

Maverick Safety Matters

Environmental Health & Safety

SPRING 2013

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UT System Joins Medical Network for Treatment of Workers' Compensation Injuries

The University of Texas (UT) System has contracted with the Injury Management Organization Med-Select Network® (IMO) to provide medical treatment for UT System employees with work-related injuries or illnesses.

Effective April 1, 2013, employees injured on the job are required to obtain medical care from an IMO network provider unless it is an emergency. Employees who have a medical emergency should go to the closest urgent care center or emergency room.

Employees must go to an IMO network treating doctor for all health care relating to their injury. If health care is received from someone other than a network doctor without network approval, employees **may** have to pay associated costs.

This network only applies for work-related injuries and has no impact on health insurance benefits offered by UT System.

For additional information, please visit the UT System workers' compensation health care network web page at:

<http://www.utsystem.edu/ormwcihcnetwork/wcnetwork.htm>, or contact the UT Arlington Workers' Compensation Program at 817-272-5563.

Quick Employee Guidelines

- Notify your supervisor of the injury and the circumstances surrounding it.



Darren Byington (left) our Fire & Life Safety Construction Project Coordinator, has been on leave since June when his National Guard unit was deployed to Afghanistan. Here is a picture of him in action. We expect Darren to be back in the States and return to work sometime this summer.

- If you need medical attention for a non-emergency injury and you can drive yourself, go to a medical provider within the IMO network.
- You can [find a medical provider](#) on the IMO website.
- Sign the Workers' Compensation [Network Acknowledgement](#) form at the time of your injury. Please indicate the actual address where you reside on this form. You should receive the [Notice of Network Requirements](#) from your supervisor.
- If you receive the Notice of Network Requirements and refuse to sign the Acknowledgement Form, you are **still required** to use the network.
- Give the medical provider the [Notification of Work-Related Injury or Occupational Disease](#) form that has been signed by your supervisor or their designee. You are not required to submit copayments for treatment related to the injury.
- Give the pharmacy the [MyMatrixx Pharmacy Card](#) form. This document serves as a temporary prescription card. A permanent prescription card will be mailed to you within 3 to 5 business days after you obtain the first prescription.
- Complete and sign the [Employee's Report of Work-Related Injury or Occupational Disease](#) form and give it to your supervisor as soon as possible. Your supervisor must also sign this form.
- If you miss any time from work after the day of your injury, and it is related to your work injury, you will need to decide if you want to take sick leave or leave without pay.
- You must give your supervisor a copy of every Work Status Report provided to you by your treating physician.

Quick Supervisor Checklist

If your injured employee requires emergency medical attention, call UT Arlington Police dispatch at 817-272-3003 to request an ambulance.

Call the UT Arlington WC Claims Analyst at 817-272-5563 to give a verbal notification of the injury.

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Wearing a Respirator at UT Arlington

(in accordance with OSHA 29 CFR 1910.134)

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Respirators may be used by faculty, staff, and students at UT Arlington to limit exposure to airborne contaminants. The right respirator with a proper fit can greatly reduce your exposure to harmful agents. However, respirator use is not as simple as purchasing a respirator at the local store and wearing it. Improper cartridge selection and poor respirator fit can actually increase your exposure to the very chemical against which you had hoped to protect yourself. The Occupational Safety and Health Administration (OSHA) requires an assessment of exposure, medical clearance, and a respirator fit test before employees can be allowed to wear a respirator.

The UT Arlington Respiratory Protection Program requires faculty, staff, and students who may be required to wear a respirator at work to undergo these same procedures prior to being issued a respirator. Principal Investigators or Supervisors are responsible for the implementation of the UT Arlington Respiratory Protection Program.

WHAT IS A RESPIRATOR?

The National Institute for Occupational Safety and Health (NIOSH) defines a respirator as "any device designed to provide the wearer with [protection] against inhalation of a hazardous atmosphere." Tight-fitting respirators are designed to fit securely against the user's face to provide maximum protection. In accordance with OSHA regulations, tight-fitting respirators require a fit test prior to use.

ARE ALL RESPIRATORS ALIKE?

No. There are two main classifications of respirators: air-purifying and atmosphere-supplying. Air-purifying respirators are designed to remove harmful contaminants from the user's breathing zone by physical or chemical filtration. Atmosphere-supplying respirators limit exposure to harmful chemicals by providing the user with purified air from a source other than the work environment.

Within both main respirator classifications there are many options. For example, air-purifying respirators may include half-face masks, full-face masks, or hooded respirators. Each type of mask or hood can be fitted with various types of filters, depending upon the contaminant of concern. Atmosphere-supplying respirators can come with an air cylinder that is mounted on the user's back (Self-Contained Breathing Apparatus (SCBA)), or supply the user with purified air from a remote source via an air hose.

WHAT DO I NEED TO DO TO BEFORE WEARING A RESPIRATOR AT UT ARLINGTON?

Step 1 - Exposure Assessment

OSHA requires occupational use of a respirator only when airborne concentrations of specific chem-

icals exceed established threshold limits (Permissible Exposure Limits or PELs).

UT Arlington EH&S will analyze the nature and magnitude of employee exposures to respiratory hazards before selecting respiratory protection equipment. Contact EH&S to assist in identifying and evaluating the respiratory hazard(s) in your workplace. EH&S will make a "reasonable estimate" of the employee exposures anticipated to occur as a result of those hazards, including those likely to be encountered in reasonably foreseeable emergency situations, and will also identify the physical state and chemical form of such contaminant(s).

If an EH&S evaluation indicates that exposure levels are in excess of established PELs or other exposure criteria, and engineering controls are not able to regulate the exposure, appropriate respiratory protection must be selected and issued to potentially exposed personnel.

Step 2 - Medical Clearance

Once the determination to issue a respirator has been made, each individual must complete an OSHA Respirator Medical Evaluation Questionnaire form which will be evaluated by a physician or other licensed health care professional (PLHCP). EH&S recommends Concentra Urgent Care walk-in clinic at Arlington. The PLHCP will determine whether individuals are medically fit to wear respiratory protection. Persons who do not pass the medical evaluation cannot be fit tested and therefore cannot perform duties that have been found to require respiratory protection.

Step 3 - Respirator Fit Testing and Training

After personnel have been medically cleared, EH&S will assist in selecting the appropriate respirator. Individuals who will be required to wear a tight-fitting respirator will need to be fit tested by EH&S to ensure that it provides an adequate fit. Employees will also need to complete the EH&S Respirator Protection training, which covers the use, function, and limitations of their respirator. Respirator Fit testing and training typically takes no more than one hour and is required on an annual basis. More frequent training and/or fit testing may be required under some circumstances.

WHAT IF I AM NOT REQUIRED TO WEAR A RESPIRATOR, BUT WOULD STILL LIKE ONE?

Respirators can be worn on a voluntary basis. However, an EH&S assessment will still need to be performed to ensure that occupational respirator use is not required by OSHA. If the results of the assessment show that an individual is not being exposed beyond established criteria (PELs, etc.), a Voluntary Respiratory Use Agreement (VRUA)

Form must be completed and a Medical Clearance received by EH&S.

DSL Shout Out

COST ASSOCIATED WITH THE USE OF A RESPIRATOR

Employees participating in the respiratory protection program do so at no cost to themselves. The expenses associated with training, medical evaluations and respiratory protection equipment will be covered by the respective Principal Investigator (PI) or the employee's department.

New DSLs representing 12 departments were appointed during the first quarter of 2013. EH&S also delivered CPR and AED training to 54 DSLs. Severe Weather in North Texas was the focus of the regularly scheduled meeting in March, presented by guest speaker Mark Fox, meteorologist for NOAA.

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Minimum Requirements for Respirator Users (Voluntary & Required Use)

Respirator Type	Respirator Use ₂	Pre-Use Hazard Assessment by EHS		Initial Medical Clearance ₁	Initial & Annual Respirator Training	Initial & Annual Respirator Fit Testing	Review of OSHA Appendix D (voluntary)
		Required	Voluntary				
	N95, Voluntary Use ₂	✘	✘	○	○	○	✘
	Cartridge (full or half face), Voluntary Use	✘	✘	✘	✘	✘	—
	PAPR ₃ (loose-fitting facepiece)	✘	✘	✘	✘	—	—

Notes:

1. A medical re-evaluation is required if an employee develops medical signs or symptoms while wearing a respirator; or, if the physiological burden associated with working conditions increases substantially.
2. Includes all types of filtering face pieces (i.e. N/R/P 95/99/100)
3. PAPR = Powered Air Purifying Respirators

✘ = required

○ = optional

— = N/A

Check out
EH&S on
Facebook
to keep up
with all our
events &
training:

[UT Arlington
Environmental
Health & Safety
Office](#)

Workers' Compensation Quick Supervisor Checklist (cont. from page 1)

Please provide the following information:

- name of the injured employee
- nature of injury
- date, time and location of the occurrence
- your name
- phone number where you can be contacted

If your employee wants medical attention for a nonemergency injury and can drive themselves, direct them to [find a medical provider](#) on the IMO website.

Forms and documents you should provide to your injured employee:

- [Notice of Network Requirements](#)
- [Notification of Work-Related Injury or Occupational Disease](#)
- [MyMatrixx Pharmacy Card](#)
- [Injured Employee Workers' Compensation Guidelines](#)
- [Health Care Network Employee Handbook](#)
- [Employee's Report of Work-Related Injury or Occupational Disease](#)
- [Network Acknowledgement Form](#)

Forms that need to be faxed to EH&S at 817-272-0273 and originals mailed to Box 19257:

- [Employee's Report of Work-Related Injury or Occupational Disease](#)
- [Network Acknowledgement Form](#)
- [Supervisor's Report of Employee Work-Related Injury or Occupational Disease](#)

If your injured employee receives Work Status Reports indicating they that can return to work with restrictions, the WC Claims Analyst will contact you to determine if you will be able to accommodate their work restrictions.

If your employee misses any regular work days (**other than the actual day of their injury**), due to their injury, additional paperwork will be required. Please notify the UT Arlington WC Claims Analyst immediately at 817-272-5563.

For detailed instructions on handling work-related injuries, please refer to these documents:

[Employee Workers' Compensation Guidelines](#)
[Supervisor Workers' Compensation Checklist](#)

Visit the [EH&S website](#) for information about the UT Arlington Workers' Compensation Program.

DSL News (cont. from page 3)

"Have a plan before severe weather strikes," stressed Fox. It is important to know where designated shelter areas are located so you can get to them quickly when the tornado warning sirens sound. When you're on campus, become familiar with the storm shelters in your building. Look for the tornado symbol—it may be a basement, restroom, or interior office. If you don't see one, contact EH&S to assess the area and designate a shelter, or if necessary additional shelters, for your building.

[UT Arlington Tornado procedure 7-3](#) outlines actions individuals can take to safeguard themselves before, during, and after a tornado. You can review the presentation by Fox [here](#), and visit the online [Tornado FAQ](#) for more safety tips.

The June DSL meeting will include hands-on training in the operation of emergency evacuation chairs.



EH&S TRAINING COURSES

These courses can be accessed online at this website www.uta.edu/training:

Lockout/Tagout Confined Space Entry Hearing Conservation Training

The following online courses are available at this website www.uta.edu/ra/real/loginscreen:

Hazard Communication Training Radiation Awareness Training
Bloodborne Pathogens Training Laser Safety Training

Defensive Driving Course (DDC) This course must be completed every 3 years to remain an authorized driver of UTA vehicles. Driving record checks (MVR) must be renewed annually.

15-Passenger Van Training: Take the online course first. A behind-the-wheel driving test is also required and will be conducted on the dates and times below. **Class size is limited, so please call ext. 2-2185 to register ahead of time.** Meet at the EH&S office, 500 Summit Ave. Drivers must have already taken the Defensive Driving Course and have a current driving record check to attend.

	May 8 (W) 2:00 pm	June 12 (W) 2:00 pm	July 10 (W) 2:00 pm
April 23 (Tu) 10:00 am	May 21 (Tu) 10:00 am	June 25 (Tu) 10:00 am	July 23 (Tu) 10:00 am

Call us at ext. 2-2185 to schedule other required training available through our office, such as:

Radioactive Materials	Radiation Producing Machines	Hot Work Safety	Lift Truck
BioSafety Level II	Shipping Infectious Materials	Respirator	

Fire Extinguisher Training will be provided to groups on request. Please call 2-2185 to schedule.



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