Health and Safety Committee
Keene State College

Welcome to the sixth issue of the Keene State College Health and Safety Committee’s Newsletter. Many thanks to Elena Knorr, chief editor 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.

Floods (source http://www.nws.noaa.gov/os/water/tadd/)

The most common hazard in New Hampshire is flooding. Every year some part of the state experiences flash flooding, main stem river flooding, coastal flooding or a combination of the three. These floods all have one thing in common – continuous heavy rain caused by two or more weather systems that stalled over the state. Because of the state’s rough topography, its many small rivers and streams can quickly overflow their banks during heavy, continuous rain. The excess water goes onto roads and into populated areas. The threat of flooding is most common in the spring, but floods may strike the state at any time of the year.

TURN AROUND DON’T DROWN®!

Each year, more deaths occur due to flooding than from any other severe weather related hazard. The main reason is people underestimate the force and power of water. More than half of all flood related deaths result from vehicles being swept downstream.

- Monitor the NOAA Weather Radio or your local news source for vital weather information.
- If flooding occurs, get to higher ground. Get out of areas subject to flooding.
- Avoid areas already flooded, especially if the water is flowing fast. Do not attempt to cross flowing streams.
- NEVER drive through flooded roadways. Road beds may be washed out under flood waters.

Eye Safety—Do Not Become a Statistic!

Use them or lose them!!!

Even “minor” eye injuries can cause life-long vision problems and suffering—a simple scratch from sawdust, cement, or drywall can cause recurrent corneal erosion that is very painful.

Each day about 2000 U.S. workers have a job-related eye injury that requires medical treatment. Burns to the eyes from chemicals or cleaning products are common. Thermal burns to the eye occur as well. Health care workers, laboratory staff, janitorial workers, animal handlers, and other workers may also be at risk of acquiring infectious diseases which can be transmitted through the mucous membranes of the eye as a result of direct exposure.

Personal protective eyewear, such as goggles, face shields, safety glasses should be used for specific work situations, depending upon the nature and extent of the hazard, the circumstances of exposure, other protective equipment used, and personal vision needs.

Remember!! Eye injuries are very painful, and if you lose your sight it will change your life. Think about your family and friends, and colleagues.
Why should I wear a helmet?

Although there are no Federal or State laws that require adults to wear bicycle helmets, helmets have been proven to be the single most effective way to reduce head injuries and fatalities resulting from bike crashes. Approximately 91% of bicyclists killed in 2009 reportedly weren’t wearing helmets (www.helmets.org)

Make sure your helmet is properly fitted to protect you in case of an accident and replace your helmet after any impact, suggests the League of American Bicyclists. The positioning, straps, and size are all factors in wearing a helmet properly. The Bicycle Helmet Safety Institute provides instructions that can help you check all of these bike safety considerations and keep you safe while riding.

Fire Extinguishers, How They Work and Misuse of them

Portable fire extinguishers offer quick remedies for small blazes before flames spread out of control. The basic principles of all fire extinguishers remain the same—snuffing out fire by depriving flames of their oxygen fuel.

To operate a fire extinguisher, remember the acronym PASS:

- **Aim** low. Point the extinguisher at the base of the fire (source).
- **Squeeze** the lever slowly and evenly.
- **Sweep** the nozzle from side-to-side.

Always keep an EXIT to your back.

Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Never use a fire extinguisher unless the fire is small, you have been trained, and most importantly if you feel comfortable doing so.

Misuse of fire Extinguisher

Tampering with, or misuse of fire alarms, smoke detectors, fire extinguishers, and/or failure to comply with related procedures (including evacuation) is a serious infraction of Keene State College policy and you could also be charged with a misdemeanor.

If you notice something that may create a safety hazard please contact any member of the Health and Safety Committee or call Sylvie Rice (358-2879) or John Lorrette (358-2202). If you have an emergency outside of normal working hours (M-F 7:30 am—4:00 pm), please call Campus Safety at 358-2228. (Note: students should contact their RA or RD to place work requests for non-emergencies.)