ESH Newsletter - December 2018

Remember to report any safety or security concerns to safety@ameslab.gov

Newsletter Content
- Chemical Defense Sprays Q&A
- Do You Have a Differing Professional Opinion?
- Lunch & Learn
- DOE Accountability Exercise
- STOP THE BLEED
- Winter Walking
Safeversations
The Adventures of Harley & Frank

Chemical Defense Sprays

Can I have a chemical defense spray in my office?

No if you are in an Ames Laboratory building. Yes if you are in an ISU building.

Violent Incident Response Training (VIRT) teaches us to Avoid. Deny. Defend. Chemical deterrents such as Pepper Spray are a method of defense allowed on the ISU campus, but are not allowed in Ames Laboratory buildings. Federal requirements prohibit the possession and use of mace, pepper spray, tear gas, tear gas gun, or other chemical sprays designed for self-defense in Federal facilities.

So what can I do?

Avoid. Deny. Defend - If you can’t run then fight with whatever you have available. Staplers, tape dispensers, books – throw whatever you can to distract, disarm, or disable.

Violent intruders in the workplace are rare, but are a very real concern. Understanding how to protect yourself if a violent
Understanding how to protect yourself if a violent incident occurs is an important part of employee preparedness. Everyone is encouraged to attend ISU Violent Incident Response Training (VIRT).

The DOE’s Differing Professional Opinion (DPO) process ensures that all employees and contractor employees have the right to report environment, safety, and health concerns that have not been resolved through routine work processes.

To ensure your welfare and productivity, Ames Laboratory has several mechanisms for employees, or anyone who comes into contact with the Laboratory, to report issues potentially affecting the safety of workers, visitors, neighbors, or the environment without fear of retaliation or reprisal.

Here is a list of the options you have for resolving an environment, health, or safety concern:

- Resolve the concern yourself, or contact your supervisor, Safety Representative, or ESH
- To remain anonymous, use the Ames Laboratory Employee Concerns Form and have it delivered to ESH at G40 TASF
- If one or more of the above steps have not resulted in resolution of the concern, you may also use the formal DOE Employee Concerns Management System hotline at 800-676-3267, by contacting the DOE Ames Site Office DPO contact, Karl Moro (630-252-2065) or Karl.Moro@science.doe.gov, or use this link to the form for the DPO process.
Date: Dec 12, 2018

Time: 12:00-1:00pm

Room: 301A Spedding Hall

Lunch & Learn: Tobias Brown of Orangetheory Fitness

Tobias Brown, Manager of Orangetheory Fitness, will outline:

Measurability
• Tracking your intensity during workouts
• Coaching to prevent under/over training
• Short- and long-term fitness goals

Benefits of High Intensity Interval Training (HIIT)
• Helps burn more calories than traditional exercise or burn the same in less time
• Can elevate your metabolism for hours after exercise
• High-intensity intervals can produce similar fat loss to traditional endurance exercise with a smaller time commitment
• HIIT can improve oxygen consumption as much as traditional endurance training, even if you exercise about half as long

Proper Recovery
• Whole foods, protein, carbs, fats, etc.
• Stretching to relieve muscular tension and downplay soreness later
• Prolonged stretching with moderate exercise and diet control will reduce and significantly reverse hardening of the arteries
• Proper sleep giving the body the time it needs to fully restore and recharge
Exercise

The DOE will be conducting its quarterly personnel accountability drill at 8:00 a.m. (Central), Tuesday, December 11. The reporting format will be similar to the August exercise. Information and a Google form will be sent to all personnel the morning of the drill.

Group Leaders and Supervisors - please account for your employees who are out of the lab/office on leave, or who may be in the office but unable to respond. Accounting is most efficient if you use the Google form, but we will accept an email if that is your preference. If you are unsure whether a person needs to be accounted for, or if they have already self-accounted, please go ahead and report for them. We can easily scrub duplicates and non-employees from the official reporting.

In August we achieved 99+% within 4 hours, and 100% reporting by the following morning. The goal for the December drill is 100% within 8 hours. Testing this capability will benefit staff and the Laboratory in the event of a catastrophic incident, either nationally or at the local level.

In an Emergency be Prepared to
STOP THE BLEED
In response to several events involving mass casualties, the Joint Committee to Create a National Policy to Enhance Survivability from Intentional Mass Casualty and Active Shooter Events was convened to develop resources based on best practices. The Committee was made up of representatives from the medical community, Federal government, National Security Council, the military, the FBI, and emergency medical response organizations.

See their website for resources or this poster on how to Stop the Bleed in 3 steps (Caution: This poster may be considered graphic in nature). Alternatively, sign up for the next session of CPR and First Aid on January 24, 2019 and learn these skills first-hand from our own Occupational Medicine staff.

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**Winter Walking**

If you’ve lived here you know the drill - ice, snow, refreeze - all lead to slick walking and driving. Get out the Yak Traks and winter boots, walk like a penguin, and just take it slow.

If you are new to the cold, please take a minute to get some safe winter walking tips from this [video](https://www.youtube.com/watch?v=example) from EMC Insurance.

If slick conditions are forecast or happening, the Guards will stick our now familiar Goofy® "Walk Safe Drive Safe" poster on the exterior doors to give you a heads up.

And if you do slip and get hurt, please report it to your supervisor and have the good folks at Occupational Medicine check you out, even if you think it’s minor.
Use these timely topics for your next Safe-versation!

1. Winter weather is upon us, take a few moments to talk with your co-workers, friends, and family about the following few tips:
   - Take it slow
   - Check the weather before you go
   - Know what features your car has to help you
   - Be prepared: Check tires, brakes, lights, belts and fluids

2. Use your chemical inventory process to make sure everyone in your group is familiar with the hazards, storage, and handling requirements for chemicals used in your space. Need help? Ask ESH or use the following resources to talk with your group about chemical safety in your laboratory.
   - Labels
   - Safety Data Sheets
   - Standard Operating Procedures
   - Chemical Storage Guidelines
   - Potentially Explosive Chemicals
   - Peroxide Forming Chemicals

3. Seven steps towards health and happiness in the lab – The seven items outlined in this article can be applied to any group or department. Take a few minutes to discuss them within your group.
The Adventures of
Harley & Frank
The Ames Labs

On average, Christmas trees account for 200 home fires per year. That’s why I’ve invented a realistic-looking tree 3D printed from Dr. Confield’s BAZINGA alloy.

Totally fireproof, the octahedral structure is strong without being brittle and easily accepts a nanoterrane into the lattice, which continuously releases a pine-fresh scent! Happy and safe holidays!

Later your tree. Use a fake. Check wires. Replace your smoke detector batteries.

Well, Harl, it’s been a great year at the lab.

Nossin Frank, great science, great safety. Can’t wait for 2019.

What’s your plan for next year?

Come on, better win a Nobel Prize. Prove UFT, you know, that sort of thing.

I’m gonna solve that bacon test problem. Happy New Year! Stay safe, everybody.

Mmm, bacon... Happy research! Happy holidays!

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As a member of the Ames Lab staff you are automatically receiving this newsletter.

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