The Micro Gram

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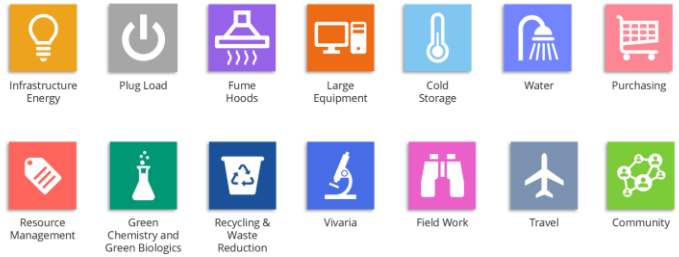
A lab safety newsletter for the PSU campus community.

Portland State Environmental Health & Safety

Help PSU Be More Green



Lab spaces are notoriously wasteful, but there are things you can do to help cut back on the environmental impact.

Did you know... ?

- It is possible to recycle lab plastics - from tip boxes to conical tubes.
- Many consumables can be reused if properly washed/sterilized.
- Ultra-low temperature freezers can use as much energy as an average household every day.
- Small water baths can consume as much energy as a dishwasher every hour.
- Autoclaves can use as much as 60 gallons of water per cycle. And if your autoclave is >10 years old, chances are it uses up to 90 gallons per cycle.
- Many toxic chemicals used in labs have less-toxic or non-toxic alternatives.
- Sharing chemicals or contributing to a chemical inventory is a great way to reduce chemical use.

What can be done?

- Reduce, reuse, recycle
- Manage inventories
- Purchase greener products
- Shut your fume hood sash

For more tips and trick visit: mygreenlab.org

freezer challenge

A well organized and upkept laboratory freezer promotes sample accessibility, sample integrity, reduced costs, and energy efficiency. Good management practices include:

- Defrost and Remove Dust from Intake or Coils
- Clean Out
  - Remove all items no longer viable or needed
- Sample Inventory
  - Inventories reduce the likelihood of misplaced samples and improves sample access speed
- Switch to High Density Storage
  - From smaller freezer boxes

Upcoming Lab Safety Trainings

November 19th 2021, 10am–1pm
December 16th, 2021 2pm–5pm
Sign up: Safety Training form

Laboratory Safety Leads

A new research laboratory community is developing at PSU. The community is primarily made up of graduate students, post docs, undergraduates and lab managers. Currently this group meets virtually on a monthly basis to discuss lab related issues, lab incidents, and any potential updated safety information coming from the campus Chemical Hygiene Committee.

Some Laboratory Safety Lead (LSL) responsibilities may include:

- Being the point person within your lab for best practices in chemical storage, chemical inventory management and lab waste protocols.
- Providing input on potential new protocols that would directly affect lab workers.
- Keeping your lab in the loop as to any new resources available pertaining to lab safety.

This community is still a work in progress. If you are interested in learning more or volunteering to be the LSL for your lab, please fill out the interest form, found here: Laboratory Safety Lead Volunteer Form

Become a My Green Lab Ambassador

The My Green Lab Ambassador Program is designed for scientists and laboratory professionals who are motivated to encourage their lab to be more sustainable.

This free, online learning program will provide you with a quick introduction to lab sustainability and ideas for how sustainable actions can be implemented within your lab.

By becoming a My Green Lab Ambassador you will be able to jumpstart your lab's journey into sustainability.

my green lab

Have a suggestion for a lab safety topic?
Email: lindsah@pdx.edu

Click on hyperlinks to learn more

News from Environmental Health & Safety at PSU