



Welcome to the Museum School at PAAM.

Studio Rules:

- Have Fun. Create. Share the Space.
- Clean up after yourself. Sweep up dust from drawing and sculpting before you leave. Brooms and dust pans are provided in each studio.
- The Museum School's studios are designed to conserve energy. Improper use of ventilation systems or open windows can "confuse" the computerized HVAC system, waste energy, and increase fuel/energy consumption. Please ask for help (Lynn or Grace) if the temperature needs adjusting or you want to open windows.
- Studio tables, drawing horses, stools and easels are provided for you. Do not use any equipment surface to mix paint or ink on. Clean up excess paint off studio equipment before you leave.
- No Eating in studios.
- Spray fixatives (or any aerosol sprays including spray paint), Turpentine, Turpenoid and regular mineral spirits are NOT ALLOWED in PAAM studios. For Information on accepted paint solvent (Gamsol) see **Approved Solvents** on reverse.

If You're Hurt:

- First Aid boxes are in each studio next to the door to treat small cuts or injuries. PAAM staff should be notified immediately if anyone is seriously injured.
- **Eye/Skin Exposure to Solvents/Chemicals:** Flush eyes with water and wash skin immediately. There is a shower in the restroom to the right and sinks in both restrooms, along with a sink in the print studio. Again, notify PAAM staff immediately if a student is seriously injured.

In the Event of an Emergency/Fire Alarm:

- Evacuate the building by taking the Museum School stairs to the first floor and into the parking area. Do not take the elevator. Students with mobility issues will be helped by PAAM staff.

Recycling & Disposal of Materials:

Recycling in Provincetown is not optional, it's the law. To comply, PAAM has provided recycling containers throughout the school.

- DRY paper & card stock (not paper towels) can be recycled in the paper bins.
- Corrugated Cardboard can be left alongside the paper bin.
- Number 1-7 plastics, glass, tin cans & aluminum can be recycled in the bottle bins. Please rinse food out and dump water or beverages before disposing.
- Throw any solvent-soaked cloth rags in the red flip top cans. Used paper towels, and wet/damp paper should be put in trash.
- For Solvent Disposal See Below:

Disposal of Solvents, Thinners & Paints: Why Can't I Just Throw it Away?

The groundwater that makes up the drinking water aquifer of Cape Cod floats in thin "films" above salt water saturated sediment. As a result, our groundwater is often located close to the ground surface. This, along with the permeable nature of sand, makes Cape Cod's water supply (and the ocean) particularly vulnerable to contaminants dumped on the ground and/or into septic systems.

Do not leave glass/metal containers of Gamsol or other solvents in public or PAAM trash cans, dump contents on the ground, or down any Museum School sink. Store all hazardous waste until it can be properly disposed of during Hazardous Products Collections in your town. Hazardous Products Collections are held 3 times per year in this area. Call the Provincetown Transfer Station for dates: 508.487.7076. **If it's not possible for you to dispose of these toxins properly, please speak to a PAAM Education staff member and we'll dispose of the toxins for you.**

Approved Solvents: *Why is Gamsol the only solvent allowed at PAAM?* : Gamsol contains 1/3 the toxicity of turpentine. Gamsol separates liquid from paint particles when left to sit in a jar. As a result, the “clean” fluid can be poured off and used repeatedly, while pigment sediment can be disposed of.

Approved Mediums: PAAM recommends Chartpak’s **Grumbacher Alkyd Painting Medium** or **Grumbacher Copal Painting Medium**; Winsor & Newton’s **Artisan Painting Medium** or **Artisan Water Mixable Fast Drying Medium**; or one of the **natural oil products** such as Daniel Smith’s Poppyseed Oil. Damar Varnish is not allowed in PAAM Studios.

Hazards in the Studio—Oil Paints and Thinners

Oil painting can involve various health risks. Many pigments used are toxic, including those containing lead, cadmium, mercury, chromates, manganese and cobalt. Paints can be ingested accidentally due to eating while working, pointing your brush with your lips, and similar means of hand to mouth contact. Solvents are either inhaled or absorbed through the skin. Food can also absorb solvents from the air. For health, safety and school maintenance, no food is allowed in studios. To avoid paint/pigment hazards we recommend against the use of lead white or flake white, the arsenic variety of cobalt violet, true vermilion (mercuric sulfide), chrome yellow (lead chromate), viridian or green chrome oxide (or Chrome Green).

Solvent Dangers: Ingestion and/or Inhalation

Solvents evaporate: Over 25% of a cup of solvent can evaporate when left uncovered during a 3-hour class period. The danger of inhalation is multiplied by the number of painters using solvents in the studio. All solvents can cause skin irritations from prolonged or repeated exposure. Turpentine can also cause skin allergies and be absorbed through the skin.

Inhalation of high concentrations of turpentine or mineral spirits can cause narcosis (dizziness, nausea, fatigue, loss of coordination, coma, etc.) and respiratory irritation. Chronic inhalation of large amounts of mineral spirits can cause brain damage. The aromatic hydrocarbons of turpenoid have been removed and is less hazardous but still poses risks. Ingestion of either turpentine or mineral spirits can be fatal. In the case of mineral spirits, this is usually due to chemical pneumonia caused by aspiration of the mineral spirits into the lungs after vomiting.

Evaporation of solvents can be reduced by covering all open containers of solvent with aluminum foil-wrapped around the brushes and top of container and closing all containers of solvents when not being used. See first page for appropriate handling and disposal of any solvent.

We at PAAM care about your health and the protection of the fragile environment of Cape Cod. Thank you for following PAAM studio rules and guidelines. If you have questions, concerns or suggestions, please speak with Education Staff Members Lynn Stanley or Grace Ryder-O’Malley. For additional information please visit the following websites:

<http://www.acminet.org/>
http://www.nycosh.org/specific_industries/arts_safety.html
http://www.uic.edu/sph/glakes/harts/hart_links.htm
<http://ephs.csumb.edu/site/x6155.xml>

or contact:

Center for Safety in the Arts
5 Beekman Street
New York, NY 10038.
Telephone: 212/227-6220.

Some of the information contained here was excerpted from a text by Michael McCann, Ph.D., C.I.H.
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