Greetings

Thanks for your interest in Environmental Health & Safety at the University of Northern Iowa. In this and future newsletters you’ll get regular updates on how you can stay safe on campus, at home, and anywhere else you may find yourself. Safety at UNI is a cooperative effort and we thank you for doing your part by staying informed.

If you want additional safety information after finishing this newsletter, and can’t wait until our next one, check out our website at risk.uni.edu for safety tips, services, and programs.

Stay Safe,

Joseph Rayzor
Director of Risk Management
EH&S Launches New “Safety Everywhere” Map

The office of Environmental, Health & Safety (EH&S) has launched a new initiative called “Safety Everywhere”. Safety Everywhere is a map located on the front page of the EH&S webpage, and contains valuable safety information including blue phone locations, evacuation plans, and the location of automated external defibrillators (AED) on campus.

What is an AED? An AED is a device that automatically analyzes the heart rhythm and may deliver a shock to the heart to return it to a normal, lifesaving rhythm. UNI has 42 AEDS in 21 buildings and 4 police cars. 23 of the AED are in locations readily available to the Panther Public!

Why is this important? Between 250,000 and 300,000 will experience sudden cardiac arrest. Early intervention with an AED has emerged as the leading factor to saving a life and recovery from a sudden cardiac arrest. In fact, 20% of patients who have been treated early with an AED survive and recover, as opposed to only 2% who receive late defibrillation.

Why doesn’t everyone know how to use an AED? AED use is easy, and the devices walk users through every step, and training is available by contacting wellness services. One survey conducted by the American Heart Association revealed that among people who could have helped, but didn’t in a cardiac arrest event, 18% were fearful of legal action. Most states, including Iowa, have what is called “good Samaritan” laws, which essentially protect good-intending citizens from any and all legal action against them for helping or attempting to help another in need.

What can I do to be ready to help? First, it is highly recommended to attend a CPR and AED training course. They are inexpensive, readily available, and do not take a long time. Also, go to risk.uni.edu and on the left side of the screen, you will see the Safety Everywhere map. By clicking on the map, you will be able to see many UNI safety features, including AED locations. By clicking on any AED located on the map, you will have access to the training video for the particular device, exact location and photo of the device.

Sadly, sudden cardiac arrest does happen at UNI, and with so many Americans experiencing this, statistics indicate it will continue to happen. Learn CPR and AED use, locate the AEDS on campus, and you can make a lifesaving difference in another person’s life.

Request for Chemical Inventories

In order to assist first responders, such as Police, Fire and Medical Technicians, and to ensure compliance with federal, state and local regulations, the Office of Risk Management and Environmental Health and Safety is requesting chemical inventories from all academic and facilities service departments throughout campus. In case you have not received previous communication from our office or have not completed an inventory previously, please submit the following information via excel spreadsheet: person in charge of inventory, building, room, product or chemical name; manufacturer, part number, number of containers, size of container, unit (such as grams, pounds, liters, etc.), container type and any other information you would like added to the inventory.

Not only will this inventory assist first responders and maintain regulatory compliance but also assists the university in obtaining required chemical safety information, identify old and expired chemicals and reduce excessive chemical ordering which also saves the University money by reducing the amount of storage space. If you have any questions, please contact Gordon Krueger via email Gordon.Krueger@uni.edu or campus phone 273-3445.

Tips for Driving in Blowing Snow and Whiteout Conditions

Blowing snow may create whiteouts where snow completely blocks your view of the road. When blowing snow is forecast, drive only if necessary and with extreme caution. Before you drive — and during your trip — check weather forecasts and road reports. If there is a weather warning, or reports of poor visibility and driving conditions, delay your trip until conditions improve, if possible. If you get caught driving in blowing snow or a whiteout, follow these safe driving tips:

DO:
• Slow down gradually and drive at a speed that suits the conditions.
• Make sure the full lighting system of your vehicle is turned on.
• Use your low-beam headlights. High beams reflect off the ice particles in the snow, making it harder to see. If you have fog lights on your vehicle, use them, in addition to your low beams.
• Be patient. Avoid passing, changing lanes and crossing traffic.
• Increase your following distance. You will need extra space to brake safely.
• Stay alert. Keep looking as far ahead as possible.
• Reduce the distractions in your vehicle. Your full attention is required.
• Keep your windows and mirrors clean. Use defroster and wipers to maximize your vision.
• Try to get off the road when visibility is near zero. Pull into a safe parking area if possible.

DON’T:

• Stop on the travelled portion of the road. You could become the first link in a chain-reaction collision.
• Attempt to pass a vehicle moving slowly or speed up to get away from a vehicle that is following too closely.

REMEMBER:

• Watch your speed. You may be going faster than you think. If so, reduce speed gradually.
• Leave a safe braking distance between your vehicle and the vehicle you are following.
• Stay alert, remain calm and be patient.
• If visibility is decreasing rapidly, do not stop on the road. Look for an opportunity to pull off the road into a safe parking area and wait for conditions to improve.
• If you become stuck or stranded in severe weather, stay with your vehicle for warmth and safety until help arrives. Open a window slightly for ventilation. Run your motor sparingly. Use your emergency flashers.
• Be prepared and carry a winter driving survival kit that includes items such as warm clothing, non-perishable energy foods, flashlight, shovel and blanket.
• It is important to look ahead and watch for clues that indicate you need to slow down and anticipate slippery road conditions.