

# Saint Louis University

# Health Exposures and Reporting

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# Exposure Routes

Route	Cause	Immediate Action	Prevention
Inhalation (Breathe in a hazard)	Exposure to vapors, mists, fumes, aerosols, dusts.	Move to fresh air.	Use a chemical fume hood or BSC. Proper PPE.
Ingestion (Swallow a hazard)	Improperly stored/handled items. Inadequate hand washing.	Seek medical attention.	Proper hand washing and PPE. Store food and drinks outside of lab.
Injection (Contaminated object breaks the skin)	Needles, broken glass, animal bites/scratches.	Wash affected areas.	Use sharps and broken glass containers. Proper PPE.
Absorption through skin and eyes	Improperly stored/handled items. Splashes or spills.	Wash affected areas. Use eyewash/safety shower if necessary.	Proper PPE. Safe storage of hazardous materials.

# Chemical Hazards

Exposure to certain chemicals can cause acute and/or chronic health effects.

Most chemical exposures can be prevented by:

- Using a chemical fume hood
- Wearing appropriate PPE
- Properly storing and segregating hazardous chemicals
- Following lab safety procedures

Ensure safety shower is available and eye wash is flushed weekly for use in case of a chemical exposure.

# Biological Hazards

## Laboratory Acquired Infections

- Virus, bacteria, parasites, mold, fungi
- Acquired from lab specimens, blood, or other body fluids
- Most are acquired via inhalation

## Safe Work Practices and Procedures

- Biological Safety Cabinet/Engineering Controls
- PPE
- Sharps Containers
- Proper biohazardous waste handling
  - Solid waste can be autoclaved or disposed of using Stericycle biohazard waste bags/boxes.
  - Liquid waste decontaminated with 10% final bleach concentration.

# Radiation Hazards

Radiation exposure can be reduced by using appropriate shielding and PPE, minimizing time working with radiation, and increasing distance from radioactive materials.

## Radiation Dosimeters (Badges)

- Personnel using high energy beta emitters (e.g., P-32) or gamma/x-ray emitters (e.g., I-125) are monitored for exposure using whole body radiation dosimeters and ring dosimeters (if necessary).
- [Dosimeter application](#)



# Physical Hazards

More likely to result in sudden injury and generally involve a rapid release of energy.

- Fire
- Explosive materials
- Compressed gases
- Extreme temperatures
- Radiation
- Slips, trips, and falls
- Electrical hazards

General awareness and good housekeeping practices can help prevent injury.

# Occupational Health Program Services

Available for all laboratory and animal research personnel.

Assists with:

- Medical clearance
- Vaccination review
- Respirator fit testing

Provides confidential assistance for:

- Laboratory animal allergies
- Pregnancy
- Immunocompromised individuals

# Occupational Health Program Contact Information

## Occupational Health Program Manager

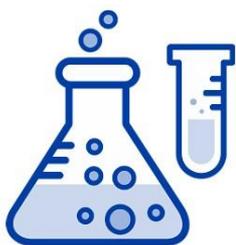
- Steven Cummings, MD
- [steven.cummings@health.slu.edu](mailto:steven.cummings@health.slu.edu)
- Doisy Hall, R311
- (314)977-7026

**Please Note: The OHP office is staffed part time and does not provide injury care.**

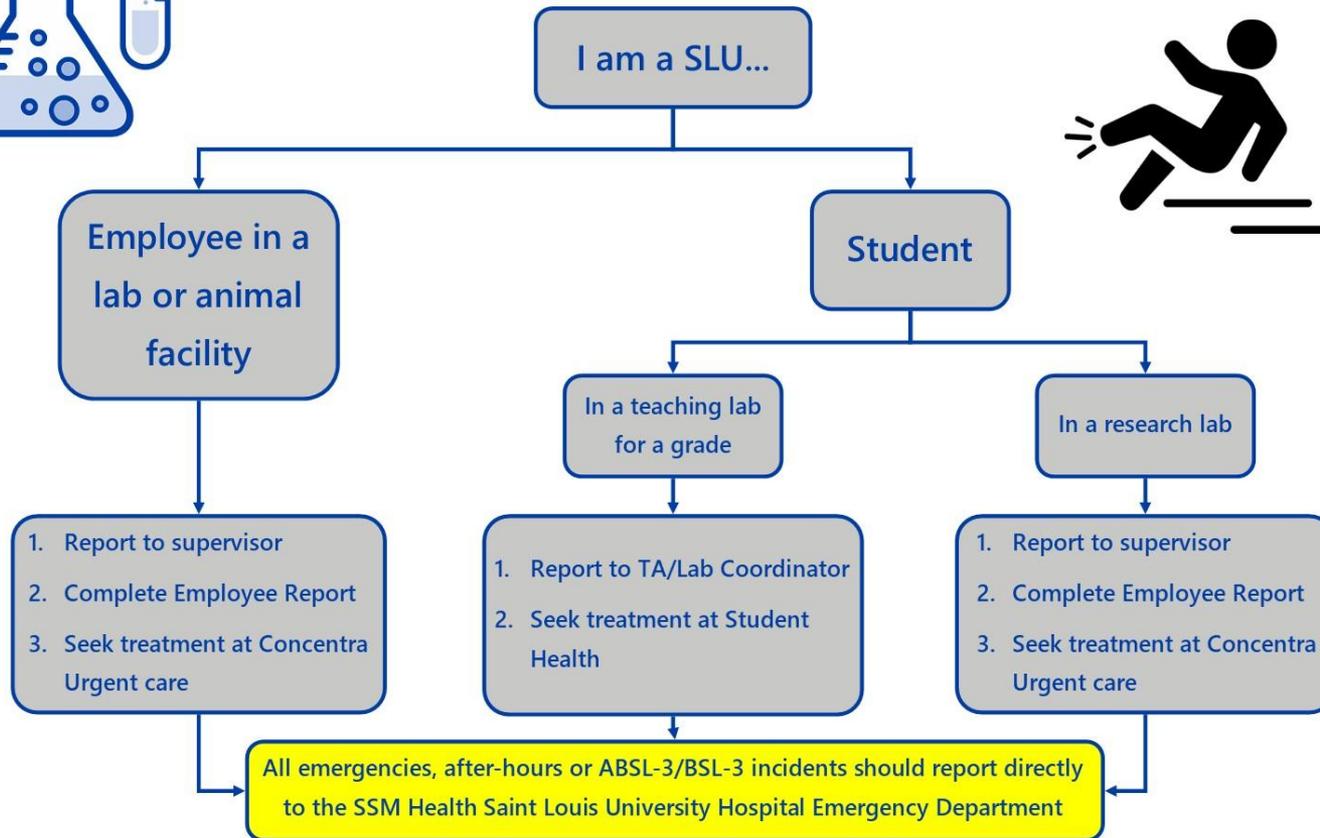
# Injury/Illness Reporting

Following an injury or illness, laboratory or animal facility personnel should:

1. Report to supervisor
2. Complete [Employee Report](#)
3. Seek treatment
  - a. ABSL-3/BSL-3 Incidents and Emergencies
    - i. SSM Health Saint Louis University Hospital Emergency Department
  - b. Other Work-Related Injuries
    - i. Concentra - 3100 Market Street; phone (314)421-2557
      - During normal business hours, 8:00 AM - 5:00 PM
    - ii. SSM Health Saint Louis University Hospital Emergency Department
      - After hours



# Injury and Illness Reporting Flowchart



# Employee Records

- You have a right to access your employee exposure and employee medical records.
- How do I obtain a copy of my employee medical records?
  - a. Provide a written request to Saint Louis University Risk Management
- How do I obtain a copy of my radiation dosimetry records?
  - a. Provide a written request to Saint Louis University Environmental Health and Safety
- More information is available [here](#).

# Summary

Contact [ehs@slu.edu](mailto:ehs@slu.edu) or [steven.cummings@health.slu.edu](mailto:steven.cummings@health.slu.edu) with any questions.

Please complete the Safety Awareness Quiz on Health Exposures and Reporting by October 31st, 2023.