Summer is here, which also means Hurricane Season is here. Whether you are a Florida native or not, preparing for the summer and hurricanes is essential. Stay safe and help by staying hydrated, staying cool, and sun protection by using sunscreen and long-sleeve shirts to protect your skin. This newsletter covers upcoming events, summer safety, hurricanes preparedness, and safety month.

**Get Ahead During the Summer Slowdown**

- **Summer Safety**: In 2023, summer begins on June 21st and ends on September 22nd. Heat-related illnesses can pose significant risks to individuals as we see increases in temperatures and humidity. It is crucial to raise awareness about these conditions to ensure the health and safety of the university community. Here are five heat-related risks to individuals as we see increases in temperatures and humidity.
  - **Heat Stroke**: This is characterized by altered mental status, altered behavior, and convulsions.
  - **Heat Exhaustion**: This is characterized by muscle cramps, dizziness, and fatigue.
  - **Heat Cramps**: These result from dehydration and electrolyte imbalances due to excessive sweating.
  - **Sunburn**: Sunburn occurs when the skin is overexposed to the sun's ultraviolet (UV) radiation. If sunburned, individuals should reduce exposure to the sun, stay hydrated, and use aloe vera gel to soothe the skin.
  - **Heat Rash (Prickly Heat)**: This condition is characterized by small red bumps or blisters on the skin, usually in areas subject to sweating, such as the face, neck, and scalp.

- **Administrative Controls**: Prevent employees from overexposure to the sun by keeping them cool and comfortable in the workplace. This can be achieved by providing shaded areas, using broad-brimmed hats, and offering breaks in the heat.
- **Training Requirements**: Ensure everyone in the space has received On-The-Job Training by the supervisor and completed all training requirements.
- **Conduct a visual inspection of the space, remove excessive clutter, and report any issues (like missing ceiling tiles, wall perforations, leaks, etc.) to the Department of Facilities Management.
- **Check and restrict card swipe access or key access to your space.

**Emergency Preparedness**: For additional resources, check out the Miami-Dade County 2023 Hurricane Guide, which discusses preparing before a hurricane’s landfall, being ready during a hurricane, cautionary measures after a hurricane, storm surge planning zone, and much more. All FIU laboratories must create, annually review, update as needed, post, and provide emergency procedures. For more information, find here https://dem.fiu.edu/emergencies/hazardous-weather/hurricanes/.

**Get Ahead During the Summer Slowdown**

- **Emergency Shutdown Procedures**: These procedures are for an impending threat (not imminent), more specifically, when there is time to shut down and not an imminent threat. The procedures should include stopping operations so that space occupants evacuate the space instantly while reducing additional hazardous conditions. This procedure should be straight to the point, minimal, and paired down to what is absolutely necessary.
- **Emergency Evacuation Procedures**: These procedures are geared toward immediately securing hazards and evacuation of the space occupants.
- **Emergency Incident/Injury Procedures**: These mandatory procedures must include a detailed description of how to respond to an incident or injury, including seeking medical help, reporting to a supervisor, and workers’ compensation procedures.
- **Emergency Hazardous Spill Procedures**: These procedures should be specific to each space and its hazards. It is essential to have a plan in place for hazardous spills, including contacting emergency responders and containing the spill to prevent further damage.

**Hurricane Preparedness**

The FIU Department of Emergency Management manages laboratory safety and preparedness like training, establishing and follow safety protocols, and update and document DHS safety and on the job trainings.

**Injuries**: Review the chemicals in your space to ensure the chemicals, storage locations, volumes, and quantities are correct for the Chemical inventory.
- Before restocking chemicals, consider switching some more hazardous chemicals with greener alternatives.
- Review the refrigerator and freezer entries by ensuring the inventory is posted outside the refrigerator/freezer. Make sure all spaces are properly labeled, and chemicals are stored securely.
- If you need to dispose of biohazardous materials, request a Biohazard Waste Disposal, which can be set on a schedule or a one-time pick-up, found here: https://ehs.fiu.edu/main/chemicals/biohazard-waste-disposal.
- Also, consider a Hazardous Waste Pick-up Request for both old/expired chemicals and unused/unsold chemicals.

**Administrative Controls**:
- Check and restrict card swipe access or key access to your space.
- Conduct a visual inspection of the space, remove excessive clutter, and report any issues (like missing ceiling tiles, wall perforations, leaks, etc.) to the Department of Facilities Management.
- Ensure all space occupants have covered limbs and closed shoes, even in the summer!

**Training Requirements**:
- Ensure everyone in the space has received On-The-Job Training by the supervisor and completed all necessary DHS Safety Training; review the EH&S Laboratory Safety webpage for what is required or try searching “training” on the EH&S Laboratory Safety webpage.
- Before restocking chemicals, consider switching some more hazardous chemicals with greener alternatives.

For more information, reach out with any questions or concerns: ehs@fiu.edu.