

New biological waste pickup procedures

By Adam Krajicek

Effective November 13, 2006, REM made changes to the campus biological waste pickup program. These changes were prompted by an effort to reduce the risk of injury to our technicians, improve identification of properly treated waste awaiting pickup, and increase efficiency.

New Biological Waste Pickup Procedures

- Place all biohazardous waste into biohazardous waste bags or sharps containers.
- Autoclave or chemically disinfect waste as necessary and place bags into the boxes provided by REM.

- Tape each box shut when it is full. (Please do not overfill the box.)
- Complete and sign the Biological Waste Materials Treatment and Certification Form and attach it to the box.
- Call REM at 49-40121 to schedule a pickup.

Pickup usually occurs on the next working day. Regularly scheduled pickups throughout the week can be set up if necessary.

At the time of pickup, the REM technician will leave behind the same number of new boxes that are picked up. If the waste is not

properly packaged and ready for pickup we will ask you to repackage the waste and submit another pickup request. REM will continue to provide boxes and black trash bags. In addition, tape and a tape dispenser will be provided if necessary.

For questions or concerns regarding these new procedures, please contact Adam Krajicek by email at arkrajicek@purdue.edu or call 49-63072.

For the complete biological waste pickup procedures, please visit the REM website at this address: http://www.purdue.edu/rem/eh/bio_waste.htm.

Correct



Incorrect



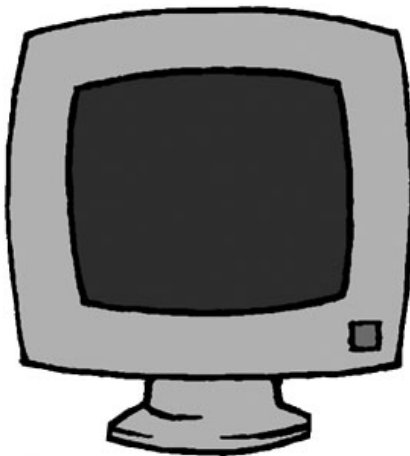
Computer monitor storage and recycling

By Brian McDonald

Many people today are unaware of the federal requirements for computer monitor disposal. The Cathode Ray Tube (CRT), an image display device within computer monitors, contains hazardous materials such as lead, cadmium, barium and mercury. When computer monitors are intact, these hazardous materials are safely sealed and do not pose a hazard. But when computer monitors are broken and the CRT is exposed, the hazardous materials contained within may be released, causing potential harm to both people and the environment. For this reason, the Environmental Protection Agency (EPA) requires all CRTs to be recycled or disposed of as hazardous waste. **Computer monitors should never be placed in a campus dumpster.**

Previously, the EPA only regulated the disposal of computer monitors.

But soon the EPA will begin regulating the storage of computer



monitors as well. These regulations, which go into effect January 2007, will require computer monitors to be stored inside of a secure building and/or container, stored for no longer than one year, and all broken monitors must be placed in an appropriate container and labeled with the words "used cathode ray tube - contains leaded

glass". This means that storing computer monitors outside on loading docks will no longer be possible in the very near future.

All computer monitors that are obsolete must be sent to the University Warehouse located at the INOK facility on North 9th Street in Lafayette. Identifying computer monitors that are non-functional will expedite the recycling process. Complete a Form 9 if necessary for inventory reconciliation purposes. University Warehouse staff will pick up a small number of monitors from campus locations, but General Labor should be contacted if you have a large number of monitors to be transported.

For questions or concerns, please contact University Warehouse at 742-4414 or call Brian McDonald at 49-63712.

Controlled substances: schedule II vs. schedule III

By Bob Golden

U.S. Drug Enforcement Administration (DEA) Schedule II controlled substances require significantly more paperwork and stricter security measures than Schedule III substances. Each Schedule II controlled substance requires a separate inventory and administering record. In addition, ordering a Schedule II controlled substance requires the use of license specific DEA supplied order forms and

storage in a lock box that is bolted down inside a substantial and locked cabinet.

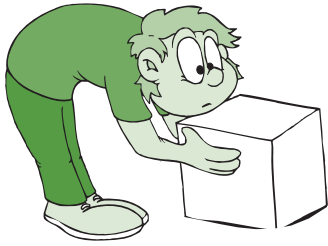
Often times you may reduce your recordkeeping and security workload by selecting a Schedule III controlled substance in place of a Schedule II controlled substance (i.e., beuthanasia instead of pentobarbital). Finding an alternative schedule III controlled sub-

stance is encouraged by the DEA. Check with one of the University attending veterinarians to find the most appropriate scheduled controlled substance for your animal research projects. For other questions concerning controlled substances, contact Robert Golden by email at rwgolden@purdue.edu or call 49-41496.

Taking ergonomics home, part 1

By Regina Brummett

Most of us are aware of ergonomics in our work environment, but how many of us take that awareness home and use it to our advantage? The basics of ergonomics are the same, even when the environment changes, yet we often slip

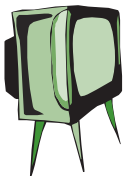


into slouching and slumping postures, use inadequate tools for home repairs, or allow storage and furniture placement that does not optimize our health and safety.

Let's take a tour through the house and spotlight some issues that commonly arise in areas used on a daily basis.

As we step through the entry way or foyer, there are often closets and/or shelves for storage. Coats, backpacks, shoes and umbrellas tossed on the floor are a trip hazard. It's important to have storage designed so that it is easily accessible for both children and adults.

The living room is often used to read, socialize or watch TV. Unfortunately, most sofas are not designed to properly support the spine. Reading or watching TV is



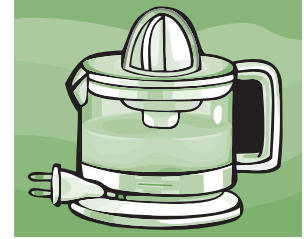
best done from an easy chair or recliner. A good reading chair should allow us to shift in and out of different positions and recline while having the arms supported with padded armrests and support the spine at the same time.

When reading, use directional light that will only illuminate the specific target area. Overhead ceiling lights provide insufficient concentration of the light beam and lead to eyestrain. Bring your book to eyelevel to avoid looking



downward for extended periods of time which tends to develop upper back and neck pain. If sitting at a desk or table, use a bookstand. You may prop a book up on a pillow in your lap or a lap desk rather than holding it up while sitting in an easy chair.

In the kitchen, put the heaviest and most frequently used items in easily accessible places in the work zone. For instance, put heavier pots and pans on mid-level shelves and lighter items on lower shelves. Use a sit-stand chair at the counter if your cooking style involves a lot of chopping and cutting. Use tools such as knives, spoons, and can openers that have a wide, comfortable grip. You may find kitchen utensils designed to reduce the potential of strain injuries in cooking catalogues and cooking supply stores. Keep cutting utensils sharpened. Use powered appliances, such as blenders, processors,



and mixers to reduce repetitive motions.

Use a small stool or open one of the cupboard doors under the sink to rest one foot on and make standing more comfortable when washing dishes. Bend forward from the hips, not the back, and keep your head and neck in line with your spine. Look for cleaning products that will decrease bending and stretching efforts. Consider installing adjustable sinks and countertops, as well as slide out shelving for cabinets when replacements are needed.

The bathroom is a slip or fall waiting to happen. Bath and floor mats need to provide good traction. Hand bars are helpful in preventing falls. A common flaw in bathroom design is sinks and showerheads that are too low which leads to low back and neck injuries. Again, make storage for towels and hairdryers and other bathroom equipment appropriately accessible for the user.



In the laundry room, consider a sliding or foldout surface on the ham-

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Meet our newest staff



Anne Dukehart
Hazardous Waste Chemist

Anne Dukehart has joined REM as a Hazardous Waste Chemist. She brings to this position more than 13 years of experience in environmental chemistry and medical laboratory, including two years at Iowa State University as a hazmat shipping coordinator.

She earned a Chemistry degree from Purdue and has a Medical Laboratory Technician certification. Anne has been married for 16 years; she and her husband have an eight year-old daughter.



Adam McLeland
Industrial Hygienist

Adam McLeland has joined REM as an Industrial Hygienist. In this position, Adam will be responsible for the University's respiratory protection program, permit-required confined space program, hearing conservation program, and lead inspections.

Before joining Purdue, Adam was a staff scientist for three years for August Mack Environmental, an environmental consulting company.

Away from work, Adam enjoys sports, watching movies, and spending time with his family. He and his wife, Kimberly, have a two year-old daughter, Jillian and a two month-old son, Max.

Ergo at home

Story continued from previous page

per or washing machine to eliminate sorting laundry on the floor. Use proper lifting techniques to remove laundry from the dryer. When lifting the basket, bring it close to the knee and body, and slowly stand up while keeping back straight.

This article covered rooms most frequented daily inside the home. Do a quick walk-through in your own home and see how many ergonomic improvements you can make for yourself and your family in those areas. In the next newsletter, ergonomics in the bedroom, the garage, and outdoors will be discussed.

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