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# Ames Laboratory

## *Creating Materials & Energy Solutions*

U.S. DEPARTMENT OF ENERGY

### *ESH&A Newsletter - December, 2015*

#### Manager's Message

Warm season's greetings from all of us at ESH&A and Training & Documents. We hope you are closing out 2015 in fine fettle, and are looking forward to a safe and healthy 2016.

2015 has been a year of change and excitement. Two old friends (Tom and Amy) left the ESH&A family, but three new friends joined (Hiliary, Laura, and Sean). And despite having a significant safety event in June, the Laboratory is fortunate to have closed out the year with no serious personal injuries or lost work days. The credit for that goes to you. Thanks.



In 2016 we pledge to continue to grow and improve our services to Ames Laboratory. Our focus is performance improvement and ensuring the safest possible work-place. We need your guidance to provide you with the best tools, information, and space to facilitate safe work. To that end, I am personally inviting you to contact me directly with feedback. Give me a call, send me an e-mail, or better yet, come to G40, sit down, and tell me what you need. I will do my best to address your concerns.

Have a great New Year.

Sean

ESH&A Manager



Are you one of the 310 Ames Lab employees who have overdue training? Start the New Year out right and complete your training. If you have Cyber Train related questions please contact Molly Granseth at [mgranseth@ameslab.gov](mailto:mgranseth@ameslab.gov) or Hiliary Burns at [hburns@ameslab.gov](mailto:hburns@ameslab.gov). You can also visit our office in 105 TASF.

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### Welcome Laura Kim, Industrial Hygienist

We are pleased to welcome Laura Kim to Ames Laboratory and ESH&A. Laura has extensive industrial hygiene and safety experience. She comes to us by way of Iowa State, where she worked for EH&S as an industrial hygienist since 2011. Prior to working for ISU, Laura was a safety specialist for Firestone in Des Moines. Laura received her B.S. in Industrial Technology from ISU, and is currently pursuing an M.S. in the same field.

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### WALK SAFE THIS WINTER

Slips and falls are a frequent seasonal accident at Ames Lab, ISU, and away from work. Ames Laboratory is emphasizing WALK SAFE as a reminder to watch for slick spots outside AND inside buildings. Ice and snow are treacherous, and water on floors can be almost as dangerous. Here a few tips for safe winter walking:

- Wear proper shoes or boots, and Yak Tracks if needed
- Keep three points of contact when stepping out of vehicles
- Use hand rails and avoid phone use while walking
- Remove traction cleats when entering building

- Wipe feet on floor mats
- Report slick conditions and wet floors

Iowa State University is also promoting Safe Winter Walking. Check out more information, and an entertaining video with a couple of familiar faces:

<http://www.ehs.iastate.edu/news/walk-safe-winter>

Slipping on a banana may be comedy gold, but in real life slipping and falling hurts, and may lead to serious injury. So watch for slick spots, and walk safe this winter!



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