

Workplace Safety Bucknell

Newsletter

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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
Linda Bennett, Office of the General Counsel
Rex Cutchall, Facilities
Eileen DeSantis, Human Resources
Barb Dugan, Athletics
Todd Fogle, Library & IT
Trish Haire, Human Resources
Diane Hall, Chemical Engineering
Danielle Kraus, Athletics
Lisa Lapp, Public Safety
Jeff Loss, Facilities
Darlene McBryan, Safety Services
Jim McCormick, Safety Services
Pam Mitchell, Library & IT
Judy Reichley, Facilities
Chris Small, Facilities
Eileen Spade, Biology
Gina Stockdale, RICS
Jonathan Weaver, Public Safety

Crosswalk Safety—Get the Facts

In 2007 there were 4,600 pedestrians hit by vehicles in the state of Pennsylvania, resulting in 155 deaths. Here are some facts and tips to help you avoid being involved in an accident whether you are a pedestrian or a driver.

Pedestrians..... Always use marked crosswalks and where there are no markings always cross at an intersection/corner.
Obey pedestrian signals. Look left-right-left.
Make eye contact with the driver before crossing.
Look before walking past stopped vehicles, make sure other lanes are clear.
Pedestrians crossing at other than marked crosswalks or at an intersection shall yield the right-of-way to all vehicles upon entering the roadway.
Do not text or read messages while walking across the roadway. Be alert.

Drivers..... Yield to pedestrians in crosswalks and at corners.
Reduce speed and stay alert in areas with crosswalks.
Come to a complete stop if pedestrians are preparing to cross and wait until they finish crossing before resuming travel.
Never pass another car that is slowing or stopped at a crosswalk.
Always approach mid-block crosswalks with caution.



Pennsylvania state penalties: Fine to driver is \$50.00 and any other related costs.
Fine to pedestrian \$5.00 and any other related costs.

From: www.dot.state.pa.us/Pedestrian/web/laws.htm
www.postgazette.com/pg/09050/950207-147.stm#ixzzOU1KPLoY

Safety Concerns?

*Did you know that the Workplace Safety Committee has an email address?
Please send any safety concerns, questions or suggestions to:
safetyworks@bucknell.edu.*

Crosswalk Safety Awareness Campaign

The Department of Public Safety together with the Workplace Safety Committee will be conducting a Crosswalk Safety Awareness Campaign during the month of November. Public Safety Officers will be stationed throughout campus at key crosswalks to help both drivers and pedestrians become more aware of the safety issues.

Please don't hesitate to call the Department of Public Safety if you have questions about crosswalks and if you have any suggestions relating to crosswalk safety please forward those to: safetyworks@bucknell.edu.

Reducing Job Stress By Taking Care of Yourself

When stress on the job is interfering with your ability to work, care for yourself, or manage your personal life, it's time to take action. Start by paying attention to your physical and emotional health. When your needs are taken care of, you're stronger and more resilient to stress. The better you feel, the better equipped you'll be to manage work stress without becoming overwhelmed.

Taking care of yourself doesn't require a total lifestyle overhaul. Even small things can lift your mood, increase your energy, and make you feel like you're back in the driver's seat. Take things one step at a time, and as you make more positive lifestyle choices, you'll soon notice a noticeable difference in your stress level, both at home and at work.

- **Get moving**—For maximum stress relief, try to get at least 30 minutes of heart pounding activity on most days but activity can be broken up into two or three short segments.
- **Make food choices that keep you going and make you feel good**—Eating small but frequent meals throughout the day maintains an even level of blood sugar in your body. Low blood sugar makes you feel anxious and irritable. On the other hand, eating too much can make you lethargic.
- **Drink alcohol in moderation and avoid nicotine**—Alcohol temporarily reduces anxiety and worry, but too much can cause anxiety as it wears off. Drinking to relieve job stress can also start you on a path to alcohol abuse and dependence. Similarly, smoking when you're feeling stressed and overwhelmed may seem calming, but nicotine is a powerful stimulant—leading to higher, not lower, levels of anxiety.
- **Get enough sleep**—Stress and worry can cause insomnia. But lack of sleep also leaves you vulnerable to stress. When you're sleep deprived, your ability to handle stress is compromised. When you're well-rested, it's much easier to keep your emotional balance, a key factor in coping with job and workplace stress. www.helpguide.org/mental/work_stress_management.htm

30-Second Stress Buster

Keep a straight and serious face
 Sit up as tall and as straight as you can at your desk
 Take a big breath into your belly
 Exhale: and say "Ha"
 Inhale
 Exhale: and say "Ha Ha"
 Inhale
 On each exhale try to squeeze more breath out & add another "Ha" until you are exhaling the longest breath you can manage, with the most "Ha, Ha, Ha's"
 Then picture one of your colleagues finding you doing this exercise with a straight face. Smile at their reaction if you haven't already collapsed into laughter.

www.zenatwork.com.au/a/68.html

Looking for Creative Ideas for Relieving Stress on the Job?

Does your department have a bulletin board or white board? How about posting a question of the week and have people add their answers throughout the week. It could create a little diversion and you may even get to know your co-workers a little better. Here are a few ideas of questions taken from the following websites: funny-icebreaker-questions.com and docstock.com

What is your most favorite place on earth?
 What three things could you not live without?
 What's the weirdest thing you've ever eaten?
 Have you ever won a trophy? For what?
 What is your favorite horror film, musical, album, song, artist.....?
 What is your favorite office machine? Least favorite?
 Do you have any hidden talents?
 What do you think has been the greatest invention in your lifetime?
 If you could live anywhere in the world where would you live?
 What is your favorite type of weather?
 What is your favorite gift to give?



Have fun thinking of questions (and answers) and put a smile into your day!

Extra Handbooks Available

The Workplace Safety Committee has a supply of the following handbooks available on a first-come, first-served basis. Please email lbarth@bucknell.edu if you would like any of these sent to you through campus mail. Available Handbooks: Safe Winter Driving (great for new drivers).....Holiday Stress.....Vacation Safety.....Office Safety.....Ergonomics.....Back Safety.

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.