

Monthly Safety Bulletin

FEATURING: NATIONAL LIGHTNING INSTITUTE SAFETY TIPS

NEWSFLASH: Lightning

Facilities has joined with the KSU Athletic Department's Lightning Alert System that notifies our Division when lightning is within 10 miles of the KSU Campus. The alert comes into Desk One and Designated Supervisors. Once received employees are notified by radio or phone to take shelter until an "All Clear" has been determined. Employees are then re-notified by radio or phone that they can resume normal work activities.

Teach this safety slogan:

"If you can see it, flee it; if you can hear it, clear it."



Holiday Health and Safety Tips

Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

Section 4.4

Personal Lightning Safety Tips

1. **PLAN** in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities.

2. **IF OUTDOORS...** Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:

A. **Crouch down.** Put feet together. Place hands over ears to minimize hearing damage from thunder.

B. **Avoid proximity** (minimum of 15 ft.) to other people.

3. **IF INDOORS...** Avoid water. Stay away from doors and windows. Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

4. **SUSPEND ACTIVITIES** for 30 minutes after the last observed lightning or thunder.

5. **INJURED PERSONS** do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

6. **KNOW YOUR EMERGENCY TELEPHONE NUMBERS.**

"If you can see it, flee it; if you can hear it, clear it."

