



**Raider *Smart*, Raider *Safe* - Raider *Well***



**Hello Red Raider Family,**

We first want to say thank you for your commitment to safety and protecting yourself and fellow Red Raiders. Thank you for your questions that inspired the guidance materials we created. Thank you for the conversations about improving the safety in your work. Thank you for being an active partner in the development of a positive and productive safety culture.

Remember that Environmental Health & Safety (EHS) is always here to answer your safety questions. We want you to feel supported and *safe* in your educational and occupational activities here at Texas Tech. Read on for safety tools and resources, links to register for upcoming events and safety updates.

Stay safe and wreck 'em!

## CPE CHALLENGES & SOLUTIONS



### **Eyeglasses fog.**

**Solution:** Add a wire to the bridge of your mask to improve fit; fold a tissue and place over the bridge of your nose under the mask to absorb moisture; coat both side of lens with plain shaving cream and wipe off or rub a single drop of original dawn dish soap on, rinse off with water and air dry. Avoid products with lotions.

### **Sinus issues.**

**Solution:** Avoid re-wearing a disposable covering and wash reusable masks daily. Taking frequent breaks outdoors can also help minimize congestion.



### **CO<sub>2</sub> Builds up.**

**Solution:** Try a covering with different construction materials; take regular breaks outside from your face covering.

See <https://www.reuters.com/article/uk-factcheck-coronavirus-mask-hypercapnia/partly-false-claim-continually-wearing-a-mask-causes-hypercapnia-idUSKBN27H2H1> for more information.

Community Protective Equipment (CPE) helps control the source of SARS-CoV-2, reducing your exposure and mine.



### **Communication cues disappear.**

**Solution:** Speak slowly and enunciate, use non-verbal communications (eye and eyebrows, gestures, posture, and body language), reduce background noise, or write your message / draw pictures.

### **They are hot / uncomfortable.**

**Solution:** Try a covering made with a different material and/or design, breathe through your nose, and take regular breaks outside from your covering.



### **They make you feel confined.**

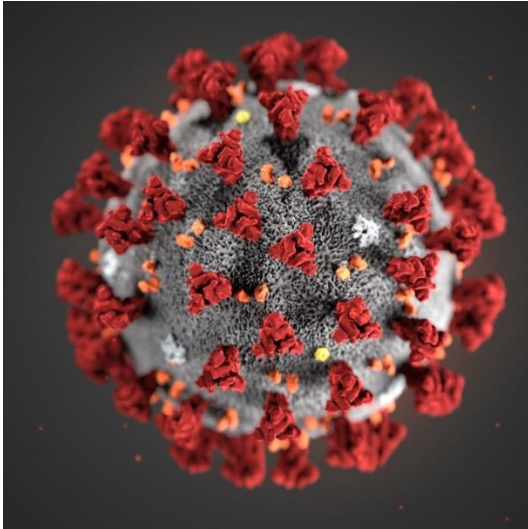
**Solution:** Try different styles and compositions of coverings, consider a spritz of your favorite essential oil on the outside of your mask, and take regular breaks. If needed, consult your doctor regarding your condition.



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[View full PDF version>>](#)

## COVID-19 Resources



EHS created COVID-19 resources to facilitate an educated and safe return to campus. Find disinfection logs and procedures, hand washing poster and how to video, mask challenges and solutions and more!

[View COVID-19 Resources>>](#)

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## Events

We have planned a variety of events in October in honor of Biosafety and Biosecurity Month. To recognize the role biosafety and biosecurity professionals play in responding to emerging risks in our laboratories, institutions, and communities, the theme this year is: The Role of Biosafety and Biosecurity in Mitigating Emerging Risk. We hope you can join us!

**ABSA  
INTERNATIONAL**  
**OCTOBER 2020**  
**Biosafety and Biosecurity Month**

## **WRECK COVID-19**

**WASH**



**WAIT**



**WEAR**



### ***Raider Wellness***

**Tuesday, October 13th 12-1PM**

**Zoom**

Take a moment to refresh your memory or learn the finer details of the core COVID-19 prevention strategies and WASH, WEAR & WRECK 'EM with care. We are all essential in wreckin' COVID-19.

[Register here>>](#)



### ***What's Your Hand Washing IQ?***

**Wed., October 21st 10AM-2PM**

**SUB Free Speech Area**

Come find out how well you *really* wash your hands! Stop by the EHS tent to put your hand washing skills to the test, get information on our safety programs and resources and snag some swag!



### ***Got Biowaste? Biological Waste Management***

**Friday, October 16th 12:30-1:30PM**

**Zoom**

Join EHS to learn the proper accumulation and disposal methods for solid and liquid biowaste materials and how to use the tools and procedures developed by EHS to make your biowaste segregation and treatment a cake walk.

[Register here>>](#)

## **GLASS**

**GRADUATE LABORATORY & ART STUDIO SAFETY**

### ***GLASS Ambassador Meeting***

**Thursday, October 22nd 2-3PM**

**Zoom**

Join other students from across campus as we discuss emergency response during our first GLASS meeting of the semester! All students welcome.

[Register>>](#)

[Learn more about GLASS>>](#)



## ***Make BSC Usage a Breeze***

**Tuesday, October 27th  
12:30-1:30PM, Zoom**

Let EHS help to calm the turbulence surrounding appropriate and efficient

Biological Safety Cabinet (BSC) usage. Topics include BSC design features, safe and proper use of BSCs, and required maintenance.

[Register>>](#)



## ***Raider Wellness Check***

**Wednesday, November 11th  
2-2:30PM, Zoom**

We are partnering with HR to bring you a micro learning session on the best ways to keep you and yours healthy during cold and flu season!

[Register>>](#)



## ***Presidential Departmental Excellence in Safety Award***

**TBA**

Watch the first Presidential Departmental Safety Award be awarded to the 2019 winning department!

[Watch>>](#)



## ***Risk Assessment 101***

**Thursday, November 12th  
12:30-1:30PM, Zoom**

Learn the finer points of risk assessment as we walk through example procedures to identify hazards and risks and make mitigation and emergency plans.

[Register>>](#)





The 2020 award cycle for the Presidential Departmental Excellence in Safety Award is now open! The award consists of a \$25,000 fund to the department to further enhance its safety mission.

Safety excellence encompasses departmental programs designed to mitigate chemical, physical, and/or biological hazards associated with research and teaching areas where departments have gone above and beyond to ensure the validity of research and the well-being of researchers and students.

[Read more and find application form>>](#)

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**Welcome the newest EHS member!**



**Chris Burns**  
Senior Analyst

Chris is a recent transplant to Lubbock from Alaska where he spent over 20 years in compliance, logistics, planning, safety, and training in the oil spill response industry. He has an MS in Environmental Management from the University of San Francisco and an MBA from University of Alaska, Anchorage. Chris will be working with EHS staff to evaluate compliance programs and find ways to better support faculty, staff, and student safety at TTU.

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## Training Updates

### New Online Training Courses

- Autoclave Safety
- Hand and Power Tool Safety
- Recombinant DNA

### Updated Online Courses

- Laboratory Safety

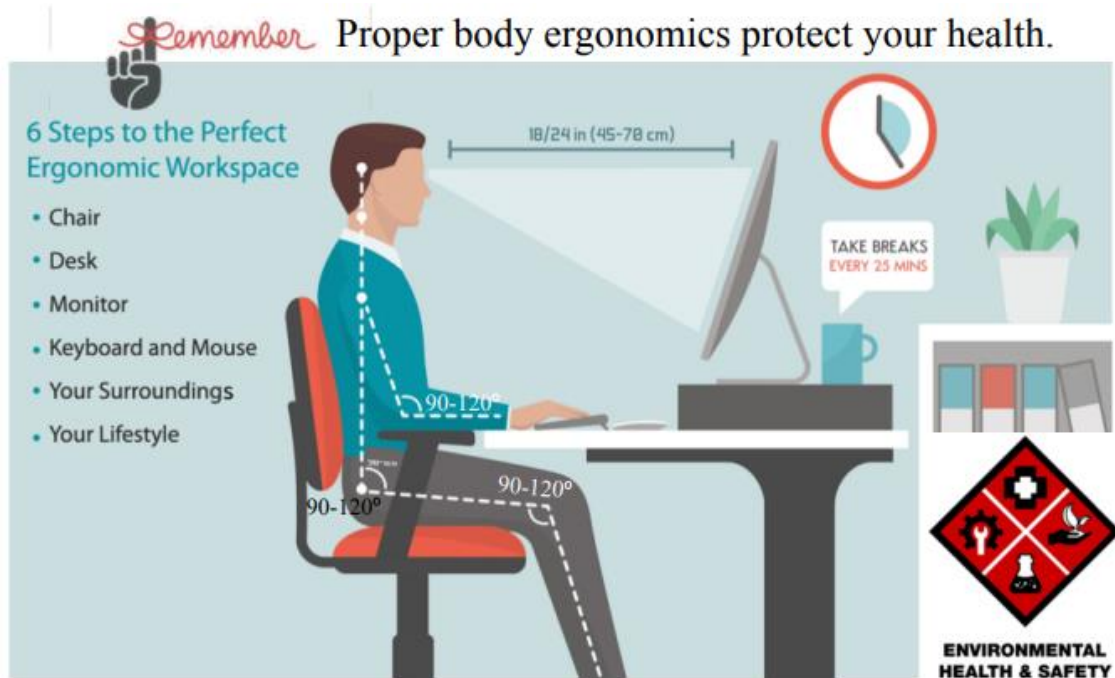


You can still request safety talks from EHS for your department, faculty, staff development, class or lab period, or student or employee organization meetings!

Most sessions are held via Zoom to provide the safest experience possible. We can discuss any topic related to our programs and resources. [Request>>](#)

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## Ergonomic Assessments Still Available



EHS can provide ergonomic assessments for work areas on campus to ensure the best ergonomic positioning to help prevent or alleviate health issues caused by poor body positioning. [Request your assessment>>](#)

Still working remotely? Check out our [Ergonomics for Remote Work Guide!](#)

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## Have you seen the videos produced by EHS?

From spill response and PPE use to proper disinfection and face mask use, we've got you covered with easy-to-follow, engaging videos!

Check them out and subscribe to our [YouTube channel!](#)

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## About EHS

The Department of Environmental Health & Safety (EHS) works to instill the value of safe and environmentally-conscious behavior throughout the campus community. Our responsibilities include:

- **Academic Safety** - Chemical, Biological, Field, Radiation, Laser, and Magnetic Field Safety;
- **Environmental Protection** - Hazardous and universal waste disposal, stormwater monitoring, and air permit oversight;
- **Occupational Safety** - AEDs, Ergonomics, Indoor Air Quality, Forklift Safety, Hazard Communication, Shop & Studio Safety, Respiratory Protection and the Occupational Health Program;
- **Public Health** - Certification of the university's food vendors, pool sanitation and drinking water;
- **Training & Outreach** - Presentations for a variety of occupational and academic safety topics, website and social media management, and other campus outreach.

## Services

- [Submit a Waste Request](#)

- [Request Online Safety Training](#)
- [Submit a Shipping Form](#)
- [Request a Temporary Food Permit](#)
- [Occupational Health Program](#)
- [Report a Safety Concern](#)

[Visit our Website](#)



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A PDF version of this newsletter can be found here: <http://www.depts.ttu.edu/ehs/about/newsletters.php>.