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Public Safety Department & environmental health & safety newsletter

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**Facilities and
Engineering/Environmental Health
and Safety Newsletter**

Safety Office: (843) 953-4816, 953-6945/Radio: Channel 1 #98 or #99

Date: June 04, 2018

Safety Counter

21 Days Since Last Recordable

(Laceration – HVAC 05/14/18)

(Last injury – contusion to hand in
Grounds Department 5/1/2018)

Safety Stats - 2018

2	YTD Campus Recordable Injuries
0.85	RIR Rate (Target: 0.00)
6	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.
Days Since Last OSHA Recordable	
379	Zone Maintenance
21	HVAC
33	Grounds
>1,095	Paint Shop
>1,095	Electrical Shop
>1,095	Motor Pool
>1,095	Carpenter Shop
421	Machine/Plumbing Shop
173	All Other Campus Departments

OSHA's Permissible Noise Exposures

Duration per day, hours	Sound level dBA slow response
8	90
6	92
4	95
3	97
2	100
1.5	102
1	105
0.5	110
<.25	115

What is the Noise Reduction Rating (NRR) related to hearing protection?

The Noise Reduction Rating (NRR) describes the average sound level reduction provided by a hearing protection device (ear muffs or ear plugs) in a laboratory setting. Since the NRR is based on a laboratory setting, it does not take into account the loss of protection that occurs when hearing protectors are not fit properly or when the hearing devices are not worn properly. To account for these deficiencies, the actual protection of the hearing device is calculated by:

NRR minus 7 divided by 2. For example, a hearing device with a NRR of 32 would provide protection of 13 dB. (32 – 7 = 25 divided by 2 = 12.5 dB).

8-hour TWA noise at 93 dB with an NRR earplug of 32 would be calculated; 93 dB minus the protection of 12.5 dB, which would expose an individual to 93 – 12.5 = 80.5 dB, which is below the OSHA allowable limit of 85 dB over an 8 hour work period.



Link to Safety Alerts <http://www.citadel.edu/root/safety-alerts>

Link to Safety Newsletters <http://www.citadel.edu/root/citadel-safety-newsletters>

Summer is just around the corner

Common Signs of Heat Stress

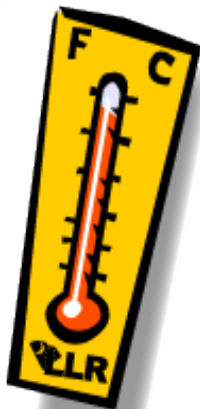
Heat Cramps – Painful muscle spasms, usually in the legs or abdomen, heavy sweating.

Heat Syncope – Temporary loss of consciousness, blurred vision.

Heat Exhaustion – Pale and clammy skin, possible fainting, weakness & fatigue, headache, nausea, dizziness, heavy sweating, exhaustion, blurred vision, body temp slightly elevated.

Heat Stroke – Cessation of sweating, skin hot & dry, red face, high body temperature, unconsciousness, collapse, convulsions, confusion or erratic behavior, life threatening condition – EXTREMELY SERIOUS.

PREVENT HEAT STRESS



What constitutes an OSHA recordable injury?

In order for an injury or illness to be recordable, it must be work-related. An injury is considered work-related if an event or exposure in the workplace caused or contributed or significantly aggravated a pre-existing condition.

Generally, a recordable injury or illness under OSHA is defined as one that requires medical treatment beyond first aid, as well as one that causes death, days away from work, restricted workdays, and transfer to another job or loss of consciousness.

First Aid for Heat Stress

Heat Cramps – Salt water intake, electrolyte drinks, rest in cool environment.

Heat Syncope – Water intake, lie down in cool environment.

Heat Exhaustion – Move patient to a cooler place, if conscious give small amounts of cool water to drink, remove or loosen tight clothing, apply cool wet cloths or towels to skin, watch for changes in condition, call 911 if patient refuses treatment, loses consciousness or starts vomiting.

Heat Stroke – Immediately move patient to a cooler place, quickly cool body by removing or loosening tight clothing, apply cool wet cloths or towels to skin, apply ice or cold packs wrapped in a cloth to wrists, ankles, groin, neck or armpit, call 911 immediately for transport to ER – EXTREMELY SERIOUS CONDITION.

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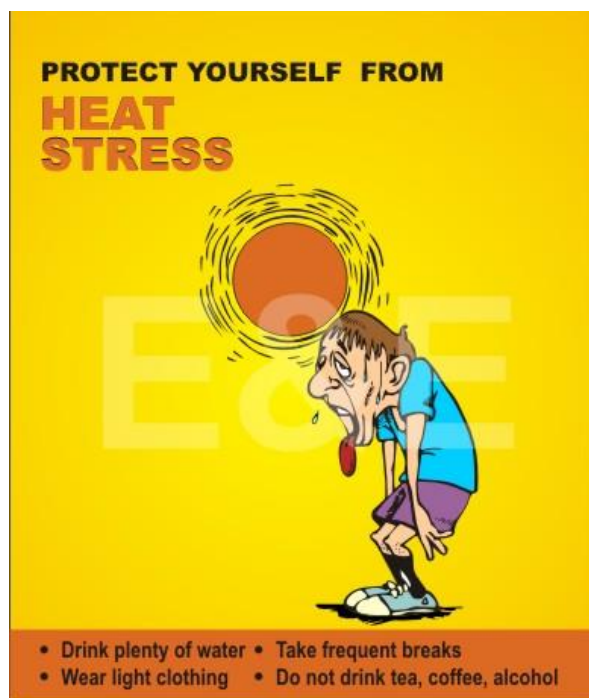
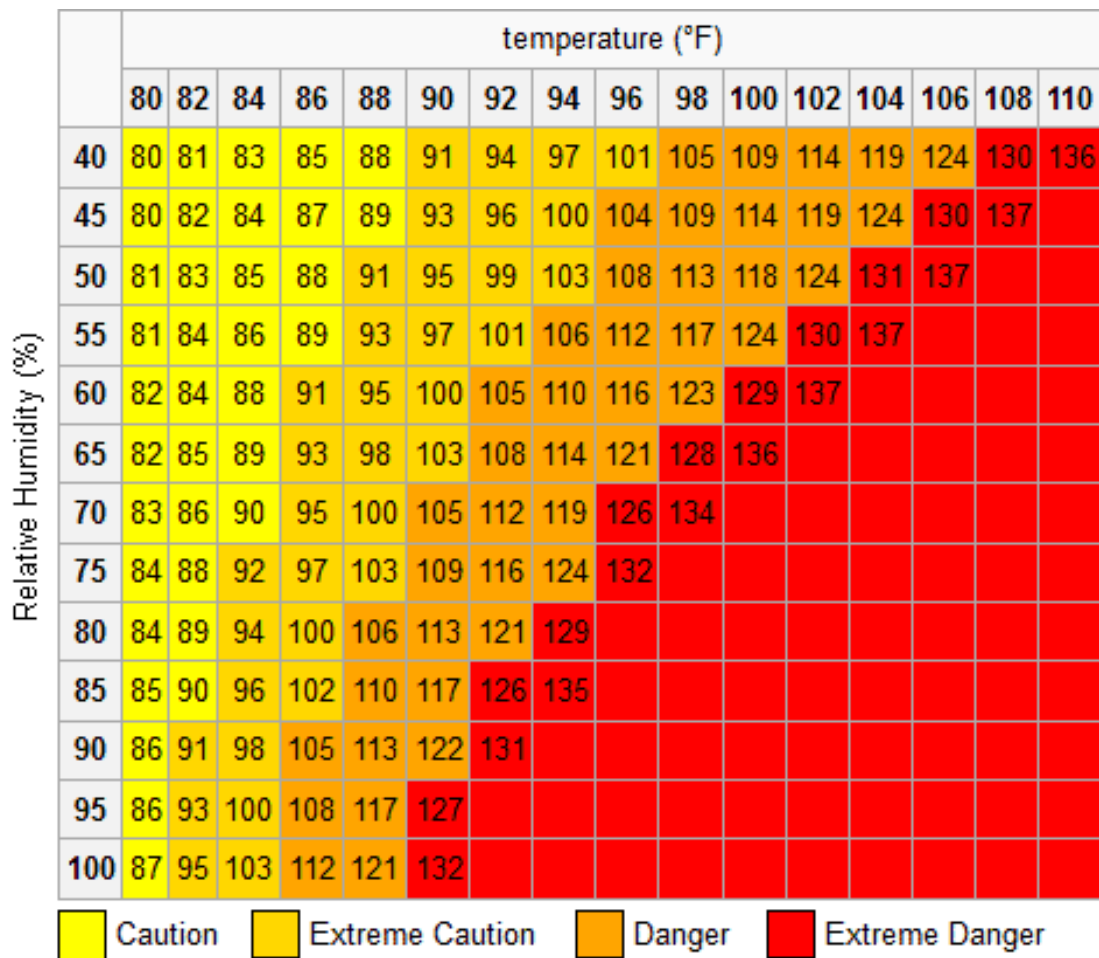
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SAFETY PICTURE OF THE DAY



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Heat Index Chart Helps Determine Heat Index based on Relative Humidity and Temperature



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