

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
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Wake up your Wellness

Have you made a resolution to improve your personal wellness? You owe it to yourself, and your loved ones, to be as healthy as you can be. This means generally trying to live a healthy lifestyle that allows you to do the things you enjoy and want to do.

Begin your personal wellness improvement by increasing your physical activity. Adults should get at least 30 minutes of moderate exercise most days of the week. Less than one-third of adults do. Being overweight or obese increases the risk of serious medical problems, and has been associated with high blood pressure, diabetes, and cancer.

You need to increase activity and decrease the amount you eat to stay fit. You don't need special skills or training to be physically active. Simply walking is a great form of exercise. Instead of using the elevator ask someone to join you in taking the stairs.

Stretch while sitting at your desk. Work around the house, take a walk, walk the dog, or walk to work. Take the long way to the water cooler or bathroom, or better yet, walk during your breaks. Walk to a co-workers office instead of sending an email. Little increases in activities can begin to make a big difference.

You should do some sort of regular exercise if your doctor says that you are healthy enough to do so. A well-rounded program should include cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

Get support from your family, friends, and co-workers. If weather is a problem, move activities indoors, or dress for the weather.

Choose activities that you can do with friends and family, and you will be much more likely to stick with them. Sticking with a regular exercise program will pay important dividends for you.



Fighting Eyestrain

Eyestrain can be a common occurrence if you work in an office setting, due to the effects of fluorescent lights and looking at computer screens. One way to help prevent eyestrain is to use the 20/20/20 method. That is, every 20 minutes, refocus your eyes on an object at least 20 feet away, for about 20 seconds.

Seat Belt Campaign Follow-up

The Workplace Safety Committee would like to thank the Public Safety Office and Bucknell Dining for their help in conducting a Seat Belt Campaign on-campus this past fall.

During the months of October, November and December our Public Safety Officers issued 392 tokens to faculty/staff who were buckled up. Many of these tokens were redeemed for a free drink at The Bison. We appreciate the time and effort that it took for the Public Safety Officers to distribute these tokens and are happy that they observed so many folks who "buckled-up".

Quick tips to avoid insect bites and stings

Insects can be more than just a nuisance to those who work outside—some can cause serious illnesses including Lyme disease and West Nile Virus. Here are just a few protective measures to help avoid the sting and bite so often inherent with outside work.

- Wear long-sleeved shirts; tuck pant legs into socks or boots.
- Wear foot protection. Many insects forage on the ground or in low lying foliage. Boots and shoes help keep them off you.
- Avoid wearing colognes, deodorants, or other personal hygiene products that have a strong, sweet smell as they may attract insects.
- Use insect repellent containing DEET or Picaridin.
- Get rid of sources of standing water to reduce mosquito breeding areas.

One last tip, strange as it may sound: avoid wearing bright colored clothing, especially those with floral prints. Some insects can't tell the difference between the clothing and the flowers!

Ergonomics Workshop

Join us for a presentation by Don Krech and Pualani Spurlock to learn how to reduce stress and injuries at your work station. We will have a work station set-up to demonstrate new tools and equipment.

There will also be prizes, including the grand prize of a new desk chair!!

Thursday, May 10th
10:00—11:00 and
1:30—2:30
LC The Center Room

More details to follow!

No Injury Too Small To Report

If you are injured, no matter how minor, don't forget to report the injury. Whether the injury is a scrape or sore shoulder it needs to be reported. What you think is just a cut can turn into something more serious. We are obligated by law to have accident reports on file for all injuries. If you go to the doctor a week after an injury because that small cut has turned into an infection and we do not have record of the injury on file with the insurance company, it could delay the claim process. Human Resources and administrative and academic assistants will all be able to assist you.

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.

Sun and Heat Precautions

Hot summer months pose special hazards for outdoor workers. Whether you work outside here at Bucknell or at home, you must protect yourself against heat and sun exposure. Here are a few tips on how to manage these hazards:

Sun

There are no safe UV rays or safe suntans. Here's how to block those harmful rays:

- Cover up. Wear loose-fitting, long-sleeved shirts & long pants.
- Use sunscreen with a sun protection factor (SPF) of at least 30.
- Wear a hat with a wide brim to protect the neck, ears, eyes, forehead, nose & scalp.
- Wear UV-absorbent sunglasses (eye protection). Sunglasses don't have to be expensive, but they should block 99—100% of UVA & UVB radiation. Read the product tag or label before purchasing.
- Limit exposure. UV rays are most intense between 10 a.m. & 4 p.m.

Heat

The combination of heat & humidity can be a serious health threat during the summer months. If you work outside (at a beach resort, on a farm, at a construction site) or in a kitchen, laundry, or bakery you may be at increased risk for heat-related illness. Take the following precautions:

- Drink small amounts of water frequently.
- Wear light-colored, loose-fitting, breathable clothing—cotton is good.
- Take frequent short breaks in cool shade.
- Eat smaller meals before work activity.
- Avoid caffeine & alcohol or large amounts of sugar.
- Find out from your health care provider if your medications & heat don't mix.
- Know that equipment such as respirators or work suits can increase heat stress.