

# MONTHLY SAFETY NEWSLETTER

NIPISSING UNIVERSITY

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## POISON PREVENTION

### ELIMINATE THE TOXIC HABITS THAT COULD GET YOU SICK

We all work with a variety of chemicals and substances, some of which are more dangerous than others. It is important to know how poisons interact with and affect us, as well as what we can do to stay safe:

#### ROUTES OF WORKPLACE EXPOSURE:

- Absorption
  - Chemicals may contact the skin or eyes
  - Often cause direct effects to the affected area
- Inhalation
  - Chemicals may be breathed into the body through either the mouth or nose
  - Dusts, gases, mists, and vapours may have different effects
- Ingestion
  - Chemicals may be eaten or swallowed through the mouth
  - It is easy to accidentally contaminate food or drinks
- Injection
  - Biological entities or chemicals may enter the skin through a puncture
  - Could cause widespread effects throughout the body

#### POISON PROTECTION AND CONTROLS:

- **Personal protective equipment (PPE)** is recommended when handling chemicals or substances that may contain poisons
- **Properly label all containers** that may have poisonous chemicals or substances
- **Wash your hands and clean your eating surfaces** before allowing any food to contact them; **do not eat in work or lab areas!**

If you believe that you have been exposed to a poisonous substance, contact **Campus Security (ext. 5555 or 705-498-7244 or 705-471-2488)** and the **Ontario Poison Centre (1-844-764-7669)**. Please fill out an **Injury and Incident Reporting Form** on the **Health and Safety website** following the event.

### WORKER'S RIGHTS

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#### KNOW

You have the right to know about health and safety matters in the workplace.

#### PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

#### REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.

