

# SAFETY & WELLNESS UPDATE



## AUGUST 2018

### Chemical Safety

Chemicals are very much a part of everyday tasks. If chemicals are used for their intended purpose then we may keep our environment safe. Staff must never try to “make” a better chemical to get the job done by ***mixing chemicals*** together. Always use appropriate **personal protective equipment (PPE)** as indicated in the product’s safety data sheet (SDS), and as directed by your manager.

**Chemical Labeling – A necessary component of Chemical Safety!**  
***(Hazard Communication/Globally Harmonized System (GHS) of Classification and Labeling of Chemicals Standard).***

All chemical containers at Lexington must be labeled with the manufacturer’s information (sticker), and if part of the commodities distribution system will have the assigned SDS # for easy SDS reference in numerical order in the SDS Binders on site.

No “secondary container” may be used without the manufacturer’s information (sticker).

If chemical containers are not labeled, then how would you be able to ensure that the appropriate precautions are taken with use, or how would you know which SDS to quickly access in the event of an accidental poisoning? Note: the SDS is to be provided to EMS in the event of an accidental poisoning so the physician in the ER knows how to treat it.

**Standardized Safety Data Sheets (SDS):** The Hazard Communication Standard requires chemical manufacturers, distributors, importers, and employers to provide the SDS. All SDS’s are available on site in your (3) SDS Binders.

All sections of the SDS are important. An especially important section to be familiar with is **Section 8**, Exposure controls/personal protection. This section will always contain information about exposure limits; engineering controls and ways to protect yourself, including PPE. **\*\*Always wear the PPE that is required for use such as safety glasses, goggles and gloves (this is mandatory).** **Section 4**, First-aid measures will inform the user of the symptoms that may be experienced and required treatment. **Section 6**, Accidental release measures is also a very important section to be familiar with.

Note: if chemical products are purchased outside of the Lexington Commodities Program and brought on site, it is the manager’s responsibility to ensure that the appropriate SDS is acquired and placed in the SDS Binder on site. Help your manager out and ensure that these SDS’s are acquired.

**Emergency eyewash stations** are available in the locations you work where the chemical hazards are present, such as in laundry rooms and custodial closets. Please remember that a chemical exposure requires a minimum of a 15-minute continuous flow of water on skin or with eye contact. Tilt head back to rinse while holding eyelid open. Please seek medical attention as necessary or directed.

Lastly, for additional information you may access the Lexington Hazard Communication Policy or ask your manager or the Safety Manager.

Thank you for your attention to these very important safety matters regarding the safe usage of chemicals.

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### RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.ORG/WELLNESS](http://LEXINGTONCENTER.ORG/WELLNESS)  
TELEMEDICINE PROVIDER:  
[UNITED CONCIERGE MEDICINE](http://UNITEDCONCIERGE.MEDICINE)  
LEXINGTON MEDICAL PLAN AND CAFÉWELL LIFE POINTS PROGRAM:  
[CDPHP](http://CDPHP)

MANAGERS, PLEASE  
POST THIS  
INFORMATION AND  
SHARE IT WITH  
YOUR STAFF.

## Attention Employees Enrolled in Lexington's Medical Plan: In 2018, you can earn CDPHP Life Points for up to \$365 in retailer gift cards for you and your family! \$43,860 in CDPHP Life Points Remains Unclaimed and There's So Much More Left to Earn!

### Welcome to Your New Life Points® Experience!

Life Points® is now part of CaféWell®, an interactive health and wellness website. With CaféWell, you'll get a unique experience while still earning Life Points that can be redeemed for gift cards at a variety of retailers.

Here's what you need to know:

- If you need to register, go to [www.cdphp.com/register](http://www.cdphp.com/register) and enter your user ID from your CDPHP member ID and choose a password.
- Look for the Life Points logo to navigate to or register with CaféWell. You'll only need to complete the registration process once.
- Learn how to navigate the CaféWell website, add programs, view your active itinerary, and more, by selecting **Menu → Resources → Welcome to CaféWell**.
- Activities completed and points earned prior to the transition will **not** reset.

Questions? Contact CaféWell 1-877-868-2003 or [cdphp@cafewell.com](mailto:cdphp@cafewell.com).

*All adults age 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year.*



LifePoints®



#### Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

#### Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。

### DO YOU HAVE ANY QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:

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