From the AVP’s Desk

-A note on loss prevention and loss control...

A good risk management & safety program contains two key elements, loss prevention and loss control. Loss prevention deals with preventing incidents before they occur. Loss control deals with minimizing the loss from the incidents we did not prevent. Think of your cars. You were required to pass a drivers test before you got your license this is a loss prevention effort to educate you so you can drive safely and not have mishaps. You are also required to maintain a certain level of insurance on your vehicle, this is a loss control effort. If you are involved in an accident, you know the loss to your vehicle will be limited to the deductible you have selected.

OHIO has a comprehensive risk management & safety program designed to promote both loss prevention and loss control. However, the key is loss prevention. If we can prevent all the incidents, then we would not need a loss control program. RMS can provide you information about safety awareness, mishap prevention techniques, safe work practices and other loss prevention programs. Performing your job safely is the most important thing you can do for yourself, your family and your coworkers.

(See pg. 2)

Four Ways to Beat the Heat

1. Stay Well Hydrated - Drink plenty of fluids; if you are sweating a lot, consider sports drinks to replace the salts and minerals.

2. Cover Up in the Sun - Use sunscreen and wear loose, light-colored clothing as well as a brimmed hat.

3. Limit Activity During the Hottest Part of the Day - Try not to be participating in outdoor activity during midday, which is the hottest part of the day. Pace yourself if you are exercising in the heat.

4. If Indoors, Keep Your House Ventilated - If you are indoors and have no air-conditioning, open windows and use fans to circulate the air.

What’s Inside:

- Combatting Mosquitoes
- Loss Prevention & Loss Control
- RMS Staff Office Changes
- Workplace Injury
- Interns
Approximately 75 percent of all mishaps are caused by unsafe acts. Four key underlying causes of unsafe acts are summarized below:

1. **Lack of situational awareness or concentration.**
   Fatigue, stress, alcohol or drug use, etc. can result in a lack of attention to detail, an inability to focus on the task at hand and insensitivity to one's surroundings. Always look around, know your physical and psychological environment and operate within it.

2. **Unsafe Attitudes**
   Feeling of frustration, anxiety, and depression can trigger emotions that result in an “I don’t care attitude.” Be aware these can exist and take the necessary steps to resolve them. Talk to your supervisor and get help.

3. **Lack of Knowledge**
   What you don’t know about your workplace can seriously harm you and those around you. Take the time and effort to learn all you can about your work environment. Ask questions and seek advice from your supervisor. There is no such thing as a dumb question.

4. **Errors in Judgment**
   Sometimes job pressures cause us to make bad decisions, take short cuts, operate equipment and vehicles at unsafe speeds and in general work with little regard for safety. It is always safer to take the time to do it right the first time, than to have to do it over.

As you work if you think about these four simple factors that influence and cause unsafe acts, you can help OHIO become a safer place to work. Every individual is the key to safety.

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**How to Combat Mosquitoes**

Do you feel like mosquitoes make you the life of their party? Evidence shows that some people attract mosquitoes at a higher rate than others, according to Msnbc.com. But in the end, we’re all at risk for bites. At the least, mosquitoes and their bites can be annoying, causing seemingly endless itching. At worst, mosquitoes can be deadly purveyors of dangerous diseases such as West Nile virus and malaria. So how best to protect yourself?

**Use insect repellents**—The Centers for Disease Control and Prevention advises using bug repellents that have been registered with the U.S. Environmental Protection Agency. According to the CDC, this is important because when “the EPA registers a repellent, they evaluate the product for efficacy and potential effects on human beings and the environment.” The CDC recommends products containing DEET. Further, it has found that the plant-based oil of lemon eucalyptus is found to be as effective as low concentrations of DEET. The American Mosquito Control Association cautions that repellents should be used on bare skin only sparingly, and that people should avoid applying high concentrations (more than 50 percent) of DEET on skin. Further, people should wash up after coming indoors.

**Drain standing water around the home**—Since mosquitoes lay their eggs in standing water, drain any water around your property. Lyle Petersen, director of the CDC’s Division of Vector-Borne Infectious Diseases, told U.S. News & World Report, “any kind of container can breed mosquitoes.” So empty bird baths, buckets, flowerpots and the like.

**Avoid outside activity during peak mosquito hours**—The CDC advises that mosquitoes are active from dusk to dawn, but especially in the early morning and evening. Take extra care with repellent or clothing at this time.

**If you are going to exercise outside, beware**—Heading to a picnic? You might want to stick to hanging out on the blanket. Since mosquitoes are extracted to extra body heat and carbon dioxide, the more you jump around the volleyball net, the more they will be inclined to bite you.

**Cover up with clothing**—The American Mosquito Control Association urges people to wear long-sleeved shirts and pants outdoors during peak mosquito activity periods. The CDC cautions that “mosquitoes may bite through thin clothing, so spraying clothes with repellent containing DEET or permethrin or another EPA-registered repellent will give extra protection.” However, do not apply permethrin directly to the skin or spray repellents on the skin under your clothing.
In the event of a workplace injury, the goal of the Ohio University’s Workers’ Compensation Department is to return you to your job as quickly and safely as possible. Along with your physician and our team of rehabilitation professionals at CareWorks Consultants, Inc. (CCI), we’ll work to coordinate your treatment to help you get back to work, and live a normal life again. Based on your physician’s recommendations, you’ll learn what you can do and what restrictions you may need to follow when you return to work. If required, you may also work less than full duty. Together with CCI, your physician and your department, we’ll endeavor to design a return-to-work program personally tailored for your job as well as your injury.

How soon can I return to work?
Your physician, Ohio University’s Workers’ Compensation Department and CCI will work together to determine the best possible return-to-work date for you based on your injury and the type of work you do. For example, if you are a custodial worker or groundskeeper with a broken leg, you may be off work longer than a faculty member or an office worker because of how the injury relates to your job duties.

How can a return-to-work program help me?
If you can return to work, but not to full duty, you may be able to work with restrictions. A return-to-work program asks that you pace yourself and not work beyond or below your limits. Ohio University’s Workers’ Compensation Department will develop your program and work with your department to find work tasks geared toward your stage of recovery. Since return-to-work programs are on-site, you’ll have the added bonus of earning your full wages vs. the approximately 2/3 wages you would earn while off work.

What happens when I’m participating in a return-to-work program?
Try to do the recommended tasks to the best of your abilities. Be open and honest with your supervisor and your rehabilitation team members. Let them know if you feel you can’t do the program’s suggested duties. Immediately report any pain symptoms or changes in your physical condition to your physician. Rehabilitation team professionals are experienced in working with injured workers, and they realize every worker progresses at his or her own pace. Based on your progress, they’ll team up with your physician to adjust the program.

What do I do now?
Talk with your physician and Ohio University’s Workers’ Compensation Department as soon as possible about a return-to-work program. The Workers’ Compensation Department in conjunction with CCI will coordinate your treatment plan with your physician and your department. With you as their partner, they’ll do their best to help you safely return to the work force. Join our team today, and let a return-to-work program make a difference for you and your family. For questions, please contact Workers’ Compensation Manager Larry Wines at 597-1992, or Workers’ Compensation Administrative Coordinator Marilyn McVey at 597-1994.

We’ve Moved!

New Offices
Larry Wines............................271
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Kristi Giordano................. 175
Marylin McVey.... 273

Please note that some of our staff members offices have recently moved.
All offices remain located in the University Service Center
We Love Our Interns

Year: Senior                        Angela Harshman
Major: Sports Management

“The people in the department are wonderful and my supervisor Doug is a great mentor in addition to being a boss.”

Year: Sophomore                    Ben Koehler
Major: Mechanical Engineering

“Working for EHS has been great. It allows me to interact with both the students of OU and the animals.”

Year: Freshman                     Kathlyn Sheets
Major: Civil Engineering

“Going to work is always something I look forward to because it’s something different everyday.”

Year: Senior                       Christopher Sharpe
Major: Linguistics

“It has been a great experience and I thank Brent Auker and Doug Miller for all that they have done for me while at Ohio University.”

Year: Junior                       Alec Peery
Major: Industrial Engineering

“A great environment for student employees.”

Year: Senior                       Joseph Miller
Major: Accounting

“I enjoy the fact that you never know what you’re going to be doing until you show up for work each day. It is always a surprise.”

Year: Senior                       Katie Quinn
Major: Restaurant, Hotel and Tourism
Minor: Business

“I have worked with EHS for three years now and could not ask for a better job. I’ve gotten to experience many places on campus that most students will never see and have made lifelong relationships with the staff.”

Year: Senior                       Holly Moody
Major: Journalism

“I have had a great experience working with RMS. I learned a lot of new things and met some amazing people here.”

Year: Sophomore                    Ben Koehler
Major: Mechanical Engineering

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Year: Senior                       Emily Kimble
Major: Interactive Multimedia
Minor: Marketing

“I’ve worked for OU’s Risk Management & Safety Department for about a year now and I’ve quickly fallen in love with the work we do for the university, the amazing people in the department, and the delicious food people love to share.”

We appreciate all of your hard work & dedication!

-RMS STAFF
## STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Joe Adams</td>
<td>Associate Vice President Risk Management and Safety</td>
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<td>Brent Auker</td>
<td>Fire Protection Engineer</td>
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<td>Crystal Brooks</td>
<td>Radiation Safety Technician</td>
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<td>Jeff Campbell</td>
<td>Director, EHS, Occupational Safety Officer</td>
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<td>Cathie Chancellor</td>
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<td>Marty Dagostino</td>
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<td>Cliff Hamilton</td>
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<td>Jill Harris</td>
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