

HELLO WINTER

December 2015

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Starting to FEEL a lot LIKE WINTER

As cold mornings begin to greet us with a brisk smile, we bring coats out of hibernation, defrost windshields and put soup in thermos mugs. The changes in our wardrobe and morning routine let's us know that winter is coming **and** now is the time to prepare for its arrival.

- **Prepare Your Car.** Check oil/fluid levels and battery; inspect windshield wipers, tires and brakes. Keep your gas tank more than 1/2 full at all times during the winter months.
- **Create a basic survival kit** with shovels, flashlights, non-perishable foods, water, blankets, first aid kit and anything else vital to your household (diapers, pet food).
- **Winterize your home.** Insulate your home to keep cold air out and insulate pipes to avoid freezing.
- **Clothing.** Purchase gloves, hats/ear muffs, coats, and a pair of insulated/water resistant boots with good rubber treads for walking on snow or ice. Wear layers of clothing to prevent hypothermia.



Keep YOUR EYES on the ROAD

This is the time of year when travelling on highways, city streets and country roads increases—resulting in an increase in automobile accidents. In 2014, DMV reported 10,923 car accidents during the month of December. Of these accidents, 677 were alcohol-related, 49 fatalities occurred and 3,544 injuries were reported.

Studies suggest 80% of collisions are a result of distracted driving—driving a vehicle while engaging in any activity that takes the driver's attention away from the road. Distractions include driving under the influence of alcohol, smoking, eating, drinking, texting, grooming, adjusting the radio, talking to passengers, and having unrestrained pets in the vehicle.

Make a PLEDGE to Keep YOUR EYES on the ROAD.

- ◆ Finish grooming at home, secure pets in the vehicle, use hands free driving devices
- ◆ Avoid eating/drinking, texting, smoking and driving under the influence of alcohol

Sources: http://www.cdc.gov/motorvehiclesafety/distracted_driving/ and <http://www.distraction.gov/stats-research-laws/facts-and-statistics.html>



LET IT SNOW, LET IT SNOW, LET IT SNOW!

By: Sandra Prior and Gregg Shipp

As a result of lessons learned from the winter snow storms last February, Facilities Management (FM) developed a new methodology for making advanced preparations prior to a snow event and for restoring the campus to full operations during and post-snow events. This approach conserves resources by both lowering costs and physical stress on FM employees while facilitating a faster return to full campus operations.

FM is taking an “all hands” approach to performing the restoration activities by personnel primarily from operations & maintenance teams, grounds staff, and building services. FM will also have O&M staff available to address normal facility issues such as loss of heat and leaks. Parking Services will assist FM by providing instructions on relocating vehicles to ensure more efficient snow removal from campus parking lots and to prevent the potential for parked vehicles to become “plowed in.”

In the past, FM employees utilized plows, sand spreaders and manual shoveling to clear roads and pathways. Under the new methodology, FM added snow blowers to supplement manual shoveling which will allow faster clearance of primary and secondary pathways as well as continued maintenance of these pathways throughout the snowfall and clean-up of sand and ice melt post snow storm event. Beginning with those halls housing sight and/or mobility impaired residents, FM’s first priority will be to clear accessible entrances at all residence halls and continue along primary pathways leading to dining facilities. The secondary priority is to clear entrances and main pathways to Auxiliary and E&G buildings. In addition, roads and fire lanes clearing will start when snowfall accumulation reaches 2 inches and will continue throughout the snow event.

While not every entrance and walkway will be cleared, the new methodology ensures that enough entrances and pathways will be cleared to allow safe passage to all points on campus where campus living, work and academic activities are conducted. FM recognizes that one of the biggest challenges will be re-freeze and will do its best to treat walking paths to minimize slick surfaces. Everyone in our W&M community can assist FM in their efforts to address re-freeze by exercising caution particularly in the mornings to prevent slips and falls on potentially icy pathways, stoops and steps.

FM snow response is led by a Snow Coordination Group who oversees the recovery activities. The Snow Coordination Group is assisted by FM Work Control staff who tracks progress and provides feedback to senior management on when the college is ready for re-opening.

FM is confident that this new methodology will provide improved services to our W&M community prior to, during and after a snow event.

So...Let it Snow, Let it Snow, Let it Snow!



Do IT the SAFE WAY

Conducting a Job Safety Analysis

By: Steve Singleton



The goal of an overall safety process is to recognize and eliminate hazards that may lead to employee injuries. A job safety analysis provides a method that invites employee participation in the safety process. It provides a structured opportunity to focus the employees' awareness of potential hazards related to the task at hand. It also provides a checklist for the proper safety equipment, tools and procedures to be used.

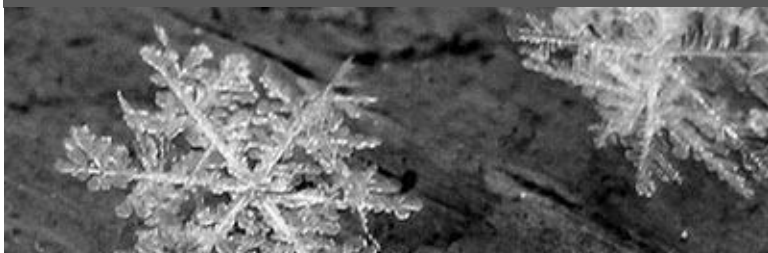
Not limited to just the start of a new job:

- ◇ **Following any prolonged break in the task**, such as lunch or the start of a new work day
- ◇ **Any time there is a deviation from the original plan**
- ◇ Any time **a new member joins the work crew**
- ◇ **Following any unintended incident** that occurs during the task

A job safety analysis should be conducted in the area in which the task is being performed. If that space is not conducive to the conversation, then move to a nearby area. Frequent spot checks not only ensure that the task is going as planned, they also facilitate structured conversation between all workers, ensuring that the commitment to safe working conditions and processes is consistently top-of-mind.

If you need assistance with conducting a job hazard analysis contact a member of the EH&S Office.

Source: Robert Brooks, Senior Director EHS Day and Zimmermann



Do IT the RIGHT WAY

Annual Laboratory Inspections

Annual laboratory inspections will take place from **January 7th to March 7th 2016** by the Environment, Health and Safety Office. The EH&S Specialist will send an email to the Department Chair detailing the specific date (s) lab inspections will commence within a specific department.



- Emergency equipment (eyewash stations, fire extinguishers) should be easily accessible.
- Aisles and walkways should be free of trip hazards.
- Chemical and biological containers should be kept closed; unless actively in use.
- Chemicals/samples should be labeled.
- All compressed gas cylinders should be stored upright and secured with straps/chains.
- Materials in fume hoods and laminar flow hoods should be kept to a minimum.
- Work area should be well maintained .
- Laser controlled areas should be posted and labeled with warnings.

Questions? Contact EH&S Specialist (cbharr@wm.edu)



Wake Up Sleepy Head!

By: Sandra Prior

Did You Know That:

- ◆ Drowsy driving causes 1 million crashes, 500,000 injuries, and 8,000 deaths each year in the U.S.
- ◆ Just one sleepless night can impair performance as much as a blood-alcohol level of 0.10 percent, beyond the legal limit to drive.
- ◆ Like alcohol, sleep deprivation also affects judgment, making it harder to assess how impaired you are when you're tired.

The following sleep-related factors can affect an individual's ability to stay alert and perform a task safely and competently:

- ◆ The number of hours that person has been continuously awake
- ◆ Insufficient sleep on a regular basis - a week and a half spent sleeping just six hours per night, rather than seven to nine, can result in the same level of impairment on the tenth day as being awake for the previous 24 hours straight!
- ◆ An individual's internal biological clock – ex. Shift work

For more information, go to the WGBH Educational Foundation for the [Harvard Medical School Division of Sleep Medicine](http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/judgment-safety) (DSM) at: <http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/judgment-safety>

Prevent Sleep Deprivation:

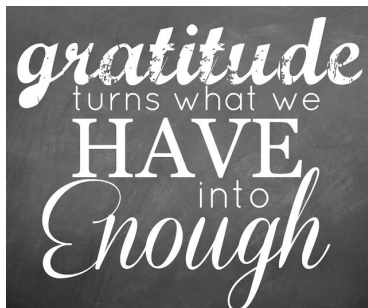


We Believe in Keeping You Safe



Environment, Health & Safety Office

Wishes YOU ALL a Happy Holiday and a Safe New Year



Make The Right Call



EHS Office	Phone
Director, EH&S	(757) 221-2146
Safety Engineer	(757) 221-2288
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Fire Safety Officer	(757) 221-1745