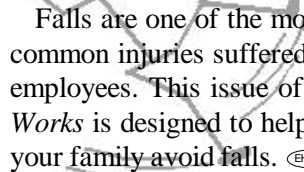




Safety Works


Committed to a safer environment for everyone!

Don't Fall for an Accident



Falls are one of the most common injuries suffered by WSU employees. This issue of *Safety Works* is designed to help you and your family avoid falls. (EH&S)

Amazing Statistic



According to the Consumer Products Safety Commission, more people die as a result of tripping on a level surface than climbing mountains. (EH&S)

Avoid Winter Falls

When walking in winter weather, follow these pedestrian safety tips:

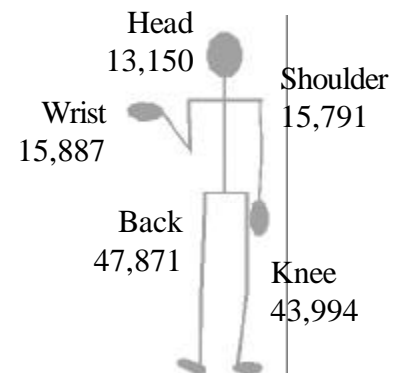
- Never assume a motorist is looking out for, or has spotted you, even in a crosswalk. Look carefully before stepping into roads, walking through parking lots, and crossing driveways.
- Take into account longer stopping distances needed for vehicles on wet or icy surfaces. If you can't see the driver's eyes, he can't see you. Stay out of his way.
- Watch especially for snow plows. Its blade and snow collecting in front of it can obstruct the drivers' view of you. (EH&S)

Prevent Falls in Your Workplace

William J. Becker, University of Florida, suggests the following tips to help you avoid falls in your workplace:

- Ensure walking and working surfaces are dry.
- Wear slip-resistant footwear. Avoid shoes with minimal heel-to-surface contact (such as high heels), cleats on heels, and shoes with leather or other hard, smooth-surfaced soles.
- Apply non-skid strips or floor coatings in work areas where the floor is likely to be slippery.
- Insist on proper housekeeping. Keep work areas free of obstacles. One method is to paint yellow lines to identify working and walking areas, and keep them clear.
- Require adequate lighting for proper vision of walk/work areas. Moving from light to dark areas, or vice versa, can cause temporary vision problems that just might be enough to cause a person to slip on an oil spill or trip over a misplaced object.
- Avoid walking where you cannot see where you are going, such as carrying an oversized object that obstructs your vision of where you will step, particularly on stairs.
- Slow down. When walking too fast, or running, we land harder on the heel of our front foot and push harder off the sole of our rear foot, increasing our risk of falling. Changing directions too fast creates a similar problem.
- Watch where you are going. Remove sunglasses in low-light areas.
- Use handrails. (EH&S)

5 Body Parts Most Affected by Falls



The back is the most frequently injured part of the body in falls. However, injuries to joints: wrist, elbow and shoulder, ankle, knee, and hip, also account for many injuries.

Most injuries are sprains and strains, with bruises accounting for most of the remaining injuries.

SOURCE: National Safety Council (EH&S)

Fall Costs

More than a million people suffer from slipping, tripping or falling injuries each year; and over 11,000 die as a result of falls alone.

Slips, trips and falls account for 15 to 20 percent of all workers' compensation costs.

The average direct cost for one disabling injury approaches \$10,000. Conservative estimates indicate indirect costs are double that amount. Add to this personal and family costs and trauma, and it is evident that slips, trips and falls should be avoided. Source: <http://www.cdc.gov/nasd/docs/d000001-d000100/d000006/d000006.html> (EH&S)

Available statistics indicate 33,200 fatalities and 8,000,000 disabling injuries occurred in American homes in 2001. This represents 12 fatalities per 100,000 people.

There is a fatal injury in the home every 16 minutes, and a disabling injury every 4 seconds.

Prevent Family Falls

SOURCE: <http://www.chp.edu/besafe/adults/02fallprev.php?base=hy>.

Children's Hospital of Pittsburgh provided these prevention tips to help you prevent falls at home.

Home Improvements

- Light your home adequately, using the highest watt bulbs recommended for lamps and fixtures.
- Install easy to grab handrails in tubs, showers near toilets, and on both sides of the stairs for elderly family members.
- Install window guards (except on fire escape windows) to prevent windows from opening more than four inches.

Furniture Safety

- Prevent children from jumping on beds or sofas.
- Use a guardrail on beds until a child is at least three feet tall.
- Keep children under the age of six off top bunk beds, even when they are sleeping.

Staircase Safety

- Use safety gates at the top and bottom of staircases.
- Keep stairs clear of toys and other objects.
- Keep staircases well lit.
- Use the railing.
- Never slide down railings.

Healthy Habits

- Turn on a light or use a flashlight when you get out of bed at night.
- Use rubber mats or non-skid strips in the tub or shower and a shower seat in the tub or shower when needed.
- Wear low heeled, non-skid shoes, and tie shoelaces properly.
- Don't use throw rugs.
- Pick up toys.
- Keep items used most often in easy to reach locations.
- Don't carry items that are too heavy, since they can force you off balance.
- Ensure close supervision of infants and children.
- Keep windows locked when they are closed.
- Never let children open windows by themselves.

<u>Window Safety</u>

- | |
|---|
| <ul style="list-style-type: none"> • Keep furniture away from windows. • Realize screens don't prevent falls. |
|---|

Doctors & Drugs

- Schedule routine appointments for physical, eye and ear exams.
- Ask your pediatrician or pharmacist about drug interactions and potential side effects (like dizziness) for prescription or over the counter medicine. EH&S

Older Adults & Falls

According to the Centers for Disease Control and Prevention, seniors have a 33% chance of falling in any year. Older adults are five times more likely to be hospitalized for a fall-related injury than for other injuries.



The National Safety Council publication, Injury Facts® indicates there were 11,081 fall-related injuries. Of this total, seniors age 65 and older account for 2,459 and children under 12 account for 2,173 injuries from falls.

As you age, have your hearing checked annually. Hearing plays an important role in balance and space perception. Also have your eyes checked regularly.

Some medications used to treat depression and other diseases can leave people dizzy or disoriented and more susceptible to falls. Review your medications with your doctor to see if they cause balance problems.

EH&S

Causes of Death in the Home

The four leading fatal events in the home are:

- poisonings
- falls
- fires and burns
- suffocation by ingested objects



Where There's Smoke . . .

Smoke inhalation accounts for the majority of deaths from fires at home.

EH&S

Avoid Winter Falls

Winter is just around the corner, and that means slippery, icy conditions. A winter fall can not only damage your dignity, it can cause serious injury. The impact when you hit the ground, and the strain of trying to catch yourself, can break bones and injure muscles.

Use these tips to avoid winter falls:

- Slow down. Give yourself sufficient time to get to your destination.
- Watch your step. Look for less slippery paths on sidewalks and stairs.
- Maintain your balance. Take smaller steps.
- Select the right footwear. Invest in shoes or boots that provide traction and support. (If you must wear shoes that are slippery, heed the first three tips.)

In spite of the many hours Facilities Management and Student Housing spends removing snow and ice from campus walkways, there will still be slick spots. Walk with caution, and reduce hazards to others by reporting icy areas needing attention. Call FM at ext. 6331. EH&S

You Are What You . . .

Poisoning took the lives of 11,500 people in 2001. This includes deaths from drugs, medicines, other solid and liquid substances, gases and vapors.

People 25 to 44 years old had the highest poisoning death rate. EH&S



Safeguard Your Family

Here's how to reduce deaths and injuries in your home:

- Reduce the risk of falls, especially where elderly people live or visit.
- Check prescriptions regularly to guard against unintentional overdose.
- Prepare for a home fire by installing smoke detectors and fire extinguishers. Check smoke detectors regularly, and develop and practice a fire escape plan.
- Assess potential risk areas, such as choking hazards, and the presence of radon or carbon monoxide, then take steps to eliminate risks you find.
- Ensure your children live in a lead-free environment. SOURCE: www.nsc.org/library/rept2000.htm EH&S

Dress for Winter

Exposure to cold and wind can cause hypothermia and frostbite. While working, traveling, or playing outside during the winter, dress properly:

- Wear several layers of thick, loose-fitting clothing to trap warm, dry air inside. Loosely-woven synthetic and wool fabrics work best.
- Cover your head and neck with a hat, scarf, and turtleneck sweater. (The head and neck lose heat faster than any other part of the body.)
- Protect frostbite-prone facial areas: cheeks, ears, and nose. EH&S

If You're Injured on the Job, There's Help

WSU carries workers compensation insurance to cover injuries and occupational diseases to employees which occur "by accident arising out of and in the course of employment."

If you are injured while at work, you must report it to your supervisor as soon as possible, and contact our claims coordinator, Rich Ordyna, 626-7891 to complete the necessary claim forms. Accident reporting forms for both the employee and the supervisor are also available on the EH&S Website: departments.weber.edu/ehs. EH&S

NEST



To help you make WSU a safe place to work, and to help supervisors fulfill their OSHA-prescribed responsibilities to their workers, EH&S provides New Employee Safety Training (NEST).

Sessions are presented the third Thursday of most months, from 10:30 a.m. to Noon. Please pre-register by calling us at ext. 7547.

EH&S will provide training to other groups of five or more people upon request. Contact Richard Sandau, EH&S Manager, ext. 8004, or rsandau@weber.edu. EH&S

Have You Seen Our Inspectors?

Inspectors from the Environmental Health and Safety Office and the Fire Marshal's Office are performing annual risk management inspections of campus buildings.

Inspectors are looking for three types of hazards:

- General safety hazards
- Fire safety hazards
- Laboratory safety hazards

The State of Utah Division of Risk Management mandates annual safety inspections to help WSU provide a safer campus and to protect state property. (EH&S)

Department Roles in Risk Management Inspections

Departments play essential roles in correcting hazards identified by inspectors. Persons responsible for buildings (or someone else they assign the task) are given opportunities to accompany inspectors in their areas. Small hazards are often corrected on the spot, and are not included on hazard reports.

Correcting the hazards can:

- prevent or lessen the impact of a fire or other accident,
- reduce the university's risk for fines or citations due to code or regulation violations,
- reduce (by 15%) the premium WSU pays for risk insurance, saving approximately \$13,500 that can be used for other university purposes. (EH&S)

4 Common Hazards Found on Campus

(1) Using extension cords instead of permanent wiring- Extension cords are not designed for permanent replacement of inadequate wiring, because 1) overloading extension cords can cause overheating and fires; 2) stretching them across pathways creates trip hazards.

Hazard Correction- Determine actual electrical needs (location and number of outlets), then reduce electrical demands, or update existing wiring as indicated by your findings.

When you do need to temporarily use an extension cord, follow these guidelines:

- Do not use multiple outlet adapters.
- Use multiple strip outlets with fuses, and which are approved for the wire size of the connecting cord.
- Use at least 14 gauge wire in a flexible cord for drawing more than seven amps. Do not use extension cords on stationary equipment or any equipment drawing more than 15 amps (refrigerators, power tools, etc.).
- Do not run extension cords through, behind, or in walls, ceilings, floors, ventilation ducts, under carpets or under doors, or in locations that subject the cord to abrasion or damage.
- Do not place across walkways.
- Discard cords with broken wires or damaged insulation. Do not splice or tape them.
- Never use extension cords in the presence of flammable gasses, vapors, or explosive dusts. Sources: <http://www.texas.ec.org/safety/extcord.html> and <http://www.dehs.umn.edu/policies/extcords.html>. (EH&S)

(2) Improper use of space heaters- Space heaters tend to overload electrical circuits and increase the risk of fire. (WSU's fire marshal discourages using them.)



Hazard Correction- If you must use a space heater, ensure it is UL listed, and equipped with an automatic shut-off device, which cuts off its power when it is overturned. Always unplug unattended space heaters. (EH&S)

(3) Poor housekeeping-

Neglecting spills increases the risk of painful falls. Excessive combustible materials increases fuel for fire.



Hazard Correction- Plan for adequate storage during remodeling or construction, then keep it clean and tidy. Insist on good housekeeping by all employees for the safety of anyone who might enter the area. (EH&S)



(4) Improper Storage of Chemicals-

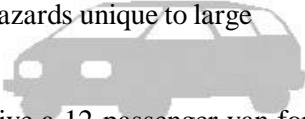
The wrong chemicals stored together, or under the wrong conditions can cause fire, injury, or threaten the environment.


Hazard Correction: Ensure chemicals are stored as the manufacturer directs, in compatible groups, and according to fire codes. Regularly inspect chemical storage areas.

For help in determining the best method to store your chemicals, contact Jason Ellis, Hazardous Materials Specialist, ext. 7823, jellis@weber.edu. (EH&S)

Van Driver Training


Because there have been more accidents involving large vans than other state vehicles, the state requires additional training which educates drivers about additional driving hazards unique to large vans.



If you drive a 12-passenger van for any university purpose, even if you are a volunteer, the state requires you to view the 20-minute driver certification and the 45-minute van driver videos, complete the van driving written test, and test-drive the university van you will use. See WSU PPM 5-31 & PPM 5-33. 

Large Vehicle Driver Training

Larger vehicles (over 26,000 pounds) carrying heavy weight can cause greater damage in an accident. The state requires drivers of large vehicles to view both the driver certification video and the Department of Transportation *Drug Abuse and Alcohol Misuse Training Guide for CDL Drivers*.

These drivers must also undergo medical exams (paid for by the university) to certify their ability to safely operate large vehicles, and submit to periodic random drug and alcohol testing. See WSU PPM 5-31. 


Why Certify to Drive (Even Your Own Vehicle) for WSU?



The Division of Risk Management is responsible for the protection of state assets against property, liability and automobile losses. Requiring state employees who drive (either their own vehicles or state-owned vehicles) on state business to undergo driver training is one way the state protects its assets.


The state requires WSU to use a driver certification program, including the 20-minute *Defensive Driving* video, for employees who operate regular motor vehicles while performing their jobs.

“Vehicles” includes those which belonging to WSU’s Motor Pool, departments, or employees themselves.

If an uncertified driver in a university-owned vehicle is involved in an accident while driving for their job, WSU requires the employee’s department to pay the entire \$10,000 deductible. When a certified driver is involved in an accident, the employee’s department pays the \$500 deductible. (See WSU PPM 5-31.) 

Is Your Car Ready for Winter?



- ✍ Have you stocked your trunk with emergency gear (jumper cables, flares or reflective triangles, extra automotive and drinking fluids, an ice scraper and snow brush, a shovel, a bag of sand or kitty litter for traction, a blanket for each person riding in the car, first aid kit, and other nice-to-have items if you are stranded: candles, waterproof matches, nonperishable snacks, fire extinguisher, tow chain, cellular telephone or CB radio, emergency telephone numbers, broom, lock de-icer spray, tools, utility knife.)?
- ✍ Do you watch out for drivers who have not taken appropriate weather precautions?
- ✍ Have you checked the brakes, battery, lights and exhaust and heating systems?
- ✍ Have you or your mechanic performed complete pre-season tune-up, including a check of the starter, ignition, fluids, hoses, fan belts and spark plugs?
- ✍ Do you gear your driving habits to weather conditions by allowing more following distance, and allowing extra time to get where you’re going, including time to clear your driveway and vehicle windows? (It’s a good idea to let the snow plows do their job before getting on the road.) 
- ✍ Do you completely clear your windshield before driving?
- ✍ Do you have the best possible tires?



Drive Safe
at work and
off-the-job.


Deaths & Injuries in the Workplace

Here are some facts compiled from workplace injuries and deaths which occurred in 2001 (The most recent compilation of statistics available):

- Deaths-There were 5,300 workplace fatalities, which amounted to 3.9 deaths per 100,000 workers.
- Motor vehicle deaths-Of those workplace fatalities, 2,200 were from motor vehicle crashes.
- Disabling injuries-American workers suffered 3.9 million disabling injuries.
- Costs-Work injuries cost Americans \$132.1 billion (\$970 per each American worker).
- Off-the-job injuries- Nearly 9 of 10 deaths and 3 of 5 disabling injuries suffered by American workers occurred off-the-job.

How to Avoid Workplace Injuries

The National Safety Council recommends the following steps to reduce workplace deaths and injuries in America:

- Require and enforce strict safety belt use.
- Develop and use a comprehensive safety and health plan.
- Address security issues that can prevent workplace violence.
- Step up educational efforts to reduce off-the-job deaths and injuries. 


SOURCE: www.nsc.org/library/rept2000.htm

Cathy Diehl New Emergency Manager



DPS welcomes Cathy Diehl, WSU's new Emergency Manager/Planner. She has ten years experience working as Emergency Management Coordinator for Ogden City and as Emergency Services Assistant for Clearfield City.


Cathy received her B.S. in Education from the University of Southern Colorado, and her M.A. in Organizational Management from the University of Phoenix.

In her spare time, Cathy enjoys outdoor activities, reading, and writing. 

New Computer Tech Luke Jenkins



EH&S has a new Computer Tech, Luke Jenkins, (or "Paid Nerd" as he likes to be called).

Luke is a full time student at Weber State. His major is Telecommunications. In his off time, he enjoys movies, music, and disassembling anything electronic. 

EH&S Contacts

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•Accident/Injury/Illness Prevention

Rich Ordyna7891
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•Back Injury Prevention
•Driving Certification
•DOT Driver Drug Testing
•First Aid/CPR Training & Supplies
•Forklift Training

Jim Bergseng.7077
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•Risk Management Inspections
•Asbestos Inspections/Training
•Respiratory Protection/Fit Testing
•OSHA Compliance
•Confined Space Entry
•Personal Protective Equipment
•Fall Protection
•Lock Out/Tag Out

Jason Ellis7823
•Hazardous Materials Handling/Waste
•Material Safety Data Sheets (MSDS)
•Spill Response
•Ergonomics
•Exposure Monitoring
•Indoor Air Quality
•Bloodborne Pathogen Exposures
•Laboratory Safety/Inspections
•Air Emissions
•Environmental Compliance

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Other DPS Contacts

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Lisa Allen-Martinez7801
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Cathy Diehl7150
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