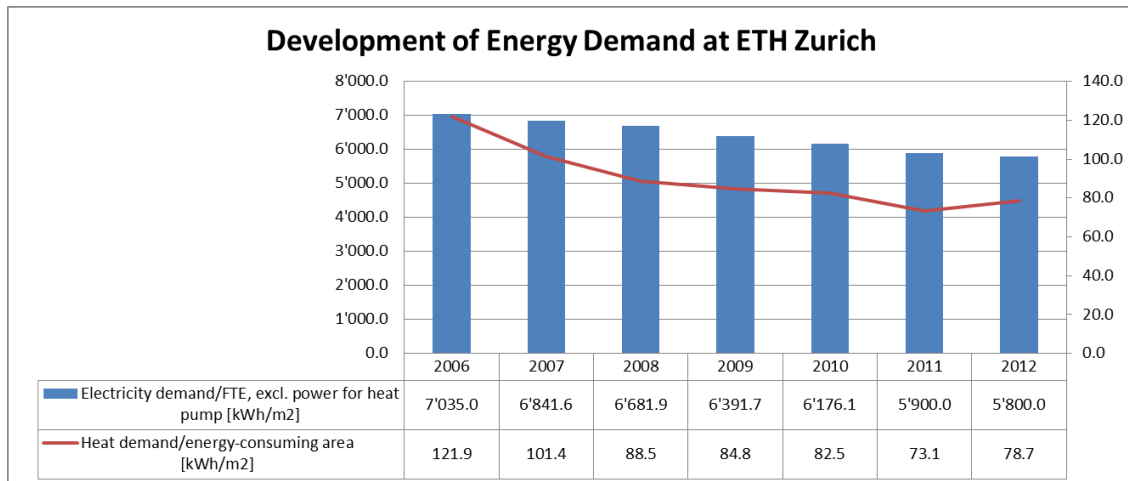


SSHE Newsletter 1/2013

1 ETH-Zurich energy efficiency – development and measures

Despite the increase in electricity consumption on the Hönggerberg, the overall power requirements of ETH-Zurich property in the Canton of Zurich remained constant in 2012 (111.8 gigawatt hours; GWh). The cooler weather triggered an increase of twelve per cent in heat requirements compared to the previous year. Once again, the recovery of heat from cooling plants rose by one GWh to 8.9 GWh. Consequently, ETH Zurich already provides eleven per cent of the heat required using waste heat.

The evaluation of the relevant key figures (see chart) reveals the development of energy consumption per employee in the last seven years (full-time equivalent (FTE); students are calculated as 0.68 FTE) and the heat requirement per energy reference area (m²).



Relative key figures on energy consumption at ETH Zurich

Together with the environmental delegates of the Resources and Environment Management of the Federal Administration (RUMBA), SSHE is compiling a Code of Conduct (CoC) for energy efficiency, which contains a collection of basic principles and proposals for concrete measures on energy-saving conduct. The introduction of the CoC at ETH Zurich is voluntary and is to be implemented on organisational unit level. The publication and introduction of the CoC is planned for 2014.

Detailed environmental and energy figures can be found in ETH Zurich's [Sustainability Report 2011–2012](#) and [Annual Report 2012](#) or at www.umwelt.ethz.ch.

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Eidgenössische Technische Hochschule Zürich
Swiss Federal Institute of Technology Zurich

2 Safe handling of sharps

Injuries through “sharps” – sharp or sharp-edged objects (e.g. needles, scalpels or even shards of glass) – pose a risk, as harmful substances get into the bloodstream directly and there is a danger of contamination with chemical, biological, infectious or radioactive substances. Often, needle-prick injuries occur in the process of replacing needle caps or through their improper disposal (risk to cleaning staff). Picking up broken, contaminated glass or working with defective glass equipment also harbours a risk of injury.



Disposal container for sharps

Consequently, only use sharps if there is no alternative (e.g. blunt metal needles, plastic pipettes). Protective caps must no longer be placed on needles that have already been used. Dispose of sharps in special non-penetrable containers (e.g. from the [HCI Shop](#)), empty chemical containers are not permitted for safety reasons! Full containers are to be disposed of in the [hazardous waste depots](#) in the HCI or CNB (not in the household rubbish!). A [factsheet](#) on the safe handling of sharps is available on the SSHE web-page (under the «Laborsicherheit» section).

3 Workshops “The Psychology of Difficult People” / “Stalking”

Wherever over 25,000 people come up against each other like at ETH Zurich, there is conflict potential. In order to raise awareness among ETH-members, SSHE has been running workshops with renowned international professionals since 2010. In January 2013 two such events were held in parallel: Reid Meloy, a professor of psychiatry at the University of California, San Diego, addressed the topic of stalking and Dr Jens Hoffmann, head of the Institute of Psychology and Threat Management in Darmstadt, how to deal with difficult people. The number of participants (approx. 160 people) and the positive feedback bear testimony to the interest that the workshops were greeted with. Meanwhile, the workshops on stalking and other threat management topics constitute a forum with a reputation that stretches beyond ETH Zurich, which provides a platform for the participants to swap ideas and learn guided by the experts. SSHE will also offer the module “The Psychology of Difficult People” in future.

You can find additional information and contact points for issues on threats, mobbing, sexual harassment and discrimination at ETH Zurich under www.respekt.ethz.ch.

4 Who needs a laser protection officer?

We encounter lasers at the supermarket, at home in the CD player or as measuring devices during speed checks. Their frequency and everyday usage suggest that they are safe. So why would you need laser protection officers?

From certain wavelengths and performances, lasers are no longer usable without risk. If lasers from the 3R, 3B and 4 classes are used, employers are required to appoint a protection officer. At ETH Zurich, this responsibility lies with the institute head or professor. The laser protection officer needs to have the necessary skills to perform his or her duties. How he or she acquires these, however, is not regulated by law. The options include courses geared towards a system



Laser warning label

with the manufacturer or Suva seminars on non-ionised radiation, including a lesson on laser safety.

ETH Zurich also offers courses (in German and English) in which you can obtain a laser protection certificate that is recognised all over Europe. The next courses are listed on the [SSHE course calendar](#). Don't hesitate to contact the [CABS staff](#) if you have any questions.

5 Training of first responders

In April the SSHE Division trained employees from the Facility Management and members of the fire alarm team as first responders. Their tasks involve cordoning off the area at accident sites and informing the Emergency Desk about the possible scale of the damage. Essentially, these members of ETH Zurich's staff ensure that nobody else is harmed after an incident and that an accident site remains unaltered for the damage assessment. The first responders support SSHE in carrying out evacuations. During the course, knowhow was brushed up and important new developments regarding aids and organisation in evacuations were taught. The course participants asked the speakers challenging questions, which led to an active examination of the topic. All in all, around 120 people attended the courses and the majority of the feedback was positive.

6 Organisation

New members of staff Maike Sittel, qualified engineer, was previously a project manager and departmental head in civil engineering, specialised in building site safety and pollutants. In the SSHE Division, she is responsible for the new constructions pollutants section and will oversee current and pending new building and renovation projects in this respect.



Maike Sittel



Efi Stamoulopoulos, germanist (University of Zurich), previously taught German as a foreign language, was involved in adult education and worked as an administrative assistant. She is responsible for the organisation of courses in the training and continuing education section, especially regarding the topics of health and occupational safety.

Efi Stamoulopoulos

Departure Erika Koller, responsible for the First Aid Team in the last nine years, has left SSHE at the end of March. We wish her all the best for her private as well as professional future.

Please note: In the new Suva-factsheet on the topic of brush cutters, the work-related use of mallet-like tools for portable, hand-operated cutters and trimmers is prohibited with immediate effect: www.suva.ch/waswo/33065.d