

# School of Dentistry

## Environmental Health & Safety Newsletter

Volume 1, Issue 5

July 2011

### **ENVIRONMENTAL**

*What's new in Dentistry?*

#### **Green Your Dental Routine**

##### **Tip #1: Turn Off the Tap**

According to the Eco-Dentistry Association, running the tap while you brush your teeth wastes around 90 glasses of water per day. [Save thousands of gallons of water](#) each year by taking a moment to turn off the water faucet each time you brush. Teach your kids this rule early and they'll be water-savers for life.

##### **Tip #2: Choose Greener Toothpaste**

Before heading down the toothpaste aisle, know where your brand stands: Tom's of Maine scored highest on [Good Guide's list of ecofriendly toothpastes](#), while Dr. Ken's and Desert Essence earned top honors in [Grist's paste test](#). Conserve toothpaste by using only the recommended pea-sized amount. For vegan floss with some green cred, try [Eco-Dent](#). Check out [Green Daily's floss](#)

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### **HEALTH**

*What's going on in SOD...?*

#### **Regulated Medical Waste Management**

Research Laboratories are now responsible for their own medical/bio-hazardous waste. Clinical Areas are temporarily responsible for their own medical/bio-hazardous waste

#### **Requirements-**

1. Training- The individual who is transporting the waste needs to have the following training.
  - a. Medical Waste Management (EH&S)
  - b. Blood-borne Pathogens (EH&S)
2. Key- each laboratory needs to acquire a key from EH&S. There is a \$10 fee associated with the key.
3. PPE (Personal Protective Equipment)- The individual transporting the waste will need to wear gloves. Please, do not touch door knobs, elevator buttons, etc. with a gloved hand. Bring an extra pair of gloves just in case.
4. Waste needs to be disposed of in a **RED** barrel. These are provided in the medical waste cage in the "B" Loading Dock Medical Waste Cage.
5. Do Not sign any shipping papers at the Medical Waste Cage

#### **What is Regulated Medical Waste?**

1. Liquid or semi-liquid blood or other potentially infectious materials (OPIM).
2. Contaminated items that contain liquid or semi-liquid blood, or are caked with dried blood or OPIM and are capable of releasing these materials when handled or compressed.

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[roundup](#) for more options.

### Tip #3: Buy Recycled

Toothbrushes need to be replaced regularly, so the next time you're updating your bristles, consider these options: The [Preserve toothbrush](#) is made from recycled Stonyfield Farm yogurt cups. The [Radius Source toothbrush](#) has a detachable head and a handle made from recycled dollar bills, recycled flax, and recycled wood. [Toothbrush Express](#) is a subscription service that delivers new brushes along with a container to return brushes for recycling.

<http://sierraclub.typepad.com/greenlife/2009/08/green-dentistry-week-.html>

### Shutting the Tap on a Wasteful Problem



A lot of money and time goes into keeping people's teeth straight and white: braces, retainers, toothbrushes, dentist and orthodontist check-ups. But another crucial, albeit unnecessary, cost of maintaining that perfect smile is water.

The Eco-Dentistry Association started a "Save 90-A-Day" Campaign to shine the spotlight on saving water.

According to the [World Water Council](#), one out of six people on the planet lives without clean drinking water. With water becoming a more precious resource in a changing climate, particularly in arid regions, every little bit saved can go a long way. The EDA is asking people not only to turn off the tap while brushing their teeth, but to tell a friend or family member each day to do the same.

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## SAFETY

For your everyday life...

### Preventing Heat-Related Illness

- Drink more fluids (non-alcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- NEVER leave anyone in a closed, parked vehicle.



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Any issues on your mind?

Send me an email:

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3. Sharps.
4. Pathological and microbiological wastes containing blood or OPIM.
5. Established human or other animal cell lines which are known to be or likely infected/contaminated with human microbes or agents that are blood borne pathogens such as HBV, HCV, HIV or EBV.
6. Any human tissues or animal tissues that have been injected with an infectious agent, bacteria, virus, prions, or protozoa.
7. Any specimens obtained from a human even if they have been fixed in formaldehyde.
8. Any cultured infectious organisms such as bacteria and viruses.

#### **What is NOT Medical Waste?**

1. Food processing or biotechnology waste that does not contain an infectious agent.
2. Waste generated in biotechnology that does not contain human blood or blood products or animal blood or blood products suspected of being contaminated with infectious agents known to be communicable to humans.
3. Urine, feces, saliva, sputum, nasal secretions, sweat, tears or vomitus, unless they contain fluid blood.
4. Waste which is not bio hazardous, such as paper towels, paper products, articles containing non-fluid blood and other medical solid waste products commonly found in the facilities of medical waste generators.
5. Hazardous waste, radioactive waste or household waste.
6. Waste generated from normal and legal veterinarian, agricultural and animal livestock management practices on a farm or ranch.

#### **Biohazard containers in the Laboratory**

- Must be rigid
- Leak- resistant
- A lid that fits
- Can be in any color
- Labeled with word "BIOHAZARD" and the biohazard symbol on the top and sides

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If you're new to the idea of brushing your teeth without water blasting from the tap, the EDA recommends using the tap once to wet the toothbrush before applying toothpaste, then filling a glass with water to rinse your mouth. If everyone in the U.S. shut off their tap for just one day, nearly 27 billion glasses of clean water would be saved.

<http://sierraclub.typepad.com/greenlife/2009/09/shutting-off-the-tap-on-a-wasteful-problem.html>

#### *Ask a Dentist....*

*Do you have any questions for a practicing Dentist? This section is open to everyone! Please, send me your questions by the last Thursday of the month.*

- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
  - Infants and young children
  - People aged 65 or older
  - People who have a mental illness
  - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

### If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).
- Wear lightweight, light-colored, loose-fitting clothing

[http://www.bt.cdc.gov/disasters/extremeheat/heat\\_tips.asp](http://www.bt.cdc.gov/disasters/extremeheat/heat_tips.asp)

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- Sanitized when soiled
- Lined with a red Biohazard bag that fits!

### Biohazard Bag



- Must be **RED** in color
- At least 1.5 mil in thickness
- Must be labeled with the word "BIOHAZARD" and the biohazard symbol

### Managing your biohazard waste

- Cannot be over-filled
- Lids must be kept on containers when there is waste inside the bag unless the container is in use or it is empty
- Bio-hazard bags must be kept inside a container at all times
- Do not store on the floor, in an autoclave pan, on a cart or on top of containers
- Transport the bags inside a biohazard container with the lid on the container
- Do not carry by hand
- **Red biohazard bags containing waste can be kept in your work area for up to 7 days from the day you began to fill the bag**
- **Full sharps containers can be stored in your work area for up to 7 days**

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### Heat Strokes Signs and Symptoms

- Mental Confusion
- Delirium
- Chills
- Dizziness
- Loss of Consciousness
- Convulsions or coma
- A body temperature of 105 degrees F or higher
- Hot, dry skin that may be red, mottled, or bluish
- A strong fast pulse

### Autoclaving in SOD

When using an autoclave only use a Polypropylene

**NEVER USE ANYTHING ELSE THAT ISN'T HEAT RESISTANT!!!**



\*This picture was taken from the 6<sup>th</sup> floor autoclave room on 6/23/2011

### Ice bag Incident

There was considerable damage due to an ice bag left out in a cold room on the 6<sup>th</sup> floor.

Please, pay closer attention to incidents like this in the future to avoid causing damage to SOD property.

### Transport containers and Labels for regulated waste

#### Bio-hazardous waste

- Biohazard symbol and the word biohazard waste dispose in red Stericycle tubs.

#### Chemo Waste

- Use Carcinogen label. Dispose in Yellow Chemo Waste container.

#### Path Waste

- "Path" label for incineration.
- For animals, return to vivarium course, and put in the freezer with medical Waste tags.
- For human body parts and tissue, return to Dept. of Path, Autopsy.

#### Pharm Waste

- Pharm Waste label for "Incineration Only"

If you have any questions do not hesitate to contact Lauren Gambon (SOD EH&S specialist) or EH&S (310) 825-5689

**Good Work everyone on your commitments to the Environment, Health and Safety in SOD!**

### *Thanks to all the labs that have completed their chemical inventories:*

Dr. Chiu	Dr. Christensen
Dr. Haake	Dr. Jewett
Dr. Kim	Dr. Lin
Dr. Nishimura	Dr. Ogawa
Dr. Pae	Dr. Park
Dr. Roumanas	Dr. Shi
Dr. Sung	Dr. Ting
Dr. Wang	Dr. Wong