



Spill Response



Do you know what to do?



If you use hazardous materials in your job or chemicals are used and stored in your area, be aware of what hazards are around you and know what to do in case of a spill.

Even with training, experience, and safe work practices, accidents happen. With some basic skills and knowledge, you can respond quickly and appropriately to spills to protect yourself and others.



Prevention: The easiest spill to clean up is the one that never happened. There are several steps you can take to guard against a spill:

- Inspect containers regularly. Look for leaks, dents, corrosion, and worn out seals.
- Be careful! Remove only the amounts you need at the time.
- Know how to properly store supplies.
- Learn how to properly dispose of waste.
- Report “near misses” to prevent spills before they occur.



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Shared Successes



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

- The Scappoose Clinic posted evacuation routes in each room and has a new fire drill log.
- The Environment of Care Surveyors conducted parking lot rounds and referred several safety issues to Facilities, Grounds, and Public Safety.

If you have any safety concerns or questions, please contact the SafetyTeam Coordinator at 503.494.7319 or safeteam@ohsu.edu

Thanks members... be safe!



Mark your calendar

April 21 Safety Committee

April 22 Earth Day

April 23 Administrative Professionals Day



Topic of the Month



This month's specialized training topic is titled, "**Medication at Work.**"

This topic is presented to remind employees to use medications responsibly.

Since much of the media and community focus is on the fight against illegal drug use, you may not realize that the problem when it comes to job-related injuries and deaths is more often employee use of prescription and over-the-counter medications, not illegal drugs. A dramatic increase in the use of medications for chronic pain, anxiety, sleep disorders, and attention deficit disorders means that more employees are using medication during work hours.

Certainly, illegal drugs are a hazard, but the medicines we receive from doctors and pharmacies are so easily obtained – and so easily misused – that they contribute to more deaths and injuries on the job than higher-profile illegal drugs.



READ...LEARN

You should **always** read the warnings and instructions provided with any medication you are taking. This can be on labels or in package inserts. You need to know how much to take and what the possible side effects may be. These may include dizziness or drowsiness. If you take more than one prescription, over-the-counter medication, or herbal remedy, discuss possible interactions with your physician or pharmacist.



MEDICATIONS AT WORK

If you are taking medication, things to consider include:

- You are responsible for determining if you are able to safely perform your duties while using medications and for reporting any concerns to your manager.
- Talk to your physician about the tasks you perform at work and discuss side effects in terms of completing those duties, especially if you drive vehicles or use power tools.
- Pain medication, and the condition being treated, may limit your mobility and delay your responses.
 - Pay attention to your medicine, particularly the instructions on how you should take it, the correct dosage, and warnings about interactions with other medications. Never exceed the maximum dosage.
 - If you are having trouble sleeping, you are more likely to end up fatigued at work; however, sleep medications and stimulants (including coffee) can mask symptoms of fatigue instead of relieve them.
- Many people are susceptible to the amount of antihistamine in cold pills. The side effects include lowered alertness and slowed responses.
- Never take someone else's prescription medication.

BOTTOM LINE

It is better to miss work, or handle other duties for the day, than to risk injury to yourself or a co-worker.



Preparation: Are you prepared for a spill? Can you easily find information and resources? Departments should review area specific procedures periodically.

- Know the location of your nearest Emergency Resource Book, the emergency response plan, and evacuation routes.
- Look for yellow emergency contact stickers on phones.
- Every area has an MSDS book. This should be updated annually and contain an index. Material Safety Data Sheets provide a great deal of information on the chemicals used in your area.
- PPE!! Use the appropriate Personal Protective Equipment for the task. Gloves, gowns, goggles, and face shields are available.



Response: When a spill happens, stay calm and activate appropriate procedures. Initiate clean up **ONLY** if you are comfortable and know what was spilled.

For all other spills, Environmental Health has the expertise, supplies, and equipment to determine the appropriate response.

- Report spills immediately. Who to call?
 - ⇒ Environmental Health & Radiation Safety is available during business hours at **494-7795**.
 - ⇒ Also, someone from the office is on call 24/7 and can be reached through Public Safety.
 - ⇒ Public Safety is available 24/7 at **494-4444**.
 - ⇒ Not on campus? Call **911**.
- If spill response is required from EHRS, evacuate the area, ensure others do not enter, and do not re-enter until you are told it's safe to do so.



Evaluation: Regulations and good practice requires that we review and evaluate spills, then take appropriate steps to adjust work practices or make changes to prevent the same spill from happening again. During the evaluation, you may be asked questions about the event, your training and knowledge on safety procedures, or asked to provide your opinion on preventing future incidents. It's important to implement any recommendations to create a safer work environment.

Questions?

Call Environmental Health & Radiation Safety at
494-7795



Sitting at a desk, standing at a work station and working with patients for extended periods of time can cause stiffness, strain, and muscle tension. Take a break once an hour to relieve stress and tension, relax, and prevent pain and injury.

While working, stretching, and relaxing, remember to **BREATHE**. A deep breath can relieve tension, increase energy, and increase alertness.

Next time you need a break, try these stretches:

Wrist and hand stretches



Shoulder and arm stretches

