

Fall 2012

Drive Safely Work Week (DSWW): October 1-5, 2012



This year's Drive Safely Work Week campaign materials return to the basics of safe driving to remind everyone about the fundamental skills necessary to be a safe driver. The toolkit is packed with tips and information to refresh driving skills and perhaps teach a few new ones. Also, for anyone facing the challenges of having a new driver in the household, the tips and activities in the campaign materials are ideal for assisting in the all-important role of being a good driving coach. See the webpage linked at the end of this document to register and get started with DSWW training materials that include a campaign launch letter, tip sheets, pledge cards, daily activities, videos, graphics and more. The daily topics for DSWW are:

- Buckle Up – Seat Belts Should NEVER Have Time Off
- Steer With a Clear Head
- Drive Distraction Free
- Parking and Backing Basics (*we can all use this one!*)
- Fine Tune the Fundamentals

If your employer or organization does not have a seat belt policy, see an example in the reference section at the end of this newsletter.

Stopping a Fire Before it Starts – 5 Things You Can Do Today



Underwriters Laboratory (UL) is serious about home safety. As part of their incredibly detailed *Safety at Home* website, UL has provided a simple yet powerful checklist to help families avoid devastating home fires. Take these five easy steps this fall. Details are found at the UL website and at the checklist found at the end of this newsletter.

- Do a smoke alarm audit (proper placement is critical)
- Make fire extinguishers handy (cars, kitchen, garage, workshop, etc.)
- Talk prevention with your family (especially children)
- Look at your home from your child's perspective
- Avoid overloading electrical sockets and extension cords; do not use damaged electrical extension cords

A Campus Safety Newsletter for Oklahoma's Higher Education Institutions

Campus Edition

Fall Back



When it is time to turn back our clocks on Sunday, November 4, 2012, everyone should take a few extra minutes that weekend for other important tasks to help ensure family safety. Do these things every 6 months:

- ☑ Check and replace the batteries in your smoke and carbon monoxide (CO) alarms.
- ☑ Replace smoke alarms older than ten years.
- ☑ Replace CO alarms older than five years.
- ☑ Prepare or update your disaster supply kit for your house.
- ☑ Prepare or update a cold weather emergency kit for your car.
- ☑ Check and discard expired medications (see references for OK take back locations)
- ☑ Get rid of household hazardous wastes. Do not throw in the regular trash - for proper disposal of hazardous chemicals, contact your city's solid waste or utility department.

West Nile Virus (WNV): It's Not Over Until November!



The first day of a freeze in Oklahoma varies. In northwest Oklahoma it might be as early as October 17th, but in the southeast it can be as late as November 11th. The first central Oklahoma freeze is approximately November 1st.

As of September 28, 2012, the Oklahoma State Health Department says the number of West Nile Virus cases in the state has risen to 151, including 9 deaths.

The type of mosquitoes that transmit WNV are most active during early morning and evening hours, so it is important to take mosquito bite precautions during those times by applying a repellent and wearing long sleeves and long pants.

The Oklahoma State Department of Health advises use of insect repellents—particularly those containing DEET, Picaridin (KBR 3020), Oil of Lemon Eucalyptus (PMD), or IR 3535—when working outside or enjoying activities like gardening, yard work, camping, or other leisure activities during West Nile season. Permethrin is an insecticide and should never be used on skin – it should be sprayed on clothing only. Be sure to follow all label directions for whichever repellent product(s) you select.

Repellents containing the ingredients above have been tested against a variety of biting insects and have been shown to be very effective. Products with a higher percentage of the active ingredient generally give longer protection.

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Insect Repellents: Registered vs. Unregistered Pesticides

Before they can be marketed, most insect repellents must be registered by the Environmental Protection Agency (EPA). This indicates that the materials have been reviewed and approved for human safety and effectiveness when applied according to instructions on the label. Products registered by EPA will display an EPA Registration Number on the product label (for example, 123456-1). The Centers for Disease Control and Prevention (CDC) recommends the use of products containing active ingredients that have been registered by EPA.

Is Your Chosen Product Registered?

The EPA has created an easy, fast, searchable website to compare insect repellants. For example, if you would like to avoid DEET, search for any of the other ingredients that are approved for mosquitos. Depending on product concentration, DEET appears to be effective for 2 to 12 hours; Picaridin - 3 to 14 hours; IR3535 - 2 to 8 hours; and Oil of Lemon Eucalyptus – 6 hours.

See the following link to ensure that your chosen repellent is an EPA registered product. The search results include product name, hourly protection for mosquitos, hourly protection for ticks, active ingredient, percentage of active ingredient, company name, and the EPA registration number: <http://cfpub.epa.gov/oppref/insect/index.cfm#searchform>

Computer Workstations



Is your computer at home or work a pain in the neck? The Occupational Safety and Health Administration (OSHA) has a detailed online “E-Tool” that anyone can use to evaluate their computer workstation. Bookmark the webpages found in the reference section of this newsletter and visit often to explore each of the detailed sections:

- Good Working Positions
- Workstation Components
- Checklists
- Work Processes
- Workstation Environment

The next edition of this newsletter will be available before the end of the 4th quarter of 2012. Please send suggested topics to the SSHER Center Coordinator at pboatright@osrhe.edu.

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For More Information

Drive Safely Work Week

<http://trafficsafety.org/drivesafelyworkweek/>

(Name of company/organization) recognizes that seat belts are extremely effective in preventing injuries and loss of life. We care about our employees, and want to make sure that no one is injured or killed in a tragedy that could have been prevented by the use of seat belts. Therefore, all employees of (Name of company/organization) must wear seat belts when operating a company-owned vehicle, or any vehicle on company premises or on company business. In addition, all occupants are to wear seat belts or, where appropriate, child restraints when riding in a company-owned vehicle at any time, or in a personal vehicle being used for company business. All employees and their families are strongly encouraged to always use seat belts and the proper child restraints whenever they are driving or riding in any vehicle.

Home and Fire Safety

<http://www.safetyathome.com/>

http://www.safetyathome.com/wp-content/uploads/2011/08/UL_FirePrevention.5.pdf (1.5M)

<http://www.ou.edu/oupd/springforward.htm>

www.ok.gov/obnidd/documents/TakeBackBoxes.pdf (565K)

West Nile Virus

<http://www.ok.gov/health/>

<http://www.ok.gov/health/documents/Insect%20Repellent%20fact%20sheet.2012.pdf>

<http://www.cdc.gov/niosh/topics/westnile/>

Other mosquito prevention precautions include: (1) Prevent items such as buckets and tarps from holding standing water; (2) Rinse, scrub and refill birdbaths weekly; (3) Clean fallen leaves and debris from roof gutters; (4) Empty plastic and inflated wading pools at least once a week and store indoors when not in use; (5) Regularly maintain swimming pools and hot tubs; (6) Empty your outdoor pet's water bowl and refill daily; (7) Store boats covered or upside down; (8) If you have a water garden or ornamental body of water, use an environmentally safe product to kill mosquito larvae, or stock with fish that will eat mosquito larvae; and (9) Trim grass and weeds regularly.

Workstation Ergonomics

<http://www.osha.gov/SLTC/etools/computerworkstations/index.html>

<http://www.osha.gov/SLTC/computerworkstation/index.html>



Have a Safe Autumn