STUDENTS WILL BE BACK SOON! ACTIVITY ON CAMPUS WILL AGAIN BECOME EVENTFUL

With the arrival of our students, visitors, and faculty, campus will again be buzzing with activity. Below are some good pedestrian/vehicle interface safety tips.

Walkers
- Never walk alone if possible
- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Never walk while texting or talking on the phone
- Do not walk while using headphones

Bike Riders
- Always wear a helmet that is fitted and secured properly
- Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across
- Watch for opening car doors and other hazards
- Use hand signals when turning
- Wear bright-colored clothing

Drivers, Share the Road
- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus

For more topics on safety for school age children, including backpack safety, playground safety and more visit https://www.nsc.org/home-safety/seasonal-safety/back-to-school

TOOLS AVAILABLE SHOULD AN EMERGENCY ARISE

The Offices of Risk Management and the Environmental Health and Safety would like to remind the university community that UNI has 53 Automated External Defibrillators (AED’s) and 37 emergency evacuation chairs located across campus. An Automated External Defibrillator is a portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias of ventricular fibrillation and lack of pulse. It is able to treat them through the application of electricity which allows the heart to reestablish an effective rhythm. AED’s use simple audio and visual commands and are designed to be simple to use by the layperson. An emergency evacuation chair is a device manufactured for the smooth descent of stairways in the event of an emergency. The single-user operation device does not heavy lifting to evacuate a person. Location of the AED’s and emergency evacuation chairs along with all blue light phones and building emergency shelter locations can be found by clicking on the designated icon that can be found on the Google map on the EH&S website located at www.risk.uni.
Causes of Hearing Causes of Hearing Loss in Adults

There are many causes of hearing loss in adults. You can prevent some but not all causes. Audiologists can help.

You can inherit hearing loss from your family. It is also common for hearing loss to happen as you get older. There are other causes described below. Hearing loss may happen by itself or with tinnitus, or ringing in your ears.

Some causes of hearing loss in adults include:

**Otosclerosis.** This is a middle ear disease. It makes it harder for the tiny bones in the middle ear to move. It causes a conductive hearing loss. The condition is often treated with surgery.

**Meniere’s disease.** This is an inner ear problem. The cause of Meniere’s disease is not known. It usually starts in people between 30 and 50 years old. A person with this disease will often have sensorineural hearing loss. Dizziness and ringing in the ear are common. Sensitivity to loud sounds may also happen. The hearing loss comes and goes, but over time loss becomes more permanent.

**Autoimmune inner ear disease.** An autoimmune disorder is one where your body attacks itself. This type of hearing loss happens fast. You should see a doctor as soon as possible if you suddenly lose your hearing. Medical treatment can help keep hearing loss to a minimum.

**Ototoxic medications.** There are some medicines that can cause hearing loss. You should talk with your doctor about the medicines you take. Some medicines that may impact hearing include the following:

- Aminoglycoside antibiotics, such as streptomycin, neomycin, or kanamycin
- Large amounts of aspirin
- Loop diuretics, like lasix or ethacrynic acid
- Some chemotherapy drugs

**Very loud noise.** Loud noise can cause permanent hearing loss. Noise-induced hearing loss is painless and usually happens over time. Hearing an extremely loud sound, like an explosion, can cause a sudden hearing loss.

**Acoustic neuroma.** This is an example of a tumor that causes hearing loss. It can also cause ringing in your ear and feeling like your ears are full. You need medical treatment for an acoustic neuroma.

**Physical head injury.** A traumatic brain injury (TBI), hole in the eardrum, and damage to the middle ear can cause hearing loss.

**Presbycusis.** This a sensorineural hearing loss that happens as you get older. Speech may start to sound muffled or unclear. You may have to ask people to repeat themselves or turn the TV louder to hear it.

To find an audiologist near you, visit ProFind.

*From American Speech-Language-Hearing Association*

**Hearing Loss in Adults**

There are many causes of hearing loss in adults. You can prevent some but not all causes. Audiologists can help.

You can inherit hearing loss from your family. It is also common for hearing loss to happen as you get older. There are other causes described below. Hearing loss may happen by itself or with tinnitus, or ringing in your ears.

Some causes of hearing loss in adults include:

**Otosclerosis.** This is a middle ear disease. It makes it harder for the tiny bones in the middle ear to move. It causes a conductive hearing loss. The condition is often treated with surgery.
**Meniere’s disease.** This is an inner ear problem. The cause of Meniere’s disease is not known. It usually starts in people between 30 and 50 years old. A person with this disease will often have sensorineural heating loss. Dizziness and ringing in the ear are common. Sensitivity to loud sounds may also happen. The hearing loss comes and goes, but over time loss becomes more permanent.

**Autoimmune inner ear disease.** An autoimmune disorder is one where your body attacks itself. This type of hearing loss happens fast. You should see a doctor as soon as possible if you suddenly lose your hearing. Medical treatment can help keep hearing loss to a minimum.

**Ototoxic medications.** There are some medicines that can cause hearing loss. You should talk with your doctor about the medicines you take. Some medicines that may impact hearing include the following:

- Aminoglycoside antibiotics, such as streptomycin, neomycin, or kanamycin
- Large amounts of aspirin
- Loop diuretics, like lasix or ethacrylic acid
- Some chemotherapy drugs

**Very loud noise.** Loud noise can cause permanent hearing loss. Noise-induced hearing loss is painless and usually happens over time. Hearing an extremely loud sound, like an explosion, can cause a sudden hearing loss.

**Acoustic neuroma.** This is an example of a tumor that causes hearing loss. It can also cause ringing in your ear and feeling like your ears are full. You need medical treatment for an acoustic neuroma.

**Physical head injury.** A traumatic brain injury (TBI), hole in the eardrum, and damage to the middle ear can cause hearing loss.

**Presbycusis.** This a sensorineural hearing loss that happens as you get older. Speech may start to sound muffled or unclear. You may have to ask people to repeat themselves or turn the TV louder to hear it.

To find an audiologist near you, visit ProFind.

*From American Speech-Language-Hearing Association*