VOLUME 1 ISSUE 5 FEBRUARY 2021

RAM Safety Source

All things related to research safety culture at CSU

In This Issue

Empowering Resources for Researchers: FREE Jove Research Training Videos

Safety Champions: Scott Bioengineering Safety Team

Safety Champions: New Year's Resolutions

Ask Me, I Care *NEW* Weekly Office Hour

Sustainability: $$$ 2021 International Freezer Challenge

Safety Story: African American Achievements in Safety

Research Safety Culture Program

e. anthony.appleton@colostate.edu
w. https://www.research.colostate.edu/ research-safety-culture/
t. @RamSafeResearch
p. 970-491-2015

EHS

Environmental Health Services

Our goal is to protect human health and the environment by providing exceptional safety services in partnership with students, faculty, staff, and the community. We also strive to nurture a sustainable safety culture that fosters an environment of learning, innovation, and discovery.

Please know we are here to enhance your research program, not shut it down. Contact us today. We look forward to working with you! Here are some helpful links:

Chemical Management
Radiation Management
Occupational Health
Safety & Industrial Hygiene

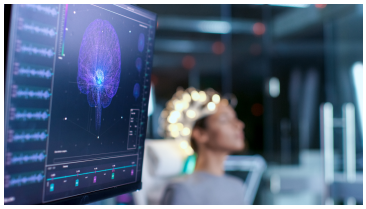
Empowering Resources for Researchers: FREE Jove Research Videos of Laboratory Methods & Concepts

How to create a FREE account:

1. **Go to jove.com**
2. **Click "Sign-In"**
3. **Click "Create an Account"**
4. **Use your institutional XXXX@colostate.edu email address when registering**
5. **Do not forget to confirm your account via your XXXX@colostate.edu email**
6. **Access thousands of FREE videos!!!!!**

Topics include:

- **Behavior**
- **Biochemistry**
- **Bioengineering**
- **Biology**
- **Chemistry**
- **Clinical Skills**
- **Engineering**
- **Environmental Science**
- **General Lab Safety**
- **Genetics**
- **Immunology**
- **Lab Animal Research**
- **Neuroscience**
- **Physics**
- **Psychology**



Safety Champions:
The Scott Bioengineering Safety Team

by Abby Ward, Chemistry PhD Student

We started the Scott Bioengineering Safety Team in August 2020 after I attended a safety workshop put on by the American Chemical Society (ACS). The workshop was eye-opening to me and invoked a passion for safety within me.

The major safety ideas I learned:
Safety is not a rulebook – Safety is a culture. When we promote a safe culture through connections and knowledge, we can combat the fear of safety rules and regulations.
Safety alternatives and assessments already exist! ACS provided clear methods to manage safety through risk assessment. If something is dangerous to use, there is almost always an alternative. And if there is not an alternative, minimize the risk.
There are Student-Lead Safety Teams across the U.S. There is an initiative to have a student-lead safety team on each campus across the country. The student-lead aspect gives a friendly face to safety and connections that research assistants may not have felt before.

The main thing that has promoted the success of our new team is consistent team members and manageable goals to accomplish together. We have established safety posters throughout the Scott Building and we send a monthly safety newsletter. One of our favorite newsletters, the January 2021 Safety New Year's Resolutions, is highlighted on the next page.

As we move forward, we are looking to build more safety connections at CSU and we are planning for a Scott Engineering Safety Day in May. If anyone would like to share their role as a Safety Champion at CSU with our Scott researchers, we would love to host you at a short safety day virtual event. Please email me with your interest (award22@colostate.edu).

A bi-weekly Teams video meeting between researchers and safety champions in the Scott Building. From left to right, top to bottom: Michael Nguyen-Truong (Biomedical Engineering, PhD. Student), Danielle Bartholet (Chemical Engineering, PhD. Student), Liszt Coutinho Madruga (Chemical Engineering, Post Doc. Fellow), Abby Ward (Chemistry, PhD. Student), Jessi Vlcek (Biomedical Engineering, PhD. Student), Roberta Maia Sabino (Advanced Materials Discovery, PhD. Student), Dr. Ellen Brennan-Pierce (Scott Bioengineering, Safety Champion). Not Pictured: Lakshmi Abburi (Electrical and Computer Engineering, PhD. Student)

Scott Bioengineering Safety Team

Safety New Year's Resolutions

1. **Work Safely Alone**
   a. Use the Buddy System. If you are going to be in lab alone, let someone in your lab know when you get to lab and when you leave.
   b. Be familiar with who is in your lab or close ones when you're there, in case of an emergency.
   c. If you're the only one in the building, be cautious of the elevators.
2. **Think about others**
   a. Keep everyone safe in the lab.

   b. Practice your lab's emergency drills and make sure everyone in the lab knows how to keep themselves and others safe.
3. **Always be aware of strange sounds or smells**
   a. What to do if you smell something "off" ... Leave the lab, don't inspect the lab for the culprit.
   b. Call the Lab Manager (posted on the outside of the door).

4. **Keep your ears open**
   a. Headphones: use one or none.
5. **Keep your eyes safe**
   a. Check your eye wash station in your lab once a week. Here is a video.
   b. Always wear the correct eye protection.

6. **Have fun in the lab, but not too much fun**
   a. Don't come to lab under the influence.
7. **Avoid chemical burns**
   a. Work with high molar acid and/or base in the fume hood.
   b. If you do get burnt: Don't neutralize on your own skin.
   c. Before you work with an acid or base, learn the best way to treat an exposure. This website gives advice for different types of acid burns.
   d. Keep an extra set of clothes in the lab.
8. **Locate and know how to use the Safety Showers**
   a. If you need to use one, you should not have any clothes on for the shower to be effective.
   b. The fire blankets by the elevators can be used as a curtain.

Ask Me, I Care Weekly Office Hour

Every Thursday from 130-230 pm MST, the Research Safety Culture Program will hold an open office hour on MS Teams.

Join on your computer or mobile app.
Click here to join the meeting
Or call in (audio only)
+1 970-628-0547, 779263208#
Phone Conference ID: 779 263 208#

SUSTAINABILITY

freezerchallenge.org

2021 International Laboratory Freezer Challenge

Sign-up and join the Freezer Challenge today! Here are a few incentives:

- All CSU participating labs that complete a scorecard will receive a *Certificate of Participation* to proudly display in your lab
- Unplug an unnecessary ULT, send it to surplus – **we'll cover the cost**
- Buying a new ULT to add to your fleet or replacing an old one – we could give you **$2,000** for choosing an energy efficient model

You need to submit your Freezer Challenge scorecard by **June 1, 2021** to earn the **incentive money** (while funding lasts!). CSU Facilities Management, the CSU Green Labs program, and the Office of the Vice President for Research strongly support the spirit and goals of the Challenge and encourage your participation. Please contact Stacey Baumgarn if you have any questions – and thanks for the work you do!

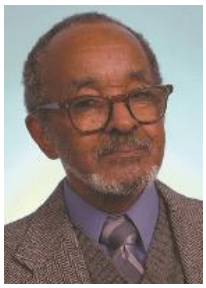
Safety Story: African American Achievements in Safety

AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Thomas Martin
Born a free man, Martin received a patent on March 26, 1872, for the first fire extinguishing suppressing apparatus, which later was remodeled as a portable extinguisher.

Granville Woods
Woods made train communication between the station and other trains possible by inventing the "Synchronous Multiplex Railway Telegraph." He is also responsible for inventing automatic air brakes for trains and the "third rail" concept, all being used in mass-transit rail systems today.

Garrett A. Morgan
Morgan's safety helmet was used by the allied forces in World War I and served as the prototype for the modern-day respirator. He also patented the directional traffic signal, later changed to three colors, which now directs traffic on most roads and highways around the world.



Emmett Chappelle
In 1958, Chappelle joined the Research Institute for Advanced Studies in Baltimore, a division of the Martin Marietta Corporation that was famous for designing airplanes and spacecraft. There, Chappelle discovered that even one-celled plants such as algae, which are lightweight and can be transported easily, can convert carbon dioxide to oxygen. This discovery helped to create a safe oxygen supply for astronauts.

Do you have an idea or would like to contribute to the RAM Safety Source? Please contact anthony.appleton@colostate.edu

RAM SAFE
VICE PRESIDENT FOR RESEARCH

COVID-19 RECOVERY

"Safety brings first aid to the uninjured."
– F.S. Hughes