LINCOLN UNIVERSITY SAFETY COMMITTEE

FLU PREVENTION
from Everette James—PA’s Acting Secretary of Health

- Wash your hands thoroughly with soap and warm water before and following food preparation, before eating and after using restrooms or changing diapers.
- Be careful what you touch. Hands transmit germs.
- Cover your nose and mouth with hands or tissues when coughing or sneezing. Wash hands afterward to prevent spreading germs to doorknobs and other items. Discard tissues right way.
- Get plenty of rest, eat properly, and dress appropriately for the weather.
- When ill, prevent the spread of germs by staying home from school or the workplace, if possible.
- During flu season, minimize time in crowded areas, such as shopping centers, and avoid contact with those at high risk for the flu, such as the elderly and those with chronic illness.
- If over the age of 65, pregnant, or if you have a chronic illness or disease, talk with your doctor about a flu and pneumonia vaccination.

LINCOLN’S EMERGENCY NOTIFICATION SYSTEM

Recent tragic events at University’s throughout the country have increased awareness to the importance of timely and effective communications to alert students, faculty and staff during a time of crisis.

Lincoln University has put in place Emergency Notification and Communications System that allows the University to quickly disseminate urgent messages through multiple mediums including:

- Alert voice messages to cell, home & office phones
- Text messages to cell phones
- Email messages
- Outdoor emergency warning sirens

Call
484-365-7999
866-809-4556
for Weather Emergency Updates!
Lights and Tree Safety

The US Consumer Product Safety Commission suggests following these safety guidelines for lights and trees:

- Use only lights that have been tested for safety by a recognized testing laboratory, such as UL or ETL that have plugs containing fuses.
- Check each set of lights for damage; throw out damaged sets.
- Replace burned-out bulbs promptly with the same wattage bulbs.
- Make sure extension cords are rated for the intended use.
- Never use electric lights on a metallic tree; a person touching a branch may be electrocuted.
- Look for the label “Fire Resistant;” when purchasing an artificial tree.
- Check a live tree for freshness; a fresh tree is green, with tight needles that do not break when bent between your fingers.
- The trunk butt of a fresh tree is sticky with resin.
- Place live trees away from fireplaces and radiators.
- Keep the stand filled with water so that the tree does not dry out.
- Place the tree out of the way of traffic and do not block doorways.

Carbon Monoxide Precautions Keep Your Family Safer this Winter

Carbon monoxide (CO) is known as “the silent killer;” as it is colorless, odorless, and tasteless, our senses cannot detect it. CO claims the lives of nearly 300 people in their homes each year according to the U.S. Consumer Product Safety Commission (CPSC). CO is produced by furnaces, wood stoves, fireplaces, and kerosene heaters. The CPSC offers the following safety recommendations:

- Install at least one CO alarm near sleeping areas.
- Have a trained professional inspect, clean and tune-up your home’s central heating system and repair leaks or other problems; fireplaces and woodstoves should also be inspected each year and cleaned or repaired as needed.
- Keep gas appliances properly adjusted and serviced.
- Never use an oven or range to heat your home.
- Never use a gas or charcoal grill inside your home or in a closed garage.
- Never use portable electric generators indoors, in a garage, or in any confined area where CO may collect; follow usage directions closely.

The Lincoln University Safety Committee Reminds All to Deck the halls safely this year and Have a Safe and Healthy Holiday Season!