



Safety Works

Committed to a safer environment for everyone!

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Earthquake Month Declaration

Whereas, natural and technological disaster can occur at any time and threaten the safety of the people of Utah; and

Whereas, preparedness for disasters can save lives, reduce injuries and property loss, safeguard critical infrastructure, protect the environment and promote restoration of services; and

Whereas, state and local government officials, school administrators, and business owners are responsible for promoting safety of the people in their buildings and facilities; and

Whereas, the Federal Emergency Management Agency ranks the state of Utah sixth in the nation in terms of its relative earthquake risk, and

Whereas, the Utah Seismic Safety Commission has selected the month of April to focus on earthquake and disaster preparedness;

Now, therefore, I, Michael O. Leavitt, Governor of the state of Utah, do hereby declare the month of April 2001 as Earthquake and Disaster Preparedness Month in Utah, and urge all jurisdictions in our state to join in supporting this month.

"Disasters happen when the people who can remember what happened last time have retired"

Source: Educators Insurance Group
Hope Healthletter, March 2001

CERT Helps WSU Prepare for Disaster

Disasters disrupt hundreds of thousands of lives every year. People are often seriously injured, even killed, and property damage amounts to billions of dollars.

To prepare for possible disasters, WSU has trained over 150 faculty and staff to function in Campus Emergency Response Training (CERT) teams. Participants have been taught basic skills they can use to handle their own needs during emergencies, and to respond to the emergency needs of other occupants in their buildings.

CERT skills enable team members to mitigate disasters during the first 72 hours following disasters, when damaged roads, disrupted communications, and high call volume may restrict access by professional emergency response teams from Ogden or the state.

If you would like to participate WSU's free seven-session CERT program, contact General Safety Specialist, Rich Ordyna, ext. 7891, via e-mail: rordyna@weber.edu, or visit our Web site: www.weber.edu/ehs.

EH & S Earthquake Activities

EH&S employees will distribute natural disaster preparedness packets on campus Wednesday, April 4, from booths in two locations:

- **At the campus Earth Day Mall** near the Bell Tower, 9:00 a.m. to 1:00 p.m.;
- **At the annual WSU Credit Union Meeting** in the Union Building Ballrooms B&C, 9:00 a.m. to 4:00 p.m.

Take this Quake Quiz

Before an emergency occurs, ask:

- ☞ Do I know what conditions constitute an emergency?
- ☞ Do I (or anyone else in my department) know what to do in an emergency?
- ☞ Do I know campus, department, and family emergency plans?
- ☞ Do I keep personal emergency supplies and information readily available?
- ☞ Do I keep my car kit stocked?



It's Your Responsibility to Protect Your Family

When we use hazardous chemicals at home, it is our responsibility to protect ourselves and our families. Even though we can purchase them at our neighborhood grocery stores, cleaning chemicals, pesticides, fuels and a variety of other hazardous materials can be very dangerous.

Household chemicals are no less dangerous than chemicals you find in the workplace. Take the time to educate yourself about the hazards of the chemicals and how to use them in ways that safeguard you and your family.

Examples of hazardous household chemicals include: cleaning fluids, gasoline, lye, furniture polish, bug killers, ammonia, and bleach.

For help with disposing of outdated household chemicals, contact the Weber/Morgan District Health Department Environmental Health Office at (801) 399-8381.

For more information concerning household chemical safety consult the following Web pages: <http://www.cdc.gov/niosh/nasd/docs2/as23900.html> or <http://www.nsc.org/library/facts.htm>.

Household Chemical Safety Guidelines

- Use chemicals only for their intended purpose.
- Store and dispose of chemicals properly.
- Use the least dangerous chemical for the job.
- Read the label before you buy any chemical to learn the intended use and possible dangers.
- Follow label instructions when using the product.
- Use the recommended personal protection and/or safety equipment, such as rubber gloves or dust masks.
- If chemicals require dilution, mix only enough for your immediate need.
- Clearly label all containers.
- Never use food or drink containers to store chemicals.
- Never mix chemicals. (*Hazard example: ammonia and bleach form a poisonous gas when mixed.*)
- Never sniff chemicals to identify them, they may have toxic vapors.
- If you have young children in your home, store all chemicals in locked cabinets.
- Teach your older children about using chemicals safely.
- Dispose of all unmarked chemicals according to regulations.
- Keep Syrup of Ipecac on hand to force vomiting of ingested chemicals. *CAUTION: Use Ipecac only when directed by the product label or the poison control center. Improper use of Ipecac may result in more damage.*
- Keep the telephone number of your poison control center posted by all of your phones. The Utah Poison Control Center number is 1-800-456-7707. If you do not have a local or state number, call 911 for emergency help.

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Handling Campus Chemical Spills

It is best to avoid a spill entirely by using preventive measures. However, when a chemical spill does occur, it is important to follow these procedures:

1. **Notify other workers** in the area.
2. **Contain the spill** with absorbent barriers.
3. **Notify EH&S as soon as possible** at ext. 6460. (Be prepared to provide the location of the spill and the chemical spilled.) *If the spill involves a non-hazardous substance, report it to your supervisor, so others who see the residue will know how to handle it.*
4. **Evacuate the area**, if the spill is large or the spilled chemical is known to be hazardous. Then notify EH&S immediately, to ensure prompt spill response.
5. **Use caution.** Do not endanger yourself by attempting to clean up a spill for which you are not qualified or prepared.

For chemical spill information, contact EH&S Hazardous Materials Specialist, Richard Sandau, ext. 8004, e-mail rsandau@weber.edu.

Take A Peek at These Eye Savers

Look at These Corrections

If you are experiencing tired eyes from computer use, consider some of the following eye stress reducers:

- Place the monitor parallel to light sources to avoid glare or reflections from windows or overhead lighting;
- Make sure that neither the operator nor the monitor face a window;
- Use a screen cover or filter to reduce glare;
- Experiment with the brightness, contrast, and font size to make the characters easier to read. (*Typically black and white contrast are best.*)

Get 'em Checked

If you wear prescription lenses, have annual eye exams.

See the Cause

Do you spend two or more hours a day working at a video display terminal (VDT)? Then you won't be surprised to learn that eye and vision problems are the most common complaint of computer users. The most frequently reported problems involve visual difficulties, eye strain, eye fatigue, and headaches.

Some common factors that contribute to eye strain are:

1. Unclear or small characters (font, etc.);
2. Improper lighting and screen glare;
3. Being too close to or too far from the screen;
4. Too much time spent looking at the screen.

Eye These Exercises

Relax your eyes periodically (*every 20 minutes*) and try the following exercises:

Eye Exercise 1:

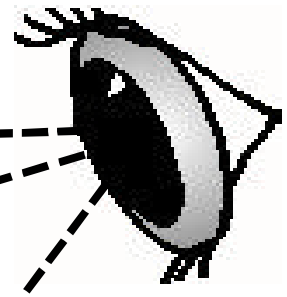
Close your eyes and cover them with the palms of your hands (*Keep them in complete darkness for a minute.*)

Eye Exercise 2:

Roll your eyes, as if following the outline of an imaginary box.

Eye Exercise 3:

Change your focal point by staring at something in the distance for a minute.



Are You A Candidate for Workplace Violence ?

In today's workplace, violence includes harassment, assaults, sabotage of office equipment and files, and even shootings. Workplace violence prevention training is available upon request to all WSU employees, and is *highly recommended* for the anyone who:

- 1) Handles large amounts of cash;
- 2) Regularly encounters angry or potentially hostile individuals;
- 3) Works in front office reception areas where they are the first to meet irate individuals.

For training contact Jolene Clark, ext. 7823, or jclark@weber.edu.

72-Hour Kits Available from WSU Bookstore

EH&S has arranged for WSU's bookstore to sell 72-hour emergency kits prepared by Smith and Edwards.

The kits are available in five sizes:

- 2-Person Regular
- 2-Person Deluxe
- 1-Person Home/Auto
- 1-Person Home/Auto Deluxe
- 1-Person in A Box

A display of kit contents and price lists are available at the bookstore. Employees who want to purchase the kits by payroll deduction can contact the bookstore for forms.



EH &S supports the annual
Earth Day Mall
Wednesday, April 4
9:00 a.m. to 1:00 p.m.
Near the Bell Tower
 (UB if inclement weather)

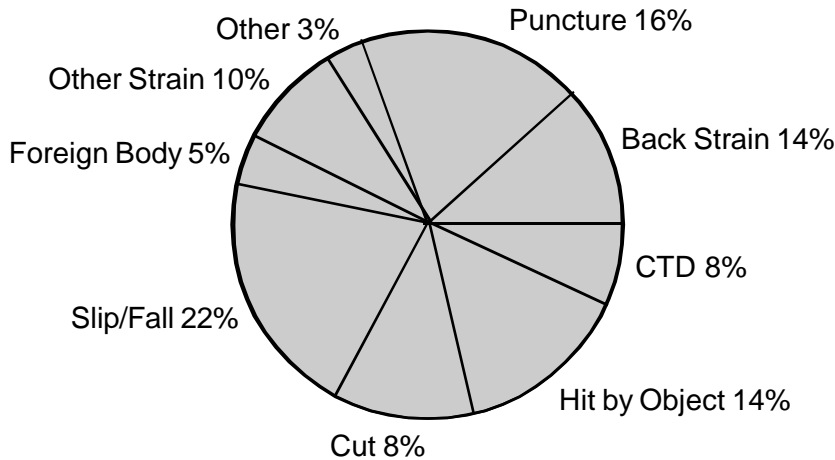
Sponsored by:

The Environmental Task Force

Students for Environmental Action
 & Responsibility
 (SEAR)

The Volunteer Improvement Program
 (VIP)

Employee injuries reported for 2000



Graph of WSU Employee Injuries for 2000

During the year 2000, WSU employees reported 73 injuries that required medical attention. The most common types of injuries reported were: slipping and falling (22%) - primarily a result of slipping on icy surfaces; punctures (16%) - includes needle stick injuries; back strains (14%) - due to lifting heavy objects, twisting while lifting, and

awkward postures while lifting or carrying materials; hit by objects (14%) - includes such injuries as vehicle accidents, and getting hit by falling objects.

For more workers compensation information or to file a claim, contact Jolene Clark, ext. 7823, or jclark3@weber.edu.

Get Your New Employees off to a Safe Start

Statistics show that new employees are more likely to suffer occupational injuries than seasoned employees. Beginning in June, the Environmental Health and Safety Office will present safety training for new employees each month. Supervisors will be responsible for ensuring their new employees attend the training.

EH&S will send employees advanced notice of training sessions and instructions on how to pre-register. A schedule

of the training will be posted on the EH&S Web site: www.weber.edu/ehs.

The training will cover the following critical safety topics:

- Why employees safety is important;
- Accident prevention and reporting;
- Hazardous materials handling basics;
- Fire prevention and extinguisher safety.

EH &S



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