

SAFETY SCOOP

LINCOLN UNIVERSITY SAFETY COMMITTEE



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With the ongoing construction at the University, changes in terrain are inevitable and occurring simultaneously throughout the campus. Be mindful of these changes and proceed with caution when walking and/or driving on campus. As a precautionary measure, please wear appropriate protective footwear if you must walk on campus; e.g., athletic shoes, hiking shoes or other supportive footwear is encouraged.

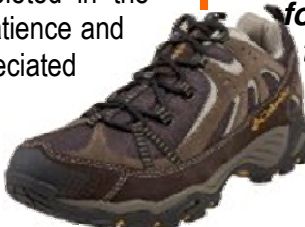
In addition, with sidewalks disrupted more people are walking in roadways. Be sure to drive with more caution than usual and review physical plant communications regularly regarding road closures and other construction issues. Much of the current landscaping issues will be completed in the near future. Your patience and caution are appreciated during the campus metamorphosis.



Due to the increasing temperatures, please take additional precautions to guard against the effects of the extreme heat. No one ever thinks they will succumb to the increase in heat adversely—other than a bit of perspiration (A.K.A. .sweat.!) But, increases in external temperatures affect more than just our sweat glands... since 75% of the body's weight is water; it becomes easy to be affected by these extreme increases in temperature.

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Give your body adequate rest, food, and fluids to avoid emergent medical care and Stay Cool!!!



PROTECTING YOURSELF FROM EXTREME HEAT

Dehydration, which is a loss of body fluids (and electrolytes) may occur in extreme heat. Symptoms of dehydration include:

- Dry or sticky mouth
- Low or no urine output; or concentrated urine
- Fatigue/ lethargy
- Dizziness
- Uncontrolled diabetes
- No tears produced
- Headache
- Nausea/ vomiting
- Rapid/ weak pulse
- Rapid/ and shallow breathing

To prevent dehydration in extreme heat, drink plenty of fluids (specifically water), stay cool and wear light-colored, light-weight clothing.

If you feel dizzy, fatigued, or weak, take frequent rest periods (especially if walking long distances and rest in a cool, shaded place! Do not attempt to drive or operate hazardous equipment until symptoms subside.

Nosebleeds may occur in intense heat due to drying of the nasal passages. If you experience a nosebleed:

- a. Apply pinched pressure to the nose and ice;
- b. If headache occurs take Tylenol 2 tablets every 4-6 hours as needed; and
- c. Sleep in a cool room or use a humidifier to moisten the air when sleeping.

If symptoms of dehydration continue, contact your primary care physician or go to the nearest emergency room.



HMS SERVICES

PROVIDED BY YOUR EMPLOYER FOR YOU AND YOUR DEPENDENTS

This confidential prepaid program is designed to help employees and their eligible dependents resolve problems which may be interfering with their personal, work or home life. HMS offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals.

If you're experiencing problems, you and your HMS counselor can work as a team to find solutions.

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According to a recent study, four simple behaviors – being physically active, not smoking, drinking moderately and consuming fruits and vegetables – can increase longevity by as much as 14 years.

The study surveyed 20,244 men and women (ages 45 to 79) in the United Kingdom between 1993 and 1997. The participants, none of whom had cardiovascular disease or cancer at the beginning of the study, were asked if they were non-smokers, were physically active, had moderate alcohol consumption and ate at least five servings of fruits or vegetables a day. One point was assigned for each healthy behavior.

Participants were tracked until 2006 and researchers found that those with a score of zero were four times more likely to have died than those with a score of four. The research showed that each point increased longevity incrementally and that those who practiced all four behaviors on average lived longer by 14 years.

Improving your Health and Longevity

To improve any of the four behaviors mentioned above, the following information can help.

1. **To become a nonsmoker...**Check out www.smokefree.gov, a website created by the National Cancer Institute for those trying to quit smoking. The website includes:

- An online self-help guide to quitting
- Support from smoking cessation counselors via telephone or real time instant messaging
- Access to printed resources for all smokers interested in quitting; for smokers over 50; for smokers who have recently quit; for pregnant smokers who have recently quit; for African American smokers

2. **To increase your physical activity...**Try fast walking. Fast walking burns the same amount of calories per mile as running and builds endurance, enhances muscle tone, strengthens bones and reduces stress. Aim for 30 minutes or 10,000 steps per day. Walking has several advantages over other exercises:

- It does not require special equipment or other people
- It has a low rate of injury for participants
- It is easier to work into your day than many other types of activities

3. **To monitor your drinking...**Follow the U.S. Department of Health and Human Services' definition of moderate drinking, which is defined as having no more than one drink per day for most women and no more than two drinks per day for most men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days.

4. **To increase your consumption of fruits and vegetables...**Visit the new www.FruitsandVeggiesMatter.gov website to get tools and information to help you eat more fruits and vegetables each day. The new website includes the following:

- A calculator to find out how many fruits and vegetables you need each day, based on your daily calorie needs
- Tips on how to include fruits and vegetable in your daily diet
- Delicious recipes

Reference: HMS Newsletter, 9/09.

Please note: This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.



STOP TICKS

When you're outside this spring and summer, prevent tick bites and reduce your risk of tick-borne disease by following these tips.

Gardening, camping, hiking, just playing outdoors are all great spring and summertime activities, but don't forget about the ticks that may be in the same environment. Fortunately there are several tactics you can use to prevent tick bites and reduce your risk of tick-borne disease.

Protect Yourself from Tick Bites

- **Know where to expect ticks.** Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. Always walk in the center of trails, in order to avoid ticks.
- **Use a repellent with DEET** (on skin or clothing) **or permethrin** (on clothing) and wear long sleeves, long pants and socks. Products containing permethrin can be used to treat boots, clothing and camping gear which can remain protective through several washings. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. **Always follow product instructions!** Parents should apply this product to their children, avoiding the hands, eyes, and mouth.

Perform Daily Tick Checks

- **Check your body for ticks** after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Check these parts of your body and your child's body for ticks:
 - Under the arms
 - In and around the ears
 - Inside belly button
 - Back of the knees
 - Under the arms
 - In and around the hair
 - Between the legs
 - Around the waist
- **Shower soon after being outdoors.** Showering within two hours of coming indoors has shown to reduce your risk of being bitten by a tick.
- **Check your children for ticks**, especially in the hair, when returning from potentially tick-infested areas. See the list above for the places on your child's body to check for ticks. Remove any tick you find on your child's body.
- **Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Placing clothes into a dryer on high heat for at least an hour effectively kills ticks.

What to Do If You Are Bitten

Remove an attached tick as soon as you notice it. Watch for signs of illness such as rash or fever, and see a health care provider if these develop. Your risk of acquiring a tick-borne illness depends on many factors, including where you live, what type of tick bit you, and how long the tick was attached. If you become ill after a tick bite, see a health care provider.

Prevent Ticks on Animals

Prevent family pets from bringing ticks into the home. Maintain your family pet under a veterinarian's care. Two of the ways to get rid of ticks on dogs and cats are putting on tick medicine or using a tick collar. Be sure to use these products according to the package instructions.

Reference:

www.cdc.gov/Features/StopTicks/

