Workplace Safety Newsletter

Bucknell

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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
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Todd Fogle, ISR
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Chris Small, Facilities
Gina Stockdale, RICS
Jonathan Weaver, Public Safety

SPRING

Spring will soon be at our door
The snow and ice, left behind
The trips, the slips, the falls, the spills
Will only be a memory, in our mind
But don't forget the stinging bees
The poison ivy, that makes you itch
Don't forget, those mosquito bites
That make you jump and twitch
Don't forget the mighty pollen
That seems to fill the air
The more you breathe, the worse you feel
Spring, just doesn't seem to care
Spring can really be stuffy
If you're stuck inside all day
The carpal tunnel, achy back
Just doesn't seem to go away
Spring can be a great time
If safety is at the top of your list
Wear the protection needed for your job
And don't ever take that risk.

Have a nice spring.

Written by Rex Cutchall, Facilities, Fleet Supervisor

Safety Committee Member

Are You Ready for a Sunny Day?

Everyone knows how painful a sunburn can be, but ultraviolet radiation that comes from the sun also can cause premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage depends on the strength of the light, the length of exposure, and whether your skin is protected. Here are some tips to protect yourself from UV rays this summer.

Cover up—Wear tightly-woven clothing that blocks out light. Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment doesn't offer enough protection.

Use sunscreen—A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer.

Wear a hat—A wide brimmed hat protects the neck, ears, eyes, forehead, nose, and scalp.

Wear UV-absorbent sunglasses—Buy sunglasses that block both UVA and UVB radiation.

Limit exposure— UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are at their strongest.

Congratulations to the following winners of the Workplace Safety Poster Contest:

Bridgette Catherman—Dining Services
Anne Faulk—Facilities
Scott Ferguson/Mike Schreffler—Facilities
Lisa Verge—Human Resources

Their posters will be displayed on campus soon!

Tetanus—did you know?

Gardeners are at risk for contracting tetanus. One-third or more of the cases of tetanus that occur each year results from people gardening or doing yard work. Tetanus is caused by a bacteria that is usually found in dirt and on tools, most often in areas with animal waste. Small cuts and splinters are enough to cause transmission of the bacteria. The deeper and dirtier the wound (like a nail puncture), the more likely tetanus may develop.
Adults should get a booster every ten years. It is recommended that you get a tetanus shot within 48 hours if you do get a dirty cut or wound and it has been five or more years since your last tetanus shot.

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.

What Everyone Should Know About Personal Protective Equipment

Eyes:

It can only take a moment for you to lose your sight. Each year thousands of workers injure their eyes or lose their sight, not because they didn't have the proper eye protection, but because they chose not to wear it. Other factors that contribute to eye injuries are that the employee was not aware of the potential eye hazards or was using the wrong type of eye wear for the hazard. Remember that these factors are all applicable to working around your home too, especially when it comes to yard work, cleaning, and home improvement projects.

The main hazards to the eyes in the workplace/home include the following:

- injurious gases, vapors, and liquids
- dusts or powders, fumes, and mists
- flying particles or objects
- splashing metals
- heat, glare, and ultraviolet and infrared rays
- lasers
- electrical hazards

What must eye protection do? At a minimum eye protection must be:

- adequate for the environment in which you are working
- reasonably comfortable
- snug without interfering with the movements of the wearer
- durable
- capable of being disinfected and cleaned

Flying objects cause nearly 70 percent of eye injuries, many objects are smaller than the head of a pin. Operations that can lead to flying objects include: woodworking, mulching, cutting, coarse grinding, spot welding, gardening, and almost any job involving hand tools. Dust particles and liquid splashes can also have many sources. If you're not sure whether a chemical can be a hazard to your eyes and face, check its material safety data sheet. It will both identify the hazard and recommend protective equipment, or at home, check the information on the original container.

Keep in mind that not all eye injuries are the fault of the injured worker. One-third of workplace eye injuries were caused by another worker. So be sure you watch out for what others around you are doing and use PPE accordingly.

Feet:

Feet are subject to many types of skin diseases, cuts, punctures, sprains, fractures, and other maladies. In the workplace and at home, our feet are also subject to hazards such as falling objects and punctures. Foot protection is guarding your toes, ankles, and feet from injury. One industry study of workers who suffered foot injuries showed that less than 25 percent were wearing safety shoes or boots at the time of the accident. Safety shoes come in many varieties to suit very specific industrial applications. Some of them include:

- safety shoes: have toe guards that meet requirements of ANSI Z41-1991. Steel, reinforced plastic, and hard rubber are used to protect toes, depending upon their intended use.
- metatarsal guards: instep guards to protect the top of the foot from impacts. Metal guards extend over the top of the shoe, rather than just over the toes.
- conductive shoes: prevent the accumulation of static electricity that builds up in the body of the wearer.
- electrical hazard shoes: offer protection against shock hazards from contact with exposed circuits.
- puncture resistant shoes: protect against the hazards of stepping on sharp objects that can penetrate the soles.
- slip resistant shoes: have soles which provide improved traction in situations where slipping hazards exist.

Around the house don't wear open toe shoes (sandals/flip flops) when gardening, or using lawn mowers, weed whackers, or other similar tools. When working on a home improvement project and using wood, stone, metal, hammers, and other tools don't wear a soft shoe (sneaker, water shoe). Remember to protect your feet and use common sense!

Poster slogan submitted by Stephie DiBello, ISR to the Workplace Safety Committee Poster Contest:

"Bucknell has some really cool technology… but unfortunately, we **haven't** figured out how to install force fields in the crosswalks……Please look both ways before crossing the street !!"