



# EH&S News

## Environmental Health and Safety

### University of Massachusetts at Amherst

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## Summer Camps Standards

The Massachusetts Department of Public Health established Regulations for Summer Camps. The purpose of the regulations is to insure minimum housing, health, safety and sanitary protection for children in the care of recreational camps operating in the Commonwealth.

Some of the regulations require camp operators to be observe the following:

**Employment background information:** The operator shall develop procedures to review the background of any person who may have unsupervised contact with a camper.

**Staff Orientation:** The operator shall provide orientation for all volunteers and paid staff.

**Camp Staff Ratios:** There are different requirements for the type of camp based upon such factors as the age of the children. Please refer to the regulations for specifics.

**Health Records:** Each residential camp for children shall maintain a health record for each camper and for each staff member who is under 18 years of age.

**Personal Hygiene and Laundry:** The operator shall provide adequate facilities.

**Athletic Equipment:** Shall be maintained and set up in accordance with manufacturer's recommendations.

For further information on this topic please read the regulations (105 CMR 430.000) at the Massachusetts Department of Public Health site:  
<http://www.state.ma.us/dph/dcs/csanregs.htm>

### Allow Enough Head Space in Waste Containers to Prevent Bottle Ruptures

With the change to warmer weather, EH&S is responding to more container failures due to over-filling. Remember, as you add organic solvents to a collection container, leave sufficient headspace to allow for expansion. Containers that are filled to the top or near the top can suffer an over pressurization failure as the temperature rises and the liquids expand. Call James Fox or Jim Field at 5-2682 if you have any questions.

**Sun Exposure:** The operator shall encourage campers and staff to reduce exposure to ultraviolet rays.

**Plans to Deal with Natural Disasters or Other Emergencies:** Each residential camp shall develop written contingency plans and related procedures dealing with circumstances such as natural disasters and other emergencies. A written fire evacuation plan is required.

**Potable Water Required:** Water of safe and sanitary quality shall be provided.

Common drinking cups are prohibited.

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# All You Ever Wanted to Know About Fire Extinguishers

There are four different types or classes of fire extinguishers. Each fire extinguisher is designed for a specific type of fire. Newer fire extinguishers use a picture/labeling system to designate the types of fires it will extinguish. Older fire extinguishers are labeled with colored geometrical shapes with letter designations. Both types of labels are shown below with the description of the different classes of extinguishers.

Additionally, Class A and Class B fire extinguishers have a numerical rating which is based on tests conducted by Underwriter's Laboratories that are designed to determine the extinguishing potential for each size and type of extinguisher.

## Fire Extinguisher Ratings

Class A Extinguishers will put out fires in ordinary combustibles, such as wood and paper. The numerical rating for this class of fire extinguisher refers to the amount of water the fire extinguisher holds and the amount of fire it will extinguish.

Class B Extinguishers should be used on fires involving flammable liquids, such as grease, gasoline, oil, etc. The numerical rating for this class of fire extinguisher states the approximate number of square feet of a flammable liquid fire that a non-expert person can expect to extinguish.

Class C Extinguishers are suitable for use on electrically energized fires. This class of fire extinguishers does not have a numerical rating. The presence of the letter "C" indicates that the extinguishing agent is non-conductive.

Class D Extinguishers are designed for use on flammable metals and are often specific for the type of metal in question. There is no picture designator for Class D extinguishers. These extinguishers generally have no rating nor are they given a multi-purpose rating for use on other types of fires.

## Multi-Class Ratings

Many extinguishers available today can be used on different types of fires and will be labeled with more than one designator, e.g. A-B, B-C, or A-B-C.



For more information on this topic, read the entire article at:  
<http://4safety.4anything.com/network-frame/0,1855,6092-48044,00.html>

# About EH&S Services

The Department of Environmental Health & Safety operates a comprehensive environmental health and safety program on the Amherst Campus.

The Department uses a multi-disciplinary approach to assist the University Community. The services within the Department are organized by program area: Fire Prevention and Safety, Industrial Hygiene, Hazardous Waste Management, Training and Radiation Safety. Within each program area are specialists with a wide range of education, certifications and experiences that are used to resolve issues and concerns of the University Community.

Services of The Environmental Health and Safety Program include the review of any operation that can

pollute the air, water, and environment. EH&S makes recommendations on ways to maintain a clean and healthy environment.

Anyone wishing to obtain additional information regarding the Environmental Health and Safety Program, or its services, can do so by calling 545-2682 or by visiting the office located in N414 Morrill Science Center. Limited services currently are available to the Five College academic community and private industry on a fee for service basis.

For more information about EH&S look us up at:  
<http://www.umass.edu/safety/>

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## Desk Exercises

Here are some simple exercises you can perform at work to help relax your muscles and prevent injuries. Perform these exercises every few hours\*:

### Eyes

Look away from your computer screen and focus on an object 10 to 20 feet away. Close your eyes for five seconds, then open. Roll your eyes, moving them up and down, left and right.

### Back

Sit upright, with your chair pushed away from your desk: Lift your arms over your head, reach toward the ceiling. Move them back slightly so that you feel a gentle stretch along the sides of your back. Hold for five seconds.

### Shoulders

Stand: Relax your hands by your side. Lift your shoulders straight up, hold for two seconds, and drop them. With your hands by your side, roll your shoulders back. Complete 12 circles.

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### Wrists

With your hands by your side, make a tight fist. Open your hand and extend your fingers. Repeat 5-10 times.

### Legs

Sit upright in a chair: With your feet on the floor, extend your left leg so that it is straight in front of you. Hold for five seconds. Slowly bring it back to the floor. Repeat with your right leg. Slowly bring your left knee up toward your chest. Support your lower leg with your hands. Hold for five seconds and release. Repeat with your right leg. If these exercises or rest does not relieve your muscle tension, if you have persistent or continuous pain, or if these exercises cause pain, call your primary care physician for advice.

\* Do not perform these exercises if you have injuries in any of the joints or muscles listed.

For more information on this topic, read the entire article at:  
[http://www.harvardpilgrim.org/Your\\_Health/YH\\_Winter\\_2001/more\\_desk\\_exercise.htm](http://www.harvardpilgrim.org/Your_Health/YH_Winter_2001/more_desk_exercise.htm)

# *EH&S News*

**Environmental Health and Safety  
N-414 Morrill Science Center  
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## **Protection and Emergency Power Systems to Be Tested**

During the week of May 29th, Environmental Health and Safety (EHS), and Physical Plant conducted annual testing of all fire sprinkler systems, standpipes, and fire pumps. Buildings equipped with these systems require flushing and flow tests. Testing is required under building code and fire prevention regulations and should pose no concerns for building occupants.

Under a separate testing program, all fire alarm and emergency / standby power systems within academic and administrative buildings will be tested. This program, which is being coordinated through a joint effort of Physical Plant and EH&S, will be conducted from June 11th through June 29th. State regulations require that all components of a fire alarm system be tested annually.

The program also includes a fire evacuation drill for each building. The purpose of the drill is to ensure that occupants are familiar with the sound of the fire alarm system and are knowledgeable of all evacuation

routes. The fire drill portion of the program usually takes 5 to 10 minutes to complete depending on building size. At the conclusion of the drill, all occupants will be allowed to re-occupy the building. Following an established schedule, building electrical power will be interrupted and emergency lighting evaluated. All fire alarm horns and pull-stations will be tested individually. Buildings with emergency generators will be tested under emergency power, which may result in some power disruption. Building coordinators have been sent service interruption notices along with the testing schedule. They can provide additional information on how your building will be affected.

Mobility-impaired persons are not required to evacuate buildings per the University's policy. All Department Heads and disabled persons should be aware of this policy. Copies of the University Policy are available by contacting EH&S or Disability Services.

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