

# RAM Safety Source

*All things related to research safety culture at CSU*

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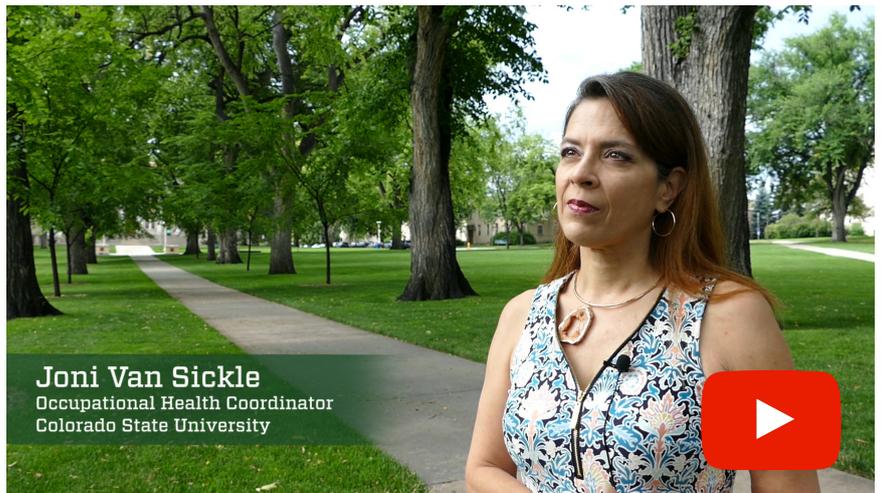
## Research Safety Culture Program

e. [anthony.appleton@colostate.edu](mailto:anthony.appleton@colostate.edu)

w. [https://www.research.colostate.edu/  
research-safety-culture/](https://www.research.colostate.edu/research-safety-culture/)

t. [@RamSafeResearch](https://twitter.com/RamSafeResearch)

p. 970-491-2015



**Joni Van Sickle**  
Occupational Health Coordinator  
Colorado State University

## Occupational Health

**All researchers should complete the  
online Occupational Health Risk  
Assessment.**

Occupational Health supports the welfare of the CSU community through risk assessment, application of controls (engineering, administrative and PPE), and medical surveillance, in order to meet our goals of providing the safest and healthiest work environment possible at CSU, as well as meeting University, funding, accreditation, and regulatory requirements. We are safer when we are aware of risks and use our resources to reduce them. We take a collaborative approach to prevent injuries and illnesses. When incidents or concerns do arise, we approach them as opportunities to educate, build safety, and cultivate relationships. Rams take care of Rams and CSU Occupational Health ([webpage](#)) is here as a resource for you.

# Local Research Safety Teams

We now have FOUR teams!

- Scott Bioengineering Building
- Field Safety
- Data Integrity & Security
- CORE ARC-MMA
- Would you like to start or join a team? Go [here](#).

Our LRSTs are also part of the ACS Division of Chemical Health & Safety's national movement for empowering researchers to take ownership of their safety. Our LRSTs attend the Safety of Science Journal Club, which has recently launched the 2020 Safety Culture Series.



## 2020 SAFETY CULTURE SERIES Science of Safety Journal Club

Brought to you by the ACS Division of Chemical Health and Safety



- Oct 13: Jessica Martin to lead a discussion on definitions of Safety Culture in the literature
- Oct 20: Dr. Mahesh Mahanthappa of the University of Minnesota (2020 CHAS Laboratory Safety Institute Graduate Research Faculty Safety Award winner)
- Oct 27: Dr. Mary Beth Mulcahy of ACS Publications & Sandia National Laboratories
- Nov 3: Dr. Imke Schroeder of the UC Center for Laboratory Safety
- Nov 10: Dr. Anthony Appleton of Colorado State University (2020 CSHEMA Marketing Campaign 1<sup>st</sup> place winner)
- Nov 17: Dr. Dominick Casadonte of Texas Tech University
- Dec 1: Ralph Stuart of Keene State University and the current Chair of the ACS Committee on Chemical Safety
- Dec 8: Jessica Martin to lead a post-series reflective discussion on the concept of Safety Culture

Would you like to join the discussion? Fill out the Google Form here: <https://forms.gle/JJTLFJ3Xg6KP42gZ8>  
Any questions? Contact Jessica A. Martin at [jessica.a.martin@uconn.edu](mailto:jessica.a.martin@uconn.edu)

## Empowering Resources for Researchers

### NIH Webinars:

- [Culturally Aware Mentorship](#)
- [Starting Your Own Lab](#)
- [Leadership and Management as a Scientist](#)

### ACS Empowering Academic Researchers to Strengthen Safety Culture Workshop:

- CSU's Research Safety Culture Program currently sponsors 14 participants!
- Read more details [here](#).
- Contact the RSCP Coordinator, [Anthony Appleton](#), if you would like to participate in future workshops.



# Safety Champion: Frank Gonzales Ergonomics



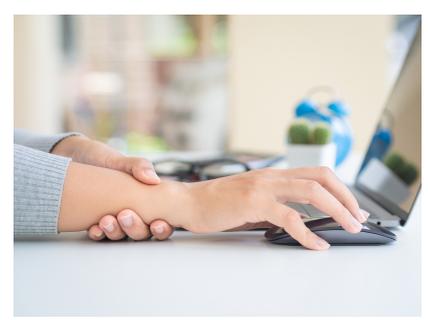
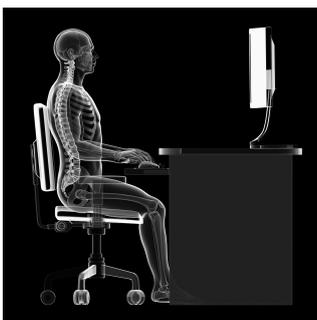
The Ergonomics Program is a division of RMI

Ergonomics is not just about office and computer work. There is far more to it as this month's Safety Champion, Frank Gonzales will tell you. Performing animal care and handling, materials handling, or working in a lab can be evaluated for good ergonomics. One of the primary goals of ergonomics is to design tasks, tools, equipment and environments to meet employees' capabilities and limitations. In addition, ergonomics also seeks to reduce the risk for injury, to improve productivity, and to enhance health and well-being. Any job task can and ideally should be evaluated to ensure proper ergonomics.

The CSU Ergonomics Program offers a variety of ergonomic related services, customized job-specific training, and educational sessions, product and/or equipment assessment and review.

To ensure a safe workplace and reduced employee exposure to recognized ergonomic hazards, Frank recommends an ergonomic evaluation. Employee participation plays an enormous role in the ergonomics evaluation process at CSU and employees are strongly encouraged to become active in the program. Opportunities include evaluation of individual workstation and/or work processes, coordination of training sessions, or review of equipment and tools. Employees can also become more educated and empowered to make recognizing ergonomic risks part of their daily responsibilities.

*Proper training and awareness of ergonomic principles is crucial; however, its importance can often be overlooked. Identifying work site-specific ergonomic hazards on a daily basis helps employees avoid work-related injuries.*



Do you know someone or a group that should be nominated as a Safety Champion? Let us know by filling out this short survey.

# FIELD CAMP SAFETY & LOGISTICS

**5 Professors  
5 Weeks Outdoors  
1 Guidebook**



"Where is a place I can go to get the information I need? ***I know*** I can go here and I can find information that will deal with this situation."

GEO436: Summer Geology Field Camp is an amazing course that involves a lot of planning. With five professors, many TAs, and 20-30 students mostly working outdoors for five weeks, there is a lot to account for. Nikki Seymour, a former VPR Fellow, worked with a team led by Rick Aster to produce a guidebook to assist in creating an amazing, safe student experience. Codifying rules and expectations is important. Learn more by clicking on the play button.



**NIKKI SEYMOUR**  
GEOSCIENCES PH.D. CANDIDATE, 2018 VPR FELLOW

"It's an annual process of putting together this course. Lots of logistics and different student needs from year-to-year. We really wanted to get this organized, both from a ***safety and logistical*** perspective."



**RICK ASTER**  
DEPARTMENT HEAD, GEOSCIENCES

# SUSTAINABILITY



The President's Sustainability Commission has the important role of providing the President and Cabinet a variety of perspectives on sustainability from an environmental, economic, and social justice lens.

Learn more [here](#).

**CSU Sustainability Fund**  
**GREEN MONEY FOR GREEN PROJECTS**  
**UP TO \$10,000 PER PROPOSAL**

Proposals received by November 18th, 2020 will be prioritized. However, we will accept proposals on a rolling basis until December 31st, 2020! For more information, funding guidelines, and proposal submission, please visit

<https://green.colostate.edu/csu-sustainability-fund/>

**Sponsored by**



**PRESIDENT'S SUSTAINABILITY COMMISSION**  
COLORADO STATE UNIVERSITY





Dear Ram Community,

My name is Rebecca Moritz and I am your new Biosafety Office Director. Prior to moving to Fort Collins in September, I spent my entire life in the great state of Wisconsin, either in Manitowoc (where I grew up) or in Madison. I am a double graduate of the University of Wisconsin-Madison, where I also worked for 14+ years. The last 10 of those years, I worked as a biosafety and biosecurity professional.

I am absolutely thrilled to be in Colorado and part of the CSU Ram family. Everyone I have met has been incredibly welcoming to me. My first few weeks on the job have been a deluge of information and I know I have barely scratched the surface of everything I need to learn. I look forward to getting to know more of CSU's outstanding researchers and their research.

Although the Biosafety Office is under new leadership and over time things will naturally evolve, what will not change is that the Biosafety Team is here to help you conduct your research safely and securely. It is our goal to be an integral part of your research, from idea to publication. Where there are regulatory, facility, or training hurdles to cross, it is our job to get you over those barriers. The sooner you contact us with your ideas the sooner we can help you get that research underway.

Going forward, we hope to continue collaborating with the Ram research community to grow CSU's research enterprise in a safe, secure, sustainable and ethical manner.

Thank you for the wonderful welcome! GO Rams!

**Rebecca Moritz | Biosafety Director**



# Safety Story: Safety Basics & RAMP

In 2016, an article entitled "[RAMPing up safety education: The time is now](#)" appeared in Chemical & Engineering News. This article focused almost exclusively on safety within the chemistry education environment. RAMP is shorthand for a set of principles that can be applied by anyone in any setting doing any process! This means whether you are performing biological research, hiking one of NoCo's awesome mountain trails, studying Class IV lasers, cooking, or handling select agents, RAMP can help you do so more safely!

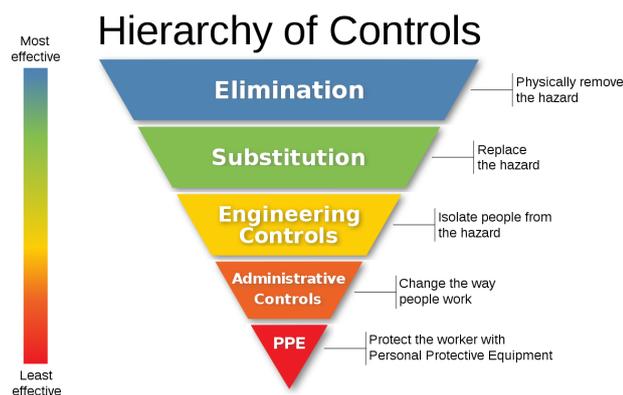
The Principles of RAMP are easy enough:

[Recognize Hazards](#)

[Assess the Risks of Hazards](#)

[Minimize the Risks of Hazards](#)

[Prepare for Emergencies](#)



Have you ever considered the difference between a risk and a hazard? Shhh, no one will know if you click [here](#) to learn more. After you've looked at the definitions, consider the [Fundamentals of Hazard Assessment](#). Once you've figured out what the hazards are, how might you control the hazard? The [Hierarchy of Controls](#) can help you figure this out. Additional resources can be found [here](#). A great start for any researcher at CSU is to complete your [Occupational Health Risk Assessment](#) as soon as possible and make sure it stays current.

**R**

Recognize Hazards

**A**

Assess the Risks of Hazards

**M**

Minimize the Risks of Hazards

**P**

Prepare for Emergencies

Do you have an idea or would like to contribute to the RAM Safety Source?

Please contact

[anthony.appleton@colostate.edu](mailto:anthony.appleton@colostate.edu)

**RAM SAFE**  
VICE PRESIDENT FOR RESEARCH

**COVID-19 RECOVERY**

Working safely may get old,  
but so do those who  
practice it.  
-Unknown