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ESH&A Newsletter - November 2016



This Holiday Season Tie One On For Safety

MADD (Mothers Against Drunk Driving) invites you to [Tie One On For Safety](#). The holiday season (not to mention football tailgates, semester breaks, and basketball parties) can be a dangerous time of the year.

Remember:

- [Buzzed Driving is Drunk Driving](#)
- Designate a driver
- Friends (and family) don't let friends (and family) drive drunk



The Laboratory's Environmental Management System Steering Committee has identified a way to **help you find the chemicals you need** for your research!

With the success of migrating laboratory chemical inventories to [Quartzly](#), the committee identified that Quartzly can help you search for chemicals you need for your projects.

Log-in to [Quartzly](#), choose Inventory, look for the "Chemical Redistribution" group, request to join if you are not a member, and search for the item you need.

If you do not see the chemical you need, contact [Sarah Morris-Benavides](#) for help locating the chemical.

The more we can re-use, share or redistribute items throughout the laboratory, the more we are reducing our environmental impacts; by lowering transportation and waste disposal related greenhouse gas emissions, not to mention saving you from using your project budget!

See the [Waste Minimization and Pollution Prevention](#) plan for more methods to reduce the impacts of your work.

Please [contact us](#) with your ideas to help Ames Laboratory's Environmental Management System Steering Committee reduce our environmental impacts.



November's Safety Hero is Mark Wallingford!

Mark is an Assistant Scientist in Dr. Pat Thiel's research group. Mark is leaving us for a job at Mantis Deposition and Sigma Surface Science, where we're sure he'll utilize not only his research skills, but also pass on his dedication to working safely.

"Mark has improved safety adherence and attention to lab organization in my group, and this has been obvious in the positive results of the annual walk-throughs. He has organized and reduced the spare electronics and hardware in the group. He took the initiative of becoming QEW-certified, thereby reducing down-time on our electronics and increasing safety awareness in general. He has brought us up to date on Readiness Reviews for our experiments."

-Dr. Thiel



**Thanks, Mark, for all you have done to
promote safety within your area
and across the Lab!**

Good Luck!



Documentation and Dissemination of Research Fun Fact:

Making sure your lab notebooks are up-to-snuff and that your papers, data-sets, theses and/or dissertations have the correct acknowledgments and are submitted in the correct way is the “not so fun” part of research. The DOE has many requirements and it can be difficult to keep up with them all.

We are here to help!

Every month the Training Department in conjunction with Scientific Planning, Tech Transfer and Intellectual Property, Records Management and Scientific and Technical Information, will be providing you with a fun fact to implement into your regular documentation and dissemination of research procedures. Let's take the “not so fun” out of research!

November's Fun Fact: Electronic documentation of your research is NOT the same thing as electronic record-keeping. Ames Laboratory does not use electronic lab notebooks. You may maintain documentation of your research electronically; however when you leave the Laboratory you will be required to print out all documentation and glue individual printouts into authorized Ames Laboratory notebooks. If you have been with the Laboratory for a long period of time and haven't started this practice, we encourage you to do so now!

Additional questions about lab notebooks can be directed to [Rhonda Deshong](#).

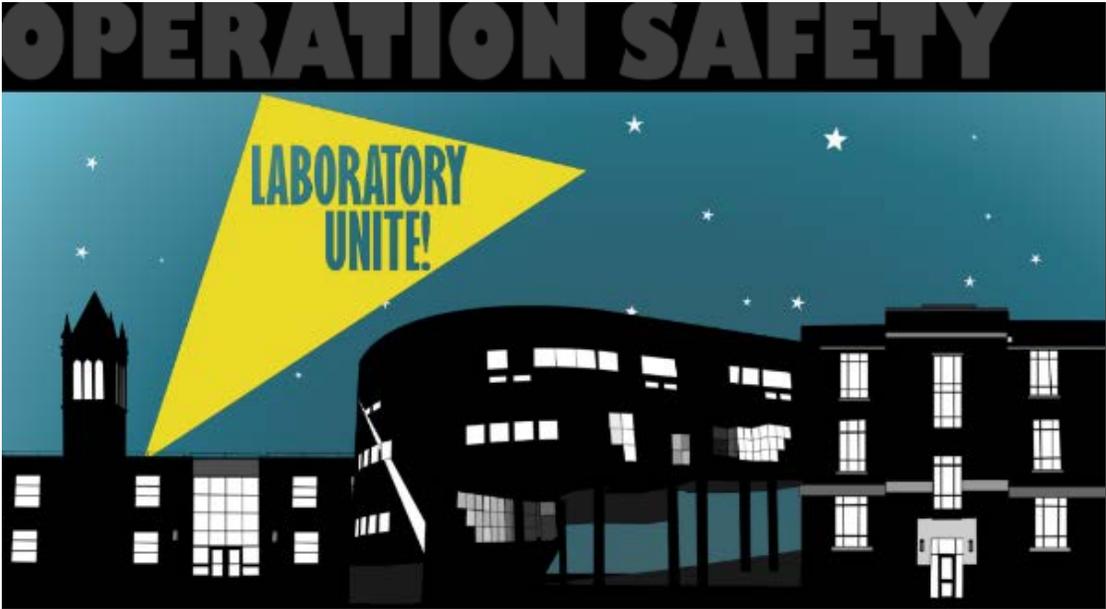
TRAINING

Training Courses Now On The Ames Laboratory Website:

Did you notice the calendar on the Ames Laboratory website?
Haven't seen it?

Head [here](#) to check it out.

The Training Department will be listing all upcoming classroom trainings on this calendar. You are always welcome to come to our office and check out our wall calendar, but we think this option might save you a bit of time!



OPERATION SAFETY

LABORATORY UNITE!

Operation Safety Seminar
November 17th at 10:30am in 301A Spedding

The banner features a dark blue background with a yellow triangle containing the text 'LABORATORY UNITE!'. Below the triangle is a silhouette of a large building with many windows, some of which are illuminated. The top of the banner has the text 'OPERATION SAFETY' in large, bold, white letters. At the bottom, the text 'Operation Safety Seminar' is in white, and 'November 17th at 10:30am in 301A Spedding' is in yellow.

Hot Topics in Nutrition: What Does the Science Say?

This seminar will focus on hot topics in nutrition including conventional versus organically grown produce, gluten free, hormone and antibiotic use in animals, GMO's, and MyPlate. Information on these topics and reliable resources for more information will be shared during the presentation.

[Click here](#) for more information.



Are you interested in helping ISU Human Sciences Extension pilot a wellbeing program?

“What About Me? My Wellbeing.”

It is a 4 session series that introduces participants to wellbeing and how they can improve their personal wellbeing. The 3 focus areas of wellbeing are:

- Social/Emotional-the nurturing of relationships with ourselves and others and living a purposeful life
- Financial-financial security and freedom of choice, in the present and in the future
- Physical-feeling very healthy and full of energy

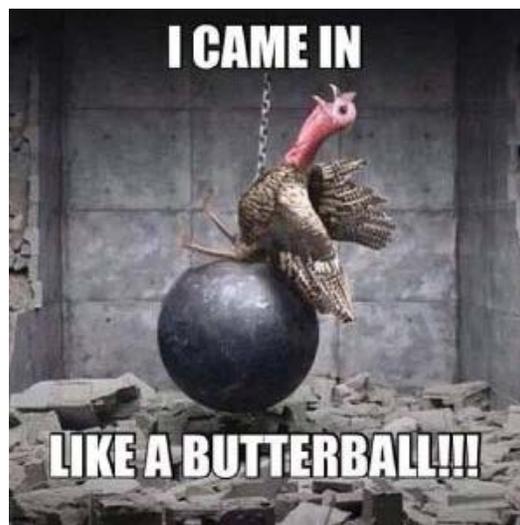
The sessions will be held at 12:00pm each Thursday in January 2017, and each session is 45 minutes long. They include some information sharing, hands on activity, action planning (goal setting), and sharing of resources. Participants need to **commit to attending all 4 sessions.**

Please [RSVP or e-mail](#) for more details.

New Injury Reporting System

On October 31, 2016, University Human Resources launched the new [ISU Incident Portal](#). Ames Laboratory employees and supervisors are directed to use this new system in the event of an injury. Of course, please seek medical attention first if needed at Occupational Medicine or Mary Greeley.

If you have questions please contact Ames Laboratory Human Resources (4-2680), ESH&A (4-2153), or Occupational Medicine (4-2056).



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