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AMES LABORATORY

Creating Materials & Energy Solutions

U.S. DEPARTMENT OF ENERGY

JULY

ESH&A Newsletter - July 2017



Violent Incident Response Training (VIRT)

Iowa State Police Department will be providing VIRT training to Ames Laboratory employees on Tuesday, August 1 from 9:00am – 12:00pm. Any Laboratory employee is welcome to register and attend this training.



The goal of this training is to begin your mental preparation of recognizing, assessing and responding to threats against you. Society has trained us to react to fires, earthquakes, tornadoes, floods and other types of disasters. This program is no different. By studying what has worked in past violent incidents around the world, it has been found that certain techniques work and others don't. This training is not designed to scare you into thinking there is a violent situation lurking around every corner; it is designed to provide you with options should you be in a violent situation.

**Please contact the Training Department at
4-9972 or traininghrly@ameslab.gov to register
for the course.**



STEP RIGHT UP!

OPERATION SAFETY MONTH

Step Right Up! Operation Safety Month saw over 170 people take part in trainings, talks, and activities designed to help you be safe and healthy.

Lead By Example: Week 1 was all about being a positive example. In TEAM trainings, participants learned tips and tricks to better communicate with their groups. At our annual Red Cross Blood Drive we collected 45 units.

Be Safe and Sound: Week 2 focused on improving safety within the Laboratory with a speaker presenting on a student-led Joint Safety Team. A science and safety panel discussion featured scientists from across industry, academia, and government and highlighted the parallels and divergences amongst the various safety and laboratory settings.

Be Aware and Be Prepared: Week 3 offered new AED orientation and gave our SULI students a valuable lesson in writing SOPs to ensure their laboratory processes are carried out safely and consistently.

Don't Just Sit There!: Week 4 emphasized the importance of staying active and healthy. Attendees learned about healthy longevity, living an active lifestyle, and did some yoga! Finally, we capped the month off with a Safety Carnival with games, lunch, prizes, face-painting, music, and the dunk tank!

Our **Race to the Tank** made quite a splash! Adam Schwartz, Iver Anderson, Andy Saxton, and Matt Besser all went to the tank. Thank you to all 8 racers for stepping up this month. In total, we raised \$850 dollars for the Boys and Girls Club of Story County!

Beach Towel Winners:

1. Mark Murphy
2. Dave Byrd
3. Beth Cleland

Candy Guess Winners:

Arne Swanson and **John Misra** took the cake, or should we say, candy! **Arne** was the closest guesser for jelly beans and Nerds. John walks away with the gummy bears and Skittles.

Please head down to G40 TASF to pick up your prizes!



Ames Lab Director Adam Schwartz doing the Ball Throw



Surprise! Sarah Morris-Benavides went into the tank even though she was in 5th place



Bruce Spire chose to have the Ames Lab logo painted on his arm

From hallway posters to lively discussions and a wonderful carnival, **thank you** to all who came out to be part of National Safety Month. As always, the Safety Squad values your input so we can continue to plan sessions, seminars, events, and activities that interest and help you. Please take a few minutes to fill out our [survey](#).

And stay tuned for your next Operation Safety event!

See more carnival fun [here](#).



2017 Safety Squad

Don't forget that the Laboratory now offers CPR and First Aid training **free** to any interested employee. To register for a course call the Training Office at 4-9972 or send an email to traininghrly@ameslab.gov

First Aid Courses:

- **Thursday, July 20**
(8:00am – 12:00pm)
-
- **Thursday, August 31**
(12:30pm – 4:30pm)
-
- **Thursday, November 30**
(12:30pm – 4:30pm)

CPR Courses:

- Thursday, July 13**
(8:00am – 12:00pm)
- Thursday, July 27**
(8:00am – 12:00pm)
- Thursday, August 17**
(12:30pm – 4:30pm)
- Thursday, August 31**
(8:00am – 12:00pm)
- Thursday, September 14**
(8:00am – 12:00pm)
- Thursday, September 28**
(8:00am – 12:00pm)
- Thursday, October 12**
(8:00am – 12:00pm)
- Thursday, October 26**
(8:00am – 12:00pm)
- Thursday, November 9**
(8:00am – 12:00pm)
- Thursday, November 30**
(8:00am – 12:00pm)



Sprains and Strains Has Been Updated!

Many people in the Laboratory have had to take Sprains and Strains training. The module was aging and needed to be updated.

A comprehensive review of the learning module was completed and it was determined that the course could be more task-specific and shorter in length.

As of 6/26/2017 Sprains and Strains has been converted to Safe Lifting Practices and will be offered as an online learning module. The module is now 15 minutes in length and will provide specific back safety information for individuals who will be lifting more than 20 pounds as part of their work at the Laboratory.

The Training Department is working hard to update frequently used courses with a focus on relevancy of content. Additionally, it is the goal of the Training Department to make modules concise, shorter, and easier to use and complete.

HAVE A HAPPY JULY!

... ESH&A ...

Making plans for
summer vacation like



KEEP
CALM
AND
BEE
SAFE



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