



# Guardian

Environmental Health & Safety

First Quarter 2003

## Laboratory Safety Office

Emergency Response Exercise	2
Back Safety	3
Fire Safety	4

EH&S has added a new section to its Research Support and Environmental Compliance group, the Laboratory Safety Office. Staff from this office, working closely with other EH&S professionals, will assist researchers in creating a safe laboratory environment. The Laboratory Safety Office will consult with new researchers regarding safety issues particular to each laboratory, and will provide assistance with laboratory set-up as it relates to safety, advise researchers about training, record keeping, inspections, compliance with regulatory agencies, and will address general and specific safety concerns.

Additionally, the Laboratory Safety Office will provide assistance to researchers in obtaining the necessary exemptions and licenses required to purchase and possess DEA controlled substances to be used in their research. Recent changes have been made in state and federal licensing for Florida State University researchers who wish to use controlled substances in their research. Current requirements necessitate that researchers who use prescription medications or controlled substances *each* possess state and federal licenses for the controlled substances to be used in their laboratories. Additionally, researchers who possess 2.5 gallons of diethyl ether will need an exemption from state licensing. Environmental Health & Safety will aid researchers in obtaining and renewing their licenses and exemptions.

Controlled and regulated substances include Schedule I-V drugs, prescription drugs, and diethyl ether. Researchers that use anesthetics or analgesics in their research also may be using controlled substances. The official Policy and Procedure on this matter is being finalized and will be available on EH&S's web site shortly. To obtain more information about obtaining state and federal licenses, or to request general information about state and federal regulations regarding controlled substances, please contact Janice Dodge at 644-8916 or Kim Lindamood at 644-0818 in the Laboratory Safety Office.

### Controlled Substances

Current requirements necessitate that researchers who use prescription medications or controlled substances *each* possess state and federal licenses for the controlled substances to be used in their laboratories.

GUARDIAN, is published quarterly by The Florida State University- Department of Environmental Health and Safety, 1012 Parking Garage Tallahassee, FL 32306-4109  
(850) 644-6895  
Fax (850) 644-8842

Director  
Fran Harley  
fharley@admin.fsu.edu

Editor  
David Plichta  
dplichta@admin.fsu.edu

Contributors:  
Janice Dodge  
Bob Durham  
Kim Lindamood  
Mark Klawinski

GUARDIAN is available in alternative format upon request and on the web at [www.safety.fsu.edu/guardian.html](http://www.safety.fsu.edu/guardian.html)

Please recycle this newsletter when finished.



A listing of DEA controlled substances can be found on their web site at: [www.deadiversion.usdoj.gov/schedules/](http://www.deadiversion.usdoj.gov/schedules/).

---

---

# Emergency Response Exercise



Florida Department of  
Law Enforcement  
James T. "Tim" Moore  
Commissioner

Post Office Box 1489  
Tallahassee, Florida 32302-1489  
<http://www.fdle.state.fl.us>

Jeb Bush, *Governor*  
Charlie Crist, *Attorney General*  
Tom Gallagher, *Chief Financial Officer*  
Charles H. Bronson, *Commissioner of Agriculture*

## NEWS ADVISORY

### **North Florida Regional Domestic Security Task Force Holds Exercise**

February 10, 2003

On March 12, the North Florida Regional Domestic Security Task Force will participate in a full-scale field exercise in Leon and Wakulla counties. The exercise will include simulated incidents involving weapons of mass destruction and will take place at Florida State University's Doak Campbell Stadium and at the Murphy's Oil Refinery in St. Marks.

The exercise, known as "Operation Dark Cloud," is being coordinated by the North Florida Regional Domestic Security Task Force (NFRDSTF) and Community Research Associates, Inc. The NFRDSTF is made up of all the federal, state and local agencies including law enforcement, fire-rescue, health, hospital/EMS and emergency management within the thirteen County Tallahassee Region. "Operation Dark Cloud" will begin at 10 a.m. and last approximately six hours.

The exercise is designed to be as real as possible in order to test response plans and provide training toward a higher level of terrorism response preparedness. To that end, the NFRDSTF is advising the public in advance in order to minimize any concern and prevent unnecessary calls to law enforcement and 911.

#### **For Further Information Contact:**

Al Dennis or Jennie Khoen  
FDLE Office of Public Information  
(850) 410-7001

---

---

# Back Safety

Back pain is one of the most common health problems in America. Around 80 percent of the population can expect to have back pain at some time in their lives. About eight million Americans suffer new back injuries every year and nearly twice as many back injuries occur at home than in the workplace. Back problems can bring more pain and lifestyle change than almost any other form of injury. Protecting your back is a 24-hour-a-day job.

## Causes of Back Pain

- Poor body mechanics, the way your entire body adjusts to keep its balance as you move and rest. You upset your body mechanics if you move or lift heavy objects incorrectly, carry or lift something too heavy, sit or stand in an unnatural position, or twist your body abruptly or awkwardly.
- Weak, under-exercised muscles rob the back of support. Poor muscle tone also makes the muscles more likely to be injured when they are stressed.
- Extra body weight often settles in abdomen and hips, and strains the back by exaggerating the curve of the lower spine. The more weight, the deeper the curve: just 10 pounds of extra weight in the abdomen, even pregnancy, can equal 100 pounds of pressure on the spine.
- Wearing high heels affects posture and can cause back pain. Standing or walking in high heels deepens the curve in the lower back, forcing the bottom of the pelvis to tilt backward to keep the body in balance.
- Improper diet makes the back more vulnerable to injury, especially if you don't get enough calcium (for strong bones in the spine) and protein (for strong muscles and ligaments). Lack of sleep can rob strength from every part of your body, including your back.

## Improper Lifting is a Major Cause of Back Injury

Over the years, you have probably heard that bending knees and keeping the back straight will prevent back injuries. This is not necessarily true. Lifting should be accomplished much in the same way that a weight lifter does. When lifting, the knees and hips should be fully bent and the lower back locked inward. In this position the weight is as close to the body as it can be. The head and shoulders must come up first. This is important in order to help maintain the inward curve during the entire lift. The maximum amount of stress will be placed on the lower back as you begin the lift. Keeping the lower back locked in its normal inward curve allows the stronger leg and hip muscles to perform the lift, protecting the back from injury.



## The Basic Principles of Lifting are:

- Analyze the work to be done.
- Ask for help with heavy work.
- Distribute weight to be carried as evenly as possible.
- Push heavy objects rather than pull.
- Keep objects to be carried close to your body.
- Maintain a wide base of support and secure grip.
- Tighten abdominal muscles, time and coordinate lift.
- When turning, pivot with feet and avoid twisting body.

---

---

# Fire Safety Tips

Here are a few tips for you to use while enjoying your spring and summer.

- Store paints, fuels, and all ignitable liquids in a cool, locked metal cabinet. Greasy rags should be stored in a self-closing metal container. DO NOT store chemicals that are not compatible together, such as pool chemicals, oils, gasoline, and cleaning products.
- Never leave a grill unattended. Only use approved charcoal lighter to start a fire, never any other flammable liquids.
- Avoid using gas or charcoal grills on enclosed porches or balconies.
- When on trips, check hotel/motel rooms for smoke detectors, as well as alternate means of escape.
- Fireworks, including sparklers, are dangerous. Fireworks are illegal, including firecrackers. Leave them to the professionals.
- Florida averages 8,100 wildfires each year, destroying thousands of acres of forest, grassland, and animals. Dispose of matches and cigarettes properly.
- Stow boat fuel carefully and use caution when refueling. Do not smoke. Be sure to vent engine compartment by turning on blowers when fueling.
- Use only flashlights in a tent. Never use candles, heaters, or stoves.
- Keep your campfire small. When extinguishing a fire, pour water or dirt over it until the coals and ground are cool to the touch before leaving the campfire.



Stay tuned to a future issue of the *Guardian* for fire safety tips for the fall.

---

Environmental Health and Safety  
Florida State University  
Tallahassee, FL 32306-4109

**Non-Profit Organization**  
**U.S. Postage Paid**  
**Permit 55**