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FROM THE DIRECTOR

For this inaugural issue of the Safety Buzz newsletter, I want to take this opportunity to talk to you about safety, and introduce the EH&S staff to you. In this and future issues, we will convey important topics regarding occupational health, injury prevention, environmental protection, and emerging technologies and issues in environmental affairs.

Safety and environmental protection are everyone's responsibility. EH&S is staffed with subject matter experts on occupational disease prevention, injury prevention, and environmental protection, but EH&S staff members cannot be everywhere all the time. We hope to raise your safety and environmental awareness by offering training, issuing guidance, being available when you have questions, and keeping our web site current.

Let me introduce EH&S to you:

Chemical Safety: Debbie Wolfe-Lopez—Coordinator. Debbie is supported by two Chemical Safety Specialists: Vanessa Keel and Amanda Stefanakos. This function is responsible for issues related to chemical usage, chemical safety, right-to-know, laboratory safety, testing of protective devices such as lab hoods, local exhaust ventilation systems, safety showers, indoor environment, asbestos, noise, and laser safety.

Safety: Alton Chin-Shue—Coordinator. Alton is supported by a Safety Specialist: Duane Slack. This function is responsible for physical safety issues (e.g., lock-out/tag-out, confined space entry, electrical safety, etc.), motor vehicle safety, defensive driver training.

Environmental Health: Lee Zacarias—Coordinator. Lee is supported by an Environmental Health Specialist: Michelle Short. This function is responsible for biological safety, use of "select" biological agents, environmental protection, lead-based paint. Lee and Michelle are also responsible for the EH&S web site and other information sources such as this newsletter.

Hazardous Materials: Ed Pozniak—Coordinator.

Ed is supported by a Hazardous Materials Specialist: Brian Clemons. This function is responsible for the management of hazardous chemical and biological wastes and providing guidance to generators of hazardous waste on how to safely accumulate waste until the waste is picked up for disposal, recycling, or destruction.

Fire Safety: Vic Rachael—Coordinator. Vic will be supported by a Fire Safety Specialist starting August 1, 2004: David Richmond. This function is responsible for fire safety, life safety, fire extinguisher maintenance, and construction plan review. Vic is a Deputized Fire Marshal from the State of Georgia's Insurance and Safety Fire Commissioner's office and in this capacity is empowered to review/certify construction plans, issue certificates of occupancy, and inspect buildings for compliance with national and building fire codes.

Administration: Anna Hawkins—Assistant II. Anna is my "right-hand." Without her, EH&S would struggle with finances, personnel, and other administrative duties.

We're here to help you! Contact us! Attend our training! Go to our web site and review the information we have. We look forward to building a positive relationship with you.

Be safe out there, Ed

MOLD FACTS

Concern about indoor exposure to mold has increased along with public awareness that exposure to mold can cause a variety of health effects and symptoms, including allergic reactions.

Molds are part of the natural environment. Molds are fungi that can be found anywhere— inside and outside— throughout the year. About 1,000 species of mold can be found in the U.S.

Outdoors, molds play an important role in nature by breaking down organic matter such as toppled trees, fallen leaves, and dead animals.

Indoors, mold growth should be avoided. Molds are not usually a problem unless mold spores land on a damp spot and begin growing.

We are exposed to some amount of naturally occurring mold each day. The presence of visible mold on building materials *does not* necessarily result in excessive exposure or subsequent health effects.

Exposure is dependent on:

- Ability of mold to produce and release metabolites, spores, or fragments, and
- Potential for these agents to be inhaled, physically contacted, or ingested.

Health effects are dependent on:

- Type of mold and its capability to cause infection, hypersensitivity, or irritant effects,
- Amount and frequency of exposure, and
- Susceptibility of exposed persons.

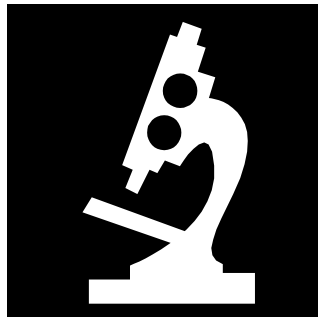
The most common effects of overexposure is irritation and allergies. The occurrence of significant health effects is rare, however, you should contact the EH&S Office if you have potential concerns.

What can you do to prevent mold?

- Maintain humidity below 60%,
- Repair source(s) of water infiltration as soon as possible,
- Replace or dry water damaged materials within 24-48 hours, and
- Keep surfaces clean and dry.

Did you know....

EH&S maintains a video library covering a wide range of health and safety topics that are available for check-out? Visit our webpage or call Vanessa at 385-2963 for more info.



Safety Quiz:

The acronym MSDS stands for:

- A. Most Safety Determination Systems
- B. Mass Safety Data System
- C. Material Safety Data Sheet
- D. Material Safety Determination Sheet

Answer: C

HEAT STRESS

With summer weather, high temperature and relative humidity slow the body's ability to dissipate heat, and we can become "heat stressed." There are four heat stress conditions and simple preventative measures.

Four Heat Stress Conditions:

- **Prickly Heat**— Red rash on skin where clothing is restrictive, and perspiration has not evaporated. Rash gives a prickly sensation.
- **Heat Cramps**— Painful muscle spasms caused by an electrolyte imbalance (loss of salt) brought on by sweating.
- **Heat Exhaustion**— Clammy, moist skin with headache, nausea, weakness, vertigo, thirst, and giddiness. Injury could occur if person loses consciousness.
- **Heat Stroke**— A MEDICAL EMERGENCY! Seek medical attention immediately. The body's heat regulatory mechanism has broken down, and the skin is dry and hot due to lack of sweating. Confusion, irrational behavior, loss of consciousness, and convulsions are other symptoms.

Preventions:

- **Acclimatization:** The body can become used to heat through repeated controlled exposures to high heat. Initial exposures should be short with regular exposures increasing over time.

A person can become fully acclimatized to heat in about 2 weeks. Fully acclimatized individuals lose very little electrolytes through sweating.

- **Fluid Replacement:** The body controls heat by cooling primarily through evaporation of perspiration. Sweating results in loss of fluid that must be regularly replaced. Drink 4-8 ounces of water every 15-20 minutes to prevent dehydration—remember, thirst is not a good indicator of dehydration. Sports drinks are not necessary but may be desirable—for electrolyte replacement during acclimatization and flavor—dilute with water to promote fluid adsorption in the stomach.
- **No Alcohol/Caffeine:** Alcoholic and caffeinated beverages promote dehydration, even if consumed when a person is not exposed to heat, that compromises the body's ability to dissipate heat.
- **Work-Rest Cycles:** The body can cope with only so much heat and relative humidity, and despite acclimatization, exposure to high heat might need to be managed. Work in cooler parts of the day or at night (if lack of day lighting doesn't cause other safety hazards), and manage exposure through systematic work-rest cycles.

EH&S can provide further guidance on managing heat stress.



*Defensive Driving
is a free course
offered monthly by
EH&S. To find
out more
information, call
Alton Chin-Shue
at 385-0263*

WEST NILE VIRUS

According to weather forecasters, it has rained every day in the month of June. This has led to an abundance of mosquitoes on campus.

There are several precautions you can take to deter mosquitoes from hatching near your home.

- Keep vegetation around your home trimmed.
- Eliminate standing water
- Eliminate rubbish where rainwater can collect.
- Clean garden pools.

When outdoors:

- Use insect repellent containing DEET.

- Wear long-sleeved clothes, socks and long pants, especially during peak mosquito times: dusk and dawn.
- Avoid perfumes, colognes, fragrant hair sprays, lotions and soaps.

On campus, there is a contractor that monitors for mosquitoes and eradicates mosquito clusters.

For more information visit us on the web or these web sites:

www.ph.dhr.state.ga.us
www.weather.com

**“Don’t
learn
safety by
accident”**

**At Work, At Play,
Let Safety Lead
the way!**

Weather Emergencies: What Should You Do?

As we stay outdoors to work or enjoy the warm weather, be aware of your risk of injury (or even death) during severe weather. Do you know what to do to protect yourself and your family from the following weather hazards?

Thunderstorms

Typically, thunderstorms include high winds, rain, hail and lightning. The most dangerous aspect of a thunderstorm is lightning. More Americans are killed annually by lightning than hurricanes or tornadoes. It’s no secret that thunderstorms may also spawn tornadoes. Be aware of possible flooding conditions and use extreme caution when crossing bridges or streams during heavy rainstorms.

Lightning

If you are outdoors and cannot seek shelter in a large building or house:

1. Stay away from open water, outdoor equipment, and small metal vehicles;
2. Do not stand underneath tall isolated trees or telephone poles;
3. Avoid hilltops or open areas; and
4. Stay away from wire fences, clothes-lines, metal pipes and railings.



Training

The EH&S office offers a variety of training programs, including:

1. Fire Safety
2. Bloodborne Pathogen
3. Chemical Safety
4. Lockout/tagout
5. Defensive Driving
6. Ergonomics
7. Confined Space
8. Hazardous Materials
9. Fire Extinguisher
10. Biological Safety
11. Respirator
12. Personal Protective Equipment
13. Right-to- Know.

Tornadoes

A *Tornado Watch* means tornadoes are expected to develop. Stay aware of the current weather conditions in your area by listening to the radio or television. Be prepared to move to a safe location immediately.



A *Tornado Warning* means a tornado has been seen. **TAKE SHELTER NOW!!**

Seek shelter in the basement or in the interior corridors, stairways, or rooms on the lowest floors of buildings. **STAY AWAY FROM WINDOWS.** Don’t try and watch the storm from a window since sudden high winds and pressure changes can shatter the glass. Additional protection is obtained by getting under a desk or heavy table. Do not seek shelter in large rooms with wide, free-span roofs, such as gymnasiums or auditoriums. In homes, seek shelter in the basement or in closets or rooms in the center part of the house. In open country, move away from the tornado at a right angle to its path. If this is not possible, lie flat, face down, in the nearest depression or ditch. **DON’T STAY IN VEHICLES.**

Above all, stay calm and alert until the storm passes.

