

"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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MSIHL OFFICE OF
INSURANCE AND RISK
MANAGEMENT

SAFETY & LOSS CONTROL NEWS

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IS YOUR CAMPUS READY FOR DISASTER?

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Asbestos Facts:

According to the National
Safety Council and EPA:

If you have undamaged as-
bestos, the best practice is to
leave it alone.

Damaged asbestos can be
sealed, covered or removed.

Removal should be done by
professionals.

There is no danger unless
fibers are released & inhaled.

DID YOU KNOW?

Most frequent causes of
injury during FY 2005:

Lifting & handling...19%

Other straining.....18%

Slips, trips, falls.....15%

Most frequently injured
body parts during FY 2005:

Wrists, hands, fingers...27%

Upper extremity/arm....11%

Lower back.....10%

"Expect the best, but plan for the worst" is an old adage that comes to mind as we work on making and keeping our campuses a safe place to live, work, study, play or simply visit. Prevention of "worst-case scenarios" has always been emphasized on our campuses. However, the continuous improvement of our campus disaster plans is of equal priority.

In some cases, simply calling Campus Police or 911 will be enough. Depending on the situation, varying degrees of follow-up action may need to take place. What would you do if all or a significant portion of your campus were damaged or threatened by a natural or manmade event?

Having a plan containing the who, what, when, where and how of actions you will take in an emergency can make your success more readily achievable while reducing stress caused by confusion, uncertainty or duplication of

effort. An orderly and coordinated response to a chaotic situation is not always easy, but is more likely if you have a plan in place prior to the emergency. During the month of November, the effort began to assess each university's plan to make sure we have all of our bases covered.

A disaster response plan for a single building or company may be fairly simple, but devising a plan for these small cities we call college campuses is a bit more complex. In terms of an all-risk incident management system that is compatible with emergency responders from local, state and federal agencies, we already have that. It's called the Incident Command System (ICS) and is part of the National Incident Management System that is administered by FEMA. This system provides common ground for all partners while allowing flexibility to meet the needs of the incident.

After reviewing guidelines from several emergency, safety and higher education resources, and within the context of ICS, a 45-point checklist was established as a point of reference for each campus plan. On November 10th, initial assessments were completed and each institution is currently making any identified revisions to its plan.

Every Incident Response Plan will rely on the cooperation of several if not all departments on campus. Some departments will have larger roles to play than others. The potential incident will dictate what is needed. The plan will identify who can fulfill that need, and give general guidance as to how, where and when those needs are to be met.

Emergency preparedness on a campus-wide level is something the public expects. Someone on your campus is working hard on it. As you expect the best, help them plan for the worst.

DRIVING TIP: REMAIN CALM WHEN EQUIPMENT FAILS

You don't think about it while you're driving; you probably have plenty of other roadway hazards on your mind. But when a piece of equipment in your car suddenly fails, your life may be in danger. The most important thing to do is stay calm. The State of Illinois Department of Motor Vehicles provides a list of possible equipment failures and what to do in each situation:

Blowouts: A thumping sound may be a warning of a blowout. If you think you may have a blowout, ease your foot off the gas and firmly grasp the steering wheel. Do not brake suddenly. Pull off the road safely and check your tires.

Steering failure: Ease your foot off the gas pedal. Turn on your emergency flashers, and allow your vehicle to come to a slow stop. Make sure to brake very

gently to prevent your vehicle from spinning.

Brake failure: If your brake pedal suddenly sinks to the floor, pump it to build pressure. If that does not work, use your emergency or parking brake. You also can shift your vehicle into a lower gear to slow down.

Headlight failure: Try your emergency flashers, parking lights and/or turn signals if your headlights suddenly fail during the night. Pull off the road. If you notice your lights beginning to dim, drive to a service station or pull off the road and seek help.

Stuck gas pedal: If your gas pedal is stuck to the floor, hook your toe under the pedal to try to free it. If that does not work, shift your vehicle into neutral and brake gently to slow down. If you have power steering or a locking

steering wheel, do not turn off the ignition because you will lose either your power steering or the ability to steer.

Courtesy of the National safety Council's Traffic Safety Newsletter 12/05.

AUTO LIABILITY COVERAGE: QUICK NOTES -

All university owned vehicles registered for use on public roads have liability coverage through CNA Insurance. Our agent is Galloway-Chandler-McKinney (GCM) Insurance, located in Columbus, MS. GCM should receive all claims.

Claimants must prove negligence on the part of the university or its driver.

University drivers are covered while conducting university business or on an authorized trip.

SPOTLIGHT ON: THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER

Among institutions within the IHL system, The University of Mississippi Medical Center (UMMC) is unique. As a teaching hospital, it is both a college campus and a working hospital. Not just any hospital, but the state's only Type 1 Trauma Center. When you consider all the students, faculty, staff, patients, visitors, vendors and other people on this campus, you're looking at the 12th largest city in Mississippi with an estimated population of 25,000 people at any given time. All of this is within a 268 acre campus sitting in the middle of Mississippi's largest city and state capitol. Keeping everyone safe has been an important job for fifty years at UMMC.

UMMC is very pro-active in it's approach to safety with as many as 12 different teams working on specific exposures. From radiation and lasers to patient care and disaster preparedness, these teams are constantly working to identify and eliminate or otherwise mitigate any potential hazards.

Exposures for such an environment can be unique. Having an emergency room means being prepared for a child injured in a car crash as well as a violent criminal who was shot while running from the police. Having an exposure to infectious disease or other toxin is always a potential. Being accidentally stuck by a needle, or otherwise

exposed to bodily fluids is a major priority. Operating a laundry that processes over 6.5 million pounds of laundry per year is rather unique. Just picking up the dirty and delivering the clean involves a small trucking operation.

Then there are the labs, classrooms, dormitories, food services, fleet operation and maintenance, landscaping and other exposures typical of college campuses.



Above, Senior Safety Officer Tom Saffle, Fire Safety Officer Donny Denton and Biological/Chemical Safety Officer Bill Coats conduct an evacuation drill with the University Rehabilitation Unit.

It's a huge job, but at UMMC, the Environmental Health & Safety Team *pulls together!*

SAFETY MEETING: COLD & FLU PREVENTION TIPS

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

The Centers for Disease Control offer the following tips for preventing the spread of germs at work:

Take care to:

Cover your mouth and nose when you sneeze or cough.

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean your hands often.

When available, wash your hands -- with soap and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If

using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.*

*Source: FDA/CFSAN Food Safety A to Z Reference Guide, September 2001: Handwashing



Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay home when you are sick and check with a health care provider when needed.

When you are sick or have flu

symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick.

Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose
- muscle aches, and
- nausea, vomiting, and diarrhea, (much more common among children than adults)

Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

It has been estimated that proper **hand-washing** could eliminate close to half of all cases of food-borne illness.

Women wash their hands more often than men (74% versus 61%).

A study of 305 school children found that youngsters who washed their hands 4 times a day had 24% fewer sick days due to respiratory illness and 51% fewer days due to upset stomach. - Centers for Disease Control and Prevention

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