494-7795**

Flammable liquids

If you work with flammable liquids, you must consider the following:

- Keep working containers small.
- Flammable storage areas must be physically separated from oxidizers.
- A maximum of 10 gallons of flammables may be kept outside flammable storage cabinets, however it is good practice to use these cabinets whenever possible.
- Flammable storage cabinet seals must be tight or the cabinet must be vented properly into the chemical exhaust system.
- Containers must be stored securely to prevent accidents during earthquakes. If flammables are stored on shelves, the shelf must have a door or a fence to prevent the container from falling.
- Containers should always be kept away from sources of heat and sparks and off the floor.
- Wastes must be disposed of properly. Volatilization in a fume hood is NOT an acceptable means of disposal and is a violation of the federal Resource Conservation and Recovery Act.

Questions about the use, storage, or disposal of flammable materials may be routed to Environmental Health & Safety at 503-494-7795.

Wellness is safety!

Don't forget that being well contributes to being safe at work. Doing your best to stay physically and mentally fit helps by allowing you to give your fullest and best attention to your work.

Who can help? The OHSU Wellness Program! It's free to all benefited employees, so check them out! Find information on their monthly posters and O-Zone site:

ozone.ohsu.edu/employeewellness/

Q of M Answer!

Last month's Question of the Month was from the Focus Topic, "**Emergency Preparedness Planning.**"

The question was, "**Where is the best place to find Emergency Preparedness planning information and resources at OHSU?**"

The answer could be found inside the Focus Topic: **The O-Zone** hosts the "Emergency Response" site. This site has all kinds of information about what OHSU has done, department resources, things all employees must know, and links to clinical and community, and home preparedness resources. Link to it by clicking on the yellow 'plus' icon (pictured here) on the left side of the O-Zone main page, or find it at: ozone.ohsu.edu/emergency



Thank you to each of you who participated! If you answered correctly, you earned 1 SafetyPoint! Contact Ben Richards at 503 494-2586 for answers to questions or to check on your SafetyPoint total.

FM&C Corner

This section highlights safety issues related to Facilities Management and Construction (FM&C):

- For all those who must work outside, please pay attention to the special hazards of cold and wet conditions. Make sure that you have warm, dry clothing, including the right gloves, and take frequent breaks to warm up. Drink warm fluids, when possible, to help warm yourself. Schedule work to avoid windy conditions.

Questions? Call Gene Patrick, Construction Safety Manager, at 503 494-2588. **Concerns?** Call the Construction HELP line at 418-HELP (8-4357).



Slow down in Construction Work Zones!

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Question of the Month

The question of the Month is designed to challenge your safety knowledge and give you a chance to earn some cool, free stuff!

QUESTION OF THE MONTH



What is the single most effective way to prevent the spread of infections at work?

Write your answer to the question in the appropriate box on your SafetyTeam Member Update form. Correct answers to this month's Question will earn 1 SafetyPoint.

If you are not currently a SafetyTeam member and would like to participate, contact Ben Richards, SafetyTeam Coordinator, at 503 494-7795.

OHSU

OHSU includes four schools; two hospitals; numerous primary care and specialty clinics; multiple research institutes; and several public service and outreach units. OHSU is an equal opportunity, affirmative action institution.

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