EHSI developed the SafetyNet web based training platform in an effort to make OSHA required training available to as many NC Community College employees as possible. SafetyNet has continued to gain popularity since we first began offering online training back in 2010. We are proud to announce that starting this July 21st, we will begin offering enhanced courses geared towards specific job titles within each college.

We will continue to offer Hazard Communication and Bloodborne Pathogens Awareness on the first Tuesday of each month because we feel everyone needs to be trained in these topics. Our third Tuesday of each month event will now consist of job specific training for employees who deal with large amounts of hazards in their tasks. The first training event titled "Safety Orientation for Custodians" will cover safety topics as they apply to the custodial staff that work so hard to keep our campuses clean every day. This course, on Tuesday, July 21st from 10am—noon, will cover the OSHA required training that applies to custodians such as:

- Hazard Communication,
- Bloodborne Pathogens exposure control,
- Personal Protective Equipment, and
- Electrical Safety
- Slips, Trips and Falls Prevention
- Ladder Safety

In the future, these two hour webinar courses will also be offered to Groundskeepers, Maintenance staff, Laboratory technicians, and Instructors who work in hazardous trades such as welding, machining, industrial maintenance, and automotive repair. It is our hope that by enhancing the training courses and by targeting certain positions, we will not only increase the number of attendees, but also increase their level of safety awareness and hazard recognition. We want to empower employees to not only be able to recognize hazards but to correct them as well. We want instructors to understand their responsibilities and liabilities as they instruct students how to do hazardous work in a safe manner. Ultimately, this knowledge should be handed down and young workers entering the NC workforce should already be well versed in their rights and responsibilities in regard to occupational safety.
When the warmer weather hits, there is nothing better than the smell of sumptuous food on the grill. From everything from onions and sausage to juicy burgers, hot dogs, eggplant, corn and even pizza; grills are a mainstay at most homes. In fact, three out of five households own a gas grill (not counting charcoal grills), which translates to a lot of tasty meals in the months ahead. Grilling is rapidly becoming a year round event weather permitting and sometimes because of the weather (hurricanes and storms causing power outages). The increased grilling also means there’s an increased risk of home fires and injury.

The National Fire Protection Association (NFPA) and the National Propane Gas Association (NPGA) provided many of the facts and safety tips presented in this article. America’s favorite grilling holidays are the Fourth of July and Labor Day. Food is often the main attraction at these events. With the bustle of activity and people it’s easy to become distracted while cooking. Each year an average of 8,800 home fires are caused by grilling and close to half of all injuries are due to thermal burns. One of every six structure fires involving grills got started because something combustible (like a towel, oven mitt, or food packaging) was too close to the heat. In 2012, 16,900 people went to Emergency Rooms because of injuries involving grills. Many of us have read or heard of the ESPN Sports Center host Hannah Storm’s grilling injury. While grilling the propane flame went out and propane pooled at the bottom of the grill. When Hannah attempted to relight the grill a fire ball exploded out and burned her face, neck, chest and hands.

This may sound scary, but preventing grill fires is not as hard as you may think. All it takes is a little preplanning. By following a few simple safety precautions and guidelines, you can enjoy delicious grilled meals year round. Before you light up your grill, consider the following:

- Only use propane and charcoal grills outdoors.
- When lighting make sure the grill lid is up to help prevent a flash off from gas build-up in the grill. Also don’t lean over the grill because usually a fire ball will come out above the grill. I always crouch below the grill while igniting the gas.
- Place the grill well away from your home, deck railing and out from under eaves and over hanging limbs. I have personal experience with a burning smoldering deck railing.
- Put safety rules for kids in place. Keep children and pets at least three feet away from the grill area.
- Clean your grill often—at least two times per year, removing any grease or fat build up from the grates and the tray below the burners.
- Stay next to your grill at all times while cooking! Do not leave the area unattended.

Some additional Do’s for propane grills are:
- Make sure the burner controls are turned off and keep the cylinder valve closed when not in use.
- Make sure the grill is completed cooled before covering after use.
- Always use or store cylinders in an upright, vertical position. Be sure to store them outdoors away from sources of ignition (including near the grill). Always store or transport cylinders away from areas where high temperature will be present (i.e. vehicles).
- After filling, take the cylinder home immediately. While transporting, keep the vehicle ventilated with the cylinder valve closed and plugged or capped. Also transport the cylinder in an upright position.
- If there is a significant and uncontrolled release of gas or fire call the fire department immediately and move all people and pets away from the grill.

Happy grilling and enjoy the great food. Is that the burgers or the deck railing that I smell burning?
Sun Safety

When working outdoors in the summer months, we are reminded to take extra precautions to prevent sun burns, which can lead to skin cancer, and other sun exposure issues. The following is a reminder from The Centers for Disease Control and Prevention (CDC) which can be found at their website http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm along with other helpful information.

The sun’s ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

**Shade.** You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you’re outside—even when you’re in the shade.

**Clothing.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn’t practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

**Hat.** For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

**Sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best by blocking UV rays from sneaking in from the side.

**Sunscreen.** Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don’t forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

**How sunscreen works.** Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

**SPF.** Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

**Expiration date.** Check the sunscreen’s expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

**Cosmetics.** Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don’t use them by themselves.
ASK EHSI

Question: What are some tips for working outside in the heat?

Answer: WATER.REST.SHADE.

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.

- Acclimate – "easy does it" on your first days of work; be sure to get used to the heat and allow yourself to build up a tolerance. Not being used to the heat is a big problem. Many of the people who died from heat stress were either new to working in the heat or returning from a break. If a worker has not worked in hot weather for a week or more, their body needs time to adjust.  

Taken from www.osha.gov

Reminder—This newsletter is available at www.blueridge.edu/ehsi.

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EHSI SafetyNet Training Schedule

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<td>Hazard Communication &amp; Bloodborne Pathogen Awareness</td>
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