



Much More Safety

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MSU promoting a positive safety culture

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*Think, Act and Be Safe.
Whether it is a yellow
traffic light or other
situation, make the safe
choice.*

The concept of safety culture is all about the well-being of people. Safety culture is the shared values, attitudes and beliefs that shape safety and health practice; what we do with respect to safety every day. In organizations with a positive safety culture, safety is valued and acted upon at all levels of the organization. MSU recognizes the value of its people and strives to improve the safety culture among students, faculty, and staff. Individually, each of us plays a role in promoting a positive safety culture.

Actions that can promote a positive safety culture:

- Think, Act and Be Safe. Whether it is a yellow traffic light, or other situation, make the safe choice.
- Keep your eyes open for hazards and unsafe work practices. Implement appropriate corrective actions if you can. If you cannot mitigate the hazard, report the hazard to your supervisor, department or EHS.
- Communicate the importance of safety at MSU to others. Be willing to remind someone to wear their safety glasses or hearing protection if required.
- Attend safety training to gain needed knowledge, skills, and abilities necessary to do your job safely.
- Use proper procedures and required personal protective equipment every time.
- Maintain an open mind to new ideas about safety improvement.

MSU Office of Environmental Safety maintains updated safety policies and procedures on their [website](#). Please feel free to contact MSU EHS with any campus safety concerns and follow us on [twitter](#) and [Facebook](#) for important safety tips and information. Sign up for [eagle alerts](#) for important & potentially lifesaving campus emergency notifications.

Preventing Slips, Trips & Falls

Slips, trips and falls are one of the most common injuries at Morehead State University. Slips and trips can happen in any part of the campus, inside or outdoors. Slips and trips often result in falls and more serious outcomes, including disabling injuries and even death. The costs to students, workers and MSU can be great.

Costs to Students & Workers:



1. *Students can experience a loss of time to attend lectures and loss of performance to complete assignments, and participate in academic, athletic and social events.*
2. *Lost wages, inability to meet financial goals*
3. *Pain*
4. *Temporary or permanent disability*
5. *Reduced quality of life while impaired*
6. *Increased burdens on the rest of family, friends & co-workers*

Costs to MSU:

1. *Loss of productivity and business*
2. *Loss of student retention*
3. *Increased insurance premiums*
4. *Costs associated with training replacement worker*

What is the difference between a slip, trip, or fall? Very little, if you are the victim. The pain is the same, so it really doesn't matter which of the three caused your accident, right? Actually, though, there really are some significant differences.

Slips occur when there is too little friction or traction between your feet and the walking surface. The most common causes of slips are wet surfaces, ice or other weather hazards, spills, and poor tread on footwear. Preventive measures include:

- **Wet surfaces:** Shorten your stride, walk with feet pointed out slightly, and make wider turns.
- **Spills:** Clean up immediately.
- **Weather hazards:** Walk more slowly so you can react to traction changes. Wear slip resistant shoes or boots, and dry off shoes as soon as practical after entering a building (wet shoes on dry floors are as dangerous as dry shoes on wet floors). Wear sunglasses on sunny winter days so you can more easily see slippery areas.
- **Poor tread on footwear, or generally poor traction:** Wear slip resistant footwear, apply abrasive strips to smooth walking surfaces, post warnings.

Trips commonly occur when your foot strikes an object and your momentum throws you off balance. To minimize the potential for this type of injury:

- Do not allow carried packages to obstruct your view.
- If glasses fog due to atmospheric changes, clear them immediately.
- Use only proven walkways.
- Close desk and file drawers when not in use.
- Report burned out or missing lights.
- Be aware of elevator threshold positions
- Report any uneven or broken pavement, sidewalks, or handrails to facilities (3-2066)

Please see SLIPS on page 4

A white rectangular sign with a blue border. The text "STAY ALERT DON'T GET HURT" is written in bold green letters.

It's a Fire Alarm! What do we do?

In the event of a fire, the most important goal is life safety.

Buildings and contents can be replaced but your life can not.

Remain calm and evacuate the facility. Evacuation is mandatory for all individuals when the fire alarm is sounding.

Anyone who fails to evacuate may face disciplinary action.

Make sure you familiarize yourself with the evacuation floor plans posted in each building and plan two ways to exit in case one exit is not available due to fire or some other obstruction or hazard.

- Remain calm and evacuate the facility.
- Do not use elevators to evacuate.
- Never assume that a fire alarm is a drill or false alarm.
- Persons evacuating the building should report to their assigned emergency assembly point, as directed by their supervisor or Residential Advisor.
- Do not congregate in the doorways, exits or emergency lanes. These areas must be kept clear.
- After you have checked in with your designated person, you may wait in a nearby safe building if there is inclement weather.
- Do not re-enter the facility until authorized by the Morehead Fire Department or MSU Police Department.
- If you have any information regarding the alarm, present that information immediately to the responding emergency personnel.
- Before opening any door, feel the door. If it is HOT, do not open it. If it is not hot, brace yourself against the door, open it slightly, and if heat or heavy smoke are present, close the door and stay in your room.
- If you are trapped by the smoke or fire and not capable of evacuating the building, close yourself into a safe room and stuff clothing or towels under the door to minimize smoke from entering the room. If possible, you may open the window and signal that you are trapped and need rescue.
- If you can't open the window then wave something white or bright in the window to get attention. Do not break glass if there is a possibility of it falling and injuring those below.
- Remember you can crawl to avoid smoke.
- STOP, DROP and ROLL if you are on fire.
- Always remember to follow the instructions of the emergency responders.

[MSU Fire Safety Policy & Procedures Training Link](#)



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Falls usually take place from one level to another. One of the most common examples of this type of injury involves falling down stairs. Another involves using chairs as ladders. Preventive measures include:

- NEVER stand on a chair to reach a high object. Always use a ladder.
- When using ladders, select the proper type and size, and use it properly.
- Walk up and down stairs, and never jump from the last step.
- Use handrails.
- Don't carry too many items at once that may block your view and cause an imbalance.
- Report any unsafe conditions.
- ❖ There is one more precautionary tip that applies in all these cases, and that is to **PAY ATTENTION TO WHAT YOU ARE DOING**. This is among the most common causes of injuries, and is the easiest to correct. The best walking surfaces and ideal weather conditions won't be of any help if you are not watching where you are going.

Safety Toolbox Tips

Important safety reminders and tips:

- Pedestrians have the right of way on campus crosswalks, please be aware of pedestrians and bicyclists at all times and please drive slowly.
- As the sunlight hours diminish, be aware that low angle sunlight can impair your ability to see, especially while driving. Use sunglasses.
- Pay attention to your surroundings, use caution in construction zones and around delivery areas. Don't assume a truck driver can see or hear you.
- Do not dispose of needles or catheter bags containing urine 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. Pour urine into a commode before disposing of a catheter bag.
- Practice safe lifting; bend your knees and use your leg muscles to lift and carry the load instead of your back. Ask for assistance from someone if you need to.
- Cold & flu season is upon us. Remember to wash your hands, use an alcohol based hand sanitizer, cough & sneeze into a tissue or your elbow, and spread the word and not the germs! Contact the MSU Health Clinic about protecting yourself with a flu shot.

Announcements & Upcoming Training

- ❖ October is Fire Safety month; please check your smoke and carbon monoxide detectors if you live off campus. Most fatal house fires happen in the winter months and involve heating appliances and cooking. Always watch what you heat!
- ❖ Wildfires are more common during this time of year. Please be careful to extinguish camping fires, cigarettes and other flames that could start outdoor fires.
- ❖ 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
- ❖ 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.