

Workplace Safety Newsletter

Bucknell

Volume 3, Issue 3
October, 2008

Inside this Issue:

Can you hear me now?	1
Did you know...	1
Slips and Falls	1
Wellness Fair	2
Flu Shots	2
Cell phones	2
Fire Safety Month	2

About the Workplace Safety Committee

The Bucknell Workplace Safety Committee has prepared this newsletter to provide safety and health-related information to our colleagues.

We welcome your safety concerns, questions and suggestions. Please address these to:

safetyworks@bucknell.edu

Committee members:

Lori Barth, Office of the General Counsel
Linda Bennett, Office of the General Counsel
Margaret Brody, Chemistry
Rex Cutchall, Facilities
Eileen DeSantis, Human Resources
Barb Dugan, Athletics
Todd Fogle, ISR
Trish Haire, Human Resources
Diane Hall, Chem Engineering
Danielle Kraus, Athletics
Lisa Lapp, Public Safety
Jeff Loss, Facilities
Darlene McBryan, Safety Services
Jim McCormick, Safety Services
Pam Mitchell, ISR
Maddie Prah, RICS
Judy Reichley, Facilities
Chris Small, Facilities
Gina Stockdale, RICS
Jonathan Weaver, Public Safety

Can You Hear Me Now?

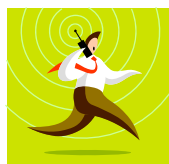
I'm one of those little inventions
that's gonna be hard to replace
I've changed the way the world keeps connected
I was designed for the human race

You'll find me on a car seat
you'll find me near a pool
you'll find me on a sandy beach
or under a shade tree where it's cool

I've been all over this world, in the rain,
sleet and snow
why, there's times I would rather stay plugged into the wall
and hoped I wouldn't have to go

I've been texted, I've been missed,
my voicemail lets you know
that some dear person is trying to get in touch with you
they'll find you wherever you go

I worry every time I cross the street,
and I hope that car sees us when we walk
it doesn't seem to matter how dangerous it might be
this human being has got to talk



I tremble when they pick me up
while driving in a car
why, I'm just a little invention,
and you know who you are

I'm sure glad you took the time
to hear my point of view,
without your ear I would never hear
the things you are going to do

Just remember in the future
we both can make it through
so keep me charged, and keep me safe
and I'll be there for you!!!

*Written by Rex Cutchall, Facilities,
Fleet Supervisor, Safety Committee Member*

Visit the
Wellness Fair
October 14th
11:00—1:00
Davis Gym

Slips & Falls

Slips and falls are a leading cause of injuries and dialing or texting a cell phone while walking can contribute to this. Much has been discussed about the use of cell phones while driving but it can also be detrimental to dial or text while walking. Uneven pavement, slippery floors and unseen traffic, both vehicle and pedestrian, can cause accidents if you're not paying attention to where you are stepping.

Other contributors to slips and falls are: carrying too much for one trip; not being able to see where you're going; clutter in the walkway; not using the railing on stairs; and not wearing proper footwear for the weather conditions or for the job at hand.

These are things that we are all guilty of doing. Please be aware of them and try to stop and think about this the next time you are tempted to save time by making one trip up the stairs instead of two.

Did you know...

The use of a cell phone is prohibited when driving a University vehicle. If you need to use the phone please pull safely off the road.

Flu Shots Available

The Student Health Services will be kicking off the influenza vaccine season at Bucknell on Tuesday, October 14, at the Wellness Fair in Davis Gym where the vaccine will be administered from 11 am – 1 pm. They will also be administering the vaccine in the Fieldhouse's Zeller Lounge on Tuesday and Wednesday, October 21 and 22, from 2:30 – 5 pm. Beginning October 14, the influenza vaccine will be available weekdays at the Student Health Service from 10-11:30 am and 1:30 – 3:30 pm. Cost is \$15.00 payable at time of service or charge may be placed on Bucknell account (must know BU ID to charge).

Available from our Lending Library:**Videos:**

- ✓ *Fire Safety—Everyone's Job*—13 minutes
- ✓ *Safe Lifting and Carrying*—12 minutes
- ✓ *Drive Safely*—12 minutes

Handbooks:

- ✓ *Slips, Trips and Falls*
- ✓ *Safe Winter Driving*
- ✓ *Back safety—Lift well, Live well*
- ✓ *Holiday Stress*
- ✓ *Ergonomics—Solving the Puzzle*

Please call x73337 for more information about these videos and handbooks.

Safety articles provided by JJ Keller & Assoc., Inc. and BLR, Inc.

Wellness Fair

Tuesday, October 14th—11:00 am—1:00 pm in Davis Gym

While the fair will focus principally on physical wellness, there will also be education and activities that encourage and support holistic health and the mind-body connection. It is our hope that fair participants will gather valuable insight into the many resources available both on campus and in the community to assist them in creating and supporting positive health behaviors throughout their lives.

Events will include: Health screenings, flu vaccination, information distribution ranging from breast cancer, osteoporosis, back health to relaxation techniques, backpacking, kayaking, and biking.

Arrive early for healthcare presentations: 9a – 10a and 10a – 11a "Taste of Preventative Health Services" ; Intro to Eat Well for Life; Intro to Discover Relaxation Within; review of programs available to Highmark members now such as online, community (Evangelical), Blues on Call and Complimentary and Alternative Medicine Discount Program.

*Pualani Spurlock
Recreation Services*

October is Fire Safety Month

As the colder months are fast approaching and the cost of heating fuels and utilities has increased many people are searching for alternate sources of home heating. The use of wood burning stoves is growing and space heaters are selling rapidly, or coming out of storage. Fireplaces are burning wood and man made logs. All of these methods of heating may be acceptable. They are however, a major contributing factor in residential fires.

Many of these fires can be prevented. You can prevent the loss of life and property resulting from heating fires by being able to identify potential hazards and following the safety tips you'll find at : FireSafety.gov/citizens/firesafety/heating.shtm.

**Driver Safety—Cell Phone Use**

Many states have restricted or are considering restricting cell phone use when a person is driving a vehicle. The legislation regarding cell phone use while driving makes the assumption that dialing, holding, and talking on the phone is a significant distraction. Although Pennsylvania does not yet have a law to this effect, these laws may not be such a bad idea when we consider:

- * Studies indicate that using a cell phone while driving can distract drivers from what is going on around them.
- * A study done by the University of Utah found that motorists using cell phones were 18 percent slower in braking and required 17 percent more time to regain the speed they lost while braking.
- * A study by the same university showed that in simulated driving conditions, drivers using a cell phone were more likely to be involved in a rear-end collision than when those same drivers were not using a cell phone.

What about hands-free phones?

Studies show that users of hands-free phones and hand-held phones are equally impaired, missing more traffic signals and reacting to signals more slowly than motorists who do not use cell phones.

Any way you look at it using a cell phone while driving impairs your ability to drive safely. Just because it's not the law doesn't mean we shouldn't heed the warnings.