Burnett School of Biomedical Sciences General Information for Researchers

Questions, Contact:

General Information:

HSCWelcomeDesk@ucf.edu

Specific Information:

Equipment, Protocols, General Science, Other

Alicia.Willenberg@ucf.edu

Research Program Coordinator

Burnett School of Biomedical Sciences



CONTENTS

Burnett School of Biomedical Sciences

- Δ New Employees
- **△** Workflow
- Δ Digital Storage
- Δ Printing

- △ Office365 Overview
- **Outlook Calendars**
- **△** Equipment Training
- Δ <u>Teams</u>

- Δ Accessibility
- △ Parking
- **Other Resources**



Burnett School Forms and Resources

Handbook, directory, forms/links for volunteers, & more

Volunteers

Fill out and return all paperwork provided

Take all required courses with **EH&S**

Staff and Faculty

Orientation, HR training, register for Benefits

EH&S training and many forms/processes that are individual lab specific



UCF Human Resources New Employee Information















Recommended Mobile Device Apps

OneDrive, Outlook, Teams, Workday

Required Mobile Device App

Multi-Factor Authentication:

Microsoft Authenticator

Allow tap to approve = fastest



Account Password Reset:

Account locked out, <u>Reset your password</u> here. You may need another employee to help if you do not have a personal device.

BenefitHub and TicketCenter: UCF employee discounts on local and national hotels, car rentals, florists, theme parks, national attractions, movie theaters, restaurants, retailers, concerts & more.

LinkedIn Learning: learning platform for business, software, technology, and creative skills to achieve personal and professional goals: 12,000 courses and 5,000 video tutorials from industry experts and leaders all in one place.











COM Services

Planning and Knowledge Management

Educational Technology

Instructional Learning Designers

Virtual Reality and Augmented Reality

Poster Printing - Alex Chacon





Medical Illustrator – Ryan Dickerson



BioRender - Dr. Lane Coffee

Biostatistician - Xiang (Shawn) Zhu



COM Educational Technology Staff





Important Links / Info:

<u>UCF Apps</u> – Microsoft Office, statistical software, other: use web browser or <u>Citrix Workspace</u>

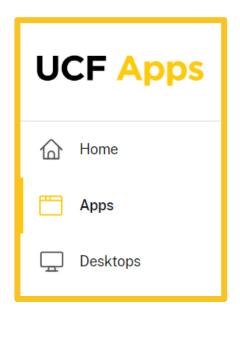
UCF Research Apps – Zoom, Teams, Paris, Aurora, CITI,Huron, Argis, iThenticate, TERA, Sophia, many more

Microsoft Apps through UCF: not just office suite

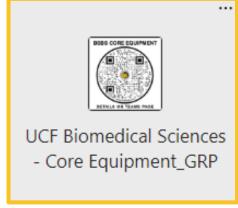
TEAMS Page for BSBS Core Equipment

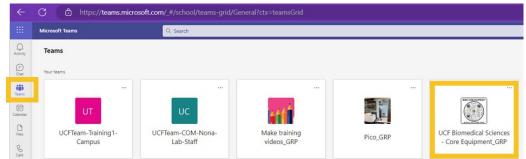
Equipment Lists and Info per Building, Manuals, Protocols, Important Articles, Contacts, & More

This page is available upon request











Graduate Student Resources:

UCF Graduate School Resources

Funding / Financial Resources

Biomedical Sciences Graduate Student Association (BSGSA)

BSBS Department - Masters and PhD Resources

Facebook: https://www.facebook.com/groups/bsgsaucf/

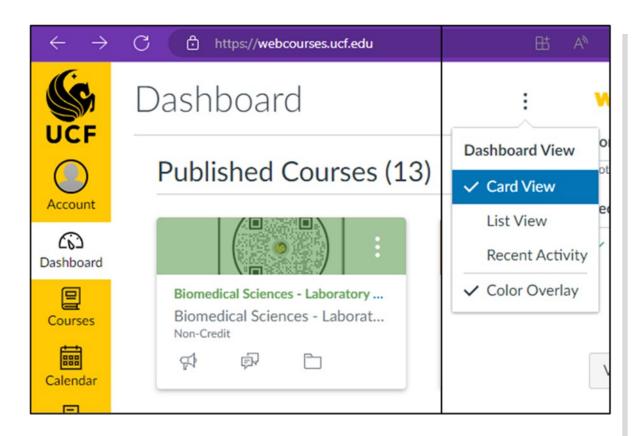
Instagram: https://www.instagram.com/bsbsgsa/

Contact: bsbsgsa@gmail.com









<u>Webcourses</u> – Request training through EH&S; find enrolled courses on Dashboard

College of Medicine

New Employees

Webcourses

Classes, HIPAA, Safety, Commons

Workday workday.ucf.edu (my.ucf.edu > staff solutions), HR training, enter time/leave, purchasing, kNEXT, other resources



EH&S

Required Training: lab dependent New PIs must have EH&S consult

UCF Research Apps

IACUC, IRB, Safety + More: CITI for Training, and Huron is used to make/update protocols





EH&S for Basic Research Labs

All Volunteers, Students, Staff & Faculty Enroll Here

Required Courses:

EHS102 Lab Safety Orientation

EHS103 Biosafety Practical

EHS140 Bloodborne Pathogens for Healthcare and Laboratories

EHS201 Biosafety Orientation

EHS202 Lab Safety Practical - takes time to grade

EHS421 Think About Your Sink

Other Courses are lab dependent; some of the above are combined with new faculty training



	T_		12	_	
	Course #	Description †	Topic	Due ↓	Category
Start	EHS155	Substances Training	DEA regulations	08-29-2024	Bio Safety
Start	EHS421	Think About Your Sink	Industrial	08-14-2024	Environmental
Start	EHS140	Bloodborne Pathogens for Healthcare and Laboratories	Bloodborne	04-05-2024	Bio Safety
Start	EHS205	Laboratory PI and Manager Training	Laboratory	11-03-2023	Chem Safety





Register for class through <u>Training</u> <u>Link</u>, some EH&S classes are then available through Canvas / Webcourses after clicking "Start"

This could have a delay up to 2d





EH&S for New Labs - New Faculty

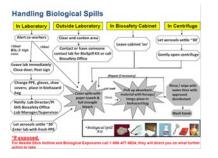
Please follow **EH&S Guidelines for Pls** for updates / details

- See Quick Facts Sheet
- See <u>EHS Training Enrollment Tutorial</u>
- Meet with EH&S + PI Lab Assignment Form
- Biosafety / <u>Hazardous Agent or Process</u> registration
 - This takes time, start ASAP
 - Multi-step process, includes using <u>Huron Safety</u>
- Medical Gases and Controlled Substances
 - This can take ~3 months (to renew also)
 - Register with the state (DBPR) + receive a #
 - Then register with DEA if applicable (<u>DEA Diversion</u>)
- Make a safe workflow in the lab, post signs
- Schedule a courtesy inspection from EH&S





UCF Environmental Health and Safety

















EH&S- MSDS- Required for all faculty + personnel

Chemical Safety

UCF EHS - SDS

MSDS Online/VelocityEHS website or download application

SDS Resources:

<u>Laboratory and HazCom access</u>

Fisher Scientific

Hazard.com

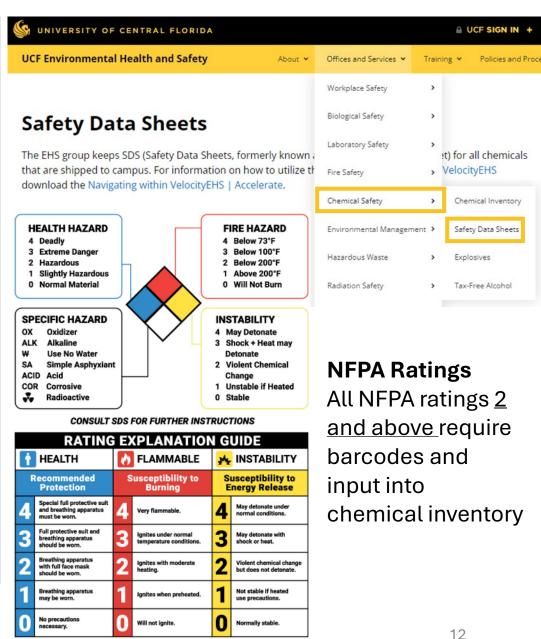
Sigma Aldrich

Stanford University

*Not required to have SDS printed out in lab, though some may be helpful for certain high-risk chemicals.

It is required for everyone to have access to all SDS- have specific notes about this in each lab's SOPs stating access to these resources





https://med.ucf.edu/healthit/ HealthIT@ucf.edu

NEED ASSISTANCE?

SUBMIT A TICKET

Email: <u>HealthIT@ucf.edu</u>

Phone: 407.266.HELP(4357)

Location: College of Medicine, Health Sciences

Campus -Suite 301

Hours of Operation: 8am – 5pm, Monday – Friday

Workflow

- Computer issue: Health IT Assist ticket
- Building issue: Engineering Incident Ticket >>>
 Facilities
- Equipment obviously broken: Engineering Incident Ticket >>> Engineering and contact the person in charge of the instrument
- Equipment errors: contact the person in charge of the instrument first
- Not sure, ask me and I'll direct you to who can help if it is not myself

Any questions, please ask,

Alicia.Willenberg@ucf.edu

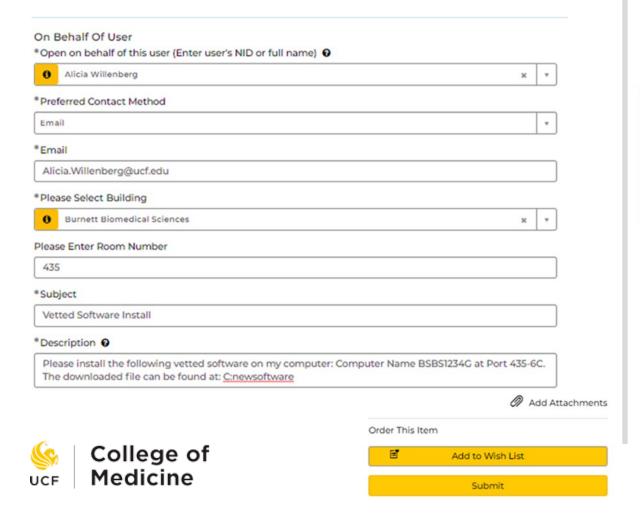


Health IT Assistance

Submit a service request here, when you need help from a technician for new equipment/software/system access or have an issue with existing equipment/software/system access.



Please provide as much detail as possible in the fields below to help the technicians respond to your request or issue quickly. Beneficial information would include known specifics for items that you need and any observances or system information for items that are not working as expected. One of our team members will contact you as soon as possible, following review of the information submitted.



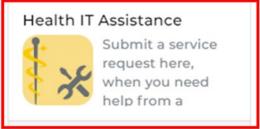
Workflow - IT Ticket

https://med.ucf.edu/healthit/

Sign in with NID

IT/Computer Issue:

Health IT Assist ticket:



- Building and Room # of device
- NID
- Computer Name
- Port #
- Summary & Description of Issue
- Add attachments/screenshots if applicable
- Submit

BSBS Engineering Incident BSBS Engineering Incident On Behalf Of User *Open on behalf of this user (Enter user's NID or full name) • Alicia Willenberg *Preferred Contact Method Email *Email Alicia.Willenberg@ucf.edu *Phone 407-266-7150 *Building Name **Burnett School of Biomedical Sciences** Please Select Room 470 Request Type Facilities Option **Building Issue** Summary of Issue Door Handle Broken Additional Information/Comments The door handle is broken to room 470 Add Attachments Order This Item College of Add to Wish List Medicine Submit

Workflow - Facilities

https://med.ucf.edu/healthit/

Sign in with NID

Building Issue:

BSBS Engineering Incident



BSBS Engineering Incident

- Building and Room # Affected
- Select Request Type: Facilities
- Option: building issue
- Summary & Description of Issue
- Add attachments/pictures if applicable
- Submit

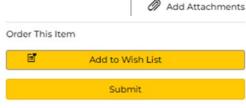
BSBS Engineering Incident

BSBS Engineering Incident









Workflow - Engineering

https://med.ucf.edu/healthit/

Sign in with NID

Instrument Issue:



- Building and Room # of device
- Request Type: Engineering
- Option: Biomedical Device Support
- Summary & Description of Issue
- Add attachments/pictures if applicable
- Submit



Digital Storage

Required for Core Computers

Turn on "Storage Sense"

- For all users (not OneDrive specific)
- Highly recommended for personal devices

OneDrive Optimization



- Turn on "Files On Demand" (OneDrive)
- Select Folders to archive/Free up space (OneDrive)

Data Acquisition

For live data acquisition that takes more than a few minutes:

- Save directly on the local device: C:drive
- Ensures it will not be interrupted by a brief connectivity problem, consider being offline (unplug ethernet)





Digital Storage

Turn on **Storage Sense**

Gets rid of temp files

Right Click Windows Icon >>> Search

Type "Storage Sense"

Open

Select "On"

"Configure Storage Sense or run it now"

Select feasible settings: EXAMPLE:

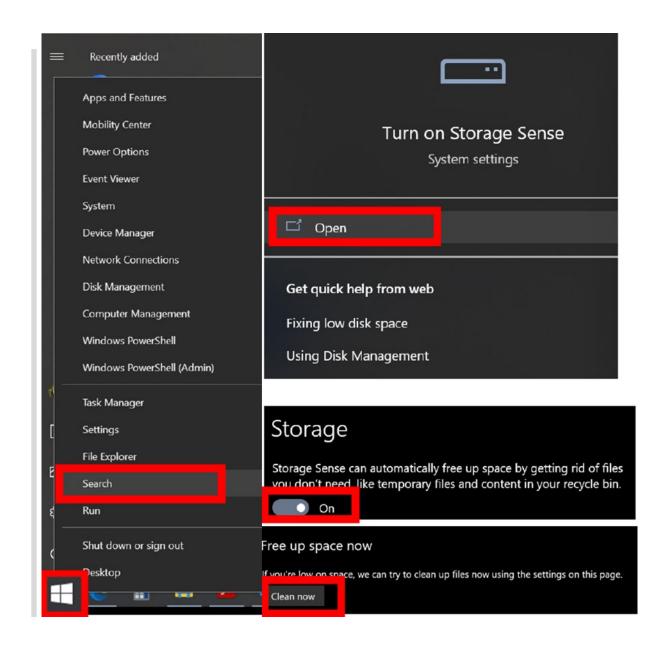
- Delete temporary files
- Delete Recycle bin after 14 days
- Delete Downloads after 14 days if unopened
- Content available online only after 14 days unopened

Then:

Free up Space Now:

Clean Now





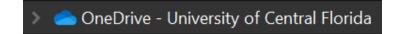
Digital Storage - OneDrive Information

Benefits of OneDrive: 5TB of storage

Share folders with undergrads, colleagues, anyone with .edu or .gov account All your documents are available at your fingertips anywhere you have internet access

Online Cloud: Office365.ucf.edu (Outlook, OneDrive, Teams, Office) Use your @ucf email / Enterprise account as default if you have one

On your device:



Activate your account by clicking on this folder and following the directions provided; if not present search for OneDrive app on computer

On Core device: same process: fast way to save large data files- though a portable hard drive may be best *Save new data in a new folder (keep only active folders, free up space on older folders)

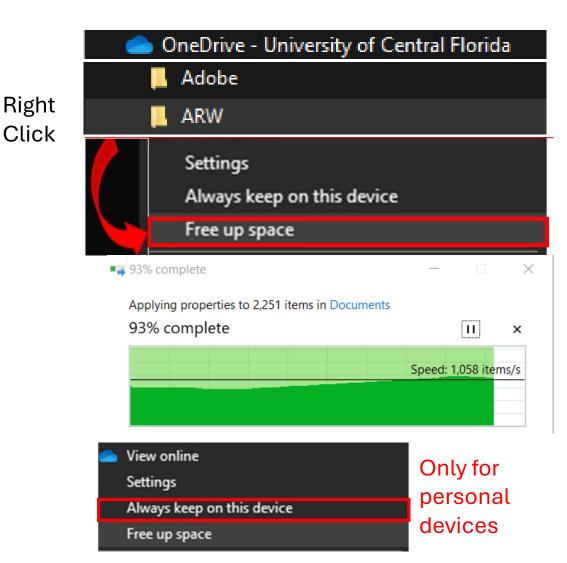
Remove any data stored locally as soon as possible



Digital Storage - OneDrive

- Files on Demand is an automatic selection on BSBS/COM devices for OneDrive
- When local disk space is full, the device will not work optimally = serious issue for core devices that involve saving large data files / images
- Make separate folders for new projects to minimize syncing/downloading large data sets locally
- Free up space on all Core equipment frequently
- On personal devices, you may choose to keep files locally. If changed in another location, you will need to be connected to the internet to sync the file(s) before continuing. Do not do this for core devices.

Save disk space - Microsoft





☐ → This PC → Windows (C:) → Users



Disconnect for long live data acquisition



Digital Storage



Data Acquisition

- For live data acquisition that takes more than a few minutes
- Save directly on the local device: C:drive
 - Ensures it will not be interrupted by a brief connectivity problem
- Consider disconnecting from the internet during run
 - Set up a SOP with IT for updating the device before and after running program
 - IT can stop the computer from automatically restarting for an update (require manual approval), however, the computer will still put through all updates that do not require a restart: any of these updates could use enough RAM and interrupt your program and cause it to crash/fail
- Do not keep your data on Core device C:drive / saved locally

Digital Storage

Saving Files – Please check with your Pl Core Networked Device:

- L-Drive (Lab share drive on local network)
- OneDrive
- USB (including portable hard drives)

Core Non-Networked Device – no internet

USB

Do not keep files saved locally on core devices

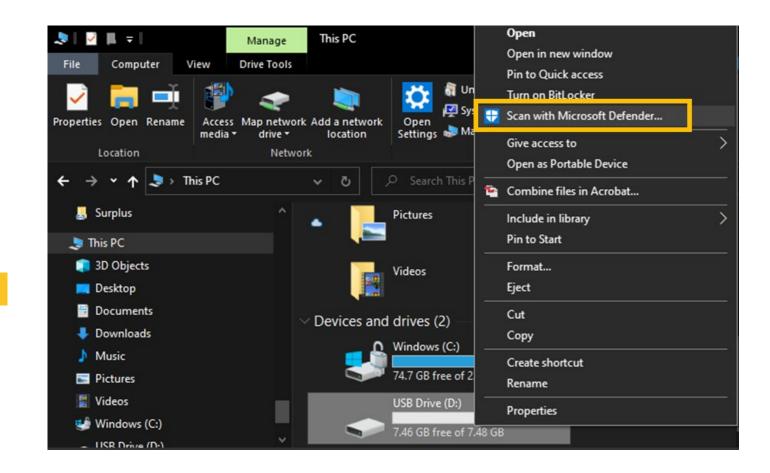
Non-networked core devices are cleared every

3 months! When full = no new data

Desktop is not backed up!

Please frequently scan your USB devices!

- Always scan after using unprotected devices
- On your computer, open a folder,
- This PC >>> Find your device
- Right Click and Scan with Microsoft Defender











Printing

Networked Printers - Canon-All-in-One

'Print' – Does not print anywhere

Physically go to the BSBS Canon all-in-one printer of choice (1st-4th floor at BBS; 1st floor BMS; 3rd floor HPA2)

Swipe ID card to login*

*New users must submit an ITticket (restart your computer after approved: "Please add (your computer/port) to network printers in (your building))"

Select Secure Print

Select documents to print/Select All

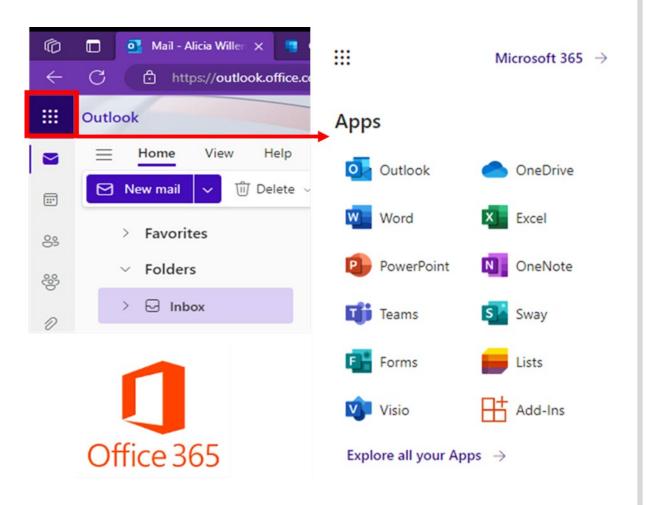
Select Print and Delete

Still not working:

Ensure device has Wi-Fi off, connect directly to ethernet

Search AHSC in settings> Printers/Scanners; not finding it:

Submit a ticket to add a networked printer, include: your NID, computer name and port #, printer name (AHSC Secure print on print.com.ucf.edu)



Office365 Overview

Office365.UCF.edu

"Webmail" and outlook.com/ucf.edu = same page

Apps

- Each app opens in a new browser tab, allowing for multiple instances of each app to be open at once
- When using the cloud, your data is sync'd the fastest and available instantly from any device anywhere with internet access.
- Microsoft office online has limited capabilities compared to the desktop versions: such examples include PowerPoint: cannot save images with 'save image as,' and no gridlines
- Personal preference: have (2) Outlook tabs open: (1) for mail and (1) for calendars





Office365.ucf.edu = Outlook >>> Calendar

Outlook Mobile App – Only App

Do Not Use Outlook Desktop for core calendars

Failing to sign up on the calendar and logbook can result in losing privileges and your samples/self removed from the instrument.

Calendars

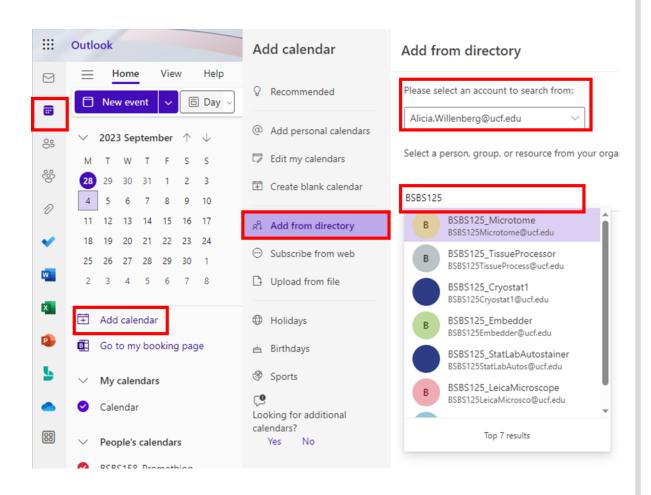
Outlook through mobile app or web browser office365.ucf.edu

Do Not Use Outlook Desktop on your computer for core calendars!

 The desktop app does not sync appropriately and can cause scheduling conflicts.

Lists of core equipment and their associated calendars are available in Excel sheet on Teams Core Equipment Page

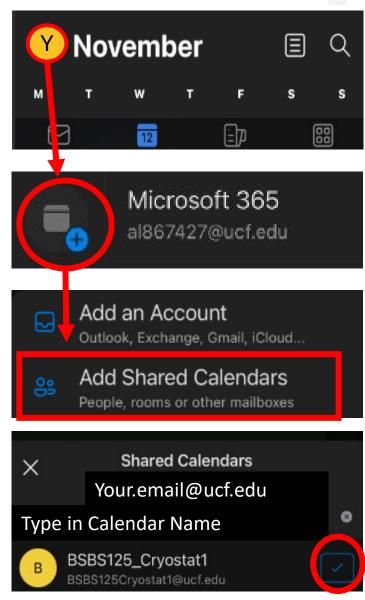




Add a Core Equipment Calendar

- Open Outlook on office365.ucf.edu
- Open Calendar
- Add Calendar
- Add from Directory
- Select your account (<u>your.name@ucf.edu</u>)
- Type in name of calendar
 - Example BSBS125, pools list
- Select calendar
- Add to People's Calendars
- Add
- Repeat for other calendars

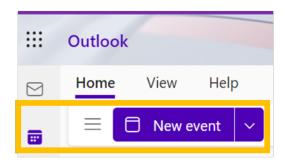




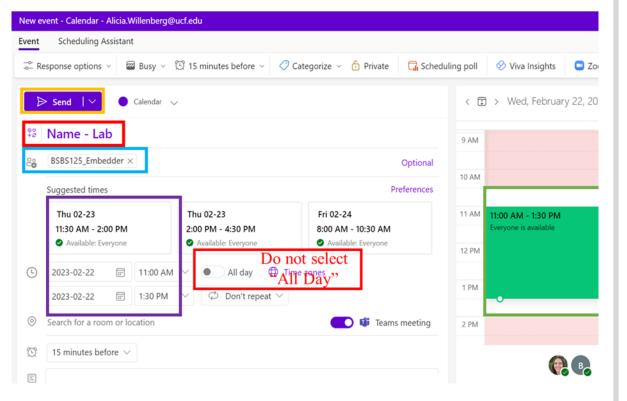
Add a Core Equipment Calendar-Mobile

- Open Outlook App
- Open Calendar
- Add Calendar (+)
- Add Shared Calendars
- Type in name of calendar
 - Example BSBS125, pools list
- Select calendar
- Add to People's Calendars (+) → ✓
- Repeat for other calendars









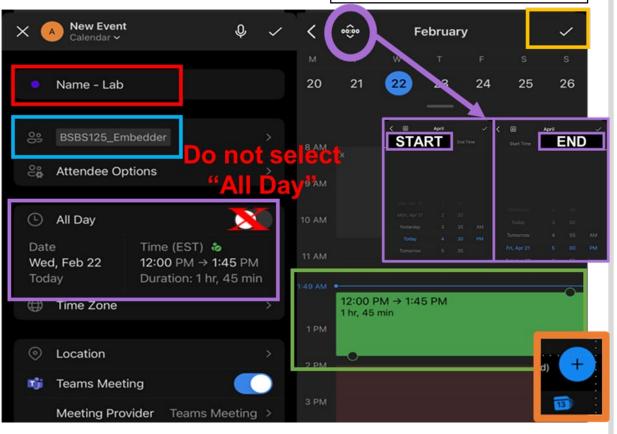
Book Core Equipment Calendar- Online

- Do Not Use Outlook Desktop App
 - Can have sync errors and cause scheduling conflicts
- Open Outlook on office365.ucf.edu
- Open Calendar
- Add New Event on your calendar
- Add a Title (your name and lab)
- Invite the calendar and any other people involved
- Select Date and Time
 - Check availability- scheduling assistant is helpful
 - Do not select "All Day"
 - This can be overbooked; allows for general notifications
- Send





New Event
Title with Name/Lab
Invite Calendar
Select Date/Time
Check Availability
Send

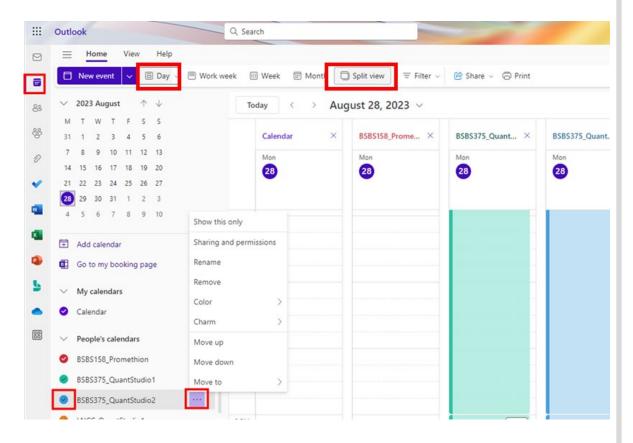


Calendars

Book Core Equipment Calendar- Mobile

- Open Outlook mobile app on your device
- Do not use any other calendar/mail app
- Open Calendar
- Add New Event on your calendar
- Add a Title (name and lab)
- Invite the calendar and any other people
- Select Date and Time
 - Check availability- scheduling assistant is helpful
 - Do not select "All Day" This can be overbooked; allows for general notifications
- Ok / Send (checkmark)

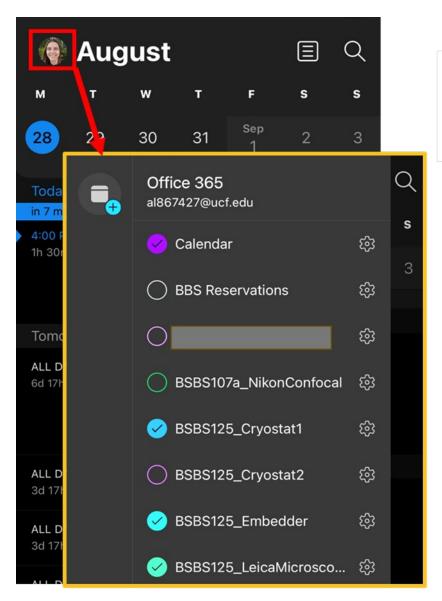




Suggestion for Viewing Outlook Calendars- Online

- Open Outlook through Office365.ucf.edu
- Open Calendar
- Select all calendars you want to view
 - Check circle next to calendar to turn on/off
- Click on name then " to change color of calendar
- Select View by Day & Split View:
 - Each Calendar = Column
 - Each row is the time of day
 - 15-30min segment selections
- Please do not book directly on the calendar







View Calendars- Outlook Mobile

- Open Outlook mobile app on your device
- Open Calendar
- Select all calendars you want to view
 - Click on/off the circles
- Click settings (gear icon) next to calendar to change color of calendar



Outlook Important Considerations



- Use the scheduling assistant and/or look at the instrument availability before sending
- Please delete/modify your event if you cannot make it as soon as possible
- If you are more than 15 minutes late please do not run over anyone's time behind yours
- Please do not take people's scheduled time if they are late, please contact them before taking their spot
- Please be considerate and try not to book more than 3h in a row during business hours
- Always sign a logbook if present, if something is wrong with the instrument, log it AND contact the person overseeing the instrument
- If you overbooked an instrument, you will receive an email stating it was not accepted, **AND** check your personal calendar to **remove it from your events**
- **Never use "All Day" as a time** it will not reserve your time (this can be used for special notes from the person overseeing the calendar, please check for these notes)



Using BSBS Core Equipment

- Please contact the person overseeing the instrument
 - This can be found on the <u>Teams BSBS Core Equipment page</u>
- Receive training by the person overseeing the equipment
 - Volunteers/Undergrads are not supposed to work alone
- Request Traka box access building dependent resources
- If the instrument has a calendar, reserve time on the calendar before beginning
 - See <u>Outlook instructions</u>
 - Failing to sign up on the calendar and logbook can result in losing privileges and your samples/self removed from the instrument.
- Clean up after yourself





Traka box

*Traka Note: if key is checked out: Login, press "Look Up" and click the icon for that key to see who checked it out

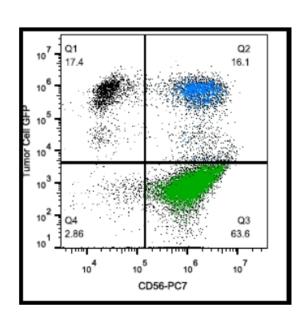


Using BSBS Core Equipment

Equipment overseen by the Copik Lab:

Contacts: <u>Jeremiah.Oyer@ucf.edu</u> and Eran: <u>er020844@ucf.edu</u>

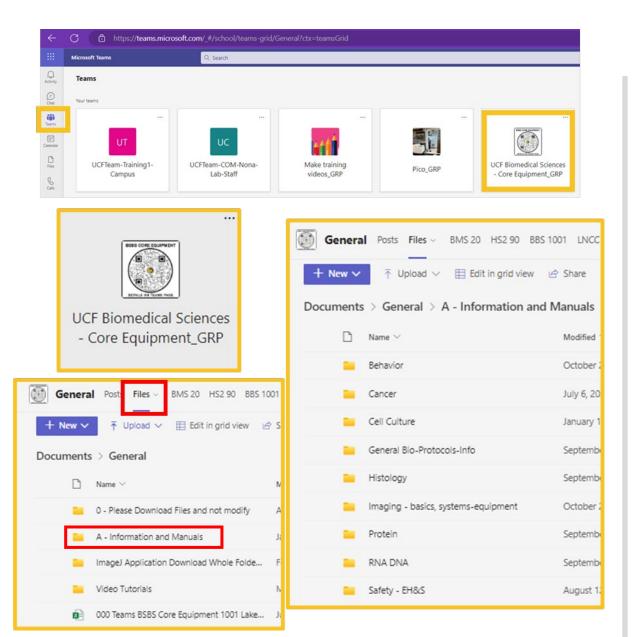
Cell Sorting, Flow Cytometry, in vivo Imaging, Seahorse, and Confocal: Zeiss LSM710











Teams Page

Core Equipment in BSBS Department per Building

Team Link for BSBS Core Equipment Page

Sort Equipment by type, or room #

Export as Excel to better search for details –

Compiled Excel List for all buildings saved to: Files:

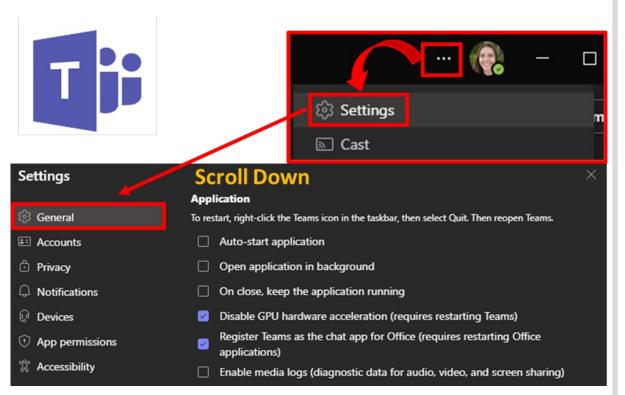
Files / Information

Please download files, do not modify shared versions

For issues, please post a message in the app

Send in your own information/protocols/infographics





Teams Desktop App Settings

Teams app slowing your computer down?

Uncheck: Auto-start, and On close, keep application running

Check: Disable GPU Hardware acceleration

GPU: Graphics Processing Unit <u>Technews GPU HA</u>

Keeping GPUHA enabled: If your computer can handle it, it improves application performance and CPU health as there is less load, increases battery life

It may be best to have it unchecked / enabled for video recording and streaming- requires restart of Teams

Also, consider enabling media logs at this time if you are having issues, this can help IT diagnose the problem





Teams Phone

Guide for Teams Phone C450HD

Sign in: NID, multifactor approve: if screen is not locked, everyone has access to your Teams account

Pin: locks account

To set a pin to lock screen: Menu > Security (at bottom) > screen lock > input a 6-digit code & confirm

Call Forwarding:

- When the phone is idle, touch the FORWARD menu, and then touch Forward to a number.
- Enter the number to which you want to forward the calls, and then touch the START menu.
- To deactivate call forwarding, touch the FORWARD menu, and then select Do not forward calls.



Accessibility

Creating Accessible Documents allows for visually impaired and everyone to use text to speech- it also improves translation into other languages

About Accessibility

Turn on Accessibility: Right click on the ribbon titles (Home/View) and Customize the Ribbon

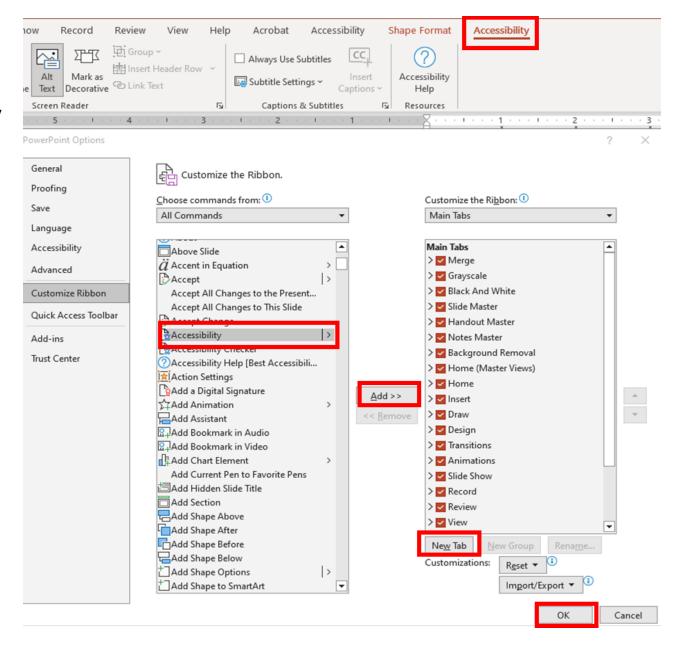
Select All Commands and find Accessibility

Add to a New Tab

Use a Template

UCF Templates

Approved branding and text formatting





Accessibility

Alt Text = Labeling

On Accessibility tab, select Alt Text, select each item, and input information into the Alt Text Box

Add Alternative Text (Alt Text) to every image, title, text box, tablelabel as such with a short description if needed

Confirm the order of each slide

Home Tab, Arrange, Selection Plain, check the order for reading the slide, click and drag to change

Reads from the bottom up and the last item will be in front

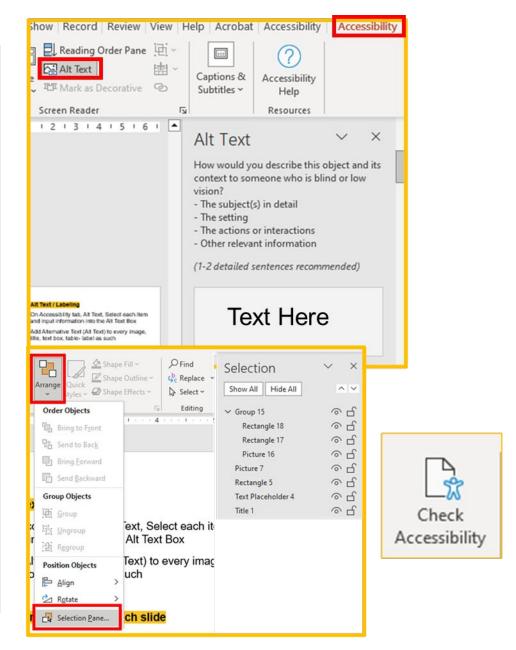
Check Accessibility

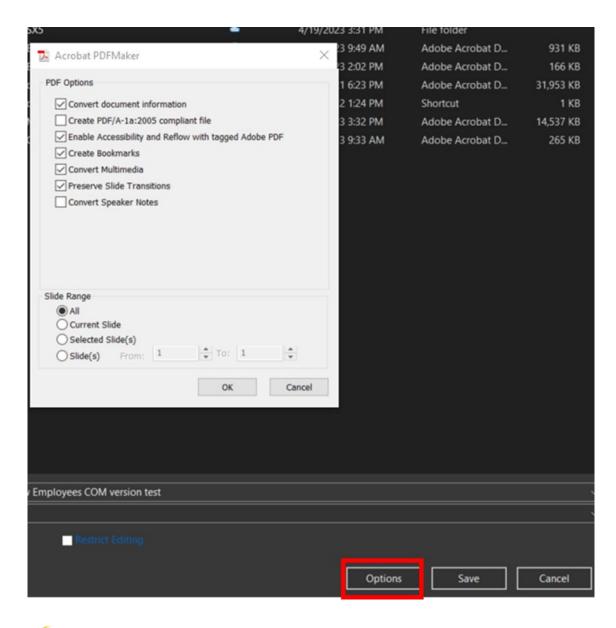
Accessibility Tab, Check Accessibility

Fix any errors necessary, ensure every item is labeled

Consider taking the tips offered







Accessibility

Save as PDF - Not print to PDF

Select location to save

Select Options (lower right)

Select: all relevant boxes and slide range

*Enable Accessibility – most important

OK, Save

Open PDF

Look through for proper placement and flow

Test 'Read Out loud'

View >>> Read Out Loud

Options: read this page, read to end of doc





Your Directory Info

Summary of work Citations Link to website



Your Basic Website Here

Type / to choose a block

Page Side Features				
Page Header				
Permissions: Read this Page				
Header Media Fields				
Header Styling Header Images Header Video				



Websites

Update, Modify or Add Content

Contacts:

Adriana.Christianson@ucf.edu for directory updates

Alicia.Willenberg@ucf.edu for all other inquiries

For commnets about our basic layout/fonts/formatting, please contact medweb@ucf.edu

Email Alias: 'Add Enterprise Email Alias'

Check what accounts you have:

Outlook: Settings>>>Mail>>>Compose and reply>>> Addresses to send from = list of all your email names

Change/Get new email name: your.name@ucf.edu: submit an IT Service Now Ticket include proposed new name (not a new email, just a name/alias to your current: people can send emails to it like a separate account

Parking

UCF Parking Website

No Back-In Parking for scanning of plates

All students and employees that park require a virtual parking permit

No student or employee is allowed to park in the visitor's spots = ticket

Visitors are to park in the marked zones and check in at the front desk (use the call button to be let into the atrium)





Resources and Contact Information

Building Access and Traka Box Access

Main Campus - Main Campus Traka Box & Building Request Form (online)

- The person requesting access needs to complete the form.
- Questions Skye.Nakagawa@ucf.edu



Traka box

Lake Nona:

- UCF ID cards cannot be created until employee hires have been authorized by HR and volunteers have completed all lab safety training.
- Supervisor emails employee/student name and Employee ID/UCFID number to request access
- For core equipment room access, schedule and receive training, have trainer request access
- Questions / Requests HSCWelcomeDesk@ucf.edu



*Traka Note: if key is checked out: Login, press "Look Up" and click the icon for that key to see who checked it out

Resources and Contact Information

Typography (Fonts):

UCF's primary fonts as of Fall 2023 are Gotham (most content) and Knockout (large-scale content)

-However, these fonts likely need to be requested for download, and they are not the best for deciphering between i, I, L, I, 1 and others; consider **Aptos** as shown in this document

Gotham Bold: i, I, L, I, 1; Knockout x; other standards Times New Roman: i, I, L, I, 1; Arial: i, I, L, I, 1

Information about creating accessible documents:

https://sas.sdes.ucf.edu/digital-accessibility/#Powerpoint

Templates available

UCF Brand Information

UCF Marketing and Communications:

brand@ucf.edu



Resources and Contact Information

Teams Core Equipment Page

General Information

Book Conference Room, Traka Access

<u>HSCWelcomeDesk@ucf.edu</u>

Specific Information:

Equipment, Protocols, General Science, Other

Alicia.Willenberg@ucf.edu

Research Program Coordinator

Burnett School of Biomedical Sciences

Flow Cytometry, Cell Sorting, Confocal Microscopy:

Jeremiah.Oyer@ucf.edu

Erandeni.PonceDeLeon@ucf.edu

Research Program Coordinator

Laboratory Coordinator II

Burnett School of Biomedical Sciences

Thank you!

Please send comments to improve this document to:

Alicia.Willenberg@ucf.edu

