



ENVIRONMENTAL HEALTH AND SAFETY

Post Exposure **PRINT&GO** Sheet

Radioactive materials post-exposure guidance

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<https://research.columbia.edu/sites/default/files/content/EHS/Homepage/RadioactivePrintAndGo.pdf>

What are print and go sheets?

Following an occupational exposure to the agent identified above, this information sheet identifies the immediate “first aid” actions that should be taken. A medical evaluation should be sought immediately following the exposure. The guidance sheet provides information that medical personnel can reference but does not provide individualized medical care or treatment. This sheet should be printed and taken to the medical provider. Also, display your Columbia University ID card while visiting the medical provider.

Agent: Radioactive materials are typically used in research laboratories for a variety of purposes. Typically, bioactive molecules are synthesized with one or more radioactive atoms incorporated into the structure. These molecules may be hazardous ([recombinant DNA](#), infectious agent) or dissolved/contained in a vehicle that is hazardous (corrosive, sensitizer, irritant, acutely toxic, oxidizer).

Post-exposure Medical Surveillance:

Employees and students from CUIMC, Morningside and Manhattanville campuses go to the Workforce Health and Safety (WHS) clinic located at Harkness Pavilion 1 South 176 Fort Washington Ave if exposure occurs within the hours that the clinic is in operation (see below). CUIMC students go to Student Health Services at 60 Haven Avenue (212-305-3400). Morningside students go to Columbia Health in the John Jay Building (212-854-7426). For after-hours exposure, go to the New York Presbyterian Hospital or Mount Sinai St. Luke's Hospital (212-523-3335) Emergency Room (ER). Lamont Doherty Earth Observatory Staff and Nevis Labs personnel should seek medical attention locally. Give this sheet to the physician so they understand that you may have just been exposed to radioactive materials and a biological material/chemical.

1. **Verify that first aid was performed** – Ensure skin was washed with soap and water for 5 minutes and mucus membranes or eyes with plain water for 10 minutes. Confirm that the area of injury is not squeezed and chemicals like bleach are not used as they are not known to be beneficial and may break down the barrier function of the skin.
2. **Document and understand the exposure** – The amount (activity) of radiation used in research laboratories is small and accidental exposure usually represents little or no hazard to the individual. However, the radioactive materials may be contained in a molecule or vehicle that is hazardous (see above). Therefore, the exposed individual should be treated first for exposure to these materials.
3. **Follow up / Next steps** - The Radiation Safety Officer should be notified as soon as possible so that an assessment of the possible intake of the radioactive materials can be made. **However, do not delay appropriate medical assessment and treatment.** If evaluated at the ER, follow up with respective campus provider next business day. Complete an Accident Report Form there. Notify supervisor of incident.

Contact information:

Environmental Health & Safety (EH&S) - Ask for a Radiation Safety Officer. Mon. - Fri: 9 am - 5 pm. Medical Center - (212) 305-6780

Public Safety can contact a Radiation Safety Officer after business hours. Medical Center - (212) 305-7979. Morningside - (212) 854-5555.

Manhattanville - (212) 853-3333.

CUIMC Office of Workforce Health and Safety - (646)697-9470. Mon., Tues., Fri 7:30 am - 4:00 pm, Weds. 7:00 am - 6:45 pm, Thurs. 7:30 am - 11:30 am.