



Lab Chatter

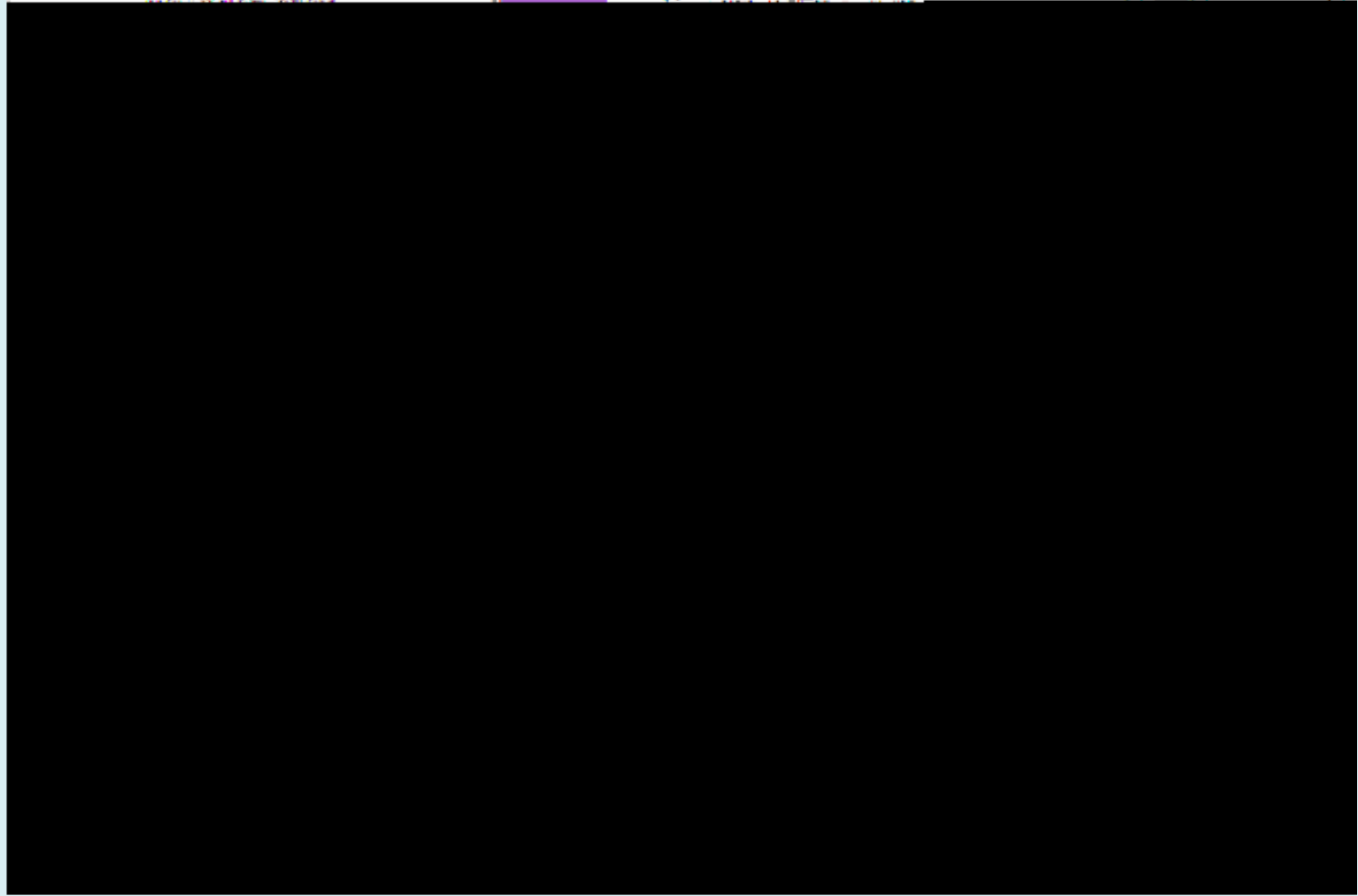
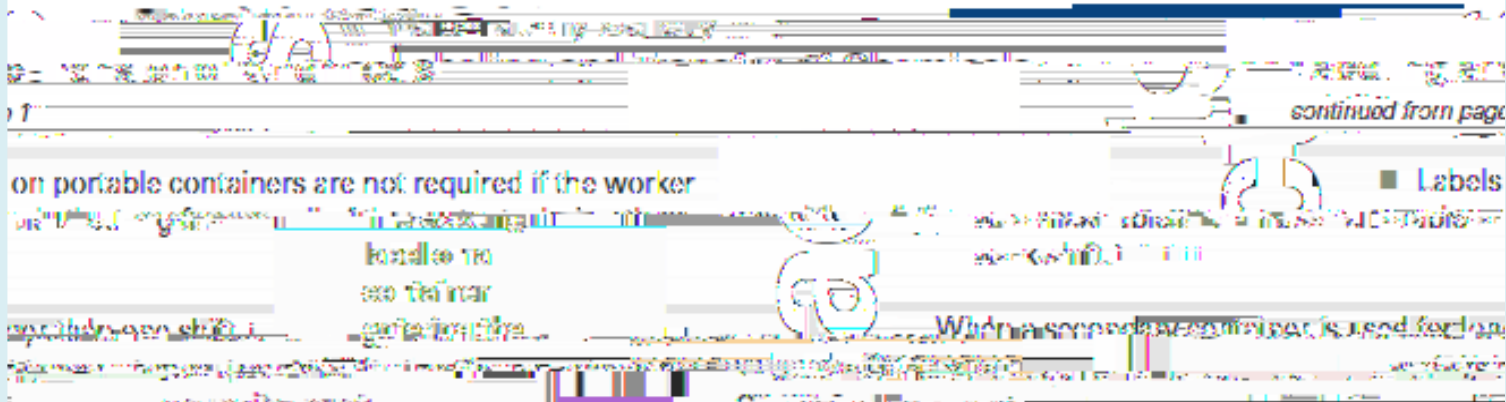
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Contributed by Jessica Tyre

It is evident in these busy times that people are having more and more trouble finding a compromise between working and juggling all the other factors in their lives. It is more important than ever to find that work/life balance that works for you and your family. While work is important, you do not want to lose yourself in your work and neglect other parts of your life. Below are five tips from WebMD for finding a better work/life balance:

When you plan your week, make it a point to schedule time with your family and friends, and activities that help you recharge. If a date night with your partner or a softball game with friends is on your calendar, you'll have something to look forward to and an extra incentive to manage your time well so you don't have to cancel.

Many



5'k cf_Yf'g VUW_]g'Wc a d'cgYX'c ZHfYY' bUhi fU''W fj Yg'hUhiZcfa 'Ub'G-shape. When the three natural curves are properly aligned, ears, shoulders and hips are in the same plane. Poor posture may lead to pain and serious injury. To avoid ergonomic-related risk factors, workers should be encouraged to:

- i' l' gY' U'WUJf' hUhd'fcj]XYg[c'cX' VUW_]g' d' d'c'f' h'U' b'X' 'g' h'U' [U] b' g' h' h' Y' VUW_ 'c' Z' h' Y' 'W' U']f'
- i' @' k' Y' f' h' Y' 'W' U']f' c' f' U' X' ↑ g' h' h' Y' 'Z' c' h' f' b' ['c' f' [Y' h' U' 'Z' c' h' f' Y' g' z'] Z' h' Y']f' Z' Y' h' X' U' b' ['Y''
- i' H' h' h' Y' 'g' Y' U' h' i' Z' c' f' k' U' f' X' 'c' f' use a seat wedge when working in a forward posture; do not jut their chin forward when working. Adjust the position of their work, the work surface, or the chair so that they sit in an upright, supported position.
- i' 5' k' U' m' g' h' f' m' h' c' k' c' f' 'U' h' U' 'V' Y' b' c' h' cut-out; cut-outs can help workers get close to their work while sitting against the back of their chair.
- i' l' g' Y' 'g' d' d' c' f' h' j' Y' 'g' l' c' Y' g' U' b' X' 'W' g' l' c' b' Y' X' 'a' U' h' g'] Z' f' Y' e' i'] f' Y' X' 'h' c' 'g' h' U' b' X' 'Z' c' f' 'c' b' ['d' Y' f'] c' X' g'
- i' ?' Y' Y' d' 'Z' Y' e' i' Y' b' h' i' m' i' g' Y' X' 'h' U' m' g' U' b' X' 'g' d' d' 'Y' g' k'] h'] b' 'W' c' g' Y' 'f' Y' U' W' "

Employers should ensure that workers are aware of tensions that may occur as they perform different tasks. To avoid ergonomic-related risk factors, workers should be encouraged to:

- i' ?' Y' Y' d' 'h' Y']f' 'g' l' c' i' 'X' Y' f' g' 'f' Y' U' i' Y' X' 'U' b' X' 'h' Y']f' Y' 'V' c' k' g' 'W' c' g' Y' 'h' c' 'h' Y']f' g'] X' Y' g' k' \ Y' b' 'k' c' f'] b' ["' 5' j' c'] X' 'f' Y' U' W'] b' ['h' c' 'i' g' Y' instruments and work materials. Maintain neutral wrist and arm postures when working; work with their wrists in a neutral or straight position as if they were shaking hands with someone.
- i' G' h' W' c' g' Y' 'h' c' 'h' Y']f' k' c' f' 'U' f' Y' U' z' 'Y' Y' d' 'c' V' Y' W' g' W' c' g' Y' 'U' b' X' 'U' X' ↑ g' h' h' Y']f' W' U']f' h' c' 'a' U' h' W' 'h' Y' 'Y'] [\ h' c' Z' h' Y' 'V' Y' b' W' "
- i' 5' j' c'] X' 'f' Y' d' Y' h'] h' j' Y' 'c' f' Z' c' f' W' Z' 'h' k'] g' h' b' ['U' b' X' 'h' i' f' b'] b' ['a' c' h' c' b' g' f' Y' ["z opening valves or adjusting microscopes).
- i' G' Y' Y' W' h' Y' e' i'] d' a' Y' b' h' U' b' X' 'h' c' c' g' h' U' h' U' f' Y' 'h' Y' 'f'] [\ h' g' h' Y' 'Z' c' f' h' Y']f' \ U' b' X' g'
- i' l' g' Y' 'd' U' X' X'] b' ['U' b' X' 'h' i' V'] b' ['h' c' 'f' Y' X' i' W' 'd' f' Y' g' g' i' f' Y' 'U' b' X' 'Z' c' f' W' 'k' \ Y' b' 'k' c' f'] b' ["' : c' f' Y' i' U' a' d' Y' z' i' g' Y' 'f' i' V' V' Y' f' h' i' V'] b' ['c' f' forceps to increase diameter and reduce pinch force. Soften sharp edges on work surfaces with padding.
- i' l' g' Y' 'h'] b' z' Y' i'] V' Y' ' ['c' j' Y' g' h' U' h'] h' i' d' f' c' d' Y' f' m' i' :-

Workers should be encouraged to do the following when using hoods and biosafety cabinets:

- Do not place your hands or arms on the front edge of the hood.

- Do not reach into the hood.

- Do not place your hands or arms on the front edge of the hood, but not closer than 6 inches from the face of the hood.

- Do not place your hands or arms on the front edge of the hood.

- Do not place your hands or arms on the front edge of the hood.

