

"There are risks and costs to a program of action, but they are far less than the long-range risks and cost of comfortable inaction." *President John F. Kennedy*



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Simply put, Safety means identifying, assessing, eliminating or controlling workplace hazards.

Being safe means not causing or having to undergo any loss, damage or injury.

DID YOU KNOW?

Number of work related injuries by day of week for 2005 to date:

Sunday.....36
Monday.....176
Tuesday.....220
Wednesday.....186
Thursday.....202
Friday.....171
Saturday.....47

NATIONAL SAFETY COUNCIL BENEFITS NOW AVAILABLE

The National Safety Council (NSC) has been the nation's leading safety and health organization for 90 years. It has what are recognized as *the standards* for driver safety and training, and is why we chose the NSC Defensive Driving Course to offer to our drivers. To take full advantage of our relationship with the NSC and to obtain better pricing on training materials, IHL has become an official member of the NSC. This means that membership benefits and privileges can be shared with a limited number of people at each member institution.

Resources available to everyone include:

- ◆ Fact Sheets (grouped by safety topic - good safety meeting material)

- ◆ Chemical Backgrounders (basic safe handling & storage)
- ◆ Accident statistics
- ◆ Driving Safety section
- ◆ Farm Safety section
- ◆ Fall Prevention section
- ◆ Poison Prevention Section
- ◆ Emergency Preparedness
- ◆ Safety issues in the news
- ◆ Products for sale
- ◆ Training opportunities

Additional benefits for members include:

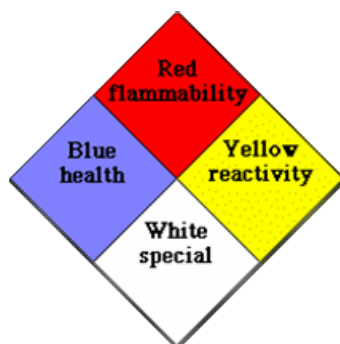
- ◆ Free subscription to

"*Safety & Health*" magazine

- ◆ Free subscription to *News Alerts*
- ◆ Do-it-yourself templates to create your own safety newsletters
- ◆ Discounts on safety training materials
- ◆ Quarterly newsletter on *Traffic Safety*
- ◆ Access to networks and databases
- ◆ Safety and Health Code of Ethics

The public web address is www.nsc.org - if you are interested in the "members only" benefits, contact Andy Taylor at 601-432-6659 for a password.

THE HAZARD DIAMOND



Wouldn't it be nice to have a "readily recognized, easily understood system for identifying specific hazards and their severity using special, visual, and numerical methods to describe in simple terms the relative hazards of the material"? That's what the above symbol is. It addresses the "health, flammability, instability, and related hazards that may be presented as short-term, acute exposures

that are most likely to occur as a result of a fire, spill, or similar emergency" according to the National Fire Protection Association's NFPA 704.

The "hazard diamond", which NFPA is quick to point out is actually a "square on point", applies to industrial, commercial and institutional facilities that manufacture, process, use or store hazardous materials. Do not confuse it with transportation regulations.

Basic interpretation of the symbol is as follows:

Colors represent the type of hazard described in the graphic. Numbers placed within the colored areas from 0 to 4 indicate the severity of the hazard, with "4" being the most severe, for example:

BLUE - Health

4 = fatal on short exposure

3 = toxic, avoid contact or inhalation

2 = may be harmful

1 = may be irritating

0 = no hazard

RED - Flammability

4 = flammable gas or extremely flammable liquid

YELLOW - Reactivity

4 = explosive material at room temperature

WHITE - Special Notice

W = water reactive

O = oxidizing agent

For more information about how to use this system, contact your local fire department or Andy Taylor at IHL.

STUDENT WORKERS NEED SAFETY TOO!

A recent review of employee injuries occurring during the spring and summer revealed that many of the injured were "student workers". Couple that with the traditional hiring of seasonal workers for various jobs at this time of year, and it makes sense to turn our attention to what we can do to ensure a safe experience for all.

The safety of the teenage workforce in particular is a focal point for the Department of Labor. Student

workers are an asset with their energetic enthusiasm and eagerness to learn. Their reason for working is usually tied to being able to remain a student on your campus until they earn their degree. Nationwide, about 200,000 teens seek emergency medical treatment from work-related injuries each year. According to OSHA, another 60 to 70 die from their injuries.

Here are some brief tips to address seasonal/student worker safety:

Use hazard assessments to eliminate hazards prior to each season.

Make sure orientation includes issuing personal protective equipment and explaining safety rules.

Make sure proper training is delivered and includes safety.

Provide adequate supervision.

Know and follow labor laws for employees under the age of 18. Do not assign hazardous duties.

Don't assume your seasonal employees know everything your permanent employees know. For assistance with knowing your duties as an employer and explaining their duties as employees regarding safety, visit this website:

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

You will find extensive resources to help you provide safe and legal employment for your teenage employees.

SAFETY MEETING: PREVENTING HEAT DISORDERS

Hot Weather Tips

Its that time of year again! The National Safety Council offers these tips when the weather turns hot and humid:

Take care of your body:

Eat light, healthy, low-fat meals.

Drink plenty of fluids before, during and after exerting yourself. A good rule of thumb is eight glasses of water a day.

Avoid caffeinated and alcoholic beverages.

Keep fit. Fat acts as insulation which slows the body's ability to remove heat. The heart must also work harder in the heat if the body is carrying extra weight.

Get enough sleep.

Dress in loose-fitting cotton clothing. Cotton lets air circulate to cool your skin. Also, wearing light-colored clothes will reflect more sunlight than dark-colored clothes, which absorbs it. Wear a wide-brimmed hat,

visor or other head gear to protect against the sun.

If working outside:

Pay attention to weather reports. When possible, plan activities for days that are not as hot. Try to schedule your most strenuous activities for in the mornings and evenings when it is usually cooler.

Take frequent rest breaks in a shaded or cool area.

Drink lots of fluids.

Other issues:

If you take prescription medication, consult with your doctor about possible side effects from heat stress.

If you're going to be in the sun for an extended period of time, wear a sunblock. A product with an SPF of either 30 or 45 should help keep you from being overcome by sunburn. Apply the product liberally to exposed areas.

Do not take salt tablets.

Keep tabs on how you are feeling and immediately get out of the heat if your stomach is upset or you feel dizzy or faint.

Keep tabs on those around you, especially those who might be at risk from the heat.

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Editor's notes: Caffeine is a diuretic which actually removes moisture from the body. Avoid coffee, iced tea, soda if caffeinated.

Avoid energy drinks that contain caffeine, ephedra or other "adrenaline boosters". These dry you out and raise your heart rate.

Sport drinks are usually good for replacing liquid and electrolytes ("salts") although higher blood pressure may occur in some people.

Water and juice are good choices for most, along with adequate salt in the diet.

Loose clothing should not be so loose that it is unsafe when working with or near machinery.

FY 05 injury rate per 100 employees :	Total injuries per campus FY 05 to date
JSU.....1.64	MVSU.....23
UM.....2.40	JSU.....24
USM.....3.00	MUW.....24
MSU.....3.78	DSU.....32
MVSU....3.92	ASU.....39
DSU.....4.49	UM.....93
MUW.....4.85	USM.....99
ASU.....5.15	MSU.....216
UMMC....5.97	UMMC....485
Avg.4.15	Total.....1038

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