A new paved walkway connecting the lower parking lot with the north-east side entrance of the HSC has been constructed. This path was once a worn, dirt passageway created by students, staff, and faculty to gain access to the building. The new path can be treated in the winter which creates a significant safety improvement. After WVU’s Roads and Grounds paved the path, Mike Cupp and Jimmy Wolfe from HSC Facilities Management created a custom handrail with WVU’s Flying WV logo throughout the length of the walkway.

Decontaminating Lab-Close Out Equipment

With new laboratories opening and renovations taking place, many researchers will be moving from one laboratory to another. Before removing any equipment that has potentially come in contact with a biohazardous agents, it must be decontaminated by laboratory staff and inspected and approved by the Safety Office. Failure to contact the Safety Office will result in the denial of a signed decontamination notice, and will require PI or Department to decontaminate the equipment again. To avoid any problems, follow the steps below:

What to do for Transferring Equipment

The outside of the equipment must be decontaminated/sanitized before it can be moved to another location within the HSC.

- Unplug equipment
- Spray 10% bleach/water mixture on the inside and outside of the equipment.
- With all compartments open, let air dry for at least 20 minutes.
- Remove any bio-hazard stickers as Facilities Maintenance will not remove the appliance if this sticker is present.
- Contact the HSC Safety Office (293-6924) for inspection and authorization of decontamination.

What to do for Disposal of Equipment

Department owner must empty and decontaminate/sanitize the equipment before disposal.

- Unplug equipment
- Spray 10% bleach/water mixture on the inside and outside of the equipment.
- With all compartments open, let air dry for at least 20 minutes.
- Remove any bio-hazard stickers as Facilities Maintenance will not remove the appliance if this sticker is present.
- Contact the HSC Safety Office (293-6924) for inspection and authorization of decontamination.

Place a work order with Facilities Management for equipment removal and disposal. This form can be found on the Safety Website at www.hsc.wvu.edu/safety. Remember, Facilities Management will not remove the appliance without a Safety Office decontamination sticker.
When a fire happens, there are steps to take to ensure everyone’s safety. If you discover a fire in the building, follow these steps first:

- **Activate** the nearest fire alarm
- **Close** doors as you leave
- **Evacuate** to your departmental’s evacuation point
- **Call** Dispatch at 3-4394 or dial 9-911
  - State your name
  - Nature of emergency
  - Size and location of the fire
  - Phone number where you can be reached

Some small fires can be extinguished without evacuation, but one should constantly evaluate and be ready to evacuate if the fire cannot be controlled. **NEVER ENTER A SMOKE-FILLED ROOM** to put a fire out.

For those who are trained to use a fire extinguisher, follow these steps:

- **Activate** the fire alarm
- **Evacuate** people in the area
- Use ‘PASS’ when using a fire extinguisher. (PASS - Pull, Aim, Squeeze, and Sweep)
- **Maintain** an accessible exit
- **Avoid** smoke and fumes
- **Report** all fires to your supervisor and HSC Safety Office
- **Remain** available to answer questions from HSC Safety Office and/or the fire department
- **Contact** Dispatch at 3-4394 to replace the fire extinguisher

If a building fire alarm is sounding or you receive notification of a fire emergency:

- **Evacuate** to your department’s evacuation point and remain there until instructed by HSC announcement or the fire department that it is safe to re-enter the building. You will hear the “All Clear” announcement for reentry.
- **Close** doors behind you!
- **Do not attempt to use elevators**. Elevators are tied to the fire detection system and are not available to occupants once the alarm sounds.

### Steps to Take in a Large Chemical Release/Spill

It is important to know what to do in any type of spill. In cases that involve large spill, anything liquid more than 1 liter, unidentified material, or extremely hazardous material, the following steps should be followed:

- Avoid inhaling or coming into contact with the spilled material.
- If splashed with the chemical, immediately flush the affected area with water for at least 15 minutes.
- Follow Laboratory Chemical Hygiene Plan.
- Attempt to identify material if possible.
- If the spill involves a flammable liquid, turn off all ignition sources if possible.
- Immediately evacuate the area.

Immediately request emergency response assistance through the Dispatch at 3-4394 under the following circumstances:

- The release requires immediate attention because of imminent danger.
- The release requires evacuation/control of employees beyond the immediate spill area. (e.g. any toxic material spill in a hallway or other public area).
- The release poses a serious threat of fire or explosion.
- The release may cause high levels of exposure to toxic substances that are uncontained.
- The situation is unclear or important information is lacking.
Get to Know a HSC Researcher

Robert W. Brock
Physiology & Pharmacology
Center for Cardiovascular & Respiratory Sciences

Background/Credentials:
- Honors B.Sc. in Physiology (Univ. of Waterloo, Canada)
- M.Sc. in Physiology (Univ. of Waterloo, Canada)
- Ph.D. in Medical Biophysics (Univ. of Western Ontario, Canada)
- Postdoctoral Fellow in Vascular Biology (Lawson Health Research Institute, Canada)
- Wyeth Research Scholar
- Fellow of the American Heart Association

Favorites
Food: steak; mussels; sea bass; escargot
Music: Coldplay; U2; Tragically Hip
Movie: Braveheart; Saving Private Ryan
Book: Awakenings by Oliver Sacks
Travel Destination: Europe (England, France, Venice, Rome)

Describe your research in 50 words or less.

My current research focuses on determining the reasons behind why micro vascular and endothelial dysfunction accompanies systemic inflammatory and diabetic conditions. Specifically, my research attempts to pinpoint the pathways influencing blood flow regulation in the kidney and liver microcirculations and the localization/kinetics of signaling molecules in normal and diseased mice.

If you received a five million dollar grant for research, what would your dream research project be?

The same as what I am doing now. Although the technologies utilized would be a lot more advanced and cutting-edge (read: more expensive).

What is one thing that people might be surprised to know about you?

I played baseball throughout school and was invited to a prospects camp for the Toronto Blue Jays and Detroit Tigers. Obviously I didn’t make it!

What are some of the safety issues in your laboratory?

We use isoflurane as an inhalational anesthetic and have concerns regarding environmental exposure for my staff and students. We are continually trying to find better ways of scavenging it during use.

What do you like most about working at WVU?

My colleagues, and the staff and students within the Center for Cardiovascular & Respiratory Sciences are great! No one could ask for a better group of people to work with.

What do you like most about West Virginia?

The four seasons. The trees. The hills. Our friends. It reminds me of home when I was growing up in Canada.
Liquid nitrogen is frequently used in chemical research laboratories for the purpose of cooling. It is a colorless and odorless liquid that is a valuable coolant because of its low toxicity and low boiling point (-196 degrees C or -320.8 degrees F). Liquid nitrogen has the advantage that it does not support combustion. However, precautions should be taken to protect one’s self when handling and storing this chemical.

### What Should Be Worn:
- Be sure to work in a well ventilated area to prevent oxygen deficient atmospheres under 19.5% oxygen.
- Wear safety shoes when handling containers along with long sleeve shirts and trousers without cuffs.
- ALWAYS wear a full face shield and splash resistant safety goggles. Contact lenses should not be worn.
- Wear insulating or leather gloves when handling liquid nitrogen or large, cold objects.

### Handling:
- Never allow any unprotected part of the body to touch uninsulated pipes or vessels which contain cryogenic fluids. Tissue damage that results is similar to frostbite or thermal burns.
- The extremely cold metal will cause flesh to stick fast and tear when one attempts to withdraw from it.
- Use a suitable hand truck for container movement.
- Do not drop, tip, or roll containers on their sides. Do not remove or interchange connections. If user experiences any difficulty operating container valve or with container connections discontinue use and contact supplier.
- Use the proper connection. DO NOT USE ADAPTERS.
- Many substances become brittle and may shatter when cold, sending pieces of the material flying. Avoid common glass and large, solid plastics.

### Turn Off the Phone While Driving

Driver inattention is a leading cause of traffic crashes, responsible for about 80 percent of all collisions, according to the National Highway Traffic Safety Administration (NHTSA). Considering crashes are the number-one cause of accidental death in the U.S., it is important to pay close attention to our driving habits and those of other drivers.

- Using cell phones while driving is a very high risk behavior with significant impact on crashes and society. More than 50 peer-reviewed scientific studies have identified the risks associated with cell phone use while driving.
- Drivers who use cell phones are four times more likely to be in a crash while using a cell phone.
- There is no difference in the cognitive distraction between hand-held and hands-free devices.

(1997 New England Journal of Medicine examination of hospital records and 2005 Insurance Institute for Highway Safety study linking crashes to cell phone records.)

(Simulator studies at the U. of Utah.)