



Much More Safety

Quarterly Newsletter
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MOREHEAD STATE UNIVERSITY, MOREHEAD, KY <http://moreheadstate.edu/ehs/>
h.niehoff@moreheadstate.edu 606-783-2584



MSU earns Storm Ready designation:

In March of 2014, MSU was designated a Storm Ready University by NOAA National Weather Service Office in Jackson, KY

In order to earn this designation, a University must provide:

- a 24-hour warning point and emergency operations center
- establish more than one way to receive severe weather warnings and forecasts and to alert the public
- have a system that monitors the weather conditions locally
- promote the importance of public readiness through community seminars
- develop a formal hazardous weather plan, which includes training severe weather spotters and holding emergency
- Severe weather designated areas established and signs posted in all campus buildings exercises

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MSU Chemical Hygiene Plan Revised 2014

Laboratory Safety Standards often change over time as the result of newly adopted technologies and processes, accident investigations and near misses. The Occupational Safety and Health Administration (OSHA) require laboratory employees be made aware of the Chemical Hygiene Plan (CFR 1910.1450). All employees who work in laboratories with chemicals, including work studies, are required to read the newly revised chemical hygiene plan and sign the laboratory awareness certification on page 2. A signed copy of the form must be forwarded to the MSU Office of Environmental Health & Safety.

Some highlighted changes in the plan include:

- OSHA's newly adopted hazardous communication plan that covers the changes to Material Safety Sheets (SDS) and the Global Harmonized Standard (GHS)

"All employees who work in laboratories with chemicals, including work studies, must read the newly revised chemical hygiene plan and sign the laboratory awareness certification."

Please see Chemical Hygiene Plan on page 3

The Heat is On!

“Heat related illnesses can range from heat cramps to heat exhaustion to more serious heat stroke.”

Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. During extremely hot and humid weather the body's ability to cool itself is affected. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and heat-related illnesses may develop.

Heat-related illnesses can range from heat cramps to heat exhaustion to more serious heat stroke. Heat stroke can result in death and requires **immediate medical attention**.

Factors or conditions that can make some people more susceptible to heat-related illnesses include age (older adults and young children), obesity, fever, heart disease, mental illness, poor circulation, prescription drug and alcohol use, and sunburn. Sunburn, caused by ultraviolet radiation from the sun, can significantly retard the skin's ability to shed excess heat.

Heat-Related Illness Symptoms and First Aid

HEAT CRAMPS

- **Symptoms:**
 - Painful muscle cramps and spasms usually in legs and abdomen
 - Heavy sweating
- **First Aid:**
 - Apply firm pressure on cramping muscles or gentle massage to relieve spasm.
 - Give sips of water, if nausea occurs, discontinue water



HEAT EXHAUSTION

- **Symptoms:**
 - Heavy sweating
 - Weakness
 - Cool, pale, clammy skin
 - Weak pulse
 - Possible muscle cramps
 - Dizziness
 - Nausea and vomiting
 - Fainting
 - Normal temperature possible
- **First Aid:**
 - Move person to a cooler environment
 - Remove or loosen clothing
 - Apply cool, wet cloths
 - Fan or move victim to air conditioned room
 - Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.



Please see HEAT on page 4

Hearing Conservation Program

OSHA requires annual hearing conservation training and testing for employees exposed above 85 decibels (dB) averaged over 8 working hours or an 8 hour time-weighted average (TWA). Hearing loss happens gradually over time, so you may not notice it is occurring. Hearing loss is permanent so it is important to protect yourself by wearing the proper hearing protection in the correct manner.

Training and testing will take place over the month of July. All employees in the following workgroups must be tested and attend training or complete refresher training online:

- Heating, Air & Ventilation
- Police Officers
- Grounds crew
- Golf course maintenance
- Farm maintenance & machine operation
- Carpentry
- ❖ If any workgroups not listed feel that they are exposed to excessive noise, speak with your supervisor or call Holly Niehoff at 3-2584 for an evaluation of your work area.



Chemical Hygiene Plan from page 1

- MSDS Online system used to track all chemicals stored and used on MSU property
- Hazardous materials safe handling information
- Standard Operating Procedures (SOP's) for different chemical classes and hazards
- Information on health hazards including allergens, embryo toxins, reproductive toxins, nanoparticles, and animal work
- Transportation of chemicals
- Chemical & biological waste disposal
- Emergency response plans
- Sample Laboratory safety and supply checklist
- Sample chemical inventory form
- Chemical safety committee charter

The Occupational Safety and Health Administration (OSHA) require laboratory employees be made aware of the Chemical Hygiene Plan (CFR 1910.1450).

HEAT from page 2

HEAT STROKE (or sunstroke)

- **Symptoms:**
 - Altered mental state
 - Possible throbbing headache, confusion, nausea, dizziness, shallow breathing
 - High body temperature (106°F or higher)
 - Skin may be hot and dry, or patient may be sweating
 - Rapid pulse
 - Possible unconsciousness
- **First Aid:**
 - **Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.**
 - Move the victim to a cooler, preferably air-conditioned, environment
 - Reduce body temperature with a water mister and fan or sponging
 - Use fan if heat index temperatures are below the high 90s
 - Use extreme caution
 - If temperature rises again, repeat process
 - Do NOT give fluids

Safety Toolbox Tips

Important safety reminders and tips:

- Amplified ear buds are not considered hearing protection and may hasten the loss of hearing.
- Pedestrians have the right of way on campus crosswalks, please be aware of pedestrians and bicyclists at all times and please drive slowly.
- All chemicals transferred from the original container to a new container must be properly labeled in accordance with the GHS standard. Chemical name, hazard identification and manufacturer must be on the label. This includes cleaning chemicals.
- Laboratory supervisors must ensure that eyewash stations are activated every 30 days to clear rust and other contaminants from the pipes.
- Do not dispose of needles in the trash cans, this endangers others. Please dispose of all sharps and needles in a biohazard box or in a hard sided and capped container, such as an empty laundry bottle.
- All chemicals must have an MSDS sheet on our MSDS Online system. Please notify EHS immediately if a chemical is not in our database.
- All chemical spills and accidents must be reported to EHS.

Announcements & Upcoming Training

- ❖ Follow EHS on Facebook and twitter for the most up to date safety information and announcements at <https://www.facebook.com/moreheadehs> and https://twitter.com/MSU_EnvSafety
- ❖ Refresher OSHA training covering hazardous communications, bloodborne pathogens, asbestos awareness, hearing conservation and respiratory protection will occur July 8th and July 16th, 2014 in ADUC 312 from 9:00 – 11:00am.
- ❖ All OSHA refresher training may be completed on blackboard if preferred. Access blackboard with your MSU ID (mxxxxxxx) and your password used to access MyMSU. Click on OSHA course and then training modules. Review the information under the subject and take the quiz at the end.
- ❖ Adult & Pediatric CPR, AED & First Aid training is available for \$30 per person and includes a 2 year certification from the American Red Cross. Call 606-783-2584 or email h.niehoff@moreheadstate.edu for class information.