EHSI Updates

Upcoming OSHA 10 Hour Class
EHSI will be offering another OSHA 10 Hour Safety Training at Guilford Technical Community College on July 16th and 17th. Attendees will receive the OSHA 10 hour card. Seating is limited, so contact us today to reserve your seats.

Western Regional Conference
EHSI will host its Western Regional Safety Conference at Blue Ridge Community College on August 1st. All community college employees who are part of your safety team are invited to attend. Some of the featured safety topics will include Ergonomics, Chemical Storage and Safety, Hazard Recognition, and Safety Committees. The conference will be held from 8 am to 4 pm with breakfast and lunch included.

The Mountain Inn and Suites has offered discounted rates of $63.93 for EHSI conference attendees. To reserve a discounted room for the conference please contact them directly at (828) 692-7772.

Seating for the event is limited so please reserve your seat now. To register for the event, or if you have any questions, please contact Tamara Heinemann by phone at 828-694-4738 or via email at: t_heinemann@blueridge.edu.

Allergies Got A Plan?

According to the CDC more than 50 Million Americans suffer from allergies each year, making them the 6th leading cause of chronic illness in the country. Allergies are an overreaction of the body’s immune system to normally harmless substances. Individual reactions can range mildly annoying to the serious and life threatening. Anyone may have or can develop an allergy, the body can have an immediate reaction after the first exposure or it can develop after repeated exposures to a substance. Illnesses caused by allergies include hay fever, sinusitis, conjunctivitis, hives, dermatitis and eczema. Allergies are not preventable, but allergic reactions are. Once you know you are allergic to a certain substance, you can take steps to minimize contact with the allergen. Strategies for doing this include being in an air-conditioned environment during peak pollen season, avoiding certain foods, and conducting a skin test when using new products. A skin test can be accomplished by applying a small amount of product to the wrist or inside of elbow, then waiting 24 hours to see if a reaction occurs. If a reaction does occur do not use the product and
Safety Glasses For Sale

Safety glasses should be utilized during many college work activities. Groundskeepers, maintenance workers, and laboratory staff, just to name a few, should use safety glasses when engaged in hazardous activity. Safety glasses come in dozens of styles and sizes and also are available with tinted UV coatings for outside workers. There is really no reason why anyone should not use safety glasses when necessary.

But what about workers who wear prescription eye glasses? OSHA states in 1910.133(a)(3) The employer shall ensure that each affected employee who wears prescription lenses while engaged in operations that involve eye hazards wears eye protection that incorporates the prescription in its design, or wears eye protection that can be worn over the prescription lenses without disturbing the proper position of the prescription lenses or the protective lenses. Safety glasses and goggles are available that fit over the workers prescription glasses. These items should be supplied and available just like any other PPE. However, if an employee must wear protection for long periods of time, prescription safety glasses may be a better alternative.

Whether or not the college pays for prescription safety glasses, or even contributes to the cost, it is the college’s decision and not an OSHA requirement.

Prescription safety glasses can be expensive. One source that may help reduce costs is Correction Enterprises. Under the authority of the NC Department of Public Safety, Correction Enterprises is a source of high quality products, available to state agencies and state employees. Correction Enterprises has prescription safety glasses and standard prescription glasses with a large choice of frame and lens styles. The lenses are produced at the Nash Correctional Institution in Nashville, NC.

On their website, correctionenterprises.com you will find a list of optometrists who participate in this program. Also you will find a gallery of frames and a price list. (To be OSHA compliant, look for the ANSI Z87.1 sticker on the lens.) The glasses can be ordered individually by current and retired state employees or by the college’s purchasing department with E-Procurement.

Many other products are available from Corrections Enterprises, including safety signs and high visibility reflective vests. Take time to go to the website and see if Corrections Enterprises products are right for you.

Allergies (Cont.)

contact your doctor. If you or someone you work with has a severe allergy then chances are they need an EpiPen or other form of epinephrine injector to avoid anaphylaxis. Anaphylaxis is the most severe form allergic reactions. Symptoms can include tingling of the extremities, light headedness, difficulty breathing, and loss of consciousness. If untreated a severe reaction can lead to seizures, cardiac arrhythmia, and death. Insect stings, drug, and food allergies can all result in anaphylaxis. If you have a known severe allergy I would recommend an anaphylaxis action plan. There are many available for free online and they can be kept along with an epinephrine auto injector in your work area. These action plans can give your coworkers the information they need to quickly recognize and treat the symptom of anaphylaxis, as well as providing emergency medical and family contact information. If you have a severe allergy you should inform your coworkers of your allergy and familiarize them with the location of your action plan and autoinjector. In the case of allergies a little bit of planning can go a long way.
Eyewashes and Safety Showers: Location, Use & Maintenance

When the EHSI staff visits your campuses to test fume hoods or to make a safety audit they will always inspect and test many of the eyewashes you have in the labs and many other locations around the campus. Testing of safety showers is done by campus personnel due to the need to capture the shower water before it hits the floor. The NC Department of Labor Occupational Safety and Health (OSH) Division thinks the use of eyewashes and showers is so important that they have a written Industry Guide # 28: A Guide to Eyewash and Safety Shower Facilities. The guide can be found at www.nclabor.com, under publications it can be purchased or printed.

NCOSH guide lists four basic ways these safety systems are used:

- **Dilution**-diluting the chemicals that are on the skin or in the eyes to a non-harmful level.
- **Warming/cooling**-warming or cooling the body or eyes because of a change in temperature due to chemical exposure.
- **Irrigation**-flushing the chemicals out of eyes or off the skin.
- **Extinguishment**-putting out fires of clothing on the body.

EHS Today estimates that 2,000 occupational eye injuries occur each day in the US and that the annual cost of these injuries is $300 million per year in lost production time, medical expenses and workers compensation.

The immediate and proper treatment of a chemical injury can reduce the damage greatly. Employers who have properly installed and maintained eyewashes and showers where needed, can reduce the severity and cost of a chemical injury. Both OSHA and NCOSH use the best practice standard developed by the Industrial Safety Equipment Association (ISEA) and American National Standards Institute (ANSI) as their standard. The latest revision is ANSI/ISEA Z358.1-2009 and is used in the 2010 updated NCOSH Industrial Guide # 28.

The Industry Guide lists everything needed to be compliant with the NCOSH, OSHA and ANSI/ISEA Z358.1-2009 standards. Some of the major topics required by the Industrial Guide are: Selecting the appropriate equipment, Training, Locating, Maintaining and OSHA/NCOSH Standards.

Some of the major points of the standards are locating the eyewash and shower equipment no further than 10 seconds or less of unobstructed walk or 55 feet from the hazard and providing 15 minutes of continuous irrigation to both eyes (@ 0.4 gpm) and the emergency shower (20"diameter of column and @ 20 gpm). The Humana Burn Center states that the affected area should be irrigated with water for 15 minutes or longer, no other option should take priority, and by no means should ointment, salve, grease or other remedy be applied. Early irrigation of the affected area is the most important treatment for a chemical burn.

Additional requirements of the standards and guide are: plumbed units (eyewashes and safety showers) should be activated weekly to flush lines and verify operation, test the water temperature (60-100°F) and maintain a record of the testing.

Also remember that all areas that could have personnel exposed to hazardous chemicals should have eyewash and safety shower equipment. Some of the areas on campus would be Chemistry labs, Auto labs, machining areas, welding, HVAC, maintenance/grounds, custodian/janitorial closets, forklift and other battery charging areas, refueling areas and other areas you may have on your campus.

Appropriate personal protective equipment (PPE) should always be used to protect against hazardous chemicals (eye, face, body, hand and foot protection). One Federal Bureau of Labor Statistics survey of 1,052 industrial eye injuries revealed that most workers were injured while performing their normal job activities. Sixty percent of these persons surveyed said they were not wearing eye protection at the time of the injury (why? not normally used or felt it was not needed).

**PPE should fit the task.** Another survey of chemical injuries showed that 66 percent of the people were wearing PPE when injured. The employees said the chemicals passed under or around the PPE (like glasses, goggles or face shields).

Eyewashes and safety showers are a great back up, but PPE must fit correctly and always be used in conjunction with proper work practices.
OSHA Heat Safety Tool

With summer weather upon us OSHA has once again renewed its Heat Safety campaign. They are promoting their Heat Safety Tool, which is a phone App. For android, Blackberry and iphone. This App allows users to calculate both the heat index and the risk level for their worksite. It can also provide helpful reminders for scheduling rest and water breaks, as well as providing information for emergency situations including symptoms of heat illnesses and first aid measures. For more information about protecting your workers safety while working in the heat, see OSHA’s heat illness webpage. The website has training guides, videos, posters, and fact sheets to help with your heat safety program.

http://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

Back issues of Safety Measures are available at our website http://www.blueridge.edu/ehsi/SafetyMeasures.php

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