



SAFETY TALKS



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



2003

December is Drunk and Drugged Driving Prevention Month

Impaired driving will affect one in three Americans during their lifetime. In 2001, 17,448 people in the U.S. died in alcohol-related motor vehicle crashes, accounting for 41% of all traffic-related deaths (NHTSA 2002).

December has been designated [National Drunk and Drugged Driving Prevention Month](#) (3D Month) by Presidential Proclamation.

Quick Facts About Impaired Driving

- An alcohol-related motor vehicle crash kills someone every 30 minutes, and non-fatally injures someone every two minutes (NHTSA 2002).
- Each year, alcohol-related crashes in the United States cost about \$51 billion (Blincoe et al. 2002).
- Most drinking and driving episodes go undetected. In 2000, approximately 1.5 million drivers were arrested for driving under the influence of alcohol or narcotics (NHTSA 2002). That's slightly more than 1% of the 120 million self-reported episodes of alcohol-impaired driving among U.S. adults each year (Dellinger et al. 1999).
- After more than a decade of declining rates in alcohol-related fatal crashes, rates have begun to climb. Since 1999, rates have increased slightly by 4% to 10% for all age groups except those ages 16 to 17 (Elder et al. 2002).
- To further decrease alcohol-related fatal crashes, communities need to implement and enforce strategies that are known to be effective, such as sobriety checkpoints, 0.08% BAC laws, minimum legal drinking age laws, and "zero tolerance" laws for young drivers (Shults et al. 2001).

(Centers for Disease Control and Prevention and NHTSA) www.cdc.gov/ncipc/duip/spotlite/3d.htm

Winter Walking & Driving Safety

Walking Safety Tips:

- Clear walkways and porches of snow and ice.
- Sprinkle salt, sand or kitty litter on walking areas to avoid slipping.
- When walking, step firmly and bend your knees. Take smaller steps.
- Mop up water or snow tracked into entryways and hallways from outdoors. Puddles of water can be hard to see and may cause you to slip.
- Don't wear a hat or scarf that blocks your vision or makes it hard for you to hear traffic.
- Don't get in a hurry. Falls most often occur when you're walking faster than usual.
- Use your common sense when deciding where to walk in the winter.

Car Safety Tips:

- Check anti-freeze and wiper fluid before getting on the road.
- Keep sand, salt or kitty litter in the trunk in case you get stuck.
- Keep a shovel, flashlight, jumper cables and a can of pressurized flat-repair aerosol in the car at all times.
- Drive slowly and plan extra time to reach your destination. Carpool whenever possible.
- Store non-perishable snacks and an old blanket in the trunk in case you are stranded.

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We're also on the web:

www.odu.edu/af/ehs

Safety Tip:

Change your clocks, Change your wiper blades...

Daylight saving time is often utilized as a reminder for important biannual maintenance such as changing smoke detector batteries. Though often overlooked, wiper blade inspection and change should also be considered an important item on the daylight saving checklist. Wiper blade innovator TRICO Products suggest the "change your clocks, change your wiper blades" rule of thumb to ensure blades are replaced biannually.

Winter Safety Tips

- Do NOT leave candles, heaters, or fireplaces lit if you go out.
- Avoid using mittens with strings for children; these can cause choking. It's easier to replace a mitten than a child!!
- Watch children (and pets too!) closely around any space heater, or fireplace. DO NOT leave a child (or pet) unattended around one!! A few seconds may change your whole life!!
- Prepare an emergency supply kit with non-perishable food, water, flashlights, battery operated radio, extra batteries, and blankets
- Wear many layers instead of just 2. For example, a t-shirt, a turtleneck, a sweater or sweatshirt, a polar fleece coat and then a parka. Not to mention 2 pairs of sock, and 2 pairs of gloves. The more layers the better, and always put your little ones in one layer more than you are comfortable wearing.
- Don't drink hot drinks to warm yourself up (when you are outside). It tricks your body into thinking you are warmer and you lose too much heat too fast. (It's okay for when you come inside but not for staying out.)
- Keep a blanket, flashlight and shovel in the trunk of your car.
- Run the cold water at a constant trickle so your pipes don't freeze.
- If your vehicle gets stuck in snow, gently roll back & forth, & turn your wheels a fraction each time. DON'T spin your wheels at full force.
- Mittens are warmer than gloves. All of those fingers help keep the others warm.
- Most important, have a good warm meal in the morning before you go out into the cold weather.

Campus Safety Tips.

In most large U.S. cities, street crime is on the increase. In fact many crimes are more common on college campuses than off. Keep yourself and friends safe with an awareness of your surroundings. These campus safety tips will help you.

- When leaving your dorm or apartment, make sure all doors and windows are locked.
- The [Strobe Security Wireless Alarm System](#) is a perfect alarm system for an apartment or dorm. It is easy to set up, it's wireless. It comes with a remote control, panic button, alarm, a complete kit.
- At night travel on well lighted and well traveled streets.
- If possible, travel with someone else. Especially after dark.
- Keep an eye out for anyone who is loitering or hanging around your dorm, campus or your car. College students are much more likely to be stalked.
- Don't carry large sums of money.
- If you feel someone is following you, go to the nearest occupied residence or building and ask for assistance.
- If confronted with a dangerous situation, Yelling "FIRE! FIRE!" instead of "HELP!" will generally bring faster attention.

For more tips on safety on campus, visit www.collegesafe.com, and look up College Safety Tips.

Happy Holidays
and have a
safe Winter Break.



From all of us at the
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