Welcome Note  (By Farouk Merhebi – EHSRM Director)

Dear Readers,

As a an additional step to improve recycling on campus, EHSRM and Atria added 8 new REVA machines at 7 new locations, as part of a 2 month recycling promotion campaign. All collected recyclables will be redeemed against a gift in the name of AUB to a charity organization. Moreover, 11 outdoor sets of red and blue bins were added on campus and efforts are being concentrated on introducing new recycling bins at the level of Faculty Apartments. To motivate AUB community to adopt green practices, a series of messages on how to be a green AUBite will be launched soon across all AUB social media and TV screens.

EHSRM is closely coordinating with IBA and LAEC regarding the cyclotron readiness for operation and conducted a leakage survey as part of the license to make sure that no leakage will take place when radiotracers are being produced. In addition, EHSRM prepared a policy for the safe transport of radiotracers outside AUBMC premises and reviewed the contract for their sale.

As part of the capital projects for this year, EHSRM received funds to procure flammable and corrosive storage cabinets and a biohazardous waste truck and install a fire alarm system in the Physics Building. EHSRM is assessing the number of needed cabinets in the central stores and is preparing to procure a bio-hazardous waste truck and the needed bins to safely handle and transport biohazardous waste generated on campus.

EHSRM is casting 4 concrete blocks to encapsulate around 20 m³ of asbestos wastes generated from different construction sites on campus and at the medical center.

Article of the Month

Driving Safety

Despite all the efforts to enhance road safety, vehicle accidents and fatalities are still quite shocking and human errors remain the leading cause of road accidents. Adopting safe driving practices is amongst the most important ways to reduce the risk of being involved in an accident:

- **Respect speed limits**: the time that will be saved from fast driving is inconsequential compared to the increased risk of car crashing: Leave earlier.

- **Do not drink and drive**: alcohol may reduce the reaction time and the coordination ability of the driver. It may also lead to blurred vision and loss of consciousness: Call a taxi or have a driver.

- **Avoid distraction**: mobile phones, eating, applying makeup and interaction with other passengers may distract the attention of the driver: Keep your eyes focused on the road and your hands on the wheel.

- **Do not drive when you are sleepy**: driver may not be able to fight drowsiness and might fall asleep while driving without any warning: Get enough sleep ahead of time and have a break from driving till you feel more alert.

- **Use the seat belt**: seat belt prevents from being crushed against the side window and the dashboard, or even getting thrown out of the car in severe car crashes: Buckle up.

- **Keep a safe distance**: give yourself time to react to a sudden stop or turn from the car in front of you: Do not follow too closely.

- **Take extra precautions in bad weather**: the risks of car accidents increase during bad weather conditions: Maintain extra-distance between you and the ahead car, go below speed limits, pay more attention on curves and stop in a safe place if necessary.

- **Be aware of other vehicles**: you might be driving safely and following the rules, but others might not. Continuously check your mirrors, observe the side streets and scan the road ahead to anticipate hazards before they happen: Keep your eyes moving.

- **Follow traffic signals**: Pay close attention to and obey traffic lights, stop signs and road markings: Learn about road signals.

- **Maintain the vehicle**: regular maintenance of the vehicle and early response to warning signs ensure its efficiency and safety. Simple daily inspection of the vehicle can keep it running properly and avoid crashes. Checking tires’ pressure and car brakes is essential: Be smart and inspect.

Think Safe

1. When the child is not present inside the car, the car seat can be kept unbuckled:  
   a) True  b) False

2. When your car is about to run out of fuel, the best thing is to increase your speed to reach the nearest fuel station:  
   a) True  b) False

3. The best thing to do when the fuel accelerator pedal gets stuck is to turn off the engine and try to direct the car to a safe location till its stops:  
   a) True  b) False

Answers are on page 2

Road Safety Facts

- Many road rage incidents occur when drivers make eye contact with each other after a certain situation. Avoiding eye contact with angry drivers can prevent from getting into a fight.

- A blind spot is an area around the vehicle that cannot be directly observed by the driver. It can be minimized by adjusting the rear-view mirror to best cover the view straight out the rear window, and by adjusting the left and right side mirrors so that the side of the car can barely be seen.
**Safe Following Distance**

Under normal driving conditions, the driver needs to keep a safe distance for separating his/her vehicle from the one in the front in order to reduce the risk of collision.

The three seconds rule is a way that the driver can follow to estimate a Safe Following Distance at any speed to allow enough time for reaction. It is the distance that the vehicle will travel in 3 second at a specific driving speed. The Safe Following Distance should be increased when the driving speed increases.

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<thead>
<tr>
<th>Speed (km/hr)</th>
<th>Distance traveled (m/sec)</th>
<th>Safe Following Distance (m)</th>
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<tr>
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**Answers to “Think Safe”**

1. b. The car seat can be tossed around the vehicle causing injury to vehicle occupants during a crash or sudden stop.

2. b. You need to drive steadily at low speed because the car spends more fuel at high speed. It takes much less fuel to drive 50 Km/hr than it does to drive 70 Km/hr.

3. b. When the engine is turned off the steering wheel may lock; as the car deaccelerate it will be impossible to change direction and avoid collision. The best thing to do is to jam the car into Neutral (N). The engine will continue to work but the car will not accelerate forward. The break system may now stop the car.

**Recycling Corner**

The total number of recycled bottles and cans using the ReVa reverse machines at AUB was till the end of July 2016: 481153

This is equivalent to saving 173,215 kWh of energy, and reducing AUB Carbon’s Footprint by 18,043 Tons of CO2.

**EHSRM in Action**

- **The Environmental and Chemical Safety Unit** conducted training on chemical handling for nursing and on chemical spill response for OR staff; conducted construction safety inspections in DTS, Residence 38, Bechtel & West Hall; conducted beach safety inspections; conducted an inspection on waste segregation in PLM; supervised the removal of asbestos containing vinyl tiles in DTS and PLM; hosted 1 intern from FHS - University of Balamand; started reviewing and approving requisitions related to chemicals’ purchasing; followed-up on occupational health complaints received from different departments; and completed the occupational risk assessment for PEMC.

- **The Health Physics Services Unit** offered radiation safety trainings to the nursing department and to technologists in the Diagnostic Radiology Department; coordinated a RSC meeting; contributed to the HAZMAT report preparation; performed laser inspection in the Operating Room and suggested recommendations; followed-up on the installation and operation of the cyclotron facility; supervised the installation of the floor lead shield in the cyclotron facility; followed-up on LAEC requirements for issuing licenses for the cyclotron and the Radiation Oncology Department; and arranged and supervised the relocation of the radioactive waste room at DTS.

- **The Life and Fire Safety Unit** took part in coordination and site meetings and performed several site inspections in the Academic and Clinical Center (ACC) project; reviewed L4 door and hardware schedule, L3 room numbering, B1 Fire Alarm, L2 HVAC, L7 & L8 Emergency lighting shop drawings of the ACC project; reviewed the door and hardware schedule of the 1st & 2nd floor of the DTS Project; reviewed the material submittals and shop drawings of the EHS&RM chemical waste storage prefabs, and the management career center-OSB; reviewed the sprinkler shop drawing of Core Lab-PLM and commented on the changes in the CT Project-AUBMC; conducted several site inspections at AUB and AUBMC; performed a Life safety Code review of the elevators of Reynolds building, 2nd floor reading room - Jafet Library, Lab 207 - Agriculture Wing A, Dark room - Nicely, and 4th floor reception area – OSB; and reviewed several public events.

- **The Occupational Safety Unit** provided AUBMC Human Resources Department with a fire training session for new staff; reviewed safety measures for glass cleaning contract; surveyed the emergency response carriages for availability of required supplies; conducted a survey round for construction projects with the Project Construction Unit; reported life and fire safety issues for buildings 56 and 23 for corrective actions; followed-up on several reported issues related to safety at AUBMC; and provided PLM and CSD with a new fire safety self-testing questionnaire.

- **The Sanitation and Biosafety Unit** arranged for the collection and testing of beach water samples; conducted fit testing for nursing staff; offered PAPR training session for nursing staff; conducted a biosafety training session for Chemistry students; conducted HAZMAT training sessions for AUBMC staff; prepared and submitted AUBMC HAZMAT annual report; participated in meetings regarding water treatment and recycling projects on campus; conducted biosafety inspection visits on campus; commissioned and tested biosafety cabinets on campus and at CMC; and responded to several inquiries related to cabinets at AUBMC.

- **The Risk Management Unit** followed-up on many inquiries related to injuries and incidents; offered training regarding sharps safety and incidents’ reporting for AUBMC staff; and met with several departments at AUBMC in preparation for an incident report automated form.

**Meet the Emergency Response Team (ERT)**

**Mary Khairallah**
Ms. Khairallah started her journey at AUB in 1985 as a clerk stenographer in the Medical Engineering Department. In 1987, she was the secretary of the VP of administration and then became the administrative assistant of the VP in 1993. Since 1998, she is serving as system and procedures’ analyst. She joined the ERT in 2000 and is still an active member since then. Mary recalls very well a flood incident that happened in the College Hall. The water infiltrated into the basement and the challenge was to prevent it from getting into the electrical rooms and into the store. Mary passionately talks about the efforts that every ERT member put during this incident to contain water spread and save valuable documents in the store.

**Yusuf Ahmad**
Mr. Ahmad joined AUB in 1993 as a plumber in the Physical Plant Department and became night attendant in 1994. He has been continuously a member of the ERT since its formation in 2000.

Yusuf particularly likes to mention the incident that took place in front of the Kerr Hall building when bags full of paper for recycling caught fire. The flame was so intense that the ERT had to call the Beirut fire brigade for assistance. “I am so proud that we could prevent the fire from reaching to the students’ dormitories and that I received a personalized acknowledgment letter from President Dorman.”