

# THE PORCELAIN PRESS

December 2011 - Weeks 3 & 4

## Special Points of Interest:

Make sure your contact information is up to date. To do this on line, go to WDRS website > System & Records > Employee Self Service Site.

## Employee Assistance Program:

- See WDRS website, left hand side “Diversity/EEO/EAP” pull down.
- Wellness Services: See WDRS website, left hand side “Wellness” pull down.
- Wellness Office Hours  
Wilson Hall 15 West,  
Monday through Friday  
8:00 a.m. to 5:00 p.m.

## ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

## Laser Pointers

There are some laser pointers that emit hazardous levels of visible or infrared radiation. The Food and Drug Administration limits laser pointer output to 5 milliwatts (mW). At this amount of power, people are protected by an aversion response – a blink reflex faster than the 0.25 seconds it takes to produce a retinal injury. Permanent injuries from 5 mW lasers are rare and typically require intentionally staring into the beam for 10 to 60 seconds.



Unfortunately, anyone can buy a laser that exceeds 5 mW and believe he or she is getting an FDA-compliant laser pointer. The higher-power devices look like, are marketed as and can be priced like laser pointers. If you use approved low-power models correctly, permanent injuries are very unlikely.

- Make sure the laser pointer output is 5 mW or less. Contact Fermilab’s Laser Safety Officer, Matt Quinn, at x5175, to get your laser pointer’s power output tested.
- Read manufacturer specifications to make sure you’re purchasing a product with the proper output. Only purchase products from reputable vendors to ensure the quality of the product.
- Most mislabeled pointers have been green rather than red.
- Do not stare into the beam.
- Do not point the beam at people, vehicles or shiny objects. The reflection can still cause damage.

Note: FDA-compliant laser pointers are now available through the Fermilab stockroom.

Note: In order to use a higher power laser at Fermilab, operators must receive laser training and laser eye exam.

## Pre-existing Condition?

Helped that relative’s household move last weekend? Feeling the effects on Monday? If you are thinking twice about your ability to lift or do any task on the basis of a medical condition albeit ever so temporary please visit medical. We will not divulge the specific condition but we will let your supervisor know your physical limitations. So even if it’s that new medication that’s got you groggy it’s better to let us know than to put you or another person at risk. There is a lot of work to be done at Fermilab so let’s make sure your day’s work matches your capabilities.

## Winter Weather

Winter is a beautiful time of year, as the white snow glistens on the trees and the children lay on the ground, making snow angels. As fun as winter can be, it also has its drawbacks. There are times when winter presents hazardous road and dangerous health conditions as well. Knowing how to protect yourself in the snow is equally important as knowing how to have fun in it.

- When going outside, be sure to dress in layers of loose-fitting clothes that are lightweight. This will help keep you warm while pulling the moisture away from your body. Wear a hat to keep your body heat in, and a scarf over your mouth to prevent cold air from entering your lungs. Mittens are warmer than gloves, making them a better choice for hand protection.
- If frostbite begins to set in, warm the area by wrapping it or placing it next to warm skin. Never rub the affected area.

