

UMCES
Scientists

Hazard Communication

Right to Know

OSHA 29 CFR 1910.1200

COMAR 09.12.33

You have a Right to Know about the hazards that you might encounter on the job.

University of Maryland Center for
Environmental Science



Introduction

The University of Maryland Center for Environmental Science (UMCES) recognizes the responsibility of protecting the safety and welfare of our campus communities and visitors.

Hazard Communication (HC) is also termed the Employee **Right to Know Law (RTK)**.

You have a Right to Know about the hazards that you might encounter on the job. Employees who work with or around hazardous material must have some knowledge of the materials and have a right to understand how the materials can hurt them and how to protect themselves from such harm. Hazard Communication is a requirement of State and Federal laws:

- Occupational Safety and Health Administration (OSHA) regulation
 - 29 CFR 1910.1200
- Maryland regulations
 - COMAR 09.12.33 and
 - Title 5, Subtitle 4, §5-401 thru 410 of the Annotated Code of Maryland – Labor and Employment Article (Access to Information about Hazardous and Toxic Substances).

This HC/RTK training is intended to be consistent with the latest provisions of the OSHA Standard, which incorporates the United Nations Globally Harmonized System (GHS) of Classification and Labeling of Chemicals. The goal of GHS is that the same set of rules for classifying and communicating chemical hazards will be adopted and used around the world.

In order to ensure chemical safety in the workplace, information about the identities and hazards of the chemicals must be available and understandable to workers. The transmittal of information is to be accomplished by means of a comprehensive hazard communication program. Although the Hazard Communication Standard applies mainly to employers, hazard communication is not effective unless you also do your part in working safely with materials. As an employee, you must be able to identify the possible hazards of using a chemical before you start to use it. Don't wait until you have already been exposed to find out that you've put yourself in danger. Read chemical labels and Safety Data Sheets (SDSs) and understand the information they contain. To view a Safety Data Sheet for any chemical go to: <https://login.ehs.com/> and login with ID: **SViewer** and your Password is **UMCESchemicals\$2**. Type in the name of the chemical and hit search. Click on view pdf (it is the adobe pic to the left of the chemical name). The Safety Data Sheet will come up and you can review all the precautions you need to work with it safely. Always follow instructions and warnings about how to use hazardous materials safely. These include written instructions on labels, Safety Data Sheets (SDSs), verbal instructions, and safety information you may receive from supervisors. All the safety information in the world won't help protect you if you don't listen, pay attention, or understand the information you are given. Remember, you should never hesitate to ask questions so that you clearly understand what it takes to protect yourself from hazards of potentially dangerous materials.

What is a Hazardous Material?

DOT Definition of Hazardous Material: "Any substance which may pose an unreasonable risk to health and safety of operating or emergency personnel, the public, and/or the environment if not properly controlled during handling, storage, manufacture, processing, packaging, use, disposal, or transportation".

There are nine classes of hazardous materials.

Class 1	Explosives
Class 2	Compressed Gases
Class 3	Flammable Liquids
Class 4	Flammable solids
Class 5	Oxidizing Materials
Class 6	Poisonous Materials
Class 7	Radioactive Materials
Class 8	Corrosives
Class 9	Miscellaneous



A combination of these different classes of these materials can be found in laboratory refrigerators, freezers, cabinets, and bench tops, maintenance shops, housekeeping closets and storage areas, and even in the business offices. Never eat or store your lunch and snacks in areas where hazardous materials are used or stored (laboratories, maintenance shops, or storage areas containing hazardous materials). Surfaces, appliances, machines and equipment in these areas have all had hazardous materials in or on them at some time and you don't want to contaminate what you will be eating. Do not throw food wrappers or containers in the laboratory trash cans – this is a state and federal regulation and could incur a fine if OSHA were to visit. No food/beverage or their containers should ever be found in the lab or lab trash cans. Why? Because if food and beverage containers and wrappers appear in a lab or lab trash can you cannot prove that you did not consume that product in the lab. You may have casually tossed it there as you passed by. But, you can't prove that to the inspectors! Keep the labs free of consumables.

RISKS

The risks associated with the possession and use of a hazardous chemical are dependent upon a multitude of factors, all of which must be considered before acquiring and using a hazardous chemical. Important elements to examine and address include:

- the knowledge of and commitment to safe chemical use practices of all who handle the chemical;
- its physical, chemical, and biological properties and those of its derivatives;
- the quantity received and the manner in which it is stored and distributed;
- the manner in which it is used;
- the manner of disposal of the substance and its derivatives;
- the length of time it is on the premises, and
- the number of persons who work in the area and have open access to the substance.

The decision to procure a specific quantity of a specific hazardous chemical is a commitment to handle it responsibly from receipt to ultimate disposal. The manner in which chemicals are handled and each period between operations presents opportunities for misadventure.

HAZARDS

There are two types of harmful hazardous materials:

- those that cause **health hazards** and
- those that cause **physical hazards** or **both**.

Health Hazards

A "health hazard" is a product for which there is statistically significant evidence that acute or chronic health effects may occur in exposed employees. The goal of defining precisely, in measurable terms, every possible health effect that may occur in the workplace as a result of chemical exposures cannot realistically be accomplished. This does not negate the need for employees to be informed of such effects and protected from them.

Health hazards, depending on the exposure, may cause significant changes in the body. These changes are generally indicated by the occurrence of signs and symptoms in the over-exposed person, such as shortness of breath, skin irritant, headache, feeling ill, or getting cancer. The determination of occupational health hazards is complicated by the fact that many of the effects or signs and symptoms occur commonly in non-occupationally exposed populations, so that effects of exposure are difficult to separate from normally occurring illnesses. Not all people are affected to the same degree by the same material. Each individual has different levels of susceptibility depending on a variety of factors including: age, inherited characteristics (relating to body chemistry and metabolism), weight, general health, and etcetera. Any material that meets any of the following definitions are considered health hazards. However, this is not intended to be an exclusive categorization.

- **Carcinogens** cause cancer
- **Toxic** or **highly toxic** agents can cause illness, organ damage, and possible death
 - Reproductive toxins affect the reproductive capabilities including chromosomal damage.
- **Irritants** cause a temporary or reversible inflammation of living tissue (such as eyes, skin, or respiratory system).
- **Corrosives** burn/destroy skin or eyes on contact.
- **Sensitizers** cause an allergic reaction in normal tissue after repeated exposure to the chemical.
- **Target organ effects:**
 - **Hepatotoxins** cause liver injury.
 - **Nephrotoxins** cause kidney damage.
 - **Neurotoxins** are capable of causing damage to nerves or nerve tissue.
 - **Hematopoietic toxins** act on the blood or hematopoietic system depriving the body of oxygen.
 - **Lung toxins** irritate or damage pulmonary tissue.
 - **Reproductive toxins** affect the reproductive capabilities including chromosomal damage (mutations) and effects on fetuses (teratogenesis).

Health Effects

There have been many attempts to categorize health effects and to define them in various ways. Generally, the terms "acute" and "chronic" are used to delineate between effects on the basis of severity or duration.

- **"Acute"** effects usually occur rapidly as a result of short-term exposures, and may be of short duration. The acute effects referred to most often are irritation, corrosion, sensitization, narcosis (light headedness) and death.
- **"Delayed effects"** appear hours after exposure. Delayed pain and irreversible damage is begun before you are aware of it. Delayed effects may begin from the slow onset of disease after exposure.
- **"Chronic"** effects generally occur as a result of long-term exposure, and may be of long duration. Similarly, the term chronic effects is often used to

cover only **carcinogenesis** (cancer), **teratogenesis**, (effects on the unborn) and **mutagenesis** (chromosomal damage). These effects are obviously a concern in the workplace, but do not adequately cover the area of chronic effects, including, for example, such as **anemia, chronic bronchitis** and **liver atrophy**.

Toxicology

The science of toxicology is based on the principle that there is a relationship between a toxic reaction (the response) and the amount of poison received (the dose). An important assumption in this relationship is that there is almost always a dose below which no response occurs or can be measured. A second assumption is that once a maximum response is reached, any further increases in the dose will not result in any increased effect. Knowing the dose/response relationship is a necessary part of understanding the cause and effect relationship between exposure and illness. "The right dose differentiates a poison from a remedy". One of the more commonly used measures of toxicity is the LD50. The LD50 (the lethal dose for 50 percent of the animals tested) of a poison is usually expressed in milligrams of chemical per kilogram of body weight (mg/kg). A chemical with a small LD50 (like 5 mg/kg) is very highly toxic. The more toxic a material, the smaller amount necessary to cause harm. A chemical with a large LD50 (1,000 to 5,000 mg/kg) is practically non-toxic. Recognize that the LD50 says nothing about non-lethal toxic effects though. A chemical may have a large LD50, but may produce illness at very small exposure levels. It is incorrect to say that chemicals with small LD50s are more dangerous than chemicals with large LD50s, they are simply more toxic. The more toxic a material is, the smaller the amount of it necessary to be absorbed before harmful effects are caused. The lower the toxicity, the greater the quantity is needed for it to be absorbed and be harmful. The danger, or risk of adverse effect of chemicals, is mostly determined by how they are used, not by the inherent toxicity of the chemical itself.

PHYSICAL HAZARDS

Physical hazard is a material that is classified as posing one of the following hazardous effects: explosive; flammable (gases, aerosols, liquids, or solids); oxidizer (liquid, solid or gas); self-reactive; pyrophoric (liquid or solid); self-heating; organic peroxide; corrosive to metal; gas under pressure; or in contact with water emits flammable gas (29CFR 1910.1200—Physical Hazard Criteria).

Some chemicals have both health and physical hazards associated with them. Physical hazards are the most common and will be present in most workplaces at one time or another. They include unsafe conditions that can cause injury, illness and death. Physical hazards may manifest as fires, explosions, excessive temperatures, or the release of large volumes of gas or toxic or flammable gases or vapors.

Definitions

The **auto ignition temperature** or kindling point of a substance is the lowest temperature at which it will spontaneously ignite in a normal atmosphere without an external source of ignition, such as a flame or spark.

Compressed gas causes asphyxiation, fire, explosions, and can penetrate the skin like a needle injection.

The **flash point** of a volatile material is the lowest temperature at which it can vaporize to form an ignitable mixture in air. Measuring a flash point requires an ignition source. The lower the flashpoint the more dangerous it is. Gasoline is more flammable than diesel. Gasoline will ignite from negative 45°F and upwards. Whereas, diesel needs to be at 144°F before it will

ignite. Materials that have a flashpoint below 100 degrees Fahrenheit (38°C) are considered flammable. Materials with a flashpoint between 100°F -200°F are considered combustible.

Fuel	Flash Point	Auto ignition temp.
Gasoline	-43°C (-45°F)	280°C (536°F)
Ethanol 70%	16.6°C (61.9°F)	363°C (685°F)
Diesel	>62°C (144°F)	210°C (410°F)
Jet Fuel >	>60°C(140°F)	210°C (410°F)
Kerosene	>38°-72°C(100-162°F)	220°C (428°F)
Vegetable Oil	327°C (621°F)	
Biodiesel	>130°C (266 °F)	

An **explosive** material causes a sudden almost instantaneous release of pressure, gas, and heat when subjected to sudden shock, pressure, or high temperature. The lower explosion limit (**LEL**) or lower flammable limit (**LFL**) is the lowest concentration of vapor in air which will burn or explode upon contact with a source of ignition. Below the LEL/LFL, the mixture is too lean (i.e. there is insufficient fuel) to burn or explode. The upper explosion limit (**UEL**) or upper flammable limit (**UFL**) is the highest concentration of vapor in air, which will burn or explode upon contact with a source of ignition. Above the UEL, the mixture is too rich (i.e. there is insufficient oxygen) to burn or explode. The LEL and UEL are usually indicated by the percentage by volume of vapor in air. **The range between the UEL and LEL is the dangerous range where it will explode.** Example - For diethyl ether, the LEL is 1.9% and the UEL is 36% by volume of air. The range between 1.9% and 36% is the dangerous range of diethyl ether.

LEL/LFL and UEL/UFL

Fuel	LEL/LFL %	UEL/UFL %
Acetaldehyde	4	60
Ethyl Alcohol,	3	19
Benzene	1.35	6.65
Gasoline	1.4	7.6
Fuel Oil	0.7	5
Hydrogen sulfide	4.3	46
Toluene	1.27	6.75

Oxidizers bring about an oxidation reaction causing a fire of itself or through the release of oxygen or other gases.

Pyrophoric materials will ignite spontaneously in air at 130°F or below without an ignition source.

Reactive chemicals cause damage by the release of gases that will burn, explode, or produce high pressure that can cause injury to a person. Organic peroxides, unstable materials, and water reactive materials are examples of reactive chemicals.

Specific gravity (SG) is the weight of a liquid compared to the weight of water at the same

temperature and pressure, with water being equal to "1". Pressure is nearly always 1 atmosphere (atm.) equal to 101.325 kPa. Specific gravity is commonly used as a simple means of obtaining information about the concentration of solutions of various materials such as brines, hydrocarbons, sugar solutions (syrups, juices, honeys, etc.) and acids. Substances with a specific gravity of 1 are neutrally buoyant in water, those with SG greater than 1 are denser than water, and so (ignoring surface tension effects) will sink. Those with an SG of less than one are less dense than water, and so will float.

Vapor density is the density of a vapor in relation to the weight of air with air being "1". The vapor density would indicate whether a gas is denser (greater than 1) or less dense (less than 1) than air. The density has implications for container storage and personnel safety—if a container can release a dense gas, its vapor could sink and, if flammable, vapors can collect until it is at a concentration sufficient for ignition. Even if not flammable, it could collect in the lower floor or level of a confined space and displace air, possibly presenting a smothering hazard to individuals entering the lower part of that space. Vapors lighter than air rise and dissipate quicker and pose less of a hazard.

Exposure Limits

To guard against both acute and chronic health effects, scientists have identified exposure limits for different kinds of materials.

- The **PEL**, or permissible exposure limit, is often expressed as the quantity of hazardous chemical that an average employee can safely be exposed to in an 8-hour workday without ill effects.
- Threshold limit values (**TLVs**) are air quality standards developed by the American Conference of Governmental Industrial Hygienists. They are the model for many other air quality limits such as OSHA's PELs. TLVs are the amounts of materials in the air that almost all healthy adult workers are predicted to be able to tolerate without adverse effects.
- Time-weighted average (**TWA**) refers to the average time, over a given work period (such as an 8-hour workday) of a person's exposure to a hazardous materials or agent.
- Short-term exposure limit (**STEL**) is the maximum concentration to which workers can be exposed to a hazardous materials or agent for a short period of time (15 minutes) four times throughout the eight hour day, with at least one hour between exposures.
- Concentrations of hazardous materials in the environment are most commonly expressed as parts per million (**ppm**) and parts per billion (**ppb**). Government tolerance limits for various poisons usually use these abbreviations.

Routes of Entry

In order for a chemical to become hazardous to a person's health, it must first contact or enter the body and the chemical must have some biological effect on the body. There are four major routes of entry:

- **Inhalation** (breathing)
Breathing of contaminated air (fumes, dusts, mists, vapors) is the most common way that workplace chemicals enter the body. Use the fume hood when opening or using chemicals that produce harmful vapors (i.e. acids; bases; flammable and explosive materials).
- **Absorption** (skin/eye contact)
Some hazardous materials, when contacted, can be absorbed through the skin into the blood stream, especially organic solvents, materials dissolved in the solvents, acids, and bases. The eyes may also be a route of entry.
- **Ingestion** (eating)
Less commonly, workplace hazardous materials may be swallowed accidentally if food, Chap Stick, lipstick, gum, your hands, or cigarettes are contaminated. For this reason

workers should not drink, eat, or smoke, chew gum, or apply Chap Stick or lipstick in areas where they may be exposed to toxic chemicals. Never eat or store your lunch and snacks in the lab. Surfaces and appliances have all had hazardous materials in or on them at some time and you don't want to contaminate what you will be eating. Do not throw food wrappers or containers in the laboratory trash cans – this is a State and Federal regulation and could incur a fine if OSHA were to visit. No food/beverage or their containers should ever be found in the lab.

- **Injection**

Injection is the fourth way hazardous materials may enter the body. While uncommon in most workplaces, it can occur when a sharp object (e.g., needle, shard of glass or a stream of high pressure gas) punctures the skin and "injects" a chemical or bio-hazard directly into the bloodstream. For example: If a beaker contains a chemical solution and it breaks and a piece of the glass gets injected into your foot, hand, etc. it will inject the chemical that is adhered to the piece of glass.

Regardless of the way the hazardous materials gets into the body, once it is in the body it is distributed throughout the body by the blood stream. In this way, the chemicals can attack and harm organs which are far away from the original point of entry as well as where they entered the body.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

When adequate engineering controls (i.e. fume hoods) and administrative hazard controls are not technically, operationally, or financially feasible, personal protective equipment must be considered as a supplement. "**Personal protective equipment**" (**PPE**) includes a wide variety of items worn by an individual to isolate the person from chemical hazards. PPE includes articles to protect the eyes, skin, and the respiratory tract (e.g. goggles, face shields, coats, aprons, gloves, shoes, and respirators). PPE does not eliminate hazards but merely minimizes damage from hazards. The effectiveness of PPE is highly dependent on the user. Each type of PPE has specific applications, advantages, limitations, and potential problems associated with their misuse. PPE must match the hazards and the conditions of use and be properly maintained in order to be effective. Those using PPE must be fully knowledgeable of these considerations. Their misuse may directly or indirectly contribute to the hazard or create a new hazard. The material of construction must be resistant with the chemical's hazards and must maximize protection, dexterity, and comfort. Employers must provide appropriate personal protective equipment (PPE) for employees.

Respirators

Respirators should never be used in lieu of using a fume hood. Only when effective engineering controls are not feasible, will appropriate respirators be used. The following definitions are important terms used in the respiratory protection program.

- **Air-purifying respirator** means a respirator with an air-purifying filter, cartridge, or canister that removes specific air contaminants (chemical and or radioactive) by passing ambient air through the air-purifying element.
- **Atmosphere-supplying respirator** means a respirator that supplies the respirator user with breathing air from a source independent of the ambient atmosphere, and includes supplied-air respirators (SARs) and self-contained breathing apparatus (SCBA) units.
- **Filtering face piece (dust mask)** means a particulate respirator with the entire face piece composed of the filtering medium. Dust masks are only used for dusts and some mists.
- **Powered air-purifying respirator (PAPR)** means an air-purifying respirator that uses a blower to force the ambient air through air-purifying elements to the inlet covering. Using a respirator may place a physiological burden on employees that varies with the type of respirator worn, the job and workplace conditions in which the respirator is used,

and the medical status of the employee. *The employer shall provide a **medical evaluation** to determine the employee's ability to use a respirator, before the employee is fit tested or required to use the respirator in the workplace. Before an employee may be required to use any respirator with a negative or positive pressure tight-fitting face piece, the employee must be **fit tested** with the same make, model, style, and size of respirator that will be used.* The employer shall not permit respirators with tight-fitting face-pieces to be worn by employees who have:

- Facial hair that comes between the sealing surface of the face piece and the face or that interferes with valve function; or
- Any condition that interferes with the face-to-face piece seal or valve function.

If an employee wears corrective glasses or goggles or other personal protective equipment, the employer shall ensure that such equipment is worn in a manner that does not interfere with the seal of the face piece to the face of the user. For all tight-fitting respirators, the employer shall ensure that employees perform a user seal check each time they put on the respirator as demonstrated to them during their fit test. The respiratory protection program requires a yearly medical evaluation and fit test. If there is a change in work area conditions, degree of employee exposure, stress, weight gain or loss, new dentures, or any situation that may affect respirator effectiveness prior to the annual medical and fit test, the employer shall reevaluate the situation accordingly. Contact the Environmental Safety Compliance Office (ESCO) if your situation requires the use of a respirator. The ESCO will walk you through the necessary steps.

Gloves

No single glove type can serve as protection from all chemicals. Protective gloves should be worn when handling hazardous materials, toxic chemicals, corrosive chemicals, radioactive materials, bio-hazardous materials, rough or sharp edged objects, and very hot or very cold materials. Disposable latex, vinyl or nitrile gloves are usually appropriate when handling chemicals in a laboratory. These gloves will offer protection from incidental splashes or contact. The appropriate glove material should be selected based on chemical compatibility. The following characteristics should be considered when selecting the appropriate material:

- Degradation
- Breakthrough time
- Permeation rate.

Degradation is the change in one or more of the physical properties of a glove caused by contact with a hazardous material. Degradation typically appears as hardening, stiffening, swelling, shrinking, or cracking of the glove. The worst case scenario is that the material may actually dissolve in the chemical. The slower the degradation occurs in the presence of a chemical the more protective the material is for that specific chemical. There is no standardized test for degradation; each manufacturer generally has its own test.

Breakthrough time: Breakthrough time is how much time it takes from the initial contact of the hazardous material until it is detected on the opposite side of the glove (essentially, when it begins to soak through). Obviously, the greater the breakthrough time, the more protective the material is for that particular chemical. Breakthrough is measured using a standardized test (ASTM F739).

Permeation rate: Permeation rate is a measurement of how quickly a chemical passes through a material at the molecular level. It can be thought of as a slow leak, similar to how air seeps through plastic soda bottles and makes your soda go flat (hence the expiration date on the bottles!). Thicker materials tend to have slower permeation rates. Different manufacturers report permeation rates differently, but a higher number generally means a quicker penetration rate. Please note, however that permeation and degradation do not always correlate.

Gloves should fit the user's hands comfortably – they should not be too loose or too tight. Gloves may be worn for several hours and need to stand up to the task. Once contaminated, gloves can become a means for spreading infectious materials to yourself, others or environmental surfaces. Therefore, the way YOU use gloves can influence the risk of hazards in your work setting. These are the most important dos and don'ts of glove use:

- Work from clean to dirty—this will help prevent contamination
- Don't touch your face or adjust PPE with contaminated gloves
- Don't touch environmental surfaces – doorknobs, keyboards, computer mouse, and cell phone. This means when leaving the laboratory TAKE OFF YOUR GLOVES. If you need to wear a glove in the hallway to carry a hazardous material, make sure that the gloved hand is carrying the material and the non-gloved hand is operating door handles, elevator buttons, etc.
- Change gloves as required according to the manufacturer and the hazardous material(s) you are working with.
- Discard gloves inside out after use, never wash or reuse disposable gloves.

Guide to the Selection of Skin Protection

Hazard	Degree of Hazard	Protective Material
Abrasion	Severe	Reinforced heavy rubber, staple-reinforced heavy leather
	Less Severe	Rubber, plastic, leather, polyester, nylon, cotton
Sharp Edges	Severe	Metal mesh, staple-reinforced heavy leather, <u>Kevlar®</u> aramid-steel mesh
	Less Severe	Leather, terry cloth (aramid fiber)
	Mild with delicate work	Lightweight leather, polyester, nylon, cotton
Chemicals and fluids	Risk varies according to the chemical, its concentration, and time of contact among other factors. Refer to the manufacturer, or product SDS.	Dependent on chemical. Examples include: Natural rubber, neoprene, nitrile rubber, butyl rubber, PTFE (polytetrafluoroethylene), <u>Teflon®</u> , <u>Vitom®</u> , polyvinyl chloride, polyvinyl alcohol, <u>Saranex™</u> , <u>4H®</u> , <u>Chemrel®</u> , <u>Responder®</u> , <u>Trellchem®</u>
Cold		Leather, insulated plastic or rubber, wool, cotton
Heat	High temperatures (over 350°C)	Asbestos, <u>Zetex®</u>
	Medium high (up to 350°C)	<u>Nomex®</u> , <u>Kevlar®</u> , neoprene-coated asbestos, heat-resistant leather with linings
	Warm (up to 200°C)	<u>Nomex®</u> , <u>Kevlar®</u> , heat-resistant leather, terry cloth (aramid fiber)
	Less warm (up to 100°C)	Chrome-tanned leather, terry cloth
General Duty		Cotton, terry cloth, leather
Product Contamination		Thin-film plastic, lightweight leather, cotton, polyester, nylon
Radiation		Lead-lined rubber, leather, nitrile, latex, etc. depending on the type of radioactive material

Note: The mention of trade name products in the above table is not intended as a recommendation or endorsement of any product. This document lists trade names of protective clothing material mentioned in "OSHA Answers". Check with your supplier or the manufacturer to find out if a particular glove meets your requirements. This list is not intended to be comprehensive; you may know of other products that meet your needs.

Proper Glove Removal

Just as important as knowing what is the proper glove to wear, is knowing how to remove a disposable glove without contaminating yourself and other surfaces.

- Grasp one of the gloves and cuff and pull it partway off. The glove will turn inside out. It is important to keep the first glove partially on your hand before removing the second glove. This protects you from touching the outside of either glove with your bare hands.
- Leaving the first glove over your fingers, grasp the second glove near the cuff and pull it part of the way off. The glove will turn inside out. It is important to keep the second glove partially on your hand to protect you from touching the outside surface of the first glove with your bare hand.
- Pull off the two gloves at the same time, being careful to touch only the inside surfaces of the gloves with your bare hands.
- Dispose of the gloves by placing inside out and wash hands.



Eye Protection – ANSI Z87.1

Thousands of people are blinded each year from work-related eye injuries that could have been prevented with the proper selection and use of eye and face protection. Appropriate eye or face protection is required when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors, or potentially injurious light radiation. There are numerous commercial products available which meet the standards for eye protection in OSHA 29 CFR 1910.133. This standard is based on ANSI standard Z87.1-1989.

Safety glasses protect from impact of flying particles and objects. Side shields are used to protect the eyes from flying objects from the side. Personal prescription lenses do not provide optimal eye protection and should not be used as a substitute for safety glasses. Safety glasses are not effective protection from chemical splash and vapors.

Goggles should be selected when the hazard assessment calls for protection from chemical splash or chemical. Goggles should fit snugly over and around the eyes or personal prescription lenses. The goggles should “breathe” (they should not fog up). They should provide good peripheral vision. Goggles must also be sufficiently comfortable to be accepted by the users. A pair of goggles pushed up on the forehead or lying on the bench top does not afford eye protection.

Face shields protect from impact hazards such as flying fragments, objects, large chips, and particles. If the probability of a vigorous reaction appears to be substantial, or the material involved in the work in progress is very corrosive to tissue, a face mask should be used to supplement the goggles and provide additional protection to the face and throat. Where there is a risk of a minor explosion, an explosion shield should be placed between the

worker and the reaction vessel. The face shield should cover the forehead, extend below the chin, and wrap around the side of the face. When worn alone, face shields do not protect employees from impact hazards. Use face shields in combination with safety spectacles or goggles, even in the absence of dust or potential splashes, for additional protection beyond that offered by spectacles or goggles alone. Face shield windows are made with different transparent materials and in varying degrees or levels of thickness. These levels should correspond with specific tasks.

Contact lenses were historically prohibited in chemical environments. This was based upon the best medical judgment and opinions of healthcare professionals concerned with the absorption and adsorption of chemicals to the contact lens surface, as well as complications associated with emergency treatment for chemical splashes to the eye. In June 2005, the National Institute for Occupational Safety and Health (NIOSH) reviewed these guidelines and they recommended that workers be permitted to wear contact lenses when handling hazardous chemicals. Their recommendations do not address hazards from heat, radiation, or high-dust or high-particulate environments. However, contact lenses are not eye protective devices, and wearing them does not reduce the requirement for eye and face protection. An eye injury hazard evaluation should be conducted and at a minimum include:

- Concentration of material
- Permissible exposure limits,
- Known eye irritant/injury properties,
- Form of chemical (powder, liquid, or vapor),
- Possible routes of exposure.

The assessment for contact lens wearers should include a review of the available information about lens absorption and adsorption for the class of chemicals in use.

Protective Clothing

Lab coats and aprons can protect you from chemical splashes, thermal extremes, flying particles, spilled materials, etc. There is a wide variety of protective clothing available (chemical resistant, water proof, protective against thermal hazards - i.e. hot work, protection from cuts and molten metal, etc.). Protective clothing also has permeation, breakthrough, and degradation properties just like gloves. Check with the vendor to choose the material that will protect you from the hazardous materials you will be working with. The presence of certain physical hazards or other specific elements of the procedure may dictate caution in the choice of style in order not to create additional hazards, for example, short sleeves may be preferable when working around mechanical equipment. Disposable outer garments (i.e., Tyvek suits) may be useful when cleaning and when decontamination of reusable clothing is difficult. Loose clothing (such as overlarge lab coats or ties), skimpy clothing (such as shorts), torn clothing and unrestrained hair may also pose a hazard in the laboratory. Take the time to minimize your exposure to the hazards present.

Shoes

Closed-toed shoes should be worn at all times in laboratories and work areas where hazardous materials are stored or used. Exposed toes are a magnet for chemical spills, dropped objects, and trip hazards. The top of your foot is just as susceptible to caustic chemicals as your toes. Sandals and perforated shoes should not be worn in laboratories, or by maintenance or housekeeping personnel. Such shoes offer no barrier between the laboratory worker and chemicals, broken glass, or heavy objects. Steel-toed safety shoes may be necessary when there is a risk of heavy objects falling or rolling onto the feet. Shoes with open backs are allowed at the discretion of the Supervisor. Sandals or flip-flops may only be worn while at your desk and to and from work and only if you have an appropriate pair of closed toe shoes, chemical resistant boots, or steel-toed shoes with you to wear in the laboratory or work area.




GLOBAL HARMONIZATION STANDARD (GHS)

The Hazard Communication Standard (HCS)/Right to Know (RTK) is aligned with the Globally Harmonized System of Classification and Labeling of Chemicals. This revision of OSHA's Hazard Communication standard is a UN approved universal communication system for the handling of potentially hazardous materials. It is designed to replace the various classification and labeling standards used in different countries by using consistent criteria for classification and labeling on a global level. This update to the Hazard Communication Standard will provide a common and coherent approach to classifying chemicals and communicating hazard information on labels and Safety Data Sheets (SDSs). By June 1, 2015, manufacturers and distributors must reclassify their chemicals and produce GHS-formatted Safety Data Sheets (SDSs) to replace the current Material Safety Data Sheets (MSDSs) and labels for their products. June 1, 2016 employers must be fully compliant with OSHA's adoption of GHS. Employers must complete necessary updates to their hazard programs and labeling procedures, and all affected employees must be trained on the new hazard SDSs and signage on labels. Once fully implemented it will:

- Enhance worker comprehension of hazards, especially for low and limited literacy workers, reduce confusion in the workplace, facilitate safety training, and result in safer handling and use of chemicals;
- Provide workers quicker and more efficient access to information on the SDSs.
- Result in cost savings to American businesses in productivity improvements, fewer safety data sheet and label updates and simpler new hazard communication training; and
- Reduce trade barriers by harmonizing with systems around the world.

Labels

There will be six important components to all GHS labels:

1. Product Identifier	Sulfuric Acid
2. Pictogram(s)	
3. Signal Words	Danger
4. Hazard Statement	Causes severe skin burns and eye damage. Fatal if inhaled, harmful to aquatic life
5. Precautionary Statement	Do Not breathe dust/fume/gas/vapors/sprays Wear protective gloves, cloths, eye, and face protection
6. Supplier Information	Sigma Aldrich, Any town USA, 46414, Phone: 218-777-6666, Fax: 1-800-889-9999

Secondary Labels

Secondary labels are those that are placed on containers used to hold material transferred from a different container. All secondary containers must be labeled by the person using the material. Labels help protect you. Should you accidentally knock over or break a container when no one is around, you automatically want to clean it up and then find someone to inform them. However the material may be very caustic and you could be injured as you tried to clean it up. If there was a label on it you would be more likely to take the appropriate precautions or find someone to notify rather than jumping in and getting hurt. Even if the material is going to be in that container for a very short period of time it must have the following four components on the label:

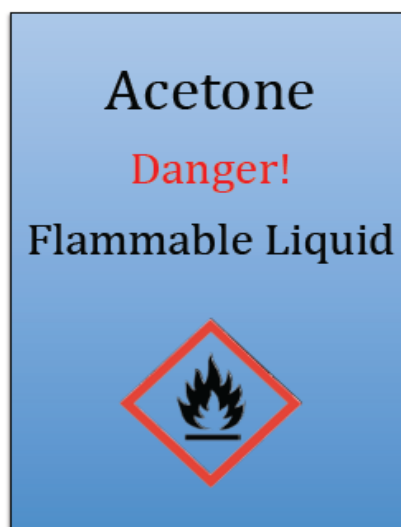
Secondary Container Label for an Acetone Container used in a Lab or a Shop

1. Identifier --->

2. Signal Word --->

3. Hazard Statement --->

4. Pictogram --->



This information can be copied from the original container.)

Two important hazard labeling systems used are:

- The Hazardous Materials Identification System (**HMIS®**) uses the bar code. It includes hazard evaluations; a rating system for acute and chronic health, flammability and physical hazards; labels providing at-a-glance information on the hazards and PPE; employee training; and a written compliance program.
- The National Fire Protection Association (**NFPA**) uses the diamond code. NFPA is a fire protection hazard warning system designed to provide rapid, clear information to emergency responders on materials under conditions of fire, chemical spill, or other emergency situations.



At first glance, the HMIS® and NFPA labeling systems appear quite similar:

- Both have four sections colored blue, red, yellow and white.

- The colors indicate the type of hazard.
 - **HMIS** blue indicates the level of **health hazard**, red for **flammability**, orange for **reactivity**, and white for **personal protection**.
 - **NFPA** blue is **health hazard**, red for **flammability**, yellow is for **reactivity**, and white denotes special firefighting measures/hazards (i.e. Don't use water W)
- The number ratings range from 0-4. Zero is no hazard and 4 is a severe hazard.

The HMIS system was developed by the American Coatings Association as a compliance aid for the OSHA Hazard Communication Standard. The NFPA system was developed for emergency response personnel for short term, often acute exposure to materials under conditions of fires or spills. An important difference between NFPA/HMIS systems and GHS HazCom is the way they use numbers.

- With GHS, the lower the categorization number, the greater the severity of the hazard. This is opposite of the way numbers and severity relate to each other under NFPA and HMIS.
- With NFPA, the higher the number, the greater the severity. The numbers in the GHS system, as adopted by OSHA, do not show up on the label, instead they are used to determine what goes on the label.
- The GHS numbers do appear on GHS formatted Safety Data Sheets (SDSs), in Section 2. OSHA believes the use of numbers there will be less confusing since there is much more contextual information available to help the reader understand the hazard information. You may continue to use NFPA and HMIS rating systems for labels as long as you are consistent with the requirements of the Hazard Communication Standard and you are aware of the hazards of the chemicals you use. Over the long run, everyone will think globally and choose not to have both systems in play.

GHS vs NFPA/HMIS

GHS

1 = Severe Hazard

4 = Minor Hazard

Vs.

NFPA/HMIS

1 Minor Hazard

4 = Severe Hazard

SIGNAGE

Hazard warning signs are posted at the entrance(s) to each laboratory or other areas that utilize hazardous materials. This signage is designed to fulfill regulatory signage requirements as well as alert everyone to specific hazards located in individual laboratories. It also gives emergency contact information for the Principal Investigator, laboratory safety, radiation safety, and a number for after hour facility maintenance. **Please note the signage prior to entering a lab so you are aware of the dangers present.** If you have an area that needs signage contact the Safety Officer.

CAUTION



Flammable



Corrosive



Health Hazard



Toxic



Aquatic Toxicity



Irritant



Oxidizer

ADMITTANCE TO AUTHORIZED PERSONNEL ONLY

CONTACT	NAME	OFFICE LOCATION	WORK EXT.	AFTER HOURS PHONE
FOR ENTRY OR ADVICE	PI of the lab			
IN EMERGENCY	PI/Safety Officer			
Maintenance: X 8334	After Hours: 410-221-8300	Safety Officer:	After Hours:	

GHS Pictograms and Hazards

GHS chemical hazard pictograms are intended to provide the basis for or to replace national systems of hazard pictograms. Transport pictograms come in a wider variety of colors and may contain additional information such as subcategory number.



CMR (carcinogenic, mutagenicity and toxicity for reproduction) Specific Target Organ Toxicity (STOT)

STORAGE OF HAZARDOUS MATERIALS

The improper storage or mixing of hazardous materials can result in serious accidents and even disasters. Violent reactions could occur due to the storing or mixing incompatible materials. Designate a storage place for each hazardous material and return it to that place after each use. Inspect hazardous storage areas for outdated or unneeded items, illegible labels, leaking containers, etc. Housekeeping, maintenance, and the Principal Investigators are to maintain an inventory of the hazardous materials stored and used. The following information is to offer guidance on the basic principles of safe storage and segregation of hazardous materials.

- Ensure all containers of hazardous materials are properly labeled with identity of the hazardous chemical(s) and appropriate hazard warnings.
- Segregate incompatible materials – (e.g. oxidizing acids and flammable solvents in separate locations) to prevent inadvertent mixing of incompatible chemicals which can produce harmful gases/vapors, heat, fire and explosions. The color codes on labels can be used as a guide for storage groups. Store the flammables (red color code) together; reactive/physical hazard materials (yellow/orange color code) together, and health hazard materials (blue color code) together. Each storage group should have its own separate storage area.
- Store hazardous materials away from heat and direct sunlight.
- Do not store hazardous materials under sinks.
- Do not store hazardous materials alphabetically except within a grouping of compatible chemicals.
- Ensure caps and lids are securely tightened on containers.
- Use approved flammable storage lockers or flammable storage containers to store flammable and combustible liquids. Flammable solvents should not be stored in fume hoods or vented cabinets, since the airflow will fan any fire and spread it quickly.
- Liquids should be stored in unbreakable or double-contained packaging, should the container break/leak.
- Store inorganic acids in corrosive or acid storage cabinets
- Store acids in a dedicated acid cabinet.
- Bleach should be stored in a cool and dry environment with the lid of the storage container tightly sealed. Bleach fumes can be dangerous and, when inhaled by

individuals with compromised bronchial systems, can cause difficulty in breathing. Always store bleach in well ventilated areas. High temperatures can also cause bleach to degrade, and bleach should never be stored where it can freeze.

- Avoid stockpiling hazardous materials.
- Only compressed gas cylinders that are in use and secured in place shall be kept in the work area. All others, including empties shall be sent to the compressed gas cylinder storage area.

GHS SAFETY DATA SHEETS (SDSs)

The GHS has dropped the word "material" from Material Safety Data Sheet (MSDS). It will now be called the Safety Data Sheet or SDS. It provides comprehensive information about the product that allows employers and workers to obtain concise, relevant and accurate information that can be put in perspective with regard to the hazards, uses and risk management of the product in the workplace. Manufacturers are required to supply an SDS for all hazardous materials they produce. The SDS contains 16 sections. While there were some differences in existing industry recommendations, and requirements of countries, there was widespread agreement on a 16 section SDS that includes the following headings in the order specified:

1. Identification of the substance or mixture and of the supplier
2. Hazards identification
3. Composition/information on ingredients
4. First aid measures
5. Firefighting measures
6. Accidental release measures
7. Handling and storage
8. Exposure controls/personal protection
9. Physical and chemical properties
10. Stability and reactivity
11. Toxicological information
12. Ecological information
13. Disposal considerations
14. Transport information
15. Regulatory information
16. Other information including information on preparation and revision of the SDS

Section 1. Identification of the substance or mixture and of the supplier GHS product identifier.

- GHS product identifier
- Other means of identification.
- Recommended use of the chemical and restrictions on use.
- Supplier's details (including name, address, phone number, etc.).
- Emergency phone number.

Section 2. Hazards identification GHS classification of the substance/mixture and any national or regional information.

- GHS classification of the substance/mixture and any national or regional information.
- GHS label elements, including precautionary statements (Danger). Hazard symbols may be provided as a graphical reproduction of the symbols in black and white or the name of the symbol, e.g., flame, skull and crossbones.
- Other hazards which do not result in classification (e.g., dust explosion)

hazard) or are not covered by the GHS.

Section 3. Composition/Information on Ingredients

This section identifies the ingredient(s) contained in the product indicated on the SDS, including impurities and stabilizing additives. Required information:

Substances

- Chemical name
- Common name and synonyms
- Chemical Abstracts Service (CAS) number and other unique identifiers
- Impurities and stabilizing additives, which are classified and which contribute to the classification of the chemical.

Mixtures

Same information required for substances. The chemical name and concentration (i.e., exact percentage) of all ingredients that are classified as health hazards and are:

- Present above their cut-off/concentration limits or
- Present a health risk below the cut-off/concentration limits.
- The concentration (exact percentages) of each ingredient must be specified except concentration ranges may be used in the following situations:
 - A trade secret claim is made
 - There is batch-to-batch variation, or
 - The SDS is used for a group of substantially similar mixtures.

Chemicals where a trade secret is claimed

A statement that the specific chemical identity and/or exact percentage (concentration) of composition has been withheld as a trade secret is required.

Section 4. First-Aid Measures

This section describes the initial care that should be given by untrained responders to an individual who has been exposed to the chemical. Required information:

- Necessary first-aid instructions by relevant routes of exposure (inhalation, skin and eye contact, and ingestion).
- Description of the most important symptoms or effects, and any symptoms that are acute or delayed.
- Recommendations for immediate medical care and special treatment needed, when necessary.

Section 5. Fire-Fighting Measures

This section provides recommendations for fighting a fire caused by the chemical.

Required information:

- Recommendations of suitable extinguishing media,
- Advice on specific hazards that develop from the chemical during the fire, such as any hazardous combustion products created when the chemical burns.
- Recommendations on special protective equipment or precautions for firefighters.

Section 6. Accidental release measures

- Personal precautions, protective equipment and emergency procedures.
- Environmental precautions.
- Methods and materials for containment and cleaning up.

Section 7. Handling and Storage

- Precautions for safe handling.
- Conditions for safe storage, including any incompatibilities.

Section 8. Exposure controls/personal protection.

- Control parameters, e.g., occupational exposure limit values (PEL) or biological limit values.
- Appropriate engineering controls.
- Individual protection measures, such as personal protective equipment (PPE)

Section 9. Physical and Chemical Properties

- Appearance (physical state, color, etc.).
- Odor threshold.
- pH.
- Melting point/freezing point.
- Initial boiling point and boiling range.
- Flash point.
- Evaporation rate.
- Flammability (solid, gas).
- Upper/lower flammability or explosive limits.
- Vapor pressure.
- Vapor density.
- Relative density.
- Solubility(ies).
- Partition coefficient: n-octanol/water.
- Auto-ignition temperature
- Decomposition temperature

Section 10. Stability and Reactivity

- Chemical stability.
- Possibility of hazardous reactions.
- Conditions to avoid (e.g., static discharge, shock or vibration).
- Incompatible materials.
- Hazardous decomposition products.

Section 11. Toxicological Information

Concise but complete and comprehensible description of the various toxicological (health) effects and the available data used to identify those effects, including:

- Information on the likely routes of exposure (inhalation, ingestion, skin and eye contact)
- Symptoms related to the physical, chemical and toxicological characteristics
- Delayed and immediate effects and also chronic effects from short and long term exposure
- Numerical measures of toxicity (such as acute toxicity estimates).

Section 12. Ecological Information

- Eco-toxicity (aquatic and terrestrial, where available).
- Persistence and degradability.
- Bio-accumulative potential.
- Mobility in soil.
- Other adverse effects

Section 13. Disposal Considerations

- Description of waste residues and information on their safe handling and methods of disposal, including the disposal of any contaminated packaging.

Section 14. Transport Information

- UN Number.

- UN Proper shipping name.
- Transport Hazard class(es).
- Packing group, if applicable.
- Marine pollutant (Yes/No).
- Special precautions which a user needs to be aware of or needs to comply with in connection with transport or conveyance either within or outside their premises.

Section 15. Regulatory Information

- Safety, health and environmental regulations specific for the product.

Section 16. Other Information

- Any information not covered by the previous 15 sections including information on preparation and revision of the SDS.

EMERGENCY PROCEDURES

Knowing proper emergency procedures is another important part of hazardous material safety. Check each of your UMCES Safety websites for specific instructions and information. Having read the SDS for the hazardous materials you work with can help you respond appropriately in case you or a co-worker is overexposed. For emergencies, including fires, accidents, explosions, and medical emergencies, dial 911.

Medical Emergencies

Take the SDS of the chemical that caused the injury to the Emergency Room if possible. Know where eyewash stations, emergency showers, and first aid kits are located for your work area. Emergency procedures may include:

- Flushing eyes with water for 15 minutes in case of chemical contact.
- Washing skin with soap and water, and removing contaminated clothing;
- Moving to fresh air if a person has been inhaling hazardous dust, fumes, or vapors
- Getting emergency medical assistance if a person has swallowed a hazardous chemical. There are no general first aid measures for swallowing – vomiting may cause more harm, diluting with water may increase the risk. Call 911 or the Poison Hotline (1-800-222-1222) and have the appropriate SDS available.

Chemicals on Skin or Clothing

- Flush with water for no less than 15 minutes (except for Hydrofluoric Acid, Flammable solids or >10% phenol). For larger contamination the safety shower should be used. Do not waste time because of modesty. Remove all contaminated clothing or jewelry.
- Solvents such as paints, varnishes, lacquers, adhesives, glues, and degreasing/cleaning agents, and in the production of dyes, polymers, plastics, textiles, printing inks, agricultural products, and pharmaceuticals are capable of dissolving or dispersing one or more other substances dissolved in them. Do not use solvents to wash skin. Solvents remove the natural protective oils from the skin and can cause irritation, inflammation and the absorption of toxics into your body.
- For flammable solids on skin, first brush off as much as possible, then flush with water for at least 15 minutes. Read the SDS and make sure the flammable solid is not reactive with water before you rinse.
- For hydrofluoric acid rinse with water for at least 15 minutes.
- For phenol concentrations >10%, flush with water for 15 minutes or until the affected area turns from white to pink.
- In all cases of severe contamination seek medical attention.

Inhalation

- Close containers, move to fresh air.
- If symptoms such as headaches, nose or throat irritation, dizziness, or drowsiness persist, seek medical attention. Explain what chemicals you were using and if possible take the appropriate SDS with you.

Ingestion

- Call 911 or the Poison Control Center (1-800-222-1222).
- **Do not induce vomiting** unless directed to do so by a health care provider.

Injection

- Wash area with soap and water and seek medical attention, if necessary.

Spills

All spills hazardous materials must be properly cleaned up in order to prevent adverse impacts to the campus environment. Prevention and control of hazardous material spills will ensure a safe campus working environment and prevent illegal discharges to the environment. It is the responsibility of each employee to be aware of the proper storage, handling, and spill clean-up of hazardous materials. Clean up all minor spills and leaks immediately using the spill control material and personal protective equipment in your area.

If it is a larger spill or very hazardous spill:

- Notify persons in the immediate area about the spill
- Evacuate all personnel from the spill area and adjoining areas that may be impacted by vapors or a potential fire, if necessary
- If the spilled material is flammable turn off all potential ignition sources. Avoid breathing vapors of the spilled materials. Be aware that some materials either have no odors or induce olfactory fatigue (i.e. the odor is detectable only briefly)
- Leave on or establish exhaust ventilation if it is safe to do so.
- Close doors to slow down the spread of odors.
- Notify EHSCO and facilities management
- Essential personnel familiar with the incident need to stay in communication with responders.

Fires

Individuals are not required to fight fires, but those who choose to do so may fight small, incipient fires (no bigger than a wastepaper basket) as long as they have been trained in the proper use of fire extinguishers. Fight the fire from a position where you can escape and only if you are confident that you will be successful. If the fire is large or spreading activate the fire alarm. Evacuate the building and wait for the fire department's arrival to inform them of the exact location, details of the fire, and chemicals that are stored and used in the area.

Other Safety Tips:

- Do not purchase hazardous materials in quantities greater than can be used in the specified storage time period.
- Label containers with receiving, opening and disposal dates.
- Consult safety references (i.e. SDSs) before working with peroxidizing compounds.
 - If old containers of peroxide-forming chemicals are found, do not move them. Contact the Office of Health and Safety for assistance in disposing of the container.
- Because bleach is a cleaning agent it is often stored with other cleaning compounds, and this can be a deadly combination. If, bleach is mixed with a cleaning agent containing ammonia, a chemical reaction occurs that releases poisonous chloramine gas. Mixing

bleach with acids like vinegar, window cleaners, toilet bowl cleaners, or lime removal products allows chlorine gas to be given off. Any chloramine gas is going to present breathing problems if inhaled, even in otherwise healthy individuals. Damage to nose, throat, and lung membranes can also occur.

RADIATION SAFETY



Another occupational hazard present at UMCES is **radioactive materials (RAM)**. This hazard is not covered by the Right to Know law. A brief description is included here for your information.

UMCES works under the Broad Scope Radioactive Material License held by University of Maryland College Park (UMCP). Maryland is an "Agreement State". This means that Maryland has signed a formal agreement with the U. S. Nuclear Regulatory Commission (NRC) pursuant to Section 274 of the Atomic Energy Act authorizing the State of Maryland to regulate certain uses of radioactive materials within the *State*. This license is monitored and strictly audited by Maryland Department of the Environment.

Radiation is naturally present in our environment. Cosmic radiation comes from the sun and stars. The Earth contains radioactive materials in soil and rock. Air contains radon. Water, plant and animal organic matter all contain radioactive material. We all have internal radiation (potassium 4- and carbon-14) from birth. There are also man-made sources of radiation. These include medical sources (x-rays, nuclear medicine), consumer products (television, smoke detectors, luminous watches and some ceramics), and industrial sources (nuclear power plants and industrial radiography). Radioactive materials are powerful research tools in biological and physical research. Strict exposure limits apply. As a result of controls which are in effect, the risk of work involving exposure to these sources of radiation is insignificant. No one may use, bring, purchase, or remove any radioactive material or radiation producing devices without the approval of the Radiation Safety Officer and the Radiation Safety Committee at UMCP.

Radiation can be Ionizing or non-ionizing depending how it affects matter. Non-ionizing includes visible light, hear, radar, microwaves, and radio waves. It deposits energy in materials it passes through. Ionizing radiation (x-rays, cosmic rays) is more energetic and when it passes through material it deposits energy to break molecular bonds and create charges particles. Ionizing radiation can damage plant, animal, and human cells and they can also be beneficial in science and medicine.

Ionizing radiation includes:

- Alpha particles
- Beta particles
- Gamma rays
- X-rays
- Neutrons
- High speed electrons
- High speed protons
- Other particles capable of producing ions

Here is some information on the basic types of ionizing radiation:

Alpha particles – minimal health effect

- Large slow moving particles that cannot penetrate outer layers of skin or paper.
- Health hazard only if inhaled, injected or ingested.

Beta particles – medium health hazard

- Energy in the form of speed can harm living cells by breaking chemical bonds and forming ions. Not all beta particles have this energy. C-14 and H-3 are will not penetrate outer layers of skin or paper.
- Acute and chronic effects occur by losing their energy colliding with tissue inside the body and causing damage. Gamma rays – high health hazard
- Travel at speed of light with enough energy to pass through the body exposing all the organs.
- Large portion passes through body without interacting with tissue

X-rays – high health hazard

- Enough energy to penetrate tissue and some have enough energy to pass through the body exposing all the organs.

For low levels of radiation exposure the effects are so small they may not be detected because a body can repair the damage caused by radiation. The exact effect depends on the specific type and intensity of the radiation exposure.

ALARA Policy

At all times, the amount of radiation received by an individual is to be kept -- **As Low As Reasonably Achievable (ALARA)**. Qualifications of each applicant are thoroughly reviewed by the Radiation Safety Committee (RSC) to ensure that they have the required formal training, on the job training, history of past use of radioactive material, etc. All protocols are reviewed and approved by the RSC and the RSO prior to use. Personnel using radioactive material are trained in ALARA techniques (time, distance, and shielding). Users of radioactive material keep logs that record any contamination and the immediate measures to remove any contamination after doing an experiment or, monthly whichever comes first. In addition, the ESCO checks these records on a monthly basis and does a wipe survey quarterly for each laboratory with radioactive material, UMCP Radiation Safety does an annual audit and Maryland Department of the Environment Radiation Section occasionally does an unannounced inspection. During these audits/inspections the licensee (user) must defend their results and methods of carrying out ALARA

Restricted Area

Any laboratory that stores or uses radioactive material or radiation producing devices is classified as a “**restricted area**” by the Code of Maryland Regulations (COMAR) 26.12.01.01. A pre-requisite of entering that area requires that you are informed of the hazards involved. These areas (labs) are indicated by the radiation symbols which are on the outside of the door to the lab.

If a pregnant employee encounters a restricted area in the course of designated work, she can make a declaration in writing of her pregnancy to her supervisor and the ESCO. She will then be provided with special monitoring devices during the course of pregnancy to ensure that her exposure does not exceed 10% (0.5rem) of that normally allowed for adult workers (5rem). This declaration is fully optional to the individual.

Signage



Radioactive material and radiation producing devices are labeled with the same radioactive symbol that is on the door signage. When radioactive materials are not being actively used by a trained employee they must be secured behind a locked area (refrigerator, freezer, cabinet, or laboratory door). If you need to work in a laboratory or consult with someone in a laboratory that has radioactive materials or equipment present check with the

Principal Investigator where and how the material is stored or if anyone is actively using radioactive material. If radioactive material/samples are not in a locked cabinet, refrigerator, or freezer the main door(s) to that laboratory must be locked at all times.

For additional information concerning radioactive material and the training program contact UMCES' Environmental Safety Compliance Officer (umces-safety@umces.edu)

Right To Know Assessment
For In-Laboratory students and faculty

Name *
Short answer text

Email *
Short answer text

Quiz Questions
You need a 70% or better to pass. Good luck!

What does "SDS" stand for? *

- Sally Dances Slowly
- Safety Data Sheet
- Sheet Documenting Safety
- Scary Data Stuff

**Congratulations!
You have now
completed Hazard
Communication/
Right to Know
training. Please click
the link to the left.**



**It will direct you to
a short quiz you
MUST take.**