

Upcoming Lab Safety Trainings:

Jun 28th 2024 10:00am–1:00pm
Jul TBD
Sign up: [Safety Training form](#)



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Let safety be a sponge – soak it up.

A lab safety newsletter for the PSU campus community.
 Portland State
Environmental Health & Safety

The hot weather is coming! Are you prepared?

Although most lab work may not be affected by the raise in outside temperatures, commuting to/from campus, moving about campus and field work activities may be impacted.

With hot temperatures sticking around, that also means an increase in the potential for wildfires. Make sure you have a plan and have practiced it!

Ways you can prepare:

- Review the [PSU Heat Illness Prevention Program](#) and [PSU Wildfire Smoke Protection Program](#)
- Complete the annual [Heat Illness Prevention Training](#) and [Wildfire Smoke Protection Training](#)

May is Mental Health Awareness Month

From the article, [On the Importance of Mental Health in STEM](#), graduate students are “more than six times as likely to experience depression and anxiety as compared to the general population” with 41% of students showing signs of anxiety and 39% moderate to severe depression.

Leading the most prevalent mental health illnesses found in the STEM fields are depression and anxiety, with burnout (although not technically classified as a mental health illness) following close behind.

Particularly in STEM fields, there can be a culture of *this is supposed to be hard*. It can often be challenging for students and early career academics to recognize inappropriate levels of stress.

[Student Health & Counseling \(SHAC\)](#) has many great resources:

- [Wellbeing Coaching](#)
- [Wellness and Health & Health Action Team \(WHAT\)](#)
- [The Mind Spa](#)
- [Supporting the Mental Health of Students](#)



Is your lab prepared for an unexpected campus closure?

It is recommended that all laboratory, shop, and studio personnel be trained and prepared for properly and safely shutting down or pausing their operations for scheduled holidays or unexpected closures. During extended holiday breaks or vacations, you should also prepare your laboratory, shop, or studio for reduced operations and a decrease in personnel.

Best practices include:

- Confirming a critical contact list.
- Ensuring essential equipment is on emergency power and has adequate supplies to run through any absence while non-essential equipment is shut down properly.
- Securing physical research materials and backing up critical research data.
- Avoiding ordering sensitive materials or those that must be kept frozen, if possible, over the holidays or extended breaks.
- Reviewing your emergency response plans with all members.
- Ensuring that your lab door placard is up to date with current information.
- Requesting a waste pickup.

TAKE FREQUENT BREAKS!

• Heat Prevention & Safety •

Schedule and encourage frequent rest breaks, particularly during outside work. Drink water frequently, and take shelter in shaded or air-conditioned areas.

TIPS

- Take advantage of campus buildings!
- Check-in with yourself and others
- Learn the signs of heat illnesses



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](#)