



# SAFETY TALKS



A Quarterly Publication Presented by:  
The Environmental Health & Safety Office

## Professional and Personal Safety.

### VEHICLE SAFETY:

- Regular Vehicle maintenance.
- Avoid unsafe areas such as congested and construction areas.
- ALWAYS wear Seat belts (Buckle up, It's the Law).
- Lock doors at all times.
- Use caution at all intersections.
- Avoid tailgating and tailgaters.
- Always be prepared to yield, whether or not you have the right-of way.
- Be aware of what is happening around you.
- Should you have car trouble, pull off the road as safely and as far as possible; activate flashers; if you feel unsafe, remain in vehicle.

### ATM SAFETY:

- Use only well lit, public view ATMs
- Avoid ATMs near bushes and other hiding places.
- Don't make deposits and withdraws at same time and place everyday.
- Do business quickly; don't count money at the machine.
- Guard when using and don't let anyone know your PIN number.

### OFFICE SAFETY:

- Try to park as close to office as possible in well-lighted area.
- Be aware of walkways/sidewalks in need of repair. (Report problem walkways to EHSO.)
- Be aware of shrubbery and trees along walkway or doors.
- If working before normal work hours, lock the doors behind you.
- Turn on all lights.
- Recognize possible Emergencies (Unusual noise, sights, appearance/behavior of individuals.
- Know the floor diagrams for evacuation.

(Sources: Virginia State Police, Everybody's Book of Self Defense, Protecting Yourself)

## Pedestrians vs. Motorists: Safety issue on campus.

The campus is full of obstacles; every day motorists, buses, construction vehicles, cyclists, and pedestrians, to include rollerbladers and skateboarders converge on campus and surrounding areas.

In recent months, increased traffic and pedestrian congestion - due to construction and subsequent road closings - has again made the rights and responsibilities of pedestrians, cyclists and motorists a subject of debate. Each group feels their rights to travel on campus have been violated. Pedestrians and motorists alike are not sure what their responsibilities are in relation to each other.

Pedestrians have the right-of-way at controlled intersections and in marked crosswalks. The motorist is required to bring their vehicle to a complete stop when a pedestrian is crossing in the crosswalk, and remain stopped until the pedestrian has cleared the lane in which the vehicle is traveling. Pedestrians must realize that they are responsible for protecting themselves and exercise care, caution, and use good judgment for their protection. For example, a pedestrian should not leave the curb unless there is adequate distance for a motorist to stop and yield. Also, a pedestrian crossing a street at other than a marked crosswalk does not have the right away and thus must yield to approaching vehicle. It is important to remember that at marked crosswalks the pedestrian has the right-of-way, but between marked crosswalks motorists have the right-of-way.

(Public Safety News Issue 98-04, ORS, Cornell chronicle 96)



2004

### Inside This Issue:

	<u>Page</u>
Professional & Personal Safety.....	1
Pedestrians vs. Motorists:.....	1
Home Injuries Cost Employers \$38 Billion.....	2
5-Minute Meeting Starters- Safe Lifting .....	2
Golf Cart Safety Class .....	2

Old Dominion University  
Environmental Health & Safety Office  
4807 Hampton Blvd.  
Hughes Hall suite 2061  
Norfolk, VA 23529  
Phone: 683-4495  
Fax: 683-6025



We're also on the web:

- Have your heating system inspected and serviced before the heating season begins.
- Have flue pipes, vent connectors, gas vents and chimneys inspected each Fall and cleaned and repaired when necessary.
- Keep portable heaters well away from curtains, bedding, furniture and other combustible materials.
- Purchase a portable heater that has been tested and approved by one or more of the recognized testing agencies such as United Underwriters Laboratory (U.L.) or Factory Mutual.
- Kerosene heaters must have a safety shutoff device which automatically snuffs out the flame if the heater is tipped.
- Use only Grade K-1 kerosene for refueling kerosene heaters.
- Kerosene should be stored in a metal container with a tight fitting lid. It should be clearly marked "For Kerosene Heater Use Only."
- Never use gasoline, campstove fuel, or other flammable liquids in your kerosene heater.
- Refill the heater outside when the unit is cool. Use a siphon pump to prevent spillage. Never refuel a heater while it is burning.
- Install at least one smoke detector per level in your home
- Plan and practice home fire drills
- Test smoke detectors weekly - replace batteries yearly
- For fire or medical emergency - dial 911

**Do you operate a Golf cart on campus?**

If so, contact Doug Alexander to schedule a Golf Cart Safety Training class for you and your fellow co-workers.

Contact Doug @ 683-4495

**Home Injuries Cost U.S. Employers \$38 Billion Annually**

According to a new study, "the State of Home Safety in America 2004," employers are spending an average of \$280 per employee for injuries suffered at home, which equates to \$38 billion a year total.

According to the study, which was conducted by the Home Safety Council, factors of the severe economic impact of home injuries on employers include rising health insurance, life insurance, sick leave and disability costs, as well as the cost of hiring and training new employees. In fact, the study found that an injury that results in a hospital stay costs nearly \$20,000, and a fatal injury costs an employer nearly \$30,000.

"The enormous cost of unintentional home injuries may surprise U.S. employers," said Meri-K Appy, president of the Home Safety Council. "Home injuries affect worker morale as well as the company's bottom line. By arming the workforce with guidance and information to reduce preventable injuries at home, companies protect their most valued resource: their employees."

For more information and resources for home safety education, visit [www.homesafetycouncil.org](http://www.homesafetycouncil.org).

(Source: [www.OccupationalHazards.com](http://www.OccupationalHazards.com), [www.Homesafetycouncil.org](http://www.Homesafetycouncil.org))

**5 minute meeting starters: Safe Lifting**

Back injuries, often caused by improper lifting, are the leading cause of disability among workers aged 18 to 65, according to OSHA. Your best chance of reducing them is by teaching safe-lifting techniques.

First you must convey two key concepts to your employees during the meeting:

1. **Incremental damage:** Employees may not realize that most back injuries occur gradually over time. Every time they bend and lift improperly, they can cause microscopic damage to the supportive structure of the spine. Finally there's enough wear to result in a serious injury.
2. **The Power Position:** This position occurs when the lower back is in its inward curve, with low back muscles tightened to lock the spine in place. The back is 10 times stronger in this position.

After your employees understand these concepts, review these proper steps for safe lifting: **1)** Stand Straight. **2)** Keep your head up and your shoulders back. **3)** Arch the curve of your lower back inward, stick your chest out, tighten your muscles, thereby locking the lower back into the power position. **4)** Bend your knees, and initiate the lift from below the object rather than above it. **5)** Lift with your arms and legs, not with your back.

(Source: Safetv21 for Supervisors. May 4, 2004. Vol. 2, No. 14)

**Environmental Health & Safety Office  
Contact Information**

Rachel DeMunda Director	<a href="mailto:rdemunda@odu.edu">rdemunda@odu.edu</a> 683-4639
Doug Alexander Associate Director	<a href="mailto:dalexand@odu.edu">dalexand@odu.edu</a> 683-5817
Derek Krepp Radiation Safety Officer	<a href="mailto:dkrepp@odu.edu">dkrepp@odu.edu</a> 683-5834
Ron Herrera Asbestos/Lead Coordinator	<a href="mailto:rherrera@odu.edu">rherrera@odu.edu</a> 683-4797
Shawn Sarauw Safety Technician	<a href="mailto:ssarauw@odu.edu">ssarauw@odu.edu</a> 683-6358