



AMERICAN
UNIVERSITY
OF BEIRUT

STAY SAFE

ENVIRONMENTAL HEALTH, SAFETY, AND RISK MANAGEMENT | EHSRM NEWSLETTER

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THINK SAFE

1. During an emergency, it is best to make as many phone calls as possible to check on everyone you know.

a. True b. False

2. In an emergency, social media is always the most reliable way to get accurate and up-to-date information.

a. True b. False

Answers at the end of the newsletter.

WELCOME NOTE

Welcome to the latest edition of our newsletter, now with a fresh new look! We hope you find it more appealing and easier to navigate as we bring you updates on important safety initiatives and topics. As we continue to prioritize safety on campus, we also want to highlight the importance of personal safety and emergency preparedness, particularly in the context of conflicts. Personal safety and emergency preparedness involves being ready to protect yourself and your loved ones in case of a sudden crisis, including having a plan, knowing evacuation routes, and ensuring access to essential supplies.

The EHSRM team has been heavily involved in several safety-related activities, including conducting a comprehensive assessment of Keserwan Medical Center (KMC) to ensure it meets safety standards and identifying areas for improvement. Additionally, EHSRM prepared a bid for the export and proper disposal of approximately 15 tons of chemical waste to Europe. In response to the recent scrapyard fire incident, EHSRM participated in the investigation to determine the root causes and is implementing mitigation measures to prevent future occurrences. The team was also active in the Campus Emergency Response Plan (CERP) review taskforce, developing communication materials to raise awareness about emergency preparedness. Furthermore, EHSRM has been supporting AUBMC in the Mass Casualty Preparedness Drill, an initiative by the Ministry of Public Health to ensure that hospitals across Lebanon are ready to handle mass casualty events.

ARTICLE OF THE MONTH

BE PREPARED: A GUIDE TO PERSONAL SAFETY AND EMERGENCY PREPAREDNESS

Living in a region experiencing conflict necessitates a heightened level of preparedness. As the security situation in Lebanon remains tense and the potential for conflict persists, it is crucial to prioritize personal safety and preparedness. This newsletter provides essential information and guidelines to ensure your safety and that of your family during emergencies.

Emergency kit

- The foundation of any preparedness plan is a well-stocked emergency kit as shown in the photo to the right.

Communication

- Keep mobile phones charged and have a power bank on hand.
- Consider a VHF hand-held radio for alternative communication.
- Establish emergency contacts and meeting points with family and friends.

Shelter and security

- Choose a safe room with few or no windows, preferably on the lowest level.
- Stock this room with essential supplies.
- Implement basic security measures to protect your property.

Evacuation readiness

- Identify multiple escape routes and meeting points.
- Keep your vehicle fueled and in good condition.
- Ensure everyone knows the plan and has emergency contact information.

Information sourcing

- Stay updated through reliable news sources.
- Be aware of your surroundings at all times.
- Interact calmly with authorities and follow official instructions.



<https://mycalcas.com/wp-content/uploads/2020/01/Essential-EmergencyKitItems-Checklist.png>

Remember, the key to effective emergency preparedness is planning ahead and staying calm. By implementing these strategies, you and your loved ones can enhance your resilience and ability to respond effectively to emergencies, including armed conflicts.



PRESERVING FOOD IN A CRISIS

If facing a situation requiring shelter without electricity or refrigeration, prioritizing non-perishable food like canned goods, dried fruits, and nuts is essential. For perishable items, consider extending shelf life through drying, salting, or pickling. Store food in cool, dark places to slow spoilage. Prioritize hygiene to prevent contamination.

Leverage Lebanon's rich culinary heritage by incorporating traditional preservation methods like mounneh. The practice of drying, salting, and pickling can significantly extend food storage.



COMMUNICATING DURING CRISIS

During a crisis, especially armed conflicts, effective communication is crucial for safety and coordination. Prioritize text messaging over voice calls, as it often works better when networks are congested. Keep a list of essential contacts and designate an out-of-area person as a central point for updates. Utilize alternative tools like portable power banks, solar

chargers, and two-way radios to stay connected when power is out. Always verify information from official sources before acting, and be cautious about sharing sensitive details publicly. Staying informed and connected can make all the difference in a crisis.

EHSRM IN ACTION | LATEST ACTIVITIES



ENVIRONMENTAL AND CHEMICAL SAFETY UNIT

Conducted lab inspections in engineering and DTS laboratories; tested emergency phones and checked AEDs with biomedical engineering; followed up on Salute software implementation by creating chemical inventories and uploading SDS and hazard information; analyzed emission testing data from rented generators and prepared specifications for soot filters for new generators and for electric street sweepers; trained nursing staff on safe chemotherapy handling; met with janitorial services concerning safety requirements for solar panels' cleaning; prepared requirements for asbestos containing pipe insulation removal, and chemical waste export; removed chemical waste from different faculties and developed a recycling survey.



RADIATION SAFETY UNIT

Attended INMM annual meeting and RLSC meeting; joined INSEN network; participated in the self-evaluation for MOPH accreditation; performed leak test of sealed radioactive sources; reviewed 2 IRB studies; followed up on offers' evaluation for the procurement of lead aprons in OR, Moodle radiation course for medical staff and epic appearance for radiation therapy patients; responded to inquiries about iodine treatment instructions and personnel dose history; inspected blood bank facility; monitored 7 I-131 and 5 Lu-177 patients; collected lead containers from NM; checked radioactive waste room in AUBMC; and finalized the MOPH license for NM, Blood bank, and export license of Cesium source.



LIFE AND FIRE SAFETY UNIT

Responded to 45 emergencies including the scarpard fire; witnessed systems testing of fire suppression, fire alarm, fire hydrants and central fire pumps; attended to site and technical meetings discussing ongoing projects and renovations on campus and MC such as firefighting connection to Asfari Building, IOEC classrooms' renovation, Bechtel platform, West Hall counseling center; reviewed material submittals and conveyed code requirements for several projects on campus and MC including the gas network in dorms and



OCCUPATIONAL SAFETY UNIT

Conducted safety rounds in the ENT and cardiovascular clinics in ACC; worked with the Quality department to complete the MOPH self-assessment for the new accreditation standards for FMS; surveyed the ED receiving area and proposed a solution for recycling cardboard storage to reduce the fire hazard; attended the space committee meeting to present and discuss all facilities change requests; participated in the MOPH emergency response drill at the level of the ED and the CBRN decontamination tent deployment and patient

Ginger & Co restaurant; conducted life and fire safety training for new employees and students; and conveyed safety requirements for several public events.



RISK MANAGEMENT UNIT

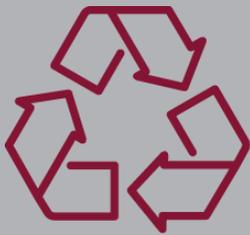
Offered training on incident reporting during AUBMC HR orientation; reviewed incidents database for the last fiscal year and responded to data inquires for biological exposures and motor vehicle accidents; responded to inquiries and investigated incidents related to students, needle pricks, admission cases and off premises injuries; followed up with the IT staff on incidents notifications; followed up on biological exposures new policies and updated the sharps safety Moodle training; and responded to inquiries related to events on campus.

flow drill; conducted the annual laboratory safety inspection for PLM; and surveyed several new facilities change requests and ongoing construction sites



SANITATION AND BIOSAFETY UNIT

Arranged for the collection and testing of campus and beach water samples; checked on the Hostler pool water quality; followed up on laboratories inspection and on mold complaint; attended meetings for the BSL3 ventilation issues, the evaluation of proposed disinfectants, the Recycling & Waste Management Committee and the hood cleaning and set up at FHS; tested biosafety cabinets and responded to inquiries for equipment testing and BSCs alarms; followed up with Arcenciel on complaint about waste container and with Auxiliary Services on cafeteria pest control application; and initiated the data and document review needed for the UI Greenmetric 2024 submission.



RECYCLING CORNER

Recycling activities at AUB
till end of of July 2024

3,364

Batteries collected for recycling or safe disposal (Kg)

37,252

Fluorescent lamps crushed

110,438

Recyclables collected through the red and blue recycling system (kg)

4,264,086

Water bottles saved through installed drinking water fountains

1,302,409

Plastic bottles and cans collected through reverse vending machine

SAFETY IN THE SPOTLIGHT

SELF CARE AND BUILDING RESILIENCE



Living through crisis and emergencies presents immense challenges to mental well-being. Here are some strategies to help you cope and build resilience:

- Physical health: aim for regular sleep, balanced meals, and sufficient hydration, even in difficult conditions. Limit stimulants and alcohol.
- Mental and emotional well-being: engage in physical activity, connect with others, and practice relaxation techniques like deep breathing or meditation.
- Focus on the controllable: concentrate on aspects of your life you can influence, such as daily routines and personal choices.
- Positive outlook: cultivate a positive mindset by focusing on strengths and opportunities.
- Support network: maintain strong connections with family and friends for emotional support.
- Create routine: establish regular daily activities to provide a sense of normalcy.
- Limit exposure: be mindful of news consumption to prevent overwhelming emotions.
- Seek professional help: do not hesitate to reach out to mental health professionals if needed.

Remember, taking care of your mental health is crucial during times of crisis. By incorporating these practices into your daily life, you can enhance your ability to cope and build resilience.

ANSWERS TO “THINK SAFE”

1. False.

It's important to limit phone calls to essential communications to avoid network congestion, allowing emergency services and critical calls to get through.

2. False.

While social media can be useful, it is not always reliable in emergencies. Official sources like local authorities and emergency services often provide the most accurate and timely information.



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