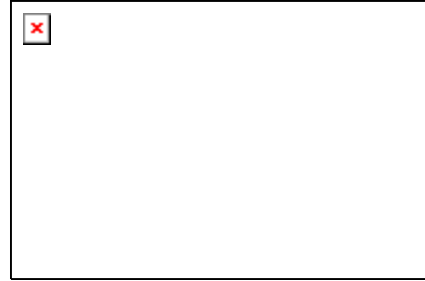


# *Environmental Health & Safety News*



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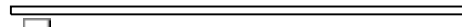
September, 1997

## ***EDITORIAL***



All too often, we in the safety business concentrate on only the accidents and illness associated with the work place. Yet if we look at the realities of time, most employees work only a 40-hour week. Far more accidents/injuries occur off the job than on. While we must be conscientious of on the job safety, it is hoped that what we publish in this newsletter will be both of use and interest to employees, and all who read it 365 days a year. With that in mind, we will publish safety excerpts, hints, facts, and statistics. If information published here prevents a child from being poisoned, an explosion from occurring in a lab, or a vehicle injury, the time spent in preparation is worth the effort. Constructive criticism is always welcome, as are suggestions regarding future topics of interest.

UNSAFE ACTS CAN KEEP YOU IN STITCHES



## ***ROAD RAGE***

This "In Your Face" sign of the times issue is killing people! Where did our manners and common courtesy go? "Faceless" others encroach on your territory. Anger arises. "Welcome to your daily commute"!!! Let's stop this trend by each doing our share of being polite on the road.

Tips to help avoid road rage problems:

- Do not make obscene gestures.
- Don't block the passing lane.
- Avoid blocking the right hand lane.
- Be polite and courteous even if the other driver is not!
- Avoid eye contact with the discourteous driver.
- Use your horn sparingly.
- Don't switch lanes without signaling.
- Do not tailgate.

If a driver chases you, call 911 on your cellular phone, drive to the nearest police station, or go to a building with outdoor and indoor cameras such as a convenience store or bank. Park near the front door, go inside and call 911.

Please don't let your anger or the anger of someone else on the road kill or injure you. You might want to consider the following: "A wrathful man stirreth up strife; but he that is slow to anger appeaseth strife". Proverbs 15:18. For an excellent related article on the World Wide Web, check out "<http://www.aloha.net/%7Edyc/violence.html>".  
Extracted from, "Car Wars", Omaha-World Herald, 1997.

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### **LAB SAFETY**

Protective eye wear should always be the first piece of safety equipment to reach for when walking into a lab!!! But how do you choose appropriate eye wear? Listed in rank order of protection, there are three basic types of protective eye wear: safety glasses, goggles, and face shields.

Safety glasses with side shields protect against impact hazards, but lack sufficient protection for chemical splashes. Goggles form a positive seal around the eye area, providing protection against both impact and splash hazards. Face shields are generally considered secondary barriers and are worn over primary safety glasses or goggles. Shields should be used when working with highly corrosive materials, when working with systems under pressure, or when there is potential of explosion or implosion. (Lenore)

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### **CHIMNEY CHECK**

*Annual Chimney Checks Can Save Lives:* Clean chimneys help prevent fires and carbon monoxide poisoning. Bird nests in chimneys, or blockages of any kind can cause smoke problems, chimney fires and carbon monoxide poisoning. Install a carbon monoxide detector to warn of harmful gases that may be entering your home because of a blocked or damaged chimney. In 1992, there were 39,200 residential fires in the United States originating in chimneys, fireplaces and solid fuel appliances, according to the United States Consumer Product Safety commission. These fires resulted in 290 personal injuries, 90 deaths, and \$206 million in property damage. Also, following a violent storm, have your chimney inspected for damage inside and out. **PLEASE DO NOT USE YOUR CHIMNEY** until it is checked by a certified chimney sweep.

Extracted from, "Chimney Safety Institute of American (800)536-0016. (Cathy)  
Prepare and prevent, rather than repair and repent.

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### **ROAD KILL.....CAN KILL YOU!**

Nebraska motorists are running into deer in record numbers this year. My wife hit one yesterday afternoon. She lost control even at 40 m.p.h., and rolled over in the ditch. I'm posting as a reminder to watch for them everywhere, and to point out that the only injury was a slight friction burn from the seat belt on her neck. Deer can kill cars, but the seat belt saved my wife.

Lester Breidenstine-Instructor; Southeast Community College (Posted on "Safety Net")  
SAFETY IS A MISSION, NOT AN INTERMISSION

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### **SIGNS OF THE TIMES...**

Learn and recognize these symbols...they may save your life!



You don't need the hearse...if you use safety first!

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## LEAD POISONING

Children are highly susceptible to lead poisoning! Lead based paint can be inhaled or ingested. During home renovation projects, care must be taken to avoid the creation of dust during paint removal. In 1978 the Consumer Products Safety Commission banned the manufacture of paints containing more than 0.06% lead. For homes built before 1950, it is possible to have paint containing as much as 50% lead by weight. When remodeling homes suspected to have lead base paint, contact the U.S. Department of Housing and Urban Development (HUD) National Lead Information Center (1-800-824-lead) for recommendations, or on the web at (<http://www.hud.gov/lea/leahome.html>). (Lenore)

Safety doesn't work unless you work at it!

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## HYPOTHERMIA

Hypothermia is the subnormal temperature of the body. Mental and physical collapse can occur! Hypothermia is caused by exposure to the cold, wetness and wind. Exhaustion can make matters worse in a hurry. When your body starts losing heat faster than it can produce, exposure has started! If exposure continues it often leads to hypothermia.

**Hypothermia Will Kill! Seek medical attention as soon as possible. Most people do not realize that hypothermia generally occurs with air temperatures between 30 and 50 degrees. To avoid hypothermia, stay warm and dry.**

Extracted from information compiled by: W. Lee Tebbutt (Cathy)

Plan the work-then work the plan-that's the safe way!

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## VDT-ERGONOMICS

If you are working at a video display terminal (VDT) for an appreciable amount of time during your work day, it is important to minimize stress to your eyes. Establish the best possible viewing conditions. The following are a few suggestions to help eliminate eye strain:

1. Minimize reflections and screen glare.
2. Adjust monitor to proper eye level.
3. Maintain a viewing distance of approximately 18-24 inches.
4. Control ambient light.
5. Adjust screen brightness, and contrast. (Lenore)

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## HALLOWEEN SAFETY...


It is not that far away! Here are a few tips to help keep the little ghosts and goblins safe at this time of tricks or treats:

- Have them wear short costumes so they don't trip or fall.
- Have them wear comfortable walking shoes.

- Wear makeup instead of a mask so that the child's vision is not blocked.
- Trick-or-treat during daylight hours. If they go out at night, reflective tape will make them more visible to drivers.
- Don't let them eat treats until they return home. Parents should thoroughly sort through the goodies.
- Go with them, or at least insure that they are with a group. There is always safety in numbers.
- If they will be crossing streets, a small flashlight is very advisable.

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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)546-6403, or Telephone at (402)546-6400.

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