Look Up Walk Smart Campaign

By: Paula Sweitzer

The Departments of Environmental Health and Safety (EHS) and Public Safety have teamed up to ask members of the University community to look up and walk smart.

Through their Look Up and Walk Smart campaign, EHS and public safety hope to call attention to the dangers of using a smart phone while walking.

“People are texting, tweeting, banking, streaming, shopping, emailing, gaming and, basically, not paying attention to their surroundings,” explained EHS Director Paula Sweitzer. “It has become second nature for some to multitask while walking from one building to the next. Across the country, people are running into objects, falling and being struck by cars.”

A 2013 study conducted by The Ohio State University found that more than 1,500 pedestrians were treated in emergency rooms in 2010 for injuries related to using a cell phone while walking. The number continues to trend upward at a rapid pace.

“These injuries can be easily prevented,” Sweitzer said. “Pedestrians have higher mortality rates and more serious injuries because they don’t have the protection of being in a vehicle.”

The National Safety Council offers these tips:

- Don’t walk, talk and text
- If you have to talk or text, move to the side and out of the way of others
- Never cross or walk in the street while using an electronic device
- Don’t walk while wearing/using headphones
- Keep track of your surroundings.

For more information about the Look Up and Walk Smart campaign, contact Paula Sweitzer at 412.396.4763 or Public Safety Captain Lee Speer at 412.396.4935.
Drivng….Safety…..Again…..

By: Ryan Reilly

With all of the distractions from technology advancements in our lives today, it’s no wonder motor vehicle accidents are one of the most common cause of work-related deaths and injuries. Driving in inclement weather and aggressive tactics leads to a greater likelihood of an accident, yet distracted driving is one problem every individual can take upon themselves to change. In 2012, 3,328 persons died and an estimated 421,000 injured in a motor vehicle involving distracted driving. In addition, 540 pedestrians were killed in distraction-related crashes (NHTSA’s Traffic Safety Fact Research Note, Distracted Driving 2012 April 2014). According to the Network of Employers for Traffic Safety and OSHA, every 12 minutes a person dies in a motor vehicle accident, every 10 seconds an injury occurs, and every 5 seconds a collision occurs. Remind yourself a 10 second text or brief call is not worth the risk. After consideration of these facts some tips to reduce distractions include:

- be a role model for others by not answering a call or texting while driving;
- sign a pledge at www.iwillnottextanddrive.com; and
- use technology applications for phones to block calls and texts.

Other factors leading to injuries in motor vehicles include fatigue, alcohol & drugs, not wearing a seat belt, and night driving. Fatigue, as well as alcohol and drugs can impair judgment, blur vision, and slow reaction times. Most accidents happen in the night because of tired drivers and restricted vision – therefore some tips to avoid accidents include:

- keeping extra distance between yourself and the car in front to a minimum of 4 seconds;
- keep your headlights on auto or turn on at dusk; and
- reduce using your high beams when cars are directly in front of you or coming towards you.

Highway driving in inclement conditions is a common occurrence in Pennsylvania and the surrounding states in the Northeast. Visibility restriction and reduced traction due to rain, fog and snow causes drivers to become stressed and tense. A combination of oil from asphalt and vehicles, dirt and sediment runoff, and water make for slippery conditions. In preparation to alleviate the tense grip on steering wheels, some tips include the following:

- check your psi and wear on your tires;
- always clear your vehicle of snow and debris;
- keep extra distance between vehicles, if skidding – decelerate and steer into the skid;
- if foggy use low beams and don’t abruptly accelerate or brake;
- avoid hydroplaning by letting your foot off the gas – don’t suddenly brake; and
- keep an emergency kit in your vehicle.

It is up to you to practice safe habits and be good role models for other adults and younger generations in order to reduce fatalities and injuries in motor vehicles. The next time you find yourself driving distracted ask yourself if that communication is worth the risk of harm to yourself, another driver, or a pedestrian.
Smoke Detectors

By: Bob Haushalter

The Center for Disease Control (CDC) reports that there are over 300,000 residential fire a year with about 3,000 people losing their lives. About two-thirds of home fire deaths occur in homes with no smoke alarms or no working smoke alarms. A working smoke alarm can reduce the risk of dying from a fire in your home by almost half. With this in mind, let’s go over smoke alarms.

**Types of smoke alarms:**

There are two main types of smoke alarms:
- ionization smoke detection (more responsive to flaming fires); and
- photoelectric smoke detection (more responsive to smoldering fires).

There are combination smoke alarms that combine ionization and photoelectric detectors into one unit (dual sensor smoke alarms).

**Installation of smoke alarms:**

Both the CDC and NFPA (National Fire Protection Association) recommend that “Smoke alarms be installed on every level of the home, outside sleeping areas, and inside bedrooms.”

- Alarms should be placed in the center of a ceiling or, if you place them on a wall, they should be 6 to 12 inches below the ceiling.
- Do not place a smoke alarm too close to a kitchen appliance or fireplace, as this may result in nuisance alarms.
- Avoid locating alarms near bathrooms, heating appliances, windows, or ceiling fans.

**Other smoke alarm safety tips:**

- Replace smoke alarm batteries at least annually. A good time to do this is when we reset our clocks in the fall or spring.
- Test all smoke alarms in your house once a month
- Develop and practice a fire escape plan – this will reduce the amount of escape time required for you and your family to get out safely.

- **Once out** of the building – **stay out**

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**Smoke Detector Program  Allegheny County**

The Pittsburgh Fire Bureau offers a Smoke Detector Program. This is a free program, where the fire department will supply and install smoke detectors in your home. There are two requirements: you must be a City of Pittsburgh resident and you must own your own home. What a great program! For more information, please contact the City of Pittsburgh, Bureau of fire at 412-255-2866.
Fall Evacuation Results

By: Paula Sweitzer

Great news...all campus buildings were evacuated during our evacuation drill week and all buildings have passed!

These drills are conducted for several reasons. Primarily, we want the building occupants to know how to exit the building and where to go (designated gathering point). We also use these drills to ensure the alarm system components are functioning correctly. The drills are not only for the building occupants but also for EHS and Facilities personnel to become more familiar with the building systems.

Despite widespread cooperative compliance, a continuing unacceptable issue in several buildings is that some occupants refuse to obey the alarm. Please be aware that city codes require building occupants to evacuate a building any time the alarm sounds, regardless of whether the alarm is a drill or a real event.

Again, I would like to personally thank all of the Floor Marshals...they did a great job during these drills. And a thank you to all involved for your cooperation during these drills.

Hands-On fire Extinguisher Training

By: Paula Sweitzer

On Tuesday, September 23rd, EHS held its annual hands-on fire extinguisher training. Over 180 folks showed-up this year to learn more about safely using a fire extinguisher. We had a great turn-out from the departments of Pharmacy, Chemistry and Facilities Management. Through this hands-on training, we hope that individuals will feel more comfortable using a fire extinguisher, in the event they are faced with such a situation. It’s all about practice, practice, practice, which is the same for evacuation drills. It was a fun event and we hope everybody learned something too!

EHS New Student Aides

Kellie Craig and Breelyn McClernand started working with our department in September 2014. Kellie and Breelyn will be helping out with our monthly fire extinguisher inspections, monthly AED inspections, weekly eyewash inspections and biological waste pick-ups.

We are very excited to have both Kellie and Breelyn with us and thank them for their dedicated work effort!
Fighting a Fire—When is it Safe?

**Alarm has been pulled**—the alarm MUST be pulled before attempting to extinguish the fire. In an ideal situation, somebody can activate the alarm, while the another gets the fire extinguisher. When the alarm is pulled, this automatically activates the response of the fire department and our public safety, as well as alerts the building occupants that there is an emergency.

**Fire is small and contained.**

- You can avoid smoke.
- Exit is clear and to your back—you must have a way to get out if the fire is overwhelming.

Congrats to All Floor Marshals!

EHS is very impressed with the great job conducted by our floor marshals during the fall evacuation drills. Keep up the great work!

We are always looking for more Floor Marshals. If you are interested in volunteering and taking on this leadership role, please contact Paula Sweitzer x4763.

Laboratory Safety Trainings

As a reminder, every year EHS offers the following two trainings, both being mandatory for anybody that works in one of our labs:

- **Lab Safety Training**—this training is through blackboard, where general lab safety items are reviewed. For example, hazardous waste, chemical safety, PPE, emergency response such as eyewashes and safety showers, fire safety, radioactive items, biological items, etc. This training is required before anybody starts working in the labs and it is up to the PI/department to inform EHS of any new individuals joining the lab. This training is normally open in August.

- **Annual Safety Meeting**—this training is held in May and always in person. This is a meeting, where EHS will discuss new standards/regulations and provide a review/refresher on issues that need attention.

TO HELP DRIVE OUR SAFETY CULTURE HOME

**I PLEDGE TO DRIVE FOCUSED.**

☐ I will not text while driving.

☐ I will let calls go to voicemail when I am driving and will safely pull over to retrieve messages and make calls.

☐ I will quickly end any calls I’ve initiated if I determine the person I have reached is driving.

Signature___________________________________________________________

Date______________________________________________________________
Ladder Safety Quiz

1. OSHA regulates the design of ladders, but not their use.  
   ___ True ___ False

2. Ladders with any missing or broken parts should be removed from use.  
   ___ True ___ False

3. Ladders are rated by how much human and equipment weight they can hold safely. 
   ___ True ___ False

4. The heaviest-duty ladder, I-A, can hold 1,000 pounds. 
   ___ True ___ False

5. A ladder should be set up on a level surface with its feet parallel to the surface it rests against.  
   ___ True ___ False

6. A ladder should extend at least 4 feet above its top support. 
   ___ True ___ False

7. While climbing up or down a ladder, you should face it and hold the side rails with both hands. 
   ___ True ___ False

8. You should carry tools up or down a ladder in your hands only. 
   ___ True ___ False

9. You can step on the top of a ladder. 
   ___ True ___ False

10. You should not move a ladder while you are on it. 
    ___ True ___ False

Safety Videos:

- **Look Up Walk Smart**
  EHS and Public Safety have teamed-up for this campus campaign.

- **Safety Rap Video**
  A funny video produced in 2008 by Dominion Gas employees.

- **The Alarming Truth - Fire Safety**
  This video was produced to raise awareness about the importance of fire safety for colleges and universities.

Article Ideas....

EH & S encourages suggestions and comments.

Contact Ryan Reilly x1506 or reillyr1@duq.edu

1st 10 submitted to Mellon Hall B-8 with correct answer receive Sarris chocolate