

The Safety Source

Fall 2010

November, 2010

Inside this issue:

<i>The Flu Ends With "U"</i>	2
<i>Fall Prevention and Protection Training</i>	3
<i>Holiday Fire Safety</i>	4-5
<i>Holiday Kitchen Safety</i>	5-6
<i>Upcoming Events</i>	6
<i>AED Locations</i>	6

Thank you to all who visited the SEC booth at the USA Employee Benefits Fair on Main Campus, November 5, 2010. Winners of the drawing for the insulated coolers are:

Shantarry Griggs,
Business Office

Judi Naylor, College
of Medicine

Marian Zambrano,
College of Education

Willie Gordon,
Grounds Department

Building Safety and Housekeeping Issues

◆ When you identify safety issues in your building/area, please notify your Building Safety Coordinator or appropriate officials so that a work order can be submitted, or other action taken to address the issue. William Guess, Director of Safety & Environmental Compliance reports that the majority of issues found during annual building inspections are maintenance issues that have gone unreported. Most buildings are inspected annually and it is important that everyone be proactive in reporting and addressing these issues.

Instructions for submitting a Maintenance Request are available on the USA website <http://www.southalabama.edu/maintenance/index.html>

◆ If you see someone "suspicious" in your building, please do not wait/hesitate to notify the USA Police. Some employees or students may not recognize suspicious activity or be hesitant to call for fear of being thought of as a "busy-body". Others may assume that



Call USA Police at 460-6312
(511 from any USA phone) for
any suspicious persons/activity

someone else has already called the police. Hesitation on your part may make it even more difficult or impossible for the police to locate the individual.

Call USA Police immediately about any suspicious activity - and do it yourself. Don't worry about "bothering" the police; it is part of their job to investigate suspicious matters. Do not worry about feeling embarrassed if your suspicions are wrong. Think instead about what could happen if your suspicions were correct and you did not call.



New
USA
Police
Headquarters,
Stadium
Drive



“The Flu Ends With U”

Thankfully, this year’s flu season has not begun with the severity as last year. Unfortunately, when the flu season begins with fewer reported cases, we tend to let our guard down, fewer take advantage of the vaccine and our other prevention measures can go lacking.

The best way to prevent the flu is by getting vaccinated each year. During the 2010-2011 flu season, CDC expects the 2009 H1N1 virus to cause illness again along with other influenza viruses. The 2010-2011 flu vaccine will protect against 2009 H1N1 and two other influenza viruses.

One of the key messages in this year’s CDC campaign, “The Flu Ends With U” is how individuals play a role not only in protecting themselves from the flu, but also in protecting others from possible high risks of complications.

The flu is a highly contagious respiratory illness caused by influenza viruses. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Remember you may be able to pass on the flu to someone before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. Some people, especially children and people with weakened immune systems, might be able to infect others for an even longer time. Therefore, it is very important that cough etiquette be observed and other good health habits are followed.

Good Health Habits To Help Stop Germs:

1. **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.**
3. **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
4. **Clean your hands.**
Clean your hands after coughing or sneezing into your hands or using a tissue. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.**
Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Vaccine for USA Students & Employees

Flu Vaccine is available to students (with no appointment necessary) for \$20.00 in the Student Health Center. Student Health is open during the lunch hour for your convenience.

There is no charge for the vaccine (purchased by HR) to Faculty/Staff or their USA Health Plan covered dependents and may be obtained at the Urgent Care Clinic. Note: Parents/guardians of children under 4 years of age should check with their Pediatrician.

For additional information or questions call the Student Health Center: 460-7681 or the Urgent Care Clinic: 414-8101.

Fall Prevention and Protection Training

The University of South Alabama was privileged to host two 16-hour sessions of Fall Prevention and Protection Competent Person Program training at the Mitchell Center, October 4-5 and 6-7, 2010. The training was provided by Steve Johnson, of STACS Inc. (Safety Training and Consulting Services).

Specific topics covered during the training sessions included:

- ◆ The magnitude of the problem
- ◆ Fall prevention and protection techniques
- ◆ PFPS components and applications
- ◆ Fall Restraint, Positioning and Fall Arrest
- ◆ Fall arrest rescue theory
- ◆ Calculating fall clearance
- ◆ Minimizing impact forces
- ◆ Ladders and lifts
- ◆ SubpartM: 1926 (Federal Regulations)
- ◆ Equipment Inspection
- ◆ Hazard Analyses

Mr. Johnson utilized various adult teaching techniques to engage the participants in the learning process. Participant feedback was excellent and everyone was appreciative of the extensive hands-on portion of the training. Each 2-day session was jam-packed with information and activities. Each participant had to complete an exam and score 100% to be awarded a Certificate of Completion.



USA Mitchell Center employee, Caine Dreiling being lifted in his harness during the Fall Prevention and Protection Competent Person Program, October 5, 2010



STACS, Inc. instructor, Steve Johnson demonstrating proper and improper application of a harness.

In addition to USA employees, other companies represented at the training were:

- Thyssenkrupp
- VT Halter Marine
- Temple Inland
- Kimberly-Clark Corporation
- Pilot Catastrophe Services Inc.
- EHS Made Easy
- Jacobs Engineering
- Turner Industries Group
- Cooper Marine & Timberlands
- Cooper T. Smith
- Crescent Towing
- City of Mobile
- Alabama Technology Network
- Aker Solutions
- Huntsman Advanced Materials
- IATSE Local 142
- White-Spinner Construction

Holiday Fire Safety

Following a few simple fire safety tips can keep electric lights, candles, and Christmas trees from creating a tragedy this holiday season. Learn how to prevent a fire and what to do in case a fire starts in your home. Make sure all exits are accessible and not blocked by decorations or trees.



Christmas Trees: When purchasing a natural Christmas tree, one should take seriously the advice to “Keep the tree watered.” Christmas trees account for hundreds of fires annually. Typically, shorts in electrical lights or open flames from candles, lighters or matches start tree fires. Well-watered trees are not a problem. A dry and neglected tree can be.

Selecting a Tree

Needles on fresh trees should be green and hard to pull back from the branches, and the needles should not break if the tree has been freshly cut. The trunk should be sticky to the touch. When bouncing the tree trunk on the ground, if many needles fall off, the tree has been cut too long and, has probably dried out, and is a fire hazard.

Caring for Your Tree

Do NOT place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

According to data from the National Fire Protection Association (NFPA) and the U.S. Fire Administration (USFA), an estimated 250 home fires involving Christmas trees and another 170 home fires involving holiday lights and other decorative lighting occur each year. Together, these fires resulted in 21 deaths and 43 injuries.

Disposing of Your Tree

Never put tree branches or needles in a fireplace or wood-burning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

Holiday Lights:



Maintain Your Holiday Lights

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

Do Not Overload Electrical Outlets

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

Do NOT Leave Holiday Lights On Unattended!

(Continued on page 5)

Holiday Kitchen Safety

Thanksgiving is the peak day for preventable home cooking fires and cooking fires are the top cause of house fires and injuries, according to the NFPA. Underwriters Laboratories (UL) offers the following 10 ideas that take a minute or less for reducing the risk of accidents:

1. **Keep the range free of clutter.** When preparing a Thanksgiving feast, multitasking is a must. But, don't overload a range top with too many pots and pans.
2. **Do not try to hold a child in one arm while cooking with the other.** Holding a child while cooking is an invitation for a burn. It's best, if possible, to keep children out of the kitchen altogether while cooking.
3. **Never put a glass casserole or lid on the stove or over a burner.** If it gets hot and explodes, it will send shards of glass in all directions causing harm to anything in its path.
4. **Evaluate appliances wisely and look for the UL Mark.** When purchasing electric cooking products, such as electric knives, slow cookers and food processors, look for the UL Mark.
5. **Think twice before using a turkey fryer.** Because turkey fryers pose a number of distinct safety concerns, including burn and fire hazards, UL does not certify any turkey fryers. If you must use a turkey fryer, UL urges extreme caution and following UL turkey fryer safety tips at <http://www.safetyathome.com/>.

(Continued on page 6)

(Continued from page 4 - Holiday Fire Safety)

Holiday Decorations:

Use Only Nonflammable Decorations

All decorations should be nonflammable or flame-retardant and placed away from heat vents. If you are using a metallic or artificial tree, make sure it is flame retardant.

Don't Block Exits

Ensure that trees and other holiday decorations do not block an exit way. In the event of a fire, time is of the essence. A blocked entry/exit way puts you and your family at risk.

Never Put Wrapping Paper in the Fireplace

Wrapping paper in the fireplace can result in a very large fire, throwing off dangerous sparks and embers that may result in a chimney fire.

Candle Care:

Avoid Using Lit Candles

If you do use lit candles, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

Never Put Lit Candles on a Tree

Do not go near a Christmas tree with an open flame - candles, lighters or matches.



**UNIVERSITY OF SOUTH ALABAMA
SAFETY AND ENVIRONMENTAL
COMPLIANCE**

CSAB 332

Phone: 251-460-7070
Fax: 251-460-7278
E-mail: smalone@usouthal.edu

We're on the web!
<http://www.southalabama.edu/environmental/>

Upcoming Events:

- **Departmental Annual Respiratory Protection Training and Respirator Fit Testing**
Date: Currently scheduling (Contact Susan Malone to schedule, 460-7070)
Location: Safety & Environmental Compliance Office, CSAB 336
- **Laboratory Safety, Biological and Chemical Waste Management Training:**
Date: Thursday, December 9, 2010 **Time:** 1:00 p.m. - 2:30 p.m.
Location: College of Medicine Conference Room, Main Campus

(Continued from page 5 - Holiday Kitchen Safety)

6. **Keep a fire extinguisher in the kitchen in case of emergency and know how to use it.** Make sure the fire extinguisher is UL Listed and rated for grease and electrical fires. Read the directions carefully before beginning to cook your holiday dinner. The acronym **P.A.S.S.** can help make sure you use it properly.
Pull the pin; **A**im the spray nozzle low at the base of the fire; **S**queeze the trigger to spray the contents; **S**weep back and forth as you spray the base of the fire.
7. **Remove lids on hot pans by tilting them away from you.** You'll be checking and rechecking the dishes, so remember that tilting the lid will help to protect your face and hands from hot steam.
8. **Never wear loose fitting clothing when cooking.** Long, open sleeves could ignite and catch fire from a gas flame or a hot burner. Wear short, close fitting or tightly rolled sleeves when cooking.
9. **Accessorize with a potholder, oven mitt and lid.** If a small fire starts in a pan on the stove, turn off the burner, put on a flame-resistant oven mitt and smother the flames by carefully sliding the lid over the pan. Don't remove the lid until the food has cooled.
10. **Stay in the kitchen while food is cooking.** It's tempting to check out the game or say hi to your guests, but most fires in the kitchen occur because food is left unattended. If you must leave the kitchen briefly, carry an oven mitt with you as a reminder that something is cooking.

Information on Holiday Fire and Kitchen Safety courtesy of National Fire Protection Association, Underwriters Laboratories, and the U.S. Fire Administration.

Based on their test findings, Underwriters Laboratories (UL) has decided not to certify ANY turkey fryers with the UL Mark. UL considers turkey fryers to be dangerous to use and not worth the risks.

Current AED (Automatic External Defibrillator) Locations USA Campuses

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| <ul style="list-style-type: none">• USA Police Headquarters, Main Campus (in a portable case for transport in police vehicles)• USA Mitchell Center - South Entrance, across from main office, in wall mount cabinet• HPEL - in main hallway across from Dean's office, in wall mount cabinet• Intramural Field House - Available at the desk, in a portable case• USA Speech Pathology and Audiology (HAHN) - in wall mount cabinet on the right, just inside the clinical area• USA College of Education (UCOM) - in wall mount cabinet on the right in front lobby | <ul style="list-style-type: none">• USA Campus Recreation Center (at the front desk) - to be wall mount cabinet• USA Student Center - in wall mount cabinet, main lobby, just outside the Dining Service Office, next to the ATM machine• USA Brookley Campus (Golf Pro Shop) - in wall mount cabinet• SHAC (USA Police) - 1st Floor Security office, in wall mount cabinet• Administration Building - 2nd Floor next to Payroll Department - in wall mount cabinet• Humanities Building - 1st Floor, North Section, next to Arts & Sciences Dean's office - in wall mount cabinet <p>*Note: Wall mount cabinets are alarmed to call attention to the possibility that someone may be in need of assistance.</p> |
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