Happy New Year from the Department of Chemistry and Biochemistry! Winters in Utah come with an increase in slips because of the icy pathways. In the US, slip and fall injuries are the most common work-related injury, affecting 25,000 people per day. These injuries account for a whopping 65% of all work days lost in the US. Here are a few tips to prevent slips, trips and falls both on and off the ice.

**Off the Ice**
- Keep walkways clear and clean
- Avoid carrying anything that blocks vision
- Do not walk and operate a phone or device
- Use handrails on stairs

**On the Ice**
- Wear slip-resistant shoes
- Treat walking surfaces
- Utilize a cart to transport materials
- Wear sunglasses outdoors
- Walk with your hands and arms out to your sides
- Keep your center of gravity over just one leg

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**WINTER LESSONS: HOW TO WALK ON ICE**

1. Normally, when we walk, our legs’ ability to support our weight is split mid-stride.
2. Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.
3. One animal that has figured this out is a penguin. Think of yourself as a penguin and you’ll be all right.

**FACT:** On April 8, 2013, Dr. Robert Atkins, inventor of the famed Atkins Diet, slipped on icy pavement and suffered severe head trauma. He died nine days later.

**FACT:** Approximately 60 people die each year in the United States as a result of slipping on the ice. This is about as many as will die from a tornado.
New Year, New You!

For many, the New Year comes with ambitious goals and renewed dedication to a meaningful life. We hope that as you consider healthy habits, you will include responsibility on campus and in the lab by reviewing some of the free trainings offered by our department and our university.

These high-quality trainings are a valuable resource in preventing accidents and ensuring safe lab practices. Likewise, most trainings are only valid for a limited time; even if you have taken a training before, it is never a bad idea to review the content of important trainings and renew your certification.

In this Safety Gram, we will be reviewing some of the key trainings that are most relevant for our department. Feel free to explore these and other trainings at ytrain.byu.edu.

**Chemistry/Biochemistry Lab Standard**
This important training is designed to introduce and reinforce concepts in order to comply with OSHA's Lab Standard, HAZCOM GHS, and Subpart K. The training is divided into three parts. Parts one and two will be taken online, and part three is a HAZCOM checklist that will need to be worked with your Lab Supervisor/Professor and then reported online. This training is required to be taken prior to working in any lab within the Chemistry/Biochemistry Department. This training will need to be repeated every two years.

**Compressed Gas Cylinders**
This training teaches the hazards associated with gas cylinders, how to safely transport a cylinder, positioning cylinders, proper hook-up procedures, safety storage practices, and cylinder storage incompatibilities.

**Fire Safety**
This training covers basic fire safety knowledge and procedures specific to our university.

**Subpart K**
This training outlines the proper management and disposal of academic laboratory hazardous waste.

**Fume Hood Safety**
This training provides information pertaining to proper usage of fume hoods, particularly how correct hood usage protects university resources and fellow researchers.

Links to these trainings can also be found on the Safety page of the Chemistry and Biochemistry Department website. This page also includes links to other relevant safety information such as:

- Hygiene Plans
- Lab Assessment Checklist
- SOP Templates
- Unwanted Lab Material Request to Pick-Up
- Accident Reporting
- SDS
- Many more valuable safety resources