EHSI Training Opportunities

The sessions will include 8 hours of safety leadership training for all attendees and an additional 8 hours of break out sessions. Attendees who are maintenance supervisors or staff will have the opportunity to participate in 8 hours of training addressing some of the most common, yet serious hazards that exist within their multitude of tasks. Attendees who work in administration will be offered courses that are more specific to their role like incident investigation and active shooter response planning. A full agenda will be available soon.

We hope to attract participants from both administrative and maintenance roles at each Community College, so each school can register up to two attendees. Based on past attendance, we feel the 60 available seats will be sufficient, however please register as soon as possible.

To register, please email me at jamesmc@blueridge.edu with the names, email addresses, and job titles of those who you would like to attend. If you have any questions, please don't hesitate to contact me at 828-694-1749.

EHSI SafetyNet Continues to Gain Popularity- Schedule Your Class Today!

Don't forget to take advantage of EHSI's online Safety Training we affectionately call SafetyNet. SafetyNet continues to gain popularity as Colleges discover how the topics we cover are informative and geared specifically towards Community Colleges. SafetyNet is available to you whenever you want to schedule online training for your employees. If you would like to schedule a class, all you have to do is contact your EHSI representative or email me at jamesmc@blueridge.edu. Classes we offer include Hazard Communication, Bloodborne Pathogens Awareness, Groundskeeper Safety, Slips, Trips, and Fall Prevention, Office Safety, Arc Flash Awareness, and many more. Besides scheduling classes specific to your needs, we also maintain a rotating schedule throughout the year of online classes. Because so many employees fall under the Hazard Communication Standard and the Exposure Control (bloodborne pathogens) standard, we offer those classes on the first Tuesday of every month at 10 am. On the third Tuesday of the month at 10 am, we present a variety of health and safety topics that can further enhance employees knowledge of occupational safety standards and hazard awareness. To find out more, visit www.blueridge.edu/ehsi and click on SafetyNet online training on the right side of your screen.
Earthquake Preparedness

Earthquakes have been occurring lately, but mostly in the western states or other parts of the world. We may begin to think that NC is immune to serious earthquake damage. A research into the history of NC earthquakes reveals that we have had many seismic events and the risk here is real. The 1886 earthquake in Charleston SC caused structural building damage in Waynesville, Charlotte, Raleigh, Whiteville and points in between. In 1916, severe quakes were felt near Asheville, Winston-Salem, Taylorsville, and Statesville. Wilmington received a significant shake in 1969 as well as the Boone area in 1970. To help prepare for the possibility of an earthquake at your community college, the new OSHA Earthquake Preparedness and Response page may be informative and helpful. The following is a preparedness checklist from the OSHA website.

You can view the entire page at https://www.osha.gov/dts/earthquakes/index.html

Preparedness
The primary dangers to workers result from: being struck by structural components or furnishings, inadequately secured stored materials, burns resulting from building fires resulting from gas leaks or electrical shorts, or exposure to chemicals released from stored or process chemicals. Many of the hazards to workers both during and following an earthquake are predictable and may be reduced through hazard identification, planning, and mitigation. There are many things you can do to prepare your workplace before an earthquake occurs:

- Pick "safe places". A safe place could be under a sturdy table or desk or against an interior wall away from windows, bookcases or tall furniture that could fall on you. The shorter the distance to move to safety, the less likely that you will be injured. Injury statistics show that people moving as little as ten feet during an earthquake's shaking are most likely to be injured.

- Practice drop, cover, and hold-on in each safe place. Drop under a sturdy desk or table and hold on to one leg of the table or desk. Protect your eyes by keeping your head down. Practice these actions so that they become an automatic response.

- Practice these safe earthquake procedures (i.e., drop, cover, and hold-on) at least twice a year. Frequent practice will help reinforce safe behavior. When an earthquake or other disaster occurs, many people hesitate, trying to remember what they are supposed to do. Responding quickly and automatically may help protect you from injury.

Make a plan for workers to follow in the event of an earthquake and be sure that it includes the following precautions:

- Wait in your safe place until the shaking stops, then check to see if you are hurt. You will be better able to help others if you take care of yourself first, and then check the people around you. Move carefully and watch out for things that have fallen or broken, creating hazards. Be ready for aftershocks.

- Be on the lookout for fires. Fire is the most common earthquake-related hazard, due to broken gas lines, damaged electrical lines or appliances, and previously contained fires or sparks being released.

- If you must leave a building after the shaking stops, use the stairs, not the elevator, and look for falling debris. Earthquakes can cause fire alarms and fire sprinklers to go off. You will not be able to rule out whether there is a real threat of fire, and the elevators may have been compromised. Always use the stairs.

- If you're outside in an earthquake, stay outside. Move away from buildings, trees, streetlights and overhead lines. Crouch down and cover your head. Many injuries occur within ten feet of the entrance to buildings. Bricks, roofing and other materials can fall from buildings, injuring persons nearby. Trees, streetlights and overhead lines may also fall, causing damage or injury.

- Inform workers of the plan and discuss earthquakes with workers. Everyone in your workplace should know what to do if an earthquake occurs. Discussing earthquakes ahead of time helps reduce fear and anxiety and lets everyone know how to respond.

- Get training. Take a first-aid class from an organization such as the American Red Cross, American Heart Association, or National Safety Council chapter. Get training on how to use a fire extinguisher. Keep your training current. Training will help you to keep focused and know what to do when an earthquake occurs.

Businesses can use the Federal Emergency Management Agency How to Series for protecting people/property during emergencies. Perform a workplace survey, especially if you are in an area with a high risk of earthquakes, to identify potential hazards to workers if an earthquake occurs. Look for furniture or materials that could fall and strike workers or block means of egress, or cause a release of hazardous materials, or otherwise affect the health and safety of workers as a result of utility loss or system/structural failure. Follow mitigation techniques recommended by FEMA for equipment and furniture.
Winter brings Holidays, cold weather, snow, colds and the flu. The colds, flu and other pathogens are things that affect us all and are not enjoyable. Hand washing is one of the most important safety measures you can take to avoid getting sick and to prevent spreading germs. The CDC says you should wash your hands:

- Before, during and after food preparation.
- Before eating.
- Before and after caring for someone who is ill.
- Before and after treating a cuts, wounds and if you should touch blood or other body fluids.
- After blowing your nose, sneezing or coughing.
- After touching an animal or animal waste.

The CDC says you should wash your hands:

- After handling pet food or treats.
- After handling garbage.
- Any other time you feel you should wash your hands.

What’s the proper way to wash your hands? Here is one method.

1. Rub your hands together palm to palm.
2. Right palm over the other hand with fingers interlaced and vice versa.
3. Palm to palm with fingers interlaced.
4. Back of fingers to opposing palm fingers interlocked.
5. Rotational rubbing of the left thumb clasped in the right palm and vice versa.
6. Rotational rubbing, backward and forward with clasped fingers of the right hand in the left palm and vice versa.

Wash your hands for at least 20 seconds (sing the Happy Birthday song two times).

- Raise your hands under running water.
- Dry by using a clean towel or air dry.

Washing your hands with soap and water is the best method to reduce germs on your hands. If soap and water is not available use a hand sanitizer that contains 60% alcohol. Rub the hand sanitizer all over the hands and rub until your hands are dry. Hand sanitizers can reduce some types of germs but not all types. Also hand sanitizers are not very effective for very dirty hands.

We usually begin washing our hands more often as the cold weather sets in. The combination of the additional hand washing, hand sanitizers, the dryer outside air and dryer air inside due to heating tends to dry and crack our hands. To help the dryness in the winter begin using hand moistures more frequently, some recommend after each hand washing.
**Ask EHSI**

**Question:** Are plastic gasoline containers allowed in our auto repair shops. Should they be kept in flammable liquid storage cabinets?

**Answer:** The OSHA standards for Flammable Liquids - Container and portable tank storage, we find 1910.106(d)(2)(i). It states: **Only approved containers and portable tanks shall be used. Metal containers and portable tanks meeting the requirements of and containing products authorized by chapter I, title 49 of the Code of Federal Regulations (regulations issued by the Hazardous Materials Regulations Board, Department of Transportation), shall be deemed to be acceptable.**

Also at 1910.106(d)(2)(iii), OSHA limits the size of the container for Category 1 flammable liquids (gasoline is category 1-B) to **one gallon for a metal container or two gallons for a safety can.** (See Table H-12).

Under this standard the only exception for a glass or plastic container would be if: **Such liquid either would be rendered unfit for its intended use by contact with metal or would excessively corrode a metal container so as to create a leakage hazard;**

We also cite 1910.106(d)(5)(iii) states that in buildings with office occupancies: **Storage shall be prohibited except that which is required for maintenance and operation of building and operation of equipment. Such storage shall be kept in closed metal containers stored in a storage cabinet or in safety cans or in an inside storage room not having a door that opens into that portion of the building used by the public.**

So when you connect all the dots, you have two choices. **Either** a metal container with a one gallon limit stored in the flammable cabinet/storage room or a metal safety can with a two gallon limit. But the safety can does not have to be in a flammable cabinet or storage room.

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**EHSI SafetyNet Training Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>(all training starts at 10:00 a.m.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-4</td>
<td>Hazard Communication &amp; Bloodborne Pathogen Awareness</td>
<td></td>
</tr>
<tr>
<td>11-18</td>
<td>Walking, Working Surfaces</td>
<td></td>
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<tr>
<td>12-2</td>
<td>Hazard Communication &amp; Bloodborne Pathogen Awareness</td>
<td></td>
</tr>
<tr>
<td>12-16</td>
<td><strong>No Training Today</strong> (Have a safe and Merry Christmas)</td>
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<tr>
<td>1-6</td>
<td><strong>No Training Today</strong> (All EHSI Staff attending PETE Conference)</td>
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<tr>
<td>1-20</td>
<td>Slips, Trips and Falls</td>
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