

Winter 2011

Health and Safety Newsletter



Keene State College

The Health and Safety Committee is designed to promote health and safety in the workplace and to recommend initiatives which will enhance the health and safety of faculty, staff, students and the general public while at Keene State College. Please visit our website at:

<http://www.keene.edu/ehs/committee.cfm>

Health and Safety Committee Members:

- Lynne Andrews
- Brian Bohannon
- Brendon McCarthy
- Misha Charles
- Martha Doyle
- Jane Ellsworth
- Jeanne Hearn
- Karyn Kaminiski
- Ethan Kipnes
- David May
- Frank Mazzola
- Sylvie McCarthy
- Paul McMullan
- Tamara Lique-Naitove
- Sylvie Rice
- Lynn Richardson
- Sarah Spykman
- Casey Wilson
- Gail Zimmerman

Inside this issue:

Slips and Trips on Campus	1
The Skid	1
Can Odors Make You Sick?	2
Texting and Driving	2
Sharing the Walkway	2

Welcome to the first issue of the Keene State College Health and Safety Committee’s Newsletter. Many thanks to Brendon McCarthy, chief editor and senior majoring in Safety Studies. If you have a safety related suggestion or concern that you would like to share please contact Sylvie Rice (srice2@keene.edu; ext. 82879) or any of our members.

Slips and Trips on Campus

It’s that time of the season where weather conditions can become a big part of our day. Remember these helpful hints and you may avoid the emotional and physical pain and suffering of slipping on and off of campus.

The first key is giving yourself enough time. Rushing from one building to another decreases your awareness and increases your chances of slipping.

Be aware of your surroundings. Avoid the ice, slush, and snow on the ground whenever possible.

Use appropriate footwear. Bring your heels or running shoes in a bag and wear boots

and shoes while commuting on campus.

Use mats inside of buildings. Hazards aren’t gone simply because you made it inside. Wipe your boots on the mats to prevent slipping. You’re helping yourself and others.

Finally, and most importantly, report all accidents and close calls to Sylvie Rice or Campus Safety. These are all good tips, but understanding the hazard beforehand is essential. It allows for the hazard to be addressed and reduced. Knowing that you helped dozens of other pedestrians by making the hazard known will make you feel good. Don’t be embarrassed if you almost slipped. Not reporting this means that

others are going to slip and someone could be seriously injured. Make safety a value for you and the people you work with.



Be aware of falling icicles as they are starting to melt.



The Skid

A vehicle skidding out of control is every driver’s nightmare. It can happen to anyone, anywhere, at anytime. When roadways are wet, icy or covered with snow and slush, a vehicle will skid no matter how skilled the driver is. If your

vehicle starts to skid – DON’T PANIC. You can recover and straighten out if you:

- Do not use the brakes.
- Look ahead and steer in the direction you want the front of your vehicle to go.

- As the vehicle starts to come out of the skid, straighten your wheels slowly.
- Now use your brakes gently to stop the vehicle.





Can odors make you sick?

What is fragrance sensitivity? It can be an actual allergy or a simple irritation. It is difficult to diagnose which is occurring. Symptoms can include breathing problems, asthma, and skin rashes.



If you are sensitive to fragrances, please discuss this with your colleagues. Approach your co-workers in a positive manner and share your concerns about the scented products being worn or used in your area. Be as specific as possible about your symptoms (headaches, runny nose, watery eyes, trouble breathing etc).

“Please do not text and drive”

Don't Text and Drive

The Safety Studies department at Keene State College has been actively pursuing changing the way we view texting while driving. Through the Safety Studies honor society, Rho Sigma Kappa, and the American Society of Safety Engineers Granite State Keene State Chapter, an anti-text campaign has begun.

Texting while driving is an important issue, and Safety students believe a good target audience can be found at Keene State. Starting in November, students in the Safety department created flyers and attached them to cars on the KSC campus. Secondly, a short video clip with students pledging to not text and drive was created and made avail-

able to the public. For this semester, they hope to keep promoting their campaign for change. Please, do not text and drive.

Sharing Walkways

Skateboarders and bicyclists will be seen more and more on Appian Way as the weather warms up. For people using bikes and skateboards for transportation, please understand that pedestrians have the right of way. Also, ride at the pace of traffic. Please do not weave in and out of pedestrian traffic and do not cut anyone off. At-risk behavior like

this can result in disciplinary action.

Finally, riders are encouraged to wear helmets and proper footing while commuting anywhere on or off of campus.



Appian Way is rarely this deserted.