As we move forward with our new academic sessions, we must focus on key safety areas that affect the entire university community especially our students. Fire Safety, Electrical Safety, Food Safety, Emergency Management and Pest Control are just a few of the areas where RMS can help our students. We have published a brochure titled “Environmental Health and Safety in Residence Halls.” These are available at the RMS Office in the University Service Center or from Residence Life. The information in this brochure is also very applicable to all of our homes and places of work. Copies of this brochure are available to anyone.

Safety and Security work hand in hand to ensure a risk free environment for all OU users. Safety is defined as “freedom from unintentional harm or risk,” while Security is defined as “freedom from intentional harm or risk.” You can help us and yourself in this effort by a simple task called “situational awareness.” As you walk down the street do you know how many people are behind you, do you ever look behind you? Do you see the shady looking person in the door way, do you cross the road to avoid them? Do you walk the long route to your car to avoid the unlit sidewalk? Do you always walk with someone; do you have your cell phone immediately available? Do you see the missing bricks in the sidewalk ahead, do you walk around them? Do you see the wet floor and take the time...

(Continued on page 2)
FROM THE AVP’S DESK

(Continued)
to clean it up before someone slips?

Always look around, pay attention to
and know your immediate personal
environment. Know the 3W’s of your
environment; Who, Where and Why
of your surroundings. This simple
task will pay tremendous results in
keeping you mishap free.

Together we can continue to make
OHIO a safe and healthy place to
work, live and learn... ■

WHAT’S NEXT
FOR GEORGE?

George looks forward to
throwing out the dreaded
alarm clock and waking up
well-rested in the coming
years. He will continue to fo-
cus his efforts on service work by
volunteering with his church and
continuing a happy life. We wish
George the best.

RMS Says Goodbye and Good
Luck to Valued Staff Member

After committing five years to the University, George Wendt
celebrates his retirement from Ohio University

On May 10, former Risk Man-
ger, George Wendt, will be retiring
from the Risk Management and
Safety Department after five years
of commitment and dedication to
the University.

In his place, Cathie Chancellor
will be resuming the role as new
Risk Manager for the Ohio Univer-
sity Risk Management and Safety
Department.

“Cathie is very capable of taking
on the role of Risk Manager. RMS
is in good hands,” said George.

Cathie, who has officially been
practicing as Risk Manager since
2000, is looking forward to working
for the University and helping it to
reach its
goals and
objectives.

“I’m excited to
be here and have
a lot of
admiration for
my col-
leagues and the
University,”
Cathie
said.

The culture and staff at Ohio
University is something George
will miss
most af-
her his de-
parture.
George is
confident
that the
University
staff will
continue
their
friendly
support
toward Cathie.

“It’s been a great five years. I’ve
always wanted to work for a univer-
sity, and OHIO is constantly improv-
ing its systems,” said George.

Cathie is looking forward to
bringing creativity and innovation
into the position to help accomplish
goals that will benefit all.

“I’m looking forward to taking
my experience and knowledge and
adding it to the Risk Management
conversations that are already in
place,” said Cathie.

The prospects and opportunities
awaiting Cathie at RMS are great,
and Cathie looks forward to the
personal and professional growth
and advancement this position af-
fords.

To contact Cathie, email chan-
cell@ohio.edu or call (740) 597-
1298.
A Brief on Safety Data Sheets for Communicating Hazards

The Hazard Communication Standard (HCS) (29 CFR 1910.1200(g)), revised in 2012, requires that the chemical manufacturer provide Safety Data Sheets (SDSs) (formerly MSDSs or Material Safety Data Sheets) for each hazardous chemical to downstream users to communicate information on these hazards. The information contained in the SDS is largely the same as the MSDS, except now the SDSs are required to be presented in a consistent user-friendly, 16-section format. This brief provides guidance to help workers who handle hazardous chemicals to become familiar with the format and understand the contents of the SDSs.

Section 1: Identification
This section identifies the chemical on the SDS as well as the recommended uses. It also provides the essential contact information of the supplier.

Section 2: Hazard(s) Identification
This section identifies the hazards of the chemical presented on the SDS and the appropriate warning information associated with those hazards.

Section 3: Composition/Information on Ingredients
This section identifies the ingredient(s) contained in the product indicated on the SDS, including impurities and stabilizing additives.

Section 4: First-Aid Measures
This section describes the initial care that should be given by untrained responders to an individual who has been exposed to the chemical.

Section 5: Fire-Fighting Measures
This section provides recommendations for fighting a fire caused by the chemical.

Section 6: Accidental Release Measures
This section provides recommendations on the appropriate response to spills, leaks, or releases.

Section 7: Handling and Storage
This section provides guidance on the safe handling practices and conditions for safe storage of chemicals.

Section 8: Exposure Controls/Personal Protection
This section indicates the exposure limits, engineering controls, and personal protective measures that can be used to minimize worker exposure.

Section 9: Physical and Chemical Properties
This section identifies physical and chemical properties associated with the substance or mixture.

Section 10: Stability and Reactivity
This section describes the reactivity hazards of the chemical and the chemical stability information. This section is broken into three parts: reactivity, chemical stability, and other.

Section 11: Toxicological Information
This section identifies toxicological and health effects information.

For more information, contact David Schleter at schleted@ohio.edu.

The rash, depending upon where it occurs and how broadly it is spread, may significantly impede or prevent a person from working. Although over-the-counter topical medications may relieve symptoms for most people, immediate medical attention may be required for severe reactions, particularly when exposed to the smoke from burning these poisonous plants.

Burning these poisonous plants can be very dangerous because the allergens can be inhaled, causing lung irritation.

Outdoor workers may be exposed to poisonous plants. Outdoor workers at risk include farmers, foresters, landscapers, groundskeepers, gardeners, painters, roofers, pavers, constr-

(Continued on page 7)
Everyone, regardless of age, can be at serious risk of injury when using the stairs. The National Safety Council reports 12,000 stair deaths per year. Accidents from using stairways rank second to automobile accidents as the major cause of unintended injuries in the United States. Falling down from stairs and suffering severe injuries can be avoided by following these steps:

1. Pay careful attention to your steps. Staircase steps have variations in height so it is important that you know the distance between the two steps. Calculate the distance between each step so you know exactly how high you should raise your legs to land on the next step safely.

2. Always use the handrails. They are installed to guide the person walking on the stairs to ensure additional safety. If in any case you lose your balance while climbing up or down the stairs, holding firmly to the handrails will save you from falling down and injuring yourself severely.

3. Don’t rush. Take your time while using the stairs. People who are in a hurry are more likely to fall down than those who don’t.

4. Avoid distractions. Talking to someone, using your cellphone, reading, looking somewhere else, etc. increases your risks of falling down the stairs. Save these activities for later when you are no longer using the stairs. Protect yourself from accident.

5. Pay attention to the signs near the stairs, the clutter, and the overall surface of the stairs. Always check the stairs as you go up and down. Some stairs are being renovated and signs are put up to caution the users to pay attention. Likewise, some stairs have temporary clutter on them such as litter/debris, books, clothes, etc.

6. Make use of good lighting. A well-lit staircase decreases the likelihood of accidents. Turn on the lights when you are walking up and down the stairs. Do not assume you can navigate yourself very good in the dark. Accidents happen to those who are unprepared.

7. Ask for assistance. If you have a leg injury and are using a walking aid such as a cane/crutches or you are currently suffering from arthritis, be sure to have someone assist you. This is a safer way to climb up and down the stairs without hurting yourself further.

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**PROTECTING YOURSELF FROM SUN DAMAGE**

What are the dangers of sun exposure?

The immediate danger of too much sun is sunburn. If you looked at sunburned skin under a strong microscope, you would see that the cells and blood vessels have been damaged. With repeated sun damage, the skin starts to look dry, wrinkled, discolored, and leathery. Although the skin appears to be thicker, it actually has been weakened and, as a result, it will bruise more easily.

However, the sun’s most serious threat is that it is the major cause of skin cancer, which is now the most common of all cancers. Doctors believe that most skin cancers can be
PREVENTING HEAT STRESS AT WORK
The summer heat creates new risks for outdoor workers

Workers at risk of heat stress include outdoor workers and workers in hot environments such as firefighters, bakery workers, farmers, construction workers, miners, boiler room workers, factory workers, and others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Prevention of heat stress in workers is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety, and how it can be prevented.

Types of Heat Stress

Heat Stroke
Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature.

Symptoms of heat stroke include:
- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech

First Aid
Take the following steps to treat a worker with heat stroke:
- Call 911 and notify their supervisor.
- Move the sick worker to a cool shaded area.
- Cool the worker using methods such as:
  - Soaking their clothes with water.
  - Spraying, sponging, or showering them with water.
  - Fanning their body.

Heat Exhaustion
Heat exhaustion is the body’s response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

Symptoms of heat exhaustion include:
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature
- Fast and shallow breathing

First Aid
Treat a worker suffering from heat exhaustion with the following:
- Have them rest in a cool, shaded or air-conditioned area.
- Have them drink plenty of water or other cool, nonalcoholic beverages.
- Have them take a cool shower, bath, or sponge bath.

Heat Syncope
Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Symptoms of heat syncope include:
- Light-headedness
- Dizziness
- Fainting

First Aid
Workers with heat syncope should:
- Sit or lie down in a cool place when they begin to feel symptoms.
- Slowly drink water, clear juice, or a sports beverage.

(Continued on page 9)
(Continued from page 4)

avoided by preventing sun damage.

Does the sun have benefits?
You may have been taught as a child that you need sunlight for your body to make vitamin D, because vitamin D is not found naturally in most foods. But today, many foods are fortified with vitamin D during the manufacturing process. Thus, sun exposure is not as important for the body’s vitamin D supply as it used to be. Of course, being outdoors makes most people feel good. And playing tennis is better for your health than watching television. But you can still protect yourself from the sun’s damaging effects while enjoying yourself outdoors.

How can I avoid the harmful effects of the sun?
Staying out of the sun is the best way to avoid sun damage, but most of us go outdoors regularly. So when you go outside, take these precautions:
• Most importantly, always wear sunscreen. You should put it on every day. Make it a habit, such as brushing your teeth.
• Try to avoid sun in the middle of the day, from about 10 am to 3 pm. The ultraviolet rays, which cause sunburn, are strongest during this time.
• When you do go outdoors, especially for long periods in the middle of the day, wear protective clothing. Long sleeves and slacks, as well as a wide-brimmed hat, help protect your body against the sun’s harmful effects.
• Wear sunglasses that filter UV light.

What is SPF in a sunscreen?
SPF stands for sun protection factor. The SPF number tells you how well the product will protect you from UVB, the burning rays of the sun. (Most sunscreens also absorb ultraviolet “A” rays, or UVA.) The larger the SPF number, the greater the amount of protection. Everyone should use a sunscreen with an SPF of at least 15. If you have had a skin cancer or precancer, you should use a sunscreen with an even higher SPF. Many of dermatologists recommend that almost everyone use a sunscreen with an SPF of 15.)

Who should use sunscreens?
Anyone who spends time outdoors should use a sunscreen. This includes:
• men, women, and children
• people who tan easily and those who don’t
• fair-skinned and dark-skinned people; people who already have tans and
• sunbathers, gardeners, and skiers.

Are sunscreens safe for children?
Yes. Not only are sunscreens safe for children over age 6 months, if used regularly in childhood they can prevent skin cancers from developing in later life. Recently, a researcher reported that if sunscreens were used regularly by children through the age of 18, there would be a 72% reduction in the cases of skin cancer later in life.

How should sunscreens be applied?
Sunscreens are very effective when used properly. Follow these guidelines to give yourself the most protection:
• Apply the sunscreen at least 20 to 30 minutes before you go outdoors, whenever you will be exposed for 30 minutes or more.
• Reapply sunscreen every 3 hours while you are outdoors, even if the product is labeled “all-day.” If you are getting a lot of sun or perspiring heavily, reapply sunscreen every hour or two.
• Cover all exposed areas,
-uction workers, laborers, mechanics, and any other workers who spend time outside. Forestry workers and firefighters who battle forest fires are at additional risk because they could potentially develop rashes and lung irritation from contact with damaged or burning poisonous plants.

It is important for employers to train their workers about their risk of exposure to poisonous plants, how they can prevent exposures and protect themselves, and what they should do if they come in contact with these plants.

**U.S. GEOGRAPHIC DISTRIBUTION**

One or more of the most common poisonous plant species are found throughout the United States (except Alaska and Hawaii). These plants can be found in forests, fields, wetlands and along streams, road sides, and even in urban environments, such as, parks and backyards.

**PLANT IDENTIFICATION**

The old saying “Leaves of three, Let it be!” is a helpful reminder for identifying poison ivy and oak, but not poison sumac which usually has clusters of 7-13 leaves. Even poison ivy and poison oak may have more than three leaves and their form may vary greatly depending upon the exact species encountered, the local environment, and the season. Being able to identify local varieties of these poisonous plants throughout the seasons and differentiating them from common nonpoisonous look-a-likes are the major keys to avoiding exposure.

**POISON IVY**

- Eastern poison ivy is typically a hairy, ropelike vine with three shiny green (or red in the fall) leaves budding from one small stem
- Western poison ivy is typically a low shrub with three leaves that does not form a climbing vine
- May have yellow or green flowers and white to green-yellow or amber berries

**POISON OAK**

- Typically a shrub with leaves of three, similar to poison ivy
- Pacific poison oak may be vine-like
- May have yellow or green flowers and clusters of green-yellow or white berries

**POISON SUMAC**

- Woody shrub that has stems that contain 7-13 leaves arranged in pairs
- May have glossy, pale yellow, or cream-colored berries

**EXPOSURE**

Workers may become exposed to urushiol through:

- Direct contact with the plant
- Indirect contact, such as touching tools, livestock, or clothing that have urushiol on them
- Inhalation of particles containing urushiol from burning plants

**SYMPTOMS**

Signs or symptoms associated with dermal contact with poisonous plants may include:

- Red rash within a few days of contact
- Possible bumps, patches, streaking, or weeping blisters (blister fluids are not contagious)
- Swelling
- Itching

Recommendations for Protecting Workers

Employers should protect their workers from poisonous plants by training them about:

- Their risk of exposure to poisonous plants
- How to identify poisonous plants
- How to prevent exposure to poisonous plants
- What they should do if they are exposed to poisonous plants

*(Continued on page 9)*
Reality Star’s Death Related to CARBON MONOXIDE Poisoning

Source – TMZ
http://www.tmz.com/2013/04/01/buckwild-shain-gandee-carbon-monoxide-poisoning/

April 1, 1:00 PM PT -- There is evidence that “Buckwild” star Shain Gandee may have died from carbon monoxide poisoning.

A rep for the Kanawha County Sheriff's Office in West Virginia tells us, the bodies of Shain, his uncle David Gandee, and a third unidentified person are still inside the truck where they were originally found. Authorities have been unable to remove the bodies from the scene because of the truck’s location.

According to the rep, Shain’s 1984 Bronco is stuck knee-deep in mud in the middle of nowhere ... and the only way to reach it is via an all-terrain vehicle.

We’re told there is no cell reception in the area, which is why Shain and the others couldn’t be reached. We’re also told the bodies were originally discovered today by a passing ATV rider.

Police wouldn’t confirm or deny whether carbon monoxide poisoning played a role in the deaths -- but sources connected with the investigation say it’s the likely scenario, especially if the exhaust pipe was submerged in mud.

April 1, 2:29 PM PT -- Officials have retrieved Shain’s red Ford Bronco from the muddy pit where it was discovered ... and judging by pictures of the car taken at the scene, it appears the vehicle was submerged past the window.

The photos seem to support the theory that the passengers died from carbon monoxide poisoning because the deadly fumes from the car could not escape through the tailpipe, which was completely submerged in the mud.

LEARNING FROM TRAGEDY

Carbon Monoxide (CO) is generally produced from incomplete combustion. An example is when a motor runs less efficiently, it produces more CO. Another problematic source is heaters which consume fuel. Generally CO reaches dangerous levels when it can build up in an enclosed area.

Most homes have CO detectors in the furnace room to detect levels before they become harmful or even fatal. CO can build up in your blood by taking the place of oxygen on the hemoglobin. It can take five hours of breathing uncontaminated air before the CO is replaced with oxygen.

The Occupational Health and Safety Administration limits exposure to CO to less than 50 parts per million (ppm) for an eight hour work shift. This prevents the level of CO from building up in the blood and causing poisoning. I typically start looking for a source at 5 ppm and will clear a building until the source can be identified and corrected at 10-15 ppm. The goal of the Environmental Safety Coordinator at RMS is to not only prevent poisoning, but also to limit discomfort that can be experienced at low levels of exposure.

For questions regarding carbon monoxide poisoning, contact Nathan Rath at rathn@ohio.edu.

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**PREVENTION**

Workers can prevent contact with poisonous plants by taking these steps:

- Wear long sleeves, long pants, boots, and gloves.
- Wash exposed clothing separately in hot water with detergent.
- Barrier skin creams, such as a lotion containing bentoquatam, may offer some protection before contact.
- Barrier creams should be washed off and reapplied twice a day.
- After use, clean tools with rubbing alcohol (isopropanol or isopropyl alcohol) or soap and lots of water. Urushiol can remain active on the surface of objects for up to 5 years.
- Do not burn plants that may be poison ivy, poison oak, or poison sumac.
  - Inhalng smoke from burning plants can cause severe allergic respiratory problems.

**FIRST AID**

Workers who have come in contact with poisonous plants should:

- Immediately rinse skin with rubbing alcohol, specialized poison plant washes, degreasing soap (such as dishwashing soap) or detergent, and lots of water.
  - Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering.
  - Follow the directions on any creams and lotions. Do not apply to broken skin, such as open blisters.
  - Oatmeal baths may relieve itching.
  - An antihistamine such as diphenhydramine (Benadryl) can be taken to help relieve itching.
  - Follow directions on the package.
  - Drowsiness may occur.
  - If children come in contact with work clothing contaminated with urushiol, a pediatrician should be contacted to determine appropriate dosage.
  - In severe cases or if the rash is on the face or genitals, seek professional medical attention.
  - Call 911 or go to a hospital emergency room if the worker is suffering a severe allergic reaction, such as swelling or difficulty breathing, or has had a severe reaction in the past.

For more information, please visit: [http://www.cdc.gov/niosh/topics/plants/](http://www.cdc.gov/niosh/topics/plants/)

**Heat Cramps**

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body’s salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

*Symptoms of heat cramps include:*

- Muscle pain or spasms usually in the abdomen, arms, or legs.

**First Aid**

Workers with heat cramps should:

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.

**Heat Rash**

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

*Symptoms of heat rash include:*

- Heat rash looks like a red cluster of pimples or small blisters.
- It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

**First Aid**

Workers experiencing heat rash should:

- Try to work in a cooler, less humid environment when possible.
- Keep the affected area dry.

For more information, please visit: [http://www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)

Protecting Yourself From Sun Damage
including your ears, lips, face and back of your hands.
• Don’t skimp; apply a generous layer. Smooth it on rather than rub it in. A rule of thumb is that 30 ml (a shot glass) of sunscreen is necessary for application to all exposed skin to attain the stated level of protection.
• Women should apply sunscreens under makeup. If you wait to apply sunscreen until you hit the beach, you may already be perspiring, and moisture makes sunscreens less effective.

My skin is sensitive. Should I skip the sunscreen?
Some sunscreens contain ingredients that may irritate the skin. If you know you react to specific ingredients, be sure to check the contents on the label. You can also ask your dermatologist to recommend a sunscreen.
However, the sunscreen may not be causing the reaction. Other products that come into contact with your skin, including perfumes, certain medications, and soaps, may make your skin more sensitive. Think about the products you have been using (especially new products), and stop using these one by one before you stop using the sunscreen. If you are not sure about the side effects of a medication you are taking, consult with your doctor or local pharmacist.

For more information, visit: http://my.clevelandclinic.org/healthy_living/skin_care/hic_protecting_yourself_from_sun_dam- age.aspx