

SAFETY-IT'S A JOB REQUIREMENT

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WHEN THUNDER ROARS GO INDOORS

Lightning Safety

- Watch for developing thunderstorms and be ready to act when thunder is heard.
- Lightning can strike as far as 10 miles from an area where it is raining. That's about the distance you can hear thunder.

If you can hear thunder, you are within striking distance. Seek safe shelter IMMEDIATELY!

- **Outdoor Activities:** Minimize the risk of being struck by moving indoors or to vehicles at the first roar of thunder.
- **Inside Activities: Things to avoid**
 - Corded phones
 - Computers
 - Other electrical equipment
 - Indoor/Outdoor pools
 - Tubs and showers and other things connected to metal plumbing



Wait 30 minutes after the last roar of thunder before going outside again.

- **Help a Lightning Victim:** Call 911 and get help immediately. You are in no danger when helping a lightning victim. The charge will not affect you.

When Thunder Roars, Go Indoors!

ERGONOMICS-NECK EXERCISES AT YOUR COMPUTER

We stare at the computer
For hours, every day.
MySpace, Facebook and Google
Entrapped us in their hands.

We never take a break
To exercise ourselves.
It seems too hard today.
We cannot leave the Net.

The doctors give us warnings.
But we don't give a dang .
Too lazy for a workout,
Too busy for a break.

I wrote this little poem
For all those at work or play
To make them do some movement
And scare the pain away!

So if you need a warm up,
But cannot leave your chair
Re-read this text all over
At least three times per day!

APRIL TRAINING SCHEDULE

- Van Training-Salina 4/7/10
- Fit-Testing-4/7/10
- CPR-4/7/10
- SFA/CPR-4/8/10
- Van Training-Manhattan 4/13/10
- Asbestos Awareness-Salina 4/21/10
- Defensive Driving Course- 4/22/10
- Respiratory Protection- 4/22/10



GOOD HOUSEKEEPING-Clean as you go!

BY: Rob Slattery-Grounds Crew

SHOES FOR CREWS-CUSTODIAL ALERT

Recently, while I have been conducting random surveys on campus I have noted on several occasions that custodians have been working with wet floor surfaces and NOT WEARING their Shoes for Crews

personal protective equipment. These slip-on shoe covers are guaranteed to prevent slips, trips and falls when working on wet floor surfaces. In addition, they provide a chemical resistance factor when working with

harsh chemicals such as the floor stripper which has caused 3rd degree burns when coming in contact with skin. You are required to wear foot protection. If you have questions or concerns please contact your supervisor.