

Quarterly SAFETY Newsletter

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When Things HEAT UP. . . STAY COOL

Long periods of exposure to heat can cause heat stress illnesses including heat rashes, heat exhaustion, and heat stroke. The body normally cools itself by sweating. However, during hot weather and high humidity, sweating isn't enough. Your body temperature can rise to dangerous levels if you don't drink enough water and rest in the shade. According to the Occupational Health & Safety Administration (OSHA) and the Center for Disease Control (CDC), there are precautions employers and employees should take any time temperatures are high and the job involves physical work.

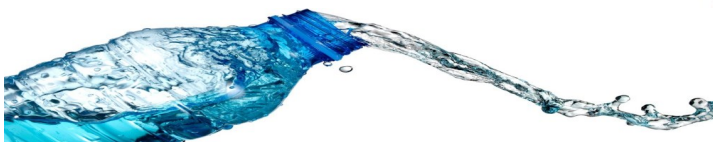
Heat Stress Prevention

- **DRINK WATER** every 15 minutes; regardless of your activity level and even if you are not thirsty.
- Protect yourself from the sun by wearing a wide-brimmed hat, light-colored clothing, and sunglasses
- Limit your outdoor activity to morning and evening hours.
- Talk to your supervisor about taking short breaks and resting in air-conditioned areas during excessive heat.



What to do if a worker becomes ill?

- Call a supervisor for help.
- Call 911 or **Campus Police at 221-4596**
- Relocate the person to a cooler or shady area.
- Have someone stay with the worker until help arrives.



Heat Stress Symptoms

Heat Rash

*Red bumps or blisters on the skin



*Itchy skin
*Heat rash usually fades when the skin is allowed to cool.

Heat Exhaustion



*Headache or dizziness
*Weakness and wet skin

*Thirst, nausea or vomiting

Heat Stroke

*Confusion, unable to think clearly
*Faints or collapses
*Stops sweating



SAFETY Doesn't Happen By Accident

OVERHEATED Vehicles

Article By: Pat Choi

Summer is a critical time for your vehicles. Engines can be exposed to strenuous heat; both from the weather and from the inner mechanics of your car or truck. An overheated engine can be caused by cooling system leaks, using the wrong coolant concentration, a bad thermostat, a failed water pump, and even a faulty radiator. Learn prevention tips, signs your vehicle is overheating, and what to do if your vehicle overheats.



Preventive Maintenance

- ◆ Keep track of essential components under your hood. When was the last time your radiator or water pump was checked or replaced?
- ◆ Ask your trusted mechanic to inspect your cooling system within your vehicle.

Signs of an OVERHEATED vehicle:

- ◆ Dashboard temperature gauge creeping towards the hot (red) zone.
- ◆ Visible steam or smoke coming from under the hood.
- ◆ A puddle of coolant underneath your car when it is parked.



If you suspect your vehicle is **OVERHEATING**:

- ◆ **Safely** and Immediately **pull over into a service lane or parking lot**, and turn the engine off.
- ◆ If you are unable to pull over, turn off the A/C, roll down the windows, and turn the air settings to maximum heat. It will be brutal for you, but it may just save your engine by letting the heat vent inside the vehicle.
- ◆ If possible, have your vehicle towed to your mechanic. It is not recommended to drive it for over a mile while it's overheating.
- ◆ If you are pulled over in an unsafe area **OR** your vehicle continues to smoke or leak fluid, safely exit the vehicle and **call 911 or Campus Police at 757-221-4596**.





SAFETY is in MY HANDS



GLOVES are UNDERUSED

Daily work assignments, maintenance projects and laboratory research experiments can cause traumatic injury to your hands:

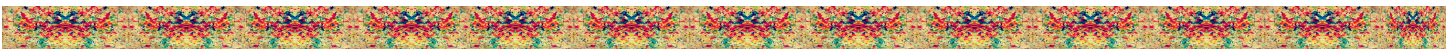
- Tools and machines with sharp edges can cut your hands.
- Staples, screwdrivers, razors and glassware can puncture your hands.
- Getting your hands caught in machinery can sprain, crush, or remove your hands and fingers.
- Coming into contact with caustic or toxic chemicals, biological substances, electrical sources, or extremely cold or hot objects can irritate or burn your hands.

THERE ARE VARIOUS TYPES OF GLOVES THAT WILL PROTECT YOUR HANDS

Supervisors and Principal Investigators should provide job-specific gloves at no cost to the employee. Several types of gloves that should be readily available to employees include:

- ◆ Leather – Leather gloves protect against abrasion.
- ◆ Cut-resistant – These gloves can be made from a variety of materials including natural and synthetic fibers and can prevent against cuts, lacerations and in some cases punctures.
- ◆ Chemical-resistant – Chemical-resistant glove materials also vary and include latex, nitrile and synthetic materials. These gloves can help prevent dermatitis and chemical burns.
- ◆ Electrical—Rubber insulated gloves protect you when working on electrical equipment. Every six months the gloves must be tested and certified **or** replaced.
- ◆ Insulated – These gloves contain extra layers of protection to keep the hands safe when touching cold or hot objects.

Faculty, staff and students should inspect gloves prior to use, and ensure gloves fit properly. Gloves should be replaced periodically—depending on frequency of use and types of substances used.



WASH YOUR HANDS

When to wash your hands: It's well-known that you should wash your hands after using the restroom, but when else? CDC notes that you should thoroughly wash your hands:

- After removing personnel protective equipment (i.e. research/work gloves)
- Before, during and after preparing food
- Before eating a meal
- Before and after providing care for a sick person
- Before and after you provide first aid to a cut or wound
- After blowing your nose, sneezing or coughing
- After touching garbage



Hand Sanitizers: CDC states that when your hands are visibly dirty or greasy, hand sanitizers are not as effective as washing with soap and running water. However, if soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

SAFETY is in the EYE of the Beholder



Working in an office space often requires extended periods of looking at a computer screen. When used for long periods of time, computers can expose you to eyestrain. For most people, eyestrain is a result of focusing too intently on a screen and not blinking enough.

Tips to help office workers avoid **EYE STRAIN** and maintain a **Healthy Vision**:

1. Place your computer screen 20 to 26 inches away from your eyes .
2. Use a document holder placed next to your computer screen. The holder should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.
3. Ensure your working space is properly lit. Close blinds to prevent glare. Change your lighting to lower glare and harsh reflections.
4. Choose computer monitors that can tilt and swivel.
5. Adjust the text size on your computer monitor to comfortably read the text.
6. Take periodic rest breaks, and try to blink often to keep your eyes from drying out. Every 20 minutes, take a 20 second break, and look away 20 feet to give your eyes a rest. Move them up, down, and to both sides. Check with your supervisor before taking breaks.



SAFETY Reminder

It is time for the **ANNUAL CHEMICAL INVENTORY** updates to take place within all Departments with hazardous chemicals. All Principal Investigators (PIs), Building Managers, and Supervisors should complete a chemical inventory and email it to the EHS Specialist at cbharr@wm.edu.

Deadline: July 29, 2016

The chemical inventory shall include:

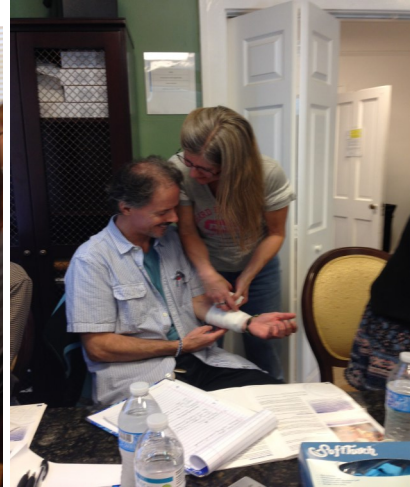
- Chemical Name
- CAS # (if available)
- State of the Chemical: Solid, liquid, Gas
- Type of container: Glass, Plastic, Metal
- Manufacturer's Name

As part of the inventory process, a **chemical round-up** will be conducted. Any unused or unwanted chemicals should be disposed of by filling out a hazardous waste disposal form and contacting the EH&S department for a pickup. The disposal form can be found at: http://www.wm.edu/offices/facilities/services/safety/documents/HW_disposal_form.doc

SAFETY Training Available:



- CPR/AED Certification
- First Aid Certification
- Fire Extinguisher
- Laboratory Safety
- Bloodborne Pathogens
- Confined Space
- Lockout/Tagout
- Lifting Safety
- Heat Stress Training



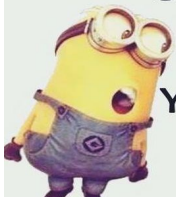
Contact the EH&S Office to schedule Departmental Training

"IT'S ALL TO DO WITH THE TRAINING: YOU CAN DO A LOT IF YOU'RE PROPERLY TRAINED."

QUEEN ELIZABETH II



Hey you with all that energy at 6Am...



You're not human.



MakeTheRightCall

EHS Office	Phone
Director, EH&S	(757) 221-2146
Fire Safety Officer	(757) 221-1745
Safety Specialist	(757) 221-6450

TEAMWORK

