



**June-July
2026**

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2026-3	

“Safety Comes First ”

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National Safety Month

This year marks the 30th anniversary of National Safety Month, sponsored annually by the National Safety Council (NSC). Safety Month encourages employers and community members alike to proactively promote safety, hazard awareness, and accident prevention.

According to the NSC, preventable injuries are a leading cause of death in the United States. By encouraging a culture of safety rather than just compliance, companies can lead by example and demonstrate their commitment to bettering the physical and mental health of their workers.

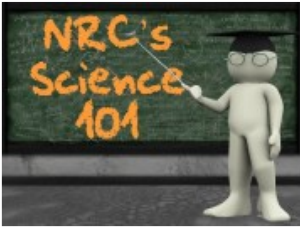
Even though occupational fatalities have decreased over the past several decades, there are still many industries that record far too many injuries and deaths. If you work in construction, manufacturing, health care, or warehousing and logistics, consider the specific risks associated with your job, and tailor your Safety Month activities accordingly. For example, construction managers might focus on struck-by or trenching hazards as key parts of their June safety events.

During National Safety Month 2026, there will be four weekly themes:

1. **Moving Safety Forward** (June 1–6)
2. **Staying Safe on the Roads** (June 7–13)
3. **Promoting Holistic Worker Health** (June 14–20)
4. **Preventing Slips, Trips, and Falls** (June 21–30)

Interested supervisors and other safety professionals were encouraged to register for National Safety Month and take advantage of a variety of free resources online, including a participant guide, weekly fact sheets and curated videos, case studies, and more.

How Does a Nuclear Power Plant Make Electricity?



“When water boils, the steam that is produced occupies much more physical space than the water that produced it.”

The Nuclear Regulatory Commission’s Science 101:

How does a nuclear reactor generate electricity? Let’s begin at the end and see how it all fits together.

We begin by looking at an electric motor. A motor consists primarily of two major components: a *stator*, which stands still, and a *rotor*, which rotates within the stator. When electricity is applied to the motor, electromagnets within the stator and the rotor push and pull on each other in a way that causes the rotor to rotate. The magnets in the stator pull magnets in the rotor toward them, and then, as the rotor magnets pass by reverse themselves and push the rotor magnets away. The parts are arranged so the pulling and pushing are all in the same direction, so the rotor spins inside the stator. The electrical energy applied to the motor results in mechanical energy in the rotor.

But that same machine can be used in reverse: If some outside force causes the rotor to spin, the interaction of the magnets causes electricity to be produced: the “motor” is now a “generator,” producing electrical energy as a result of the mechanical energy applied to its rotor. That’s the most common way to make large quantities of electricity.

So how do you make the rotor spin? That’s where the nuclear reactor comes in, although still indirectly. Recall that a nuclear reactor generates heat. The fuel rods get hot because of the nuclear reaction. That heat is used to boil water, and the steam from that boiling water is used to spin the rotor. As we have seen, when the rotor spins, electricity comes out of the stator.

When water boils, the steam that is produced occupies much more physical space than the water that produced it.

So if you pump water through some sort of a heat source — like a nuclear reactor, or a coal-fired boiler — that is hot enough to boil the water, the exiting steam will be travelling much faster than the water going in. That steam runs through a machine called a turbine, which acts something like a highly-sophisticated windmill. The physical structure is vastly different from a windmill, and a large turbine can be far more powerful than any windmill that has ever been made, but the effect is somewhat the same: the steam, or wind, causes part of the machine to spin, and that spinning part can be connected to a generator to produce electricity.

The steam leaving the turbine is collected in a device called a condenser — essentially a metal box the size of a house, with thousands of pipes running through it. Cool water flows through the pipes, and the steam from the turbine is cooled and condenses back into water. Then the water is pumped back through the heater and the cycle continues.

Red, white, and boom! Celebrating National Fireworks Safety

When celebrating Independence Day, many Americans look forward to a spectacular fireworks display. The National Safety Council (NSC) encourages everyone to enjoy professional fireworks but avoid them at home. To raise awareness about the dangers of fireworks, the NSC and the U.S. Consumer Product Safety Commission (CPSC) have designated July as Fireworks Safety Month.

According to the CPSC, fireworks led to 8 deaths and 9,700 injuries in 2023 alone. The NSC also notes that approximately 19,000 fires are started each year by fireworks. Though fun and festive, fireworks should always be handled with great care.

To safely celebrate July 4 and other summer events, follow the tips below:

- Make sure fireworks are legal where you live. Only buy from a reputable dealer that sells fireworks labeled for consumer, not professional, use.
- Never use fireworks when impaired by drugs or alcohol.
- Anyone using or standing near fireworks should wear protective eyewear and keep a bucket of water close.
- Never allow children to play with fireworks.
- Use fireworks away from people, animals, houses, and all flammable materials. Never point fireworks at someone.
- Don't try to re-light or handle malfunctioning fireworks.
- Always soak fireworks—spent and unused—in water for several hours before throwing them away.



*“Make
sure fire-
works
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Trench Safety Stand-Down



“...supervisors should maintain a safe entry point and exit at all times.”

From June 15 to 19, 2026, the National Utility Contractors Association (NUCA) will observe Trench Safety Stand-Down (TSSD), a weeklong event that raises awareness about current excavation requirements and safety procedures.

The first TSSD was held in 2016; the Occupational Safety and Health Administration (OSHA) partnered with the NUCA in 2017 and started their National Emphasis Program (NEP) on trenching and excavation in 2018. Since then, OSHA has been committed to reducing trench collapses through its “Slope It, Shore It, Shield It” slogan. According to OSHA, the best way to prevent cave-ins is to:

- Slope or bench trench walls.
- Shore trench walls with supports.
- Shield trench walls with trench boxes.

Trenches should always be inspected before anyone enters, and supervisors should maintain a safe entry point and exit at all times. Weather and soil conditions must also be considered when deciding whether a trench is safe for workers. Though worker deaths in trench collapse decreased by almost 70% between 2022 and 2023, OSHA is determined to continue its NEP until the number of worker deaths is zero.

During the TSSD, the NUCA encourages all construction, safety equipment, and other companies to host their own trench and excavation safety talks directly with their employees. The event is free, and employers that register with the NUCA will receive a certificate of participation and helmet stickers. More information and resources can be found here. You can also find more details about OSHA’s trenching safety initiative on its website.

Working safely outdoors – Preventing heat stress

In 2023, 294 people in the United States died from weather-related excessive heat, according to the National Safety Council. When working outdoors in high-temperature, high-humidity weather, you're at risk of the following heat-related illnesses:

Heat rash consists of a red, bumpy rash that can be itchy. It's usually not dangerous, but it's a sign that hot conditions are affecting your body.

Heat syncope occurs when heat causes you to faint. You can prevent it by moving around a little rather than standing still for long periods of time.

Heat exhaustion is more serious. It results from the loss of fluid and/or salt through sweating. You might feel weak, dizzy, and nauseated; your skin might become clammy; and your body temperature may be above normal. If resting and drinking fluids don't help and you or a coworker starts vomiting or loses consciousness, call for emergency assistance immediately.

Heatstroke is the most dangerous type of heat illness. It occurs when the body's natural cooling processes stop working and the ill person stops sweating. Symptoms include very hot and dry skin, confusion, seizures, and loss of consciousness. Heatstroke can cause death, so call an ambulance immediately if you or a coworker shows symptoms.

However, all of these heat-related illnesses can be prevented by taking some simple steps:

- Throughout the day, drink plenty of water, as well as sports drinks, to help replace the salt you lose when you sweat.
- Wear a hat and light-colored clothing made of breathable material.
- Take frequent breaks in cool, shaded areas, especially if the temperature spikes or you're new to working in the heat.

“Heat-stroke is the most dangerous type of heat illness.”



Lyme Disease



“...Lyme disease bacteria are spread to humans through the bite of infected black-legged ticks...”

Lyme disease is a bacterial infection spread to people through the bite of blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system.

Lyme disease is most common in the Northeast, mid-Atlantic, and upper-Midwest regions of the United States.

Overview

In the United States, Lyme disease is caused by the bacterium *Borrelia burgdorferi* and rarely, *Borrelia mayonii*. It occurs most commonly in the Northeast, mid-Atlantic, and upper-Midwest regions. Lyme disease bacteria are spread to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks. Laboratory testing is helpful if used correctly and performed with FDA-cleared tests. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

Signs and symptoms

Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection. These include fever, rash, facial paralysis, an irregular heartbeat, and arthritis.

How it spreads

Lyme disease bacteria causing human infection in the United States are spread to people by blacklegged (*Ixodes*) ticks.

Prevention

The best defense against Lyme disease is to prevent tick bites. This will reduce your risk of other tickborne diseases as well.

What to do after a tick bite

Remove attached ticks as soon as possible. Depending on the type of tick and how long it was attached, antibiotic prophylaxis might help to prevent Lyme disease. Call your doctor if you develop fever, rash, or other symptoms.

Testing and diagnosis

CDC recommends the use of FDA-cleared antibody tests for laboratory diagnosis of Lyme disease.

Chemical Spotlight: Safrole

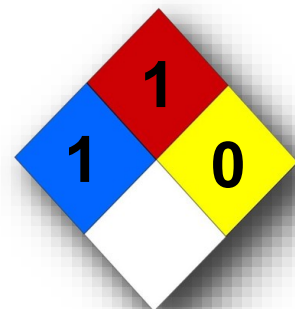
Safrole is a clear, colorless, or slightly yellow liquid with a sassafras odor. It's a combustible chemical used as a flavoring agent in drugs, beverages, and foods and to make other chemicals.

When possible, transfer safrole to tightly closed process containers in an enclosed system. Store the chemical in a cool, well-ventilated area away from oxidizing agents. Sources of ignition, such as smoking and open flames, are prohibited where safrole is used, handled, or stored. Remember, poisonous gases are produced in fire; use dry chemical or carbon dioxide (CO₂) as extinguishing agents.

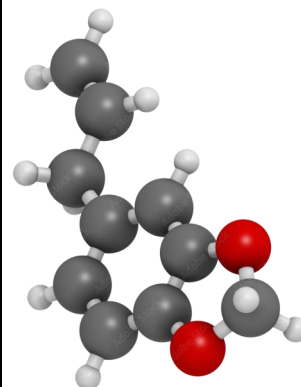
When working with safrole, wear gloves and protective clothing made of Silver Shield, Viton, Tychem, or Trelchem, as well as splash-resistant goggles. If the potential for exposure exists, use a National Institute for Occupational Safety and Health (NIOSH)-approved supplied-air respirator with organic vapor/acid gas cartridges and particulate prefilters.

If safrole is spilled or leaked, evacuate anyone who isn't wearing personal protective equipment (PPE) from the area, and eliminate all ignition sources. Absorb liquids in vermiculite, dry sand, earth, or a similar material, and deposit in sealed containers. Ventilate and wash the area of the spill or leak with 60% to 70% ethanol, followed by a soap and water solution.

It may be necessary to contain and dispose of safrole as a hazardous waste. Contact your state environmental regulatory agency or your regional office of the federal Environmental Protection Agency (EPA) for specific recommendations.



“When possible, transfer safrole to tightly closed process containers in an enclosed system...”



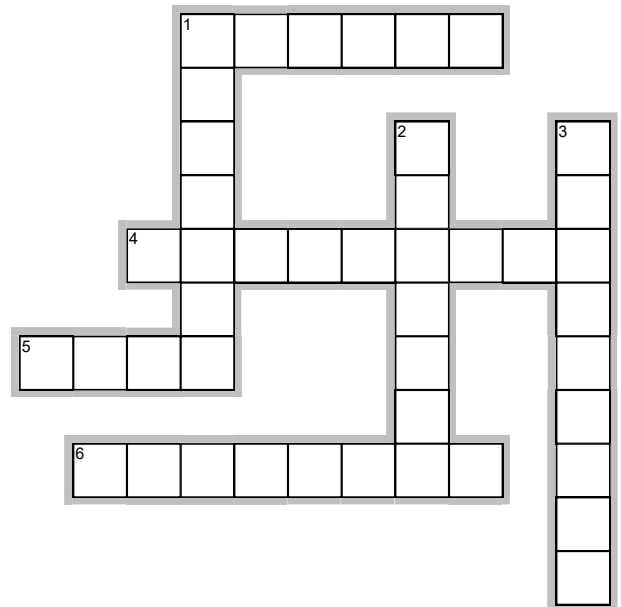
Source: Safety BLR

Fun Page

F U N P A G E

Across

1. OSHA has been committed to reducing trench collapses through its “Slope It, Shore It, _____ It” slogan.
4. The steam leaving the turbine is collected in a device called a _____.
5. The best defense against _____ disease is to prevent tick bites.
6. According to the NSC, preventable _____ are a leading cause of death in the United States.



EclipseCrossword.com

Down

1. _____ is a clear, colorless, or slightly yellow liquid with a sassafras odor.
2. Heat _____ occurs when heat causes you to faint.
3. Don't try to re-light or handle malfunctioning _____.

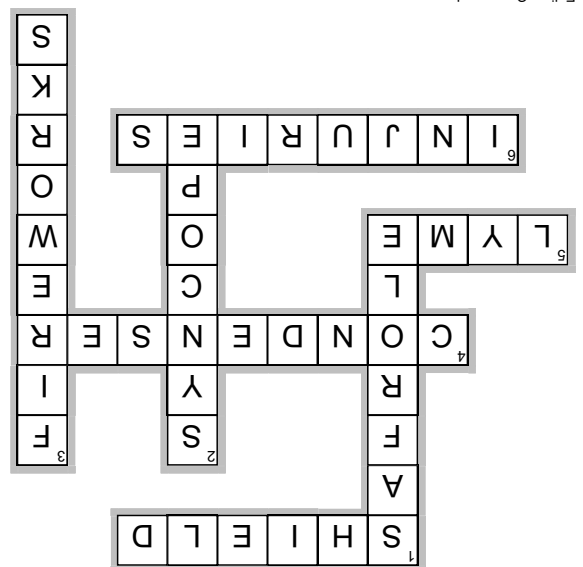
Funny Corner



“I heard that extreme heat confusion cause can sometimes.”

Puzzle Answers

EclipseCrossword.com



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Safety Quotes

*Accidents
hurt –
safety
doesn't .*

*~Author
Unknown*

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