

Safety, Health and Environment Newsletter

UCT Chemistry Department - *For a Better Workplace*

Ergonomics



- New ergonomics regulations have been published. [Ergonomics Regulations 2019](#)
- For ergonomic risk assessment, book with Monique Muller

Ergonomics New Year's Resolutions:



- Properly set up your workstation – **Be comfortable**
 - Get moving – **Boost your energy**
 - Follow the 20-20-20 rule – **Give your eyes a break**
 - Stop tilting your head down at your phone – **Reduce neck pain and eye damage**
 - Don't eat lunch at your desk – **Have a mental break**
 - Get more sleep – **Reduce stress**
 - Stay hydrated – **Maintain brain and organ function**
- [Ergonomic New Year's Resolutions](#)

The Green Corner



REASONS TO BAN POLYSTYRENE CUPS AND CONTAINERS!



- Not degradable, they last forever (500–1 million years!!) and fill up our landfills.
 - Super light, they are blown away by the wind and end up in the oceans being eaten by sea animals and birds.
 - In contact with hot foods and drinks, styrene and other chemical components leak into your food, causing major health concerns.
 - If you bring your own cup at the food court, you get R1 back on your hot drink
- [Put-down-that-styrofoam-cups](#)

Lab Safety



- **ORDERING AND HANDLING OF METAL HYDRIDES** - New SOP in place after a fire incident in October 2019.



[Ordering and storage of hydrides](#)

- **SENSITIZATION AND ANAPHYLACTIC RESPONSE AFTER REPEATED EXPOSURE TO PEPTIDE COUPLING AGENTS** - An article in JOC was recently published

[Anaphylaxis Induced by Peptide Coupling Agents](#)

- Preventive measures are being looked at to minimize the risks of allergic reactions to chemicals for staff and students. Allergens in the department will be listed. Stay tuned.

- **ANAPHYLACTIC SHOCK - Know the symptoms!**



Hives



Itching



Wheezing
Shortness
of Breath



Low
Blood
Pressure



Pale skin

- **CHEM H&S INDUCTION:** 7 Feb, 9am, PDHahn2

- **TRAINING:** [HS Training Schedule 2020](#)

- SHE Rep: 3-4 March / 1-2 July
- First Aid: 23-25 March/ 22-24 June
- Fire Marshall: 8 July

- **WELCOME** to our latest H&S Appointments:

- First Aid: Candice, Gurminder, Nicole, Taryn
- Evac Marshals: Nicole
- SHE reps: Monica, Jacky, Stephen, Thato



Emergency numbers:

- CPS: 021 650 2222/3
- Sexual assault: 072 393 7824
- Wellness centers: Staff - 0801 113 945 / Students - 021 650 1020