EHSI to offer OSHA 10-Hour Training Statewide

The response to the 2012 EHSI OSHA 10-Hour training at Cape Fear CC, Rowan Cabarrus CC, and Blue Ridge CC was so strong that we have decided to continue offering the training statewide to all community colleges. All members of the EHSI professional staff have earned the necessary credentials to provide the OSHA Outreach General Industry 10-Hour Hazard Recognition training to all employees in the NC Community College System. Following the successful completion of this course, faculty and staff members will attain the OSHA 10 General Industry training card.

We are proud to offer this training to all employees who are interested in learning more about hazard recognition at work and at home. The topics we cover are useful to all employees and will be custom tailored to directly address the hazards most commonly found at community colleges. By taking advantage of this training, you show a commitment to building a campus-wide safety culture at your college by enlisting as many employees as possible in your hazard recognition and control efforts.

EHSI will be offering the OSHA 10-Hour training at colleges across the state over the next 18 months. If you would like to schedule a 10-hour training event at your college, or if you would like to be made aware of 10-hour events at colleges in your region, please contact Tamara Heinemann to be added to our contact list. She can be reached at 828-694-4738 or t_heinemmann@blueridge.edu. You can also visit our website at www.blueridge.edu/ehsi to stay up to date with all of the EHSI training events.

A Good Night’s Sleep for Safety

It would be hard to say for sure how many, but lack of sleep contributes to accidents at work, at home, and while driving. The Exxon Valdez oil spill, Three Mile Island, and the Challenger Space Shuttle explosion have all been linked to poor decision making following extended periods of sleeplessness. Ensuring that you get enough rest is also healthy. Lack of sleep can lead to chronic health problems such as heart disease, high blood pressure, stroke, and diabetes. Weight gain and depression and stress are also being attributed to lack of sleep. If you don’t sleep well, these tips may improve your sleep habits.

- **Limit the TV watching and computer use before bedtime.** The light from these screens can trick your brain into thinking it is daytime instead of evening.
- **No alcohol before bedtime.** Alcohol is actually a stimulant and although you may drift off to sleep, your sleep quality will suffer. Limit alcohol to three hours before bedtime.
- **Avoid heavy meals at least two hours before bedtime.** Eating causes your metabolism to increase, right when you want it to slow down. A light snack is OK.
- **Cut down on caffeine.** It takes eight to ten hours for caffeine to ‘wear off,’ so change to a no caffeine beverage after lunch.

(continued on page 2)
Cold Weather Is Coming

As the seasons change and the temperature drops, a new workplace hazard presents itself. What defines cold weather varies, but when temperatures drop significantly below normal workers are at risk. Outdoor workers and those who work in cold environments may suffer from one or more types of Cold Stress.

Hypothermia is a dangerous condition in which your body is losing heat faster than it can be replaced. When this happens your body processes become affected, and it can lead to serious injury or a life threatening emergency. Early symptoms begin with shivering and a loss of coordination, followed by confusion and disorientation. As the body continues to lose heat, shivering stops, the pupils’ dilate, pulse and breathing slows, leading to a loss of consciousness. If a coworker is suffering from hypothermia, alert the supervisor and request medical attention. Then move them into a warm room or shelter, wrap them in heated blankets and offer warm decaffeinated beverages.

Frostbite is an injury to the body that is caused by the contraction of the small blood vessels due to prolonged exposure. Frostbitten areas become damaged due to a lack of oxygenated blood flow. Frostbite causes a loss of feeling and color in the affected areas. It frequently affects the nose, ears, cheeks, chin, fingers, or toes. In cold temperatures the risk of frostbite is greater in workers who are not dressed properly and those with reduced blood circulation. Workers who are suffering from frostbite should be moved into a warm room. The affected area should be gently warmed while avoiding rubbing or massaging to the area as this causes more damage.

Trench Foot is an injury of the feet resulting from prolonged exposure to wet and cold weather. Because wet feet lose heat much faster, Trench Foot can occur at temperatures as high as 60°F. To prevent heat loss, the body shuts down circulation in the blood vessels of the feet resulting in tissue damage. Initial symptoms of Trench Foot include redness of skin, numbness or tingling, leg cramps, discoloration and swelling. Workers suffering from Trench Foot should remove their wet socks and shoes and dry their feet.

Employees can protect themselves against the dangers of Cold Stress by dressing appropriately for the weather conditions. Boots should be waterproof and insulated. Dress in layers while avoiding tight fitting clothing which can restrict circulation. Wear a hat and make sure to protect the ears, face, hands and feet during cold weather. Employees should move into warm locations during breaks and try to limit the amount of time spent outside on extremely cold days.

Employers can help protect workers by scheduling cold jobs for the warmest part of the day and reducing the physical demands on workers during extreme cold weather. Employers can provide training to employees about the importance of monitoring and symptoms and treatment of Cold Stress.

For more information on keeping workers safe during colder weather visit: http://www.osha.gov/Publications/coldcard/coldcard.html

By: Tamara Heinemann
National Fire Prevention Week

By: David Martin

National Fire Prevention week is October 7-13, 2012. Before we discuss some fire safety items, let’s have a little history and background about how National Fire Prevention week came about and why it’s in October.

While the Chicago fire is the most documented and best known fire during that two day period, it wasn’t the biggest.

During that time the Peshtigo fire occurred in northeast Wisconsin. This is the most devastating forest fire in American history. The fire also started on October 8, 1871, burning 16 towns, killing 1,152 people and burning 1.2 million acres before it was contained.

In 1920 President Woodrow Wilson issued the first Fire Prevention Day proclamation, and since 1922 Fire Prevention Week has been observed on the Sunday through Saturday period in which October 9th falls. The President of the United States has signed a proclamation proclaiming a national observance during the week every year since 1925.

The organization that promotes National Fire Prevention week the most is the NFPA (National Fire Protection Association), OSHA’s authority for exit routes, fire doors, sprinklers, NEC (National Electric Code) and other fire related standards.

The NFPA theme for 2012 is “Have 2 Ways Out.” We all know that the fire egress plans all have a primary and secondary exit route.

Many standards and practices can apply to our homes as well as our community colleges. The week of October 7-13, 2012 is a good time to assure everyone understands the fire evacuation plan and possibly test the plan. Test fire alarm equipment; this is good time to change batteries annually at home. Check the fire extinguishers to see that the monthly and annual inspections are being performed. Emergency lighting can be tested during an evacuation exercise (test your emergency flashlights at home).

During a fire evacuation exercise your plan can be evaluated to determine if conditions in the building have changed. Does your procedure account for everyone? Does everyone who needs assistance have someone assigned to provide the assistance?

With the holiday season rapidly approaching, this is a good time to assure that your fire prevention plan and equipment are ready to use if needed.
**Ask EHSI**

Answers to standards or regulations questions that are researched by the EHSI staff.

**Question:** What is the minimum amount of clearance required around electrical panels and circuits for access?

**Answer:** Any object that blocks access to an electrical panel that houses circuit breakers is a violation of both OSHA regulations and NFPA codes. According to OSHA an electrical panel must have a clearance in front of at least 3 feet for equipment using 120 to 250 volts. Equipment installed after 1997 must also comply with a minimum head room requirement of 6.5 feet. This work space must also permit at least a 90 degree opening of all hinged panels. As a visual reference this is roughly the amount of space required for a refrigerator. To allow proper access, this space cannot be used for permanent fixtures or temporary storage. In the event of an emergency, access to electrical panels and accurately labeled circuit breakers are essential to employee safety.

---

**EHSI CONTACT INFORMATION**

http://www.blueridge.edu/ehsi

Email: brcc-ehsi@blueridge.edu

**EHSI Staff:**

**Allen McCullough**
828-694-1749  
jamesmc@blueridge.edu

**Chuck Arrowood**
828-694-1738  
jc_arrowood@blueridge.edu

**David Martin**
828-694-1759  
dm_martin@blueridge.edu

**Tamara Heinemann**
828-694-1738  
t_heinemann@blueridge.edu

**Ruth Kidd**
828-694-1767  
ruthk@blueridge.edu

---

**EHSI SafetyNet Training Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic (all training starts at 10:00 a.m.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-16</td>
<td>Fire Prevention, Life Safety &amp; Fire Extinguishers</td>
</tr>
<tr>
<td>11-6</td>
<td>Hazard Communication &amp; Bloodborne Pathogen Awareness</td>
</tr>
<tr>
<td>11-20</td>
<td>Safety for the Holidays</td>
</tr>
<tr>
<td>12-4</td>
<td>Hazard Communication &amp; Bloodborne Pathogen Awareness</td>
</tr>
<tr>
<td>12-18</td>
<td>Safety for the Holidays</td>
</tr>
<tr>
<td>1-10</td>
<td>Hazard Communication &amp; Bloodborne Pathogen Awareness</td>
</tr>
</tbody>
</table>

EHSI is now on Facebook! To join in on the conversation, see more conference photos and connect with us, go to www.blueridge.edu/ehsi, then click on the Facebook icon to join in.