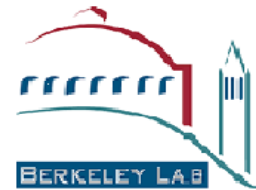


Updates



- **No Changes**

When to Contact Health Services:

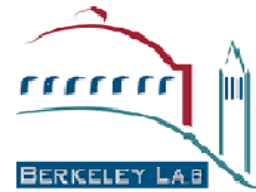
You are required to contact Health Services at 510-486-6266 if:

- **You have COVID symptoms**
- **You have a positive test for COVID**
- **You have close contact with someone who has COVID or has COVID symptoms.**

In all three instances

DO NOT COME TO THE LAB. CALL Health Services at 510-486-6266 for guidance. ALL CALLS TO HEALTH SERVICES ARE CONFIDENTIAL.

Electrical Safety



A non-QEW may never perform any work, including inspection or voltage testing, on energized equipment with exposed energy sources above those in Table D-1, or on energized equipment where the energy of exposed conductors is unknown.

Berkeley Lab Employees who are classified as non-QEWs shall be trained in, and be familiar with, any electrical safety-related practices necessary for their safety:

Personnel who work in laboratory or technical spaces shall, at a minimum, take **EHS0260, Electrical Safety for Non-QEW Lab Personnel** at intervals not to exceed three years.

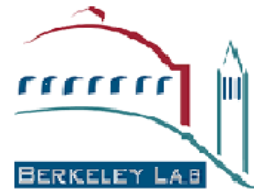
See the [Electrical Safety Manual](#) for more information

Table D-1. Thresholds for Defining Shock Hazards

Source	Includes	Hazard Thresholds
AC	50–60 Hz nominal	≥ 50 V and ≥ 5 mA
DC	All	≥ 100 V and ≥ 40 mA
Capacitors	All	≥ 100 V and ≥ 10 J
Batteries	All	≥ 100 V
Sub-RF	1 Hz to 3 kHz (excluding 50-60 Hz nominal)	≥ 50 V and ≥ 5 mA
RF	3 kHz to 100 MHz	A function of frequency

Non-QEWs who perform non-hazardous switching on premises wiring panelboards or any circuit breaker or fused disconnect rated at 15 Amps or greater shall take **EHS0536, Electrical Switching Safety for Non-QEWs** at intervals not to exceed three years. Non-hazardous switching is defined as the manual opening or closing of any electrical isolation where there is no shock or arc flash hazard.

Injury Report Data



NSD and the Lab as a whole is doing very good in FY22

Computer Ergonomics Takeaways

- Changes in workload & work tasks can lead to ergonomics issues.
- Considerations to the amount of keyboarding and mousing should be carefully considered & discussed prior to changes occurring.
- Working longer hours and not taking breaks can quickly lead to injuries.
- Be sure to **recharge** and plan work to avoid rushing.
- Incorporate ergonomics education and resources into onboarding.
 - For example: ensure new employees who perform computer and/or telework are added to Work Planning Activities so relevant training will be triggered.
 - Direct them to ergo.lbl.gov or telework.lbl.gov

Questions

