Thanksgiving Safety

Whether you are staying on campus or visiting home, in the midst of all the hustle preparing your holiday meal, take some precautionary measures to prevent burns or a kitchen fire.

- Keep the stove top and oven clean. Built-up grease can ignite when turkey drippings spill over.
- Have a fire extinguisher handy in case of a grease fire.
- Don’t leave food cooking overnight or while you are away in another room.
- Keep an eye on the stove top.
- If a fire occurs in your oven, keep the door closed and turn off the oven. By keeping the door closed, you will keep oxygen from fueling the fire and keep you and your guests from any danger of being burned.
- Keep the number of people in your kitchen to a minimum, especially children. Crowded kitchens can cause confusion and result in burns.
- Turn pot handles on the stove top toward the center of the stove so they are not easily bumped.
- Always use cooking equipment that has been tested and approved by a nationally recognized testing laboratory (NRTL).
- Turkey Fryers can pose real fire dangers. Read all the manufacturer’s directions carefully and never use them on or near a combustible surface.
- When in doubt, get out. Close any doors behind you and call 9-1-1. Over half of home-cooking injuries occur when victims try to fight the fire themselves.

From Partners in Prevention • Campus Safe Living • November 2012

Happy Thanksgiving!
The National Fire Protection Association (NFPA) introduces their annual campus fire safety tips

College fire can no longer be defined as simply the pursuit of higher education. The term “college” is all encompassing; a blend of experiences and “first’s” that provide an enriching and life-altering transformation to many lives. College requires independence and responsibility in new roles. One of these roles begs students to live in residential housing and take on the responsibilities of communal living.

The NFPA understands that this adjustment can be new and challenging to students, and release simple tips to ensure the safety of students nationwide.

CANDLES

DON’T USE THEM. Ohio University has a “no candle policy.” They are the quickest way to start a fire. If you live off-campus, candles should never be left unattended and should be placed away from anything that could burn.

During a power outage, use flashlights.

SMOKING

Smoke only where permitted. Ohio University has no designated smoking areas. NEVER smoke inside any building. When smoking in a permitted location, use deep ashtrays and don’t flick burning cigarettes onto the ground, especially during seasons when flammable materials like leaves are present.

SMOKE ALARMS

If a fire alarm goes off in your residential hall, NEVER IGNORE IT. Always follow the escape route procedures outlined by the Residential Advisor (RA). Even if you think it is a hoax or a test, you must follow procedure.

If a Fire Safety Coordinator or Fire Safety Protection Engineer sees that you are not complying with fire code, you may be subject to judicial repercussions.

Pulling a fire alarm in the absence of a fire IS considered a crime.

If you live in an apartment or house, check fire alarms regularly and make sure one is installed in each sleeping room.

FIRE SPRINKLERS

Never hang ANYTHING from fire sprinkler pipes or nozzles. Fire extinguishers can make the difference between life or death and may extinguish a fire before a fire department even has time to arrive.

Never remove or disable Safe-T-Sensors! If they are not functioning properly, call RMS immediately.

ELECTRICAL

- Never tack or hang cords.
- Never place power cords across traffic paths or under carpets or furniture.
- Use accepted power strips and extension cords listed in residential housing guidelines.
- Check all OHIO rules before using electrical appliances in your room.

ESCAPE TIPS

- Learn your evacuation plan. No matter where your residency is, make sure you know the plan and are prepared.
- If you live off-campus and are responsible for making your own evacuation plan, make sure you have two ways out of every room and a meeting place.
- Review the plan with overnight guests.
- Learn the location of all exits in your building. Check doors and windows. All should open easily and have no obstructions. If you notice an obstruction, tell your RA or contact RMS. Nothing should be propped behind doors and reflective door numbers should be posted on exit doors.
- If an alarm goes off, go out and STAY out.
As fall semester rolls forward and football becomes this season’s main event, cases of foodborne illnesses grow without the proper knowledge of food safety.

The Ohio Bobcats have made history this year with the success of the football team. The positive attention Ohio football has been receiving and the newfound pride in our football team encourages audiences to flock to the stadium and to participate in tailgating.

Tailgating can no doubt be a fun way to increase Ohio spirit and get immersed in the festive football atmosphere, but it should also be considered a possible danger zone for growing bacteria lurking in tailgating food. Precautions should be made to maintain your enjoyment of the entire evening, especially after a triumphant victory.

According to the USDA (United States Department of Agriculture), some of the most important things to keep in mind while preparing tailgate food is to avoid cross-contamination between raw and cooked food, and to keep food at correct temperatures throughout the day. By following these tips listed below, you can avoid dangerous food-borne illnesses.

- Keep cold perishable food (raw hamburger patties, hotdogs, sausages, chicken) in an insulated cooler stocked with several inches of ice or frozen gel packs.
- Keep a thermometer in the cooler and routinely check to make sure it stays at 40°F or below.
- Make sure raw meat is packed securely in the cooler to avoid cross-contamination.
- Other perishable foods like pasta or potato salad, lunch meat, cooked meat, etc. should also be kept in a separate cooler, away from raw meats.
- Hot take-out food should be eaten within 2 hours or 1 hour if temperatures reach 90°F or above.
- Hot foods like soup, chili, or stew should be kept in an insulated container. If it stays closed, the food should stay hot for several hours.
- If you realize it will be impossible to keep the food hot earlier in the day, take the time to refrigerate the food (following the tips referring to cold perishable foods) and reheat the food to 165°F.
- If using a grill, pack a food thermometer. Chicken browns very quickly on the outside, therefore, it is important to measure the temperature on the inside to prevent raw meat bacteria.
- Bring clean utensils for preparing and serving food, remembering to bring extra for raw meat items that need to be cooked to avoid cross-contamination.
- Also bring water for washing dishes and disposable cloths for cleaning.

"Make sure food in a cooler stays below 40°F."

*Safe Minimum Internal Temp.
- All poultry: 165°F
- Ground beef, veal, lamb: 155°F
- Beef, veal, lamb steaks, roasts, and chops: 145°F
- Leftovers, reheating: 165°F
- Hot Holding: 135°F
Ohio University Insurance Requirements

Ohio University has certain insurance requirements in place:

**CONTRACTORS**

**Non-Consultants, Non-Construction**

The contractor shall carry and maintain during the duration of the contract, and at Contractor’s expense, all necessary insurance which shall include, as a minimum, the following:

Workers’ Compensation insurance to the full extent as required by applicable law and Employer’s Liability insurance with limits of not less than $1,000,000; Commercial General Liability coverage for bodily injury and property damage, including products and completed operations and contractual liability coverage, in amounts not less than $1,000,000 per occurrence and $2,000,000 in the aggregate; Commercial Automobile Liability coverage, including non-owned and hired, in an amount not less than $1,000,000.

With respect to all liability insurance, if coverage is written on a claims-made basis, it shall be maintained for a period of not less than two (2) years after contract completion. Such insurance shall have a retroactive date not later than the date on which contractor commenced the performance of services relating to the project. Contractor shall name the State of Ohio and Ohio University as additional insureds on all of the above mentioned coverages, with the exception of professional liability and worker’s compensation. All insurance required pursuant to this section shall be primary coverage to any insurance or self-insurance carried by the University and provide a waiver of subrogation in favor of the University. All companies issuing insurance policies must be authorized to do business in Ohio and have a rating of at least A VII, as noted in the most recent edition of the A.M. Best’s Insurance Guide. No later than the first day of contract inception, contractor shall provide the University with certificates of insurance evidencing the required coverage.

Contractor, on its own initiative, shall also provide certificates of insurance for the renewal of coverage. The certificates of insurance shall contain a provision stating that the policy or policies have been endorsed so that they will not be cancelled without thirty (30) days prior written notice to the University.

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Self-insuring employers are those whom the Ohio Bureau of Workers’ Compensation (BWC) has granted the authority to administer their own workers’ compensation claims. Approximately one-third of Ohio employers are self-insuring.

The administrator of BWC will not grant the status of self-insuring employer to the state, except that the administrator may grant the status of self-insuring employer to a state institution of higher education.

Self-insuring employers agree to abide by BWC and the Industrial Commission of Ohio’s (IC’s) rules and regulations and to provide accurate and timely benefits subject to those rules.

A self-insuring employer shall pay compensation or medical benefits directly to their injured employees without any order from BWC or the IC and start such payments as required under the Workers’ Compensation Act, unless it contests the claim. Self-insuring employers do not pay workers’ compensation premiums into the state insurance fund. The IC handles disputes in self-insuring claims.

BWC considers self-insurance a privilege and monitors the activity of all self-insuring employers in Ohio to ensure that benefits are paid fairly, promptly and in accordance with Ohio law. Injured workers who have reason to believe their self-insuring employer is not complying with the rules governing self-insurance may file a complaint with BWC’s self-insured department.

In order to receive the privilege of self-insurance an Ohio employer must meet several requirements including:

- Have a minimum of 500 employees in Ohio;
- Have two year’s experience with the state insurance fund;
- Operate a BWC-certified Qualified Health Plan (QHP) or Medical Management Plan;
- Demonstrate strong financial stability;
- Have the ability to administer workers’ compensation insurance;
- Maintain an account with a financial institution in Ohio or draw compensation checks from the same account as the payroll checks.

To become a self-insured, an employer must complete the proper application form and submit it to BWC at least ninety days prior to the effective date of the employer’s requested status as a self-insurer. The application must include:

- All financial records, documents and data necessary to provide a full financial disclosure (as audited by a certified public accountant);
- Balance sheet and a profit and loss statement for the current year and the previous four years;
- Organizational plan for claims processing;
- Proposed plan to inform employees of the change from state fund to self-insured including procedures employees must follow when filing for compensation and benefits.

The Self-Insured Review Panel hears requests for self-insurance. The panel signs a resolution either approving or denying the request. If approved, BWC shall issue a “Findings of Facts” statement signed by the administrator and assign the employer a new policy number.

This policy number is then used on all future correspondence with BWC. If the administrator determines not to grant the privilege of self-insurance, BWC shall so notify the employer, whereupon the employer shall be required to continue to pay its full premium into the state insurance fund.
Don’t Leave Workers in the Dark

The key role of knowledge in preventing harm

OSHA’s Occupational Exposure to Hazardous Chemicals in Laboratories Standard (29 CFR 1910.1450) referred to as the Laboratory Standard, specifies the mandatory information that must be made available to all laboratory employees, and the training that must be provided.

INFORMATION TO BE PROVIDED TO LAB PERSONNEL WORKING WITH HAZARDOUS SUBSTANCES INCLUDES:

- The contents of the Laboratory Standard and its appendices.
- The location and availability of the employer’s Chemical Hygiene Plan (CHP).
- The permissible exposure limits (PELs) for OSHA regulated substances or recommended exposure limits for other hazardous chemicals where there is no applicable OSHA standard.
- The signs and symptoms associated with exposures to hazardous chemicals used in the laboratory.
- The location and availability of known reference materials on the hazards, safe handling, storage and disposal of hazardous chemicals found in the laboratory including, but not limited to, the material safety data sheets (MSDS) received from the chemical supplier.
- The measures workers can take to protect themselves from these hazards, including specific procedures the employer has implemented to protect workers from exposure to hazardous chemicals, such as appropriate work practices, emergency procedures, and personal protective equipment to be used.
- The applicable details of the employer’s written CHP.

WORKER TRAINING MUST INCLUDE:

- Methods and observations that may be used to detect the presence or release of a hazardous chemical (such as monitoring conducted by the employer, continuous monitoring devices, visual appearance or odor of hazardous chemicals when being released, etc.).
- The physical and health hazards of chemicals in the work area.
- The measures workers can take to protect themselves from these hazards, including specific procedures the employer has implemented to protect workers from exposure to hazardous chemicals, such as appropriate work practices, emergency procedures, and personal protective equipment to be used.
- The applicable details of the employer’s written CHP.

Welcome New Staff Member, Kristi Giordano

New staff member, Kristi Giordano, joins the team at RMS as the new Laboratory Safety and Compliance Technician.

Kristi has worked in various lab positions for over 12 years and has acquired a broad knowledge of instrumentation as well as safety and environmental tasks. She is accredited through several programs, the most recent being the VELAP (Virginia Environmental Laboratory Accreditation Program).

Kristi is a Graduate of Associate in Applied Science degree program at Ohio University Chillicothe, and received a Bachelor of Arts in Business Management and Ethics from Ohio Christian University in 2008.

She has worked a range of positions such as Chemical Lab Technician for American Electric Power in Groveport, Lab Technician for PPG Industries in Circleville, and Analytic Research Technician for Battelle Memorial Institute and Analytical Lab Technician for Mead Research.

“I am excited about this position and possibility of working for such a wonderful university,” Kristi said.
A unique quality about Ohio University’s campus is that while it is home to a great number of students, it still remains a quaint locale, offering students a convenient and short walk to class. Pedestrians are often the majority of the town’s traffic and claim superiority over the streets in Athens.

Sometimes, it is easy to forget that cars and drivers are included among the population as students cross streets without turning their head or glancing from phones and iPods to look for oncoming traffic. Pedestrians, regardless of the location, are vulnerable to vehicles driving at high speeds compared to the short strides of walking or biking.

Pedestrians may have the right-of-way in most cases on campus, but expecting a moving vehicle to stop for you is often a high demand, especially when drivers may be distracted or not paying attention to the road. College campuses can be a dangerous and prone to traffic collisions. Understanding the roads and rules of crossing streets and where to walk can make all the difference in your safety.

**WHEN ACCIDENTS OCCUR**

According to the National Highway Traffic Safety Administration (NHTSA), 4,092 pedestrians were killed and an estimated 59,000 were injured in traffic crashes in the United States in 2009. The statistics from 2009 also showed that the majority of accidents occurred in urban settings. Almost three-fourths (72%) of pedestrian fatalities occurred in an urban setting versus a rural setting.

Similarly, three-fourths (76%) of pedestrian fatalities occurred at non-intersections versus at intersections. Almost 90 percent of pedestrian fatalities occurred during normal weather conditions, compared to rain, snow and fog. A majority of the pedestrian fatalities, almost 70 percent, occurred during the nighttime (shown in Figure 1). Between 2008 and 2009 all these percentages stayed relatively level.

It is important to note that the great majority of fatalities occurred during the night when many Ohio University students are out and unaware of cars still occupying the roads. Students who cross without paying any attention to crosswalks or stepping into the street are putting their lives in danger.

**TRAFFIC LAW REQUIREMENTS**

Pedestrians are required to walk in the opposite direction of oncoming traffic when applicable, and to yield to traffic by stepping to the side; this is especially important at nighttime.

Traffic law also requires pedestrians to turn at right angles and cross streets by yielding to thru-traffic. Wait for priority from crosswalks. Here are some traffic laws specific to Ohio. For more information, visit: [http://www.dot.state.oh.us/districts/D10/safety/Documents/Pedestrian_Laws.pdf](http://www.dot.state.oh.us/districts/D10/safety/Documents/Pedestrian_Laws.pdf).

- **4511.441 Pedestrian on Sidewalk has Right of Way** - The driver of a vehicle shall yield the right-of-way to any pedestrian on a sidewalk.
- **4511.46 Pedestrian on Crosswalk has Right of Way** - When traffic controls are not in place or not in operation, a driver shall yield the right of way to a pedestrian crossing the roadway in a crosswalk when the pedestrian is upon the same half of the roadways the driver, or so close as to be in danger.
- **4511.49 Pedestrians** - Pedestrians shall move, whenever practicable, upon the right half of crosswalks when crossing a street.

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**Your Guide to Safe Walking**

Yes, it does require some skill!

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**Figure 1**

Pedestrian Fatalities by Time of Day and Day of Week, 2009

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**Provided by the NHTSA 2009, U.S. Department of Transportation**

Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later.

**Immediate effects**

Immediate effects may show up after a single exposure or repeated exposures. These include irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. Such immediate effects are usually short-term and treatable. Sometimes the treatment is simply eliminating the person’s exposure to the source of the pollution, if it can be identified. Symptoms of some diseases, including asthma, hypersensitivity pneumonitis, and humidifier fever (PDF), may also show up soon after exposure to some indoor air pollutants.

The likelihood of immediate reactions to indoor air pollutants depends on several factors. Age and preexisting medical conditions are two important influences. In other cases, whether a person reacts to a pollutant depends on individual sensitivity, which varies tremendously from person to person. Some people can become sensitized to biological pollutants after repeated exposures, and it appears that some people can become sensitized to chemical pollutants as well.

Certain immediate effects are similar to those from colds or other viral diseases, so it is often difficult to determine if the symptoms are a result of exposure to indoor air pollution. For this reason, it is important to pay attention to the time and place symptoms occur. If the symptoms fade or go away when a person is away from home, for example, an effort should be made to identify indoor air sources that may be possible causes. Some effects may be made worse by an inadequate supply of outdoor air or from the heating, cooling, or humidity conditions prevalent in the home.

**Long-term effects**

Other health effects may show up either years after exposure has occurred or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease, and cancer, can be severely debilitating or fatal. It is prudent to try to improve the indoor air quality in your home even if symptoms are not noticeable.

While pollutants commonly found in indoor air are responsible for many harmful effects, there is considerable uncertainty about what concentrations or periods of exposure are necessary to produce specific health problems. People also react very differently to exposure to indoor air pollutants. Further research is needed to better understand which health effects occur after exposure to the average pollutant concentrations found in homes and which occurs from the higher concentrations that occur for short periods of time.

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**Lead Exposure**

**Work Activities Lasting More Than an Hour**

Work involving manual demolition of structures, manual scraping, manual sanding, heat gun applications, or power tool cleaning of surfaces which have lead containing coatings of paint, spray painting with lead containing paint, and area cleaning of lead containing debris by sweeping or shoveling, will require a half mask air purifying respirator equipped with high efficiency particulate air (HEPA) cartridges.

These employees must be enrolled, trained, and fitted in the OHIO Respiratory Protection Program.
From the AVP’s Desk

(continued from page 1)

They must communicate with workers, enforce safety rules and procedures, and while doing all this, represent the interests of both the university and the employee. The supervisor must also constantly watch over their workplace, the work procedures, and the employees. In these capacities the supervisor must act as the incident investigator, the safety researcher, the safety advocate, and the employee’s representative.

You, the supervisor, are the key link in the OHIO Workplace Safety Initiative. You are with your people every day. You know where the hazards are and you know how to fix the problems. This is a big job and a major responsibility.

Contact Risk Management & Safety with your problems or questions. Let RMS help make your job a little easier.