

Special  
points of  
interest:

- Message from Jim
- Regulatory Updates
- What's Going on in the EHS&EM Office
- Safety Committee
- Summer Safety Tips

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# The Safety Buzz

## On Campus

Volume 1, Issue 1

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## Hot Off the Press! EHS&EM Newsletter

### A Message from Jim....

The Office of Environmental, Occupational Health, Safety, and Emergency Management is a multi-faceted office serving the needs of the entire campus community. We provide on site advising for all departments and offices at Longwood University.

Some of the specialties of Longwood's University of Environmental, Occupational Health, Safety, and Emergency Management include:

- Hazardous Materials
- Hazardous Waste/Waste Disposal
- Fire Safety Prevention

- Office Safety
- Confined Spaces
- Emergency Preparedness

The quarterly newsletter is being provided to staff, faculty, and students to provide you with regulatory updates, office updates, and various information that will help you to be safe in your place of work.

### Calling all Actors...

EHS&EM Committee has established feature film stars for Longwood. We are continuing to get around and getting our employees energized and involved with their safety program.

Different types of safety scenarios are provided by the EHS&EM Office in conjunction with the types of hazards identified by the hazard assessments, i.e. such as grounds, auto shop and etc. Then the employees are used to be actors by identifying the incorrect method and correct method of working safely.

The EHS&EM video sub-committee, Matt Spalding, Crystal Ragland, and Andrew Young direct the videos, add discussion and editing to the videos. The results so far across campus have been great and the learning curve higher.



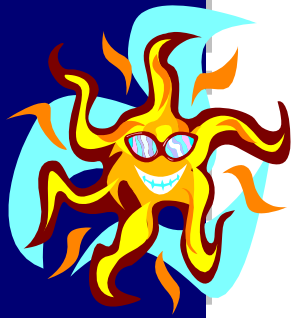
## What's going on in the EHS&EM Office?

The EHS&EM Office has been busy over the past year. There are on going developments in various plans for campus safety, procedures developed, training that has occurred or is in the process of being

implemented, campus, construction inspections, environmental quality improvements, and committees created.

The EHS&EM Office has received 383 request regard-

ing various EHS&EM issues across campus which have been corrected or being implemented. The process to correct and improve EHS&EM issues on campus requires the support and assistance of everyone on



*“Just because you always did it that way, doesn’t make it right.”*

## Summer Safety

### Heat Stress

Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for inducing heat stress. In employees engaged in such operations. Such places include: iron and steel foundries, nonferrous foundries, brick-firing and

ceramic plants, glass products facilities, rubber products factories, electrical utilities (particularly boiler rooms), bakeries, confectioneries, commercial kitchens, laundries, food canneries, chemical plants, mining sites, smelters, and steam tunnels.

### Administrative or work practice controls to offset heat effects

- **Acclimatize workers** by exposing them to work in a hot environment for progressively longer periods.

- **Replace fluids** by providing cool water or any cool liquid (except alcoholic and caffeinated beverages) to workers and encourage them to drink small amounts frequently, e.g., one cup every 20

## Summer Safety Continued...

minutes. Ample supplies of liquids should be placed close to the work area.

- **Reduce the physical demands** by reducing physical exertion such as excessive lifting, climbing, or digging with heavy objects. Use relief workers or assign extra workers, and minimize overex-

ertion.

- **Provide recovery areas** such as air-conditioned enclosures and rooms and provide intermittent rest periods with water breaks.

- **Reschedule hot jobs** for the cooler part of the day, and routine mainte-

nance and repair work in hot areas should be scheduled for the cooler seasons of the year.

- **Monitor workers** who are at risk of heat stress, such as those wearing semi-permeable or impermeable clothing when the temperature exceeds 85° F, while working at high energy levels. Personal

## EHS&EM Safety Committee

The EHS&EM Office has established a University Safety Committee to address safety issues across campus. The Committee is made up of various members of the academic and administrative fields on campus.

The Committee meets once a month to address safety

issues and concerns. Training on various topics is provided at the meetings. For more information about the University Safety Committee please go to the following link.

<http://www.longwood.edu/safety/17921.htm>

The University Safety Committee has established a Safety Award Committee that will award individuals across campus for their safety acts. More information about the program is forthcoming and will be available on the EHS&EM website.

# What's going on in the EHS&EM Office? Continued...

and off campus. Below is a list of what has been going on in the EHS&EM Office:

**Development:**

- Fire Plan for the new boiler
- Chemical Hygiene Plan for laboratories
- Hazardous Waste Plan
- Construction Contractor Plan
- Spill Control Operations Training

- Respirator
- First Aid/CPR/AED
- Hazard Communication
- REC/RA Fire Safety

**Inspections:**

- Construction Sites
- 1800 Resident Hall/Rooms
- 11 Virginia Fire Marshall inspections
- 1 Federal Department of Transportation (DOT)
- 4 OSHA Inspections (Contractors)
- Campus-wide Evacuation and

- Master Training Plan
- EHS&EM 5-Year Plan
- COOP Operations Plan
- Emergency Operations Plan (EOP)

**Procedures Developed:**

- Personal Protective Equipment (PPE) assessments and procedures
- Confined Space
- Hazard Communication
- Material Safety Data Sheets (MSDS) Updates

exit sign and light inspection for academic and administration facilities

**Environmental:**

- Assisted with the Boiler Plan Environmental Management System Project
- Reviewed campus wide permit and spill control plan
- Completed the Environmental compliance agreement with Virginia Department of Environmental (VDEQ)
- Reviewed pesticide use at the

- Accident Investigation Form and Instructions
- Bloodborne Pathogens
- Regulatory Inspection
- Electrical and Lockout/Tagout

**Training:**

- Fire Extinguisher
- National Incident Management System (NIMS)

- golf course and athletic fields
- Reviewed Hazardous waste operations and updated procedures

**Created:**

- EHS&EM Committee
- Emergency Operations Committee
- Re-established COOP Team and provided training requirements



"I don't care if bungee jumping is faster than the aerial lift. Around here it's against safety rules!"

## Regulatory Updates

**Injury Prevention**

OSHA is beefing up its requirements for protecting workers from slip, trip, and fall hazards.

The agency published a proposed rule that would add tougher requirements to the

Walking-Working Surfaces and Personal Protective standards in the kind of protection equipment employers must provide.

**Updated equipment**

Under the revisions, gear like lanyards and body belts would

have to be swapped out for more effective fall protection equipment.

Updated equipment includes self-retracting lanyards and rope-descent systems.

*OSHA is beefing up its requirements for protecting workers from slip, trip, and fall hazards.*



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Discover the power to succeed!

# Safety Day 2010

Thank you to everyone who helped and supported with Safety Day 2010. Without you this event could not have happened. We hope everyone enjoyed the event and were able to learn how to be more safety conscious. Our plan for next year is to have demonstrations and hands on safety events.



To view more pictures go to the EHS&EM website at <http://www.longwood.edu/safety/17921.htm>

## Sharpen Your Judgment

### Employee says injury is work-related: Was it?

Supervisor Ted Norris almost choked on the bite of mac and cheese he was chewing.

“Will is suing us?” he said after he finally swallowed the food, his face red. “For what?”

“He says he broke his leg at work, so we owe him worker’s comp benefits for the injury,” said Safety Director Pete Travers.

“What ?! He came into work early, set up his tools and then went to help another worker fix her car. She had it on our dock,” Ted explained. “He wasn’t doing his job when the accident happened.”

### Was he on the clock?

“Will says he was hurt in the scope of his employment,” Pete said. “Since his tools were set up and he was helping a co-worker, he says we have to pay up.”

“It was his choice to help her,” Ted said. “It wasn’t his job.”

“Right,” Pete said. “But we do let our workers fix their cars on our docks sometimes, and he thought pitching in would prevent an accident by helping her.”

“Instead, he created one,” Ted said, “What else does he say?”

“Well, he tripped and broke his leg walking from his work station to the garage,” Pete said. “So he says it’s proof he was hurt in the scope of his employment.”

“Yeah, and I guess if he got hurt on his lunch break driving to the store, we’d pay for that too?” Ted asked, rolling his eyes.

Pete’s company fought Will’s claim. Was it successful?



Yes, Pete’s company won the case. Will argued that even though he might not have been on the company clock, he was hurt in the course of setting up for his work shift. A judge

ruled in favor of the company, saying that if Will had broken his leg while setting up his work station even off the clock, he might’ve had a case.

Cite: Henry v. Precision Apparatus, Inc., Missouri Court of Appeals, No. 29772, 2/16/10.