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National Institutes of Health Office of Research Services Division of Occupational Health and Safety

Providing a safe and healthy environment for employees, patients and visitors.

“Safe science and good science go hand-in-hand.”

The articles in this Newsletter are intended to provide general summary information to the National Institutes of Health (NIH) community. They are not intended to take the place of either the written law or regulations. It is not NIH's intention to provide specific advice to readers of this Newsletter, but rather general information to help better understand how to prevent or reduce workplace injuries and illnesses. Reference in this Newsletter to any specific commercial products, process, service, manufacturer, or company does not constitute its endorsement or recommendation by the U.S. Government or NIH. This is not an NIH publication.

Do you know where your safety data sheets are located?

The Hazard Communication Standard (29 CFR 1910.1200(g)), requires the chemical manufacturer, distributor, or importer to document and communicate hazard information developed for each hazardous chemical. This must be done for each company and person who handles that chemical, from supplier to transporter to the final end-user. This is accomplished through the use of safety data sheets (SDSs).

SDSs are one of the most important tools to help ensure your safety. The SDS provides the information you need in order to work safely with a specific chemical, from what it looks and smells like, to its potential hazards, to what to do in the event of an accident. Your understanding of the information provided on an SDS can mean the difference between being safe and being seriously—or even fatally—injured.

The information contained in the SDS is required to be presented in a consistent user-friendly, 16-section format.

The SDS includes information such as the properties of each chemical; the physical, health, and environmental health hazards; protective measures; and safety precautions for handling, storing, and transporting the chemical. The information contained in the SDS must be in English (although it may be in other languages as well).



Sections in the SDS

A description of all 16 sections of the SDS, along with their contents, is presented below:

1. Product and Company Identification

This section identifies the chemical on the SDS as well as the recommended uses. It also provides the essential contact information of the supplier.

2. Hazard(s) identification

This section identifies the hazards of the chemical presented on the SDS and the appropriate warning information associated with those hazards. It includes the hazard classification of the chemical, the signal word, pictograms, hazard and precautionary statements, among other things.

3. Composition/information on ingredients

This section identifies the ingredient(s) contained in the product indicated on the SDS, including impurities and

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Do you know where your safety data sheets are located? *(continued from page 1)*

stabilizing additives. This section includes information on substances, mixtures, and all chemicals where a trade secret is claimed.

4. First-aid measures

This section describes the initial care that should be given by untrained responders to an individual who has been exposed to the chemical. It includes:

- Necessary first-aid instructions by relevant routes of exposure (inhalation, skin and eye contact, and ingestion);
- Description of the most important symptoms or effects, and any symptoms that are acute or delayed; and
- Recommendations for immediate medical care and special treatment needed, when necessary.

5. Fire-fighting measures

This section provides recommendations for fighting a fire caused by the chemical.

6. Accidental release measures

This section provides recommendations on the appropriate response to spills, leaks, or releases, including containment and cleanup practices to prevent or minimize exposure to people, properties, or the environment.

7. Handling and storage

This section provides guidance on the safe handling practices and conditions for safe storage of chemicals.

8. Exposure controls/personal protection

This section indicates the exposure limits, engineering controls, and personal protective measures that can be used to minimize worker exposure.

9. Physical and chemical properties

This section identifies physical and chemical properties associated with the substance or mixture, such as appearance, upper/lower flammability or explosive limits, odor, pH, etc.



10. Stability and reactivity

This section describes the reactivity hazards of the chemical and the chemical stability information. This section is broken into three parts: reactivity, chemical stability, and other.

11. Toxicological information

This section identifies toxicological and health effects information, such as information on the likely routes of exposure and immediate or chronic effects. It can also indicate if such data is not available.

12. Ecological information

This section provides information to evaluate the environmental impact of the chemical(s) if it were released to the environment.

13. Disposal considerations

This section provides guidance on proper disposal practices, recycling or reclamation of the chemical(s) or its container, and safe handling practices.

14. Transport information

This section provides guidance on classification information for shipping and transporting of hazardous chemical(s) by road, air, rail, or sea.

15. Regulatory information

This section identifies the safety, health, and environmental regulations specific for the product that is not indicated anywhere else on the SDS.

16. Other information

This section indicates when the SDS was prepared or when the last known revision was made.

By using this standardized form for all hazardous chemicals—whether you work with that chemical every day, or you just happen to be in the area when disaster strikes—you will be able to determine what to do quickly and effectively because you will know exactly what to look for and where to look for it on the SDS.

Where can you find your company's SDSs?

Your employer must ensure that the SDSs are readily accessible to employees for all hazardous chemicals in their workplace. This may be done in many ways. For example, employers may keep the SDSs in a binder or on computers as long as the employees have immediate access to the information without leaving their work area when needed and a back-up is available for rapid access to the SDS in the case of a power outage or other emergency. Furthermore, employers may want to designate a person(s) responsible for obtaining and maintaining the SDSs. If the employer does not have an SDS, the employer or designated person(s) should contact the manufacturer to obtain one.

Safety focus: Safe driving practices

The 2019 National Work Zone Awareness Week is April 8-12 – “Drive Like You Work Here.” This week promotes safe driving practices we should all follow.

You are your employer’s most valuable asset! The way that you drive says everything about you and your company. Make a positive statement by following these work-related safe driving practices.

Stay Safe

- Use a seat belt at all times – driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medications that make you drowsy.
- Set a realistic goal for the number of miles that you can drive safely each day.
- If you are impaired by alcohol or any drug, do not drive.



Stay Focused

Drivers may feel the pressure to multi-task to keep up with their responsibilities and forget that their primary responsibility is to drive focused and stay safe. Remember, driving requires your full attention. Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: driving safely.

There are three main types of distraction:

- **Manual:** taking your hands off the wheel;
- **Visual:** taking your eyes off the road; and
- **Cognitive:** taking your mind off the road.



All distractions when on the road pose a danger to everyone’s safety. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing. Distracting activities include:

- Texting;
- Using a cell phone;
- Talking to passengers;
- Eating and/or drinking;
- Grooming;
- Reading (including maps);
- Using a navigation system; and
- Changing the radio station or other music player.



Continually search the roadway to be alert to situations requiring quick action.

Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.

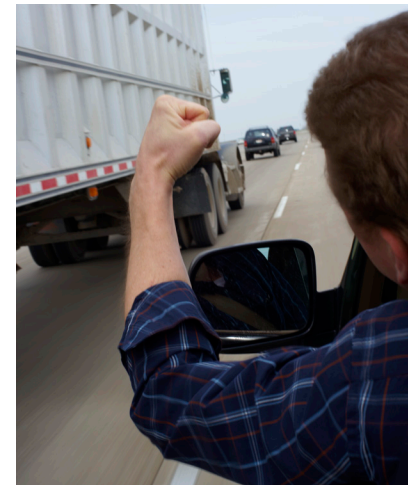
Avoid Aggressive Driving

Aggressive driving is behavior that endangers or is likely to endanger people or property. Aggressive driving includes behavior ranging from risky driving to violence on the road.

Dangerous behavior by an aggressive driver can include speeding, tailgating, failing to yield, weaving in and out of traffic, cutting off other drivers, making hand and facial gestures, screaming, or even flashing vehicle’s lights.

The following are some tips to help keep you safe should you encounter an angry driver or become aggravated yourself:

- Keep your cool in traffic!
- Be patient and courteous to other drivers.
- Do not take other drivers’ actions personally.
- Reduce your stress by planning your route ahead of time (bring the maps and directions), allowing plenty of travel time, and avoiding crowded roadways and busy driving times.



Good manners and keeping a level head can help in preventing aggressive driving.

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The purpose of this newsletter is to provide a forum for the dissemination of health and safety information. It is intended to enhance communication to National Institutes of Health (NIH) employees, raise awareness of current safety policies and procedures, and provide guidance on relevant issues. It is provided as a service by the NIH, Office of Research Services, Division of Occupational Health and Safety. This is not an NIH publication.

For more health, safety and services information, visit the NIH, Office of Research Services, Division of Occupational Health and Safety's website at: <http://www.ors.od.nih.gov/sr/dohs> or call us at: (301) 496-2960.

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Gum health may impact brain health

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

~ Aristotle
121 AD – 180 AD

Taking care of your gums can help prevent infection and tooth loss, and researchers have found another great reason to care for them. Gum problems have been linked to Alzheimer's disease, which destroys memory and thinking skills.

A recent study found a key bacteria responsible for gum disease in the brains of 96 percent of patients with Alzheimer's disease. The study, published in the journal *Science Advances*, also found that blocking the bacteria in the brains of mice had a positive effect.

Another study found that people who had both Alzheimer's disease and chronic periodontitis (a serious gum infection) declined more quickly than those without gum disease.

It is still unclear whether the bacterial infection is a cause or result of Alzheimer's disease. More research is being done to see if treatment targeting the bacteria will help fight Alzheimer's as well as gum disease.

In the meantime, it's never a bad idea to take steps to keep your gums healthy:

- Brush twice daily;
- Floss every day;
- Don't smoke; and
- Visit your dentist regularly.

Signs of gum disease

- Tender, swollen, or puffy gums;
- Gums that bleed easily when you brush or floss;
- Gums that have pulled away from teeth; and
- Bad breath.

Gum disease, an infection of tissues that keep your teeth in place, can occur when plaque isn't removed from the teeth.

Plaque can harden into tartar along the gum line. The tartar can't be cleaned with simple brushing, and allows bacteria to collect and irritate the gums.

The early stages of gum disease, called gingivitis, can usually be reversed with a professional cleaning and regular brushing and flossing. If it's not taken care of, however, it can progress to periodontitis.

This form of gum disease can lead to the gums pulling away from the teeth, loss of bone, or loose or lost teeth.



**Healthy gums =
healthy brain**

Don't forget to floss!

Floss **daily**. Up to **35 percent** of the tooth's surface isn't cleaned if you don't floss.

Using about **12 inches** of floss, wrap it around the middle finger of each hand. Use your first finger to guide the floss between teeth and make a "C" shape.

Floss **both sides** of each tooth.