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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:
Linda Bennett, Office of the General Counsel
Rex Cutchall, Facilities
Peter Findeis, Chem Lab
Todd Fogle, Library & IT
Trish Haire, Human Resources
Lisa Lapp, Public Safety
Pam Mitchell, LIT
Kelly Pastuszek, Athletics
Gregg Rokavec, EH & S
Chris Small, Facilities
Gina Stockdale, Events Mgt

Staying Safe Outdoors

WATER—Hydrate when the heat is on

It’s important to drink water, especially when you’re working or exercising when the weather is hot. Physical exertion in high temperatures can bring on heat stroke, heat exhaustion, and other illnesses if you’re not careful.

The body cools itself by perspiring, and needs to replace the water it loses. Drink water frequently when you’re exerting yourself so you don’t become dehydrated. Avoid alcohol and drinks with large amounts of caffeine, as these cause the body to release water.

The water should be cool if possible (50 to 60 degrees is ideal), but very cold drinks could cause stomach cramps. You shouldn’t wait until you’re thirsty to have a drink. To maintain good hydration, drink two to four glasses of nonalcoholic beverages each hour when the weather is hot.

In addition to drinking water, it’s important to take rest breaks in a cool, shaded area to prevent heat-related illnesses. Wear a wide-brimmed hat and cool clothing. It’s vital to take these precautions when temperature and humidity levels are high and there is no breeze.

SUN—Save your skin

The number of people diagnosed with skin cancer is on the rise, and the number of people diagnosed each year reaches into the millions.

While no one wants to be told they have cancer, death from the most frequently diagnosed types of skin cancer is not common. Out of 2 million cases in 2012, there were less than 1,000 deaths. Melanoma, a less common type of skin cancer, is more dangerous. There were about 62,000 cases diagnosed in 2009, and 9,000 deaths.

Catching skin cancer early can help it be treated effectively, and checking your skin for the warning signs of skin cancer can alert you to any suspicious spots that should be checked out with your doctor. Here are some warning signs to watch out for:

- A skin growth that increases in size. It may be shiny, pearly, tan, brown, black, or multicolored;
- A birthmark or mole that changes color or texture;
- An irregular outline around a birthmark or mole;
- A birthmark or mole that is larger than one-fourth of an inch;
- An open sore that does not heal after three weeks; and
- A reddish patch that may itch or crust.

Most skin cancers are associated with exposure to ultraviolet radiation; shielding yourself from the sun’s rays can aid in prevention. Remember to protect yourself even on cloudy days, as ultraviolet A and ultraviolet B radiation reach through the clouds.

To shield yourself, follow these tips:

- Find some shade
- Cover your skin
- Shade your face
- Use sunscreen
- Avoid indoor tanning

Resource: JJ Kellar

Seatbelt Awareness Campaign

The Workplace Safety Committee just completed a spring Seatbelt Awareness Campaign for those staff/faculty driving university vehicles. Members of the committee volunteered to be at certain intersections on-campus and hand out either coupons for those who were wearing seatbelts or reminders for those who were not. Folks who received reminders were appreciative that they weren’t given actual tickets, even though they were breaking the law and the university transportation policy. Coupons were handed out for 30 drinks, 2 frozen yogurts and 4 pizzas!
Beware of Drowsy Driving
With vacation time just around the corner, beware of driving while drowsy. An estimated 2.5% of fatal crashes and 2% of injury crashes involve drowsy driving.

Warning signs:
⇒ Yawning repeatedly
⇒ Blinking frequently
⇒ Missing your exit
⇒ Hitting the rumble strip
⇒ Drifting from your lane
⇒ Difficulty remembering the last few miles

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 x71149 for more information about these videos and handbooks.

Preventing Tick Bites

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid Direct Contact with Ticks
- Avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of trails.

Repel Ticks with DEET or Permethrin
- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

Find and Remove Ticks from Your Body
- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)

Working Safely Fall 2013 Campaign
The Workplace Safety Committee would like to recognize the following people who participated or were reported as working safely during our fall safety campaign:
Megan Adams, Emma Beck, Margaret Brody, Ricky Campbell, Brian Carper, Bill Corl, Jr., Rex Cutchall, David Eckley, Sherry Evans, Anne Faulk, Antoinette Gratti, Jon Hagofsky, Jim Harmon, Keith Herman, Linwood Hill, Bud Hiller, Todd Hower, Terry Ketchum, Scott Kline, Gary Layton, Ed Long, Joe Masana, Darlene McBryan, John Nace, Mary Schramm, Michael Schreffler, Stewart Smith, Allison Stevens, Olson Sutherland, John Tyson, Megan Wolleben. The grand prize winner of a Downtown Gift Certificate was: Keith Herman. Congratulations to all who participated.

Welcome Gregg Rokavec—Assistant Director of Risk Management/Environmental Health and Safety

Gregg joins Bucknell University with 15 years of Environmental Health and Safety experience, most recently as the Environmental, Safety and Security Director and Evangelical Community Hospital. He joins Abhi Nagaraj, EH & S Program Assistant and Darlene McBryan, EH & S Coordinator. He can be reached at 570-577-3337.