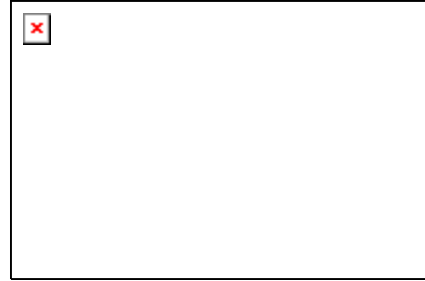


Environmental Health & Safety News

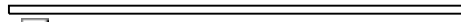


June, 1997



CAMPUS SAFETY COMMITTEE EXPANDS RESPONSIBILITIES

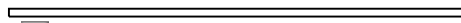
Accident review has been added to the responsibilities of the Campus Safety Committee members. In addition to secondary contact with the injured person, supervisors will be contacted regarding the incident. All reviews will be documented. Expanded review will achieve a higher safety awareness level for those injured, and for supervisory personnel as well. Data and information gained may be very useful in determining corrective action, training and maintenance requirements.



CREIGHTON RECEIVES SAFETY AWARD

For the second year in a row, Creighton University has been honored by the Safety and Health Council of Greater Omaha. On 14 May 97, at the Safety Council "EXPO '97", we received the "Award of Honor", the second highest award given by the council.

BEING SAFE IS LIKE BREATHING, YOU NEVER WANT TO STOP



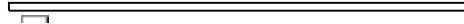
TAP WATER SCALDING ALERT!

Each year, approximately 3,800 injuries and 34 deaths occur in the home due to scalding from excessively hot tap water. The U.S. Consumer Product Safety Commission (CPSC) urges all users to lower their water heater to 120 degrees Fahrenheit. Most adults will suffer third-degree burns if exposed to 150 degree water for two seconds. Burns will occur

with a six-second exposure to 140 degree water or with a 30 second exposure to 130 degree water. Always hand-test water before using, especially when bathing children and infants.

(Prepared by the U.S. Consumer Product Safety Commission, Washington, D.C.)

UNSAFE ACTS WILL KEEP YOU IN STITCHES



SUMMER SAFETY ISSUES

As the summer warms up, there are numerous dangers associated with high temperatures. Heat and humidity interfere with the body's natural cooling process, resulting in possible dehydration, heat exhaustion or heat stroke.

HEAT EXHAUSTION HEAT STROKE

cool, clammy, pale skin,	very high body temperature
sweating	(104 degrees F or higher)
dizziness, fainting	dry, hot skin
headache	rapid pulse
general weakness	no sweating
muscle cramps	confusion, delirium, convulsions
	or lost consciousness

Here are a few common sense ways to reduce the risk of heat exhaustion and heat stroke.

- * Fluids and salt are vital for health: It is important to drink lots of liquids (nonalcoholic) before, during, and after any physical exercise in hot weather
- * Wear lightweight, light colored, loose fitting clothing so sweat can evaporate easily.
- * Do not schedule heavy physical activities during the hottest times of the day.
- * Take caution, slow down, and stay out of the sun.

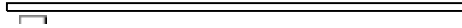
The elderly, children and people with chronic medical conditions (i.e., high blood pressure, diabetes, etc.) are at a greater risk during extreme weather conditions. The effects of humidity and heat can be aggravated by the use of alcohol or beverages containing caffeine. Heat stroke, unlike

heat exhaustion (which takes time to develop) can occur suddenly and with little warning. An emergency condition can occur quite rapidly. It is important to know the warning signs for both heat exhaustion and heat stroke.

Please do not ignore the warning signs and symptoms of these conditions. Heat exhaustion can progress very quickly to heat stroke. In the event of heat stroke it is important to seek immediate medical attention.

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SAFETY ISN'T EXPENSIVE, IT'S PRICELESS

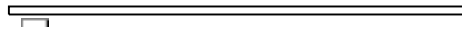


BICYCLING SAFETY TIPS

Spring and summer means bicycles on streets and sidewalks. *Always* wear a helmet when riding a bicycle. Don't ride double or do stunts. Bicycle safety is common sense. It is important to obey all traffic signals and laws. Be sure to wear shoes when riding a bicycle and don't ride after dark. Please remember that caution must always apply even if you have the right-of-way.

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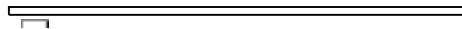
SAFETY IS A MISSION, NOT AN INTERMISSION



IN CASE OF ACCIDENT- Safety Humor

While filling out an application for a factory job, a man was puzzled by the blank after "Person to notify in case of accident." Finally he wrote, "Anybody in sight."

KNOW SAFETY NO INJURY---NO SAFETY-KNOW INJURY!!!




JUNE IS NATIONAL SAFETY MONTH

Why do we need a National Safety Month? The National Safety Council 1996 Accident Facts reports the following statistics for Unintentional Death in 1995:

Motor Vehicle Crashes-----43,900
Home-----26,400
Work-----5,300

The EH&S Newsletter is published by the Creighton University Environmental Health and Safety Department. It is provided to disseminate safety information to Creighton University Employees and Students inclusive of regulatory updates and policy changes. Questions regarding newsletter content and suggestions for ways to improve the newsletter should be addressed to Paul Nichols, Director, Environmental Health and Safety at pnichols@creighton.edu. We welcome any and all constructive criticism via E-mail (pnichols@creighton.edu), Fax at (402)449-6403, or Telephone at (402)449-6400.

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