THE EHS REPORT

NCATSU Environmental Health & Safety Department

The Environmental Health & Safety
Department's mission is to provide for risk
identification and management techniques as
well as to provide for the prevention of injury and
the protection of property, life and the
environment in the support of the mission and
goals of the University.

In this newsletter, we would like to introduce our interns and inform you of what duties they perform throughout campus. We would also like to inform you of heat related illnesses slips, trips and falls as well as how to protect yourself from these hazards. Our interns are responsible for the Safety and Health of all Employees to include but not be limited to: Safety Training, Laboratory Safety, Radiation Safety, Fire Safety, Insurance, and Environmental Health & Safety

Internships: EHS Interns gain valuable hands on experience in the field by inspecting fire extinguishers, shadowing technicians as

they perform lab inspections, helping with the removal and storage of hazardous waste, updating evacuation plans for residence halls, conducting fire drills and responding to emergency calls concerning fire alarms. This semester interns had a chance to work alongside the State Fire Marshal conducting building inspections. Interns also work closely with different vendors testing equipment such as the sprinkler systems, fire pumps, and fire alarms.

Students: Undergraduate and graduate students in the Occupational Safety and Health program who want to further their classroom learning experience are encouraged to apply as safety interns. Currently the department has three interns and is looking forward to some volunteers.

Interns: Xavier Dick, Ebonie Wilborn and Alexander Holder

Seasonal Updates

HOW TO PROTECT YOURSELF

Heat Stress:

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. There are precautions your employer should take any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness:

- High temperature and humidity
- · Direct sun exposure, no breeze or wind
- · Low liquid intake
- Heavy physical labor

Symptoms of Heat Exhaustion and Stroke:

Headache, dizziness, or fainting, weakness and wet skin, irritability or confusion, thirst, nausea,

or vomiting, confusion, unable to think clearly, pass out, collapsing, or have seizures (fits), may stop sweating.

How to Prevent Heat Illness:

- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.
- Schedule frequent rest periods with water breaks in shaded or air conditioned areas.
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling

How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.

DID YOU KNOW???

Many campuses are taking more security precautions such as providing transportation for students late at night and offering self defense courses on campus.

Slips trips and falls

Slips, trips & falls make up the majority of general industry accidents.

Types of injuries and areas most effected

- Sprains & strains, bruises & contusions, fractures, abrasions & lacerations
- Knee, ankle and/or foot, wrist &/or elbow, back &/or shoulder, hip, head

Causes of slips trips and falls

- Dry product or spills making walking surface slippery
- · Sloped walking surfaces
- Loose, unanchored rugs or mats
- · Loose floorboards or shifting tiles
- Wet, muddy or greasy shoes

- Uncovered hoses, cables, wires or extension cords across aisles or walkways
- Clutter, obstacles in aisles, walkway & work areas
- Irregularities in walking surfaces
- · Missing or uneven floor tiles & bricks

Prevention tips

- Good housekeeping
- · Maintain clear, tidy work areas free of clutter
- Follow safe walking practices & routes
- Wear proper footwear with good traction
- Mark/highlight step edges & transition areas (changes in elevations)
- Use anti-skid paint, slip-resistant coatings & strips
- Make sure stairs have sufficient lighting & hand rails

UPCOMING EVENTS

EARTH DAY April 22ND

Aggie Go Green Earth Day Walk, Memorial Fountain and Union Front Steps NCAT Earth Day, Union Exhibit Hall
Earth Day Festival Located in Holland Bowl 11:00 am -2:00pm
Lights Out: Dining Out Located in Holland Bowl 4:00pm-8:00pm
Recyclelicious Fashion Show Located in Holland Bowl 5:00pm-6:00pm

WHAT'S IN STORE FOR NEXT MONTH

2013 Spring Commencement May 11, 2013

Hazmat Building 1905 Lutheran Street Greensboro, NC 27411

Telephone Number: 336-334-7992 For Emergencies Call the University Police 336-334-7675