



# THE CITADEL

THE MILITARY COLLEGE  
OF SOUTH CAROLINA

Safety Office: (843) 953-4816  
(843) 953-6945

Radio: #98 or #99



## PUBLIC SAFETY DEPARTMENT & ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER

February 3, 2023

Safety Counter

84

Days Since Last Recordable

F & E Machine Shop OSHA 11.11.2022  
(Burn – Lost Time)

First Aids – Contusion Elbow – Electric Shop  
11/29/2022

### Safety Stats

5	YTD Campus Recordable Injuries
3.7	RIR Rate (Target: 0.00)
10	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.

### Days Since Last OSHA Recordable

2,287	Zone Maintenance
728	HVAC
679	Grounds
84	Machine/Plumbing Shop
1,100	Electrical Shop
>1,200	Motor Pool
163	All Other Campus Departments



Congratulations goes out to nine of the Citadel First Responder Club members. These individuals completed their two-year certification training through American Red Cross for Basic First Aid/CPR/AED training and have received their individual certificates from the American Red Cross. The training was held in Deas Hall room 214 on Saturday 21 January.

The Citadel has now provided training to over 250 individuals on campus. And if you or a group are interested in receiving the training, please contact the Safety office at (843) 953-4816 or email [horr@citadel.edu](mailto:horr@citadel.edu).

Link to Safety Alerts <http://www.citadel.edu/root/safety-alerts>

Link to Safety Newsletters <http://www.citadel.edu/root/citadel-safety-newsletters>

Campus AED Locations: [http://www.citadel.edu/root/images/environmental health-safety/campus-aed-map.pdf](http://www.citadel.edu/root/images/environmental_health-safety/campus-aed-map.pdf)

### ***Upcoming Events Provided Through EHS***

The following events offered through the EHS department. Continue to monitor the EHS Newsletter and correspondence from the department.

- **First Aid, CPR, AED training** – *UPDATE: We now have three certified First Aid/CPR/AED instructors on Campus. Contact the EHS offices to schedule a class. This class will allow a two-year certification through The American Red Cross. (As of 2/03/2023 – over 250 individuals trained.) Soon will be training on BLS (Basic Life Support First Aid Classes) and Stop the Bleed.*
- **Defensive Driving Classes** – Anyone who utilizes a Citadel vehicle needs to attend a defensive driver course through the National Safety Council. This training is provided through the EHS department. Stay tuned for spring classes to be scheduled soon. (Certificate Class 3-year cycle)
- **SAFETY DAYS** – The EHS Director and campus Fire Marshal are in the process of developing continued and makeup sessions for EHS/Life Safety training. This training will provide required regulatory training along with fire extinguisher training utilizing the school's fire extinguisher simulator. (Certificate of Completion)

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For more information, you can contact the EHS Department or Campus Fire Marshal at (843) 953-4816, (843) 953-6945. Email: [horr@citadel.edu](mailto:horr@citadel.edu) or [jsoares1@citadel.edu](mailto:jsoares1@citadel.edu)

### **February is Heart Health Month**

Heart disease is the leading killer of Americans, resulting in nearly 700,000 deaths in 2020 alone. Over 18 million people in the U.S. have coronary heart disease, the most common kind. While heart disease can be an inherited problem, it can also be caused by environmental or behavioral factors. Developing healthy habits can help reduce your risk and severity of heart disease.

- **Stop Smoking**
- **Eat heart healthy foods and maintain a healthy weight.**
  - Lean meats, poultry, fish
  - Fruits and vegetables
  - Low sodium and sugar
- **Exercise**
  - Each week 2 ½ hours of moderate activity or 75 minutes of more intense activity spread out over the week.
- **Reduce Stress**
  - Get enough sleep – adults need 7 to 9 hours of sleep.
  - Disconnect from your phone and computer on personal time.
- **Annual Wellness Exam**
  - Get your annual checkup every year. High blood pressure and high cholesterol contribute to heart disease, and neither is something you know is happening without those annual tests. Your doctor can also advise you on everything and how to eat a heart-healthy diet, manage your stress and get more exercise.

Source: National Safety Council 5-Minute Safety Talk

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## SAFETY PICTURE OF THE DAY



***WHO CAN TELL US WHAT IS WRONG WITH THIS PICTURE?***

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## WHAT TO DO IN CASE OF FIRE OR EMERGENCY IN A CAMPUS BUILDING

. Numbers to call in case of a fire or emergency:

A. From a campus (VOIP) phone  
- 953-5114 (Citadel Public Safety)  
-811 (Citadel Public Safety)

B. From a cell phone  
-911 (Charleston 911 Dispatch Center)  
-843-953-5114 (Citadel Public Safety)

2. Give the following information:

A. Name  
B. Phone Number (Preferably a cell #)  
C. Location (Bldg, Room #)

D. Nature of emergency (What is the situation?)  
E. Number of Injured  
F. Nature of Injuries (How/what is injured?)

### **DO NOT hang up until told to do so.**

3. **ALL PERSONNEL MUST EVACUATE** the building when a fire alarm is sounding. **NO EXCEPTIONS!**

4. Know multiple routes out of your building. **DO NOT** use an elevator in the event of a fire or emergency.

5. Know where your fire extinguishers are located and what types of extinguishers are available.

6. Only attempt to extinguish a fire if you deem it safe enough and small enough. If in doubt, evacuate.

7. Know where the closest fire alarm pull station is located. Most are located near an exit or door to a stairwell.

8. Consider your co-workers. Provide additional help evacuating to those in need, i.e. injured, handicapped, and elderly.

9. Know where your muster points are located. All facilities should have a primary and alternate muster point to assemble and complete accountability of all faculty, staff and students. Muster points should be far enough away from the building to avoid impeding emergency response vehicles. Primary and alternate muster points should be located away from each other in case one is impacted by smoke, gases, etc.

10. Notify emergency responders of anyone that may still be left in the building and where they may be located.

11. **DO NOT RE-ENTER THE BUILDING** for any reason. Only re-enter the building after being given the **"ALL CLEAR"** by Public Safety and alarms have been silenced.

12. Close all doors in office, administrative and educational buildings after rooms have been evacuated. This is especially important if the room is on fire. Closed doors will help to compartmentalize the building and reduce the spread of fire.

13. Barracks doors will be left open with lights on after evacuation unless the room in question is on fire. That door will be closed. Barracks doors left open are to help assist in the evacuation and accountability process.

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# THINK SAFETY



THE CITADEL FIRE MARSHAL'S OFFICE

January 2023

**HOME FIRES OCCUR MORE IN WINTER THAN IN ANY OTHER SEASON. AS YOU STAY WARM THIS WINTER, THINK ABOUT SAFETY.**

## PUT A FREEZE ON WINTER FIRES

Half of all home heating fires occur in December, January, and February. Heating equipment is involved in 1 in every 7 reported home fires and 1 in every 5 home fire deaths during these months. Follow these simple safety tips to heat your home safely:

- Keep anything that can burn at least 3 feet from any heat source, like fireplaces, wood stoves, radiators, or space heaters.
- Keep portable generators outside, away from windows, crawlspace openings, and as far away from your home as possible.
- Install and test carbon monoxide alarms at least once a month.
- Have a qualified professional clean and inspect your chimney and vents once a year.
- Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and nearby buildings.
- **DO NOT** put ashes or coals in a plastic container or trash can.
- Plug only 1 heat-producing appliance into an electrical outlet at a time.

## WRAPPING UP THE HOLIDAYS

Now that Christmas is over and holiday celebrations are winding down, it is time to remind residents of the danger of leaving up those Christmas trees too long. Almost 40 percent of home fires that begin with a Christmas tree happen in the month of January.

Last January, national headlines were made when a Maryland couple and 4 of their grandchildren died in a home fire fueled by an extremely dry Christmas tree.

By removing your Christmas tree from your house, the risk of fire, to begin with the tree is eliminated, so let's get those trees out our your homes.



## A Message from the Fire Marshal:

With the New Year here, I hope that it brings health and happiness to all. As many make New Year's resolutions, I would like to suggest adding one to your list and having working smoke alarms in your home. It is a proven fact that smoke alarms reduce the chance of being injured or death due to a home fire. I ask you to make a resolution to check your smoke alarm monthly and replace it if it is over 10 years old,

Also, remember to ensure that you have the proper coverage with your homeowner and renters insurance.

Think Safety.



Call 911 in case of a fire.

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# THINK SAFETY



THE CITADEL FIRE MARSHAL'S OFFICE

February 2023

## MATTERS OF THE HEART

I am sure many of you have seen AEDs (Automated External Defibrillator) throughout campus; currently, we have 32 posted in different buildings and have plans for more as new buildings come online.

With February being the month of Valentine's Day and happy hearts, this is an excellent time to look at the life-saving role that CPR and AEDs have come to play in our Campus community.

Each year, about 295,000 emergency medical service-treated heart attacks that occur outside of a hospital setting. In 30% of these, an immediate first response comes from a bystander performing CPR (cardiopulmonary resuscitation) and using AEDs

The computer technology afforded by AEDs has further extended the capacity of ordinary citizens to help save persons experiencing a heart attack. An AED is a portable electronic device used to diagnose cardiac arrhythmias automatically and, if needed, apply an electrical shock to restore the heart rhythm.

Everyone needs to recognize that an AED, in itself, is not the easy answer to save someone having a heart attack. The AED must be used in conjunction with an immediate call to 9-1-1 requesting trained emergency personnel and with persons on hand ready to begin CPR as instructed, either through the automated AED device or by the 9-1-1 call center.

The primary purpose of CPR is to restore a flow of oxygenated blood to the heart and brain and extend the window of opportunity for a full resuscitation. The primary purpose of the AED is to deliver an electric shock through the chest to the heart that stops an irregular rhythm and allows a normal rhythm to resume.

AEDs save lives when used within the first few minutes after cardiac arrest. With CPR and AED use, it is critical to call 9-1-1 for medical help to be prepared while en-route to the scene.



### A Message from the Fire Marshal:

As we are on our way into the New Year, we need to be reminded of some of the hazards that may be present in our homes and at work. If you are having frequent problems with blowing fuses or tripping circuit breakers, discolored or warm wall outlets, or flickering or dimming lights, contact Campus Housing Services so an electrician can see if there is a problem.

Also, it is a good time of year to complete your home emergency evacuation plan so you are ready to practice your plan, on March 8th.

Think Safety.



## ELECTRICAL SAFETY IN OUR HOME AND OFFICE

As we are on our way into the New Year, we need to be reminded of some hazards to be aware of to help reduce risks in the home and our offices.

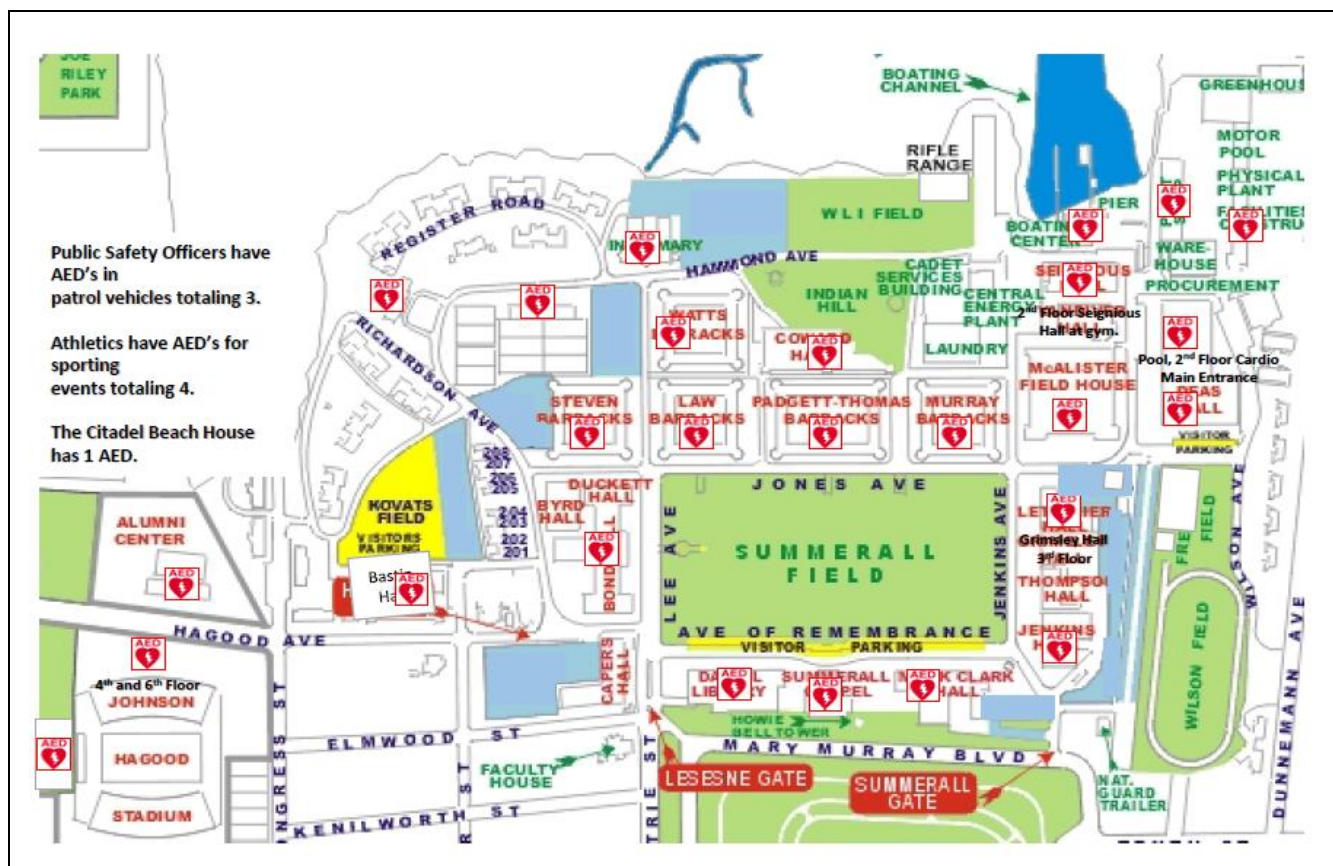
- Check electrical cords to ensure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets, so you don't have to use extension cords.
- Use a light bulb with the correct number of watts. There should be a sticker that indicates the correct number of watts.
- Only use one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.

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Heartsaver®  
**Adult CPR AED**

American Heart Association  
*Learn and Live*

	<p>Tap and shout</p> <p>Yell for help. Send someone to phone 911 and get an AED</p>
	<p>Look for no breathing or only gasping</p> <p>Push hard and fast. Give 30 compressions</p>
	<p>Open the airway and give 2 breaths</p> <p>Repeat sets of 30 compressions and 2 breaths</p>
	<p>When the AED arrives, turn it ON and follow the prompts</p>



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**2019 – 2022**

<b>2019</b>	<b>2020</b>	<b>2021</b>	<b>2022</b>
Fall Protection	Fall Protection	Fall Protection	Fall Protection
Hazard Communication	Hazard Communication	Respiratory Protection	Hazard Communication
Scaffolding	Respiratory Protection	Ladders	Respiratory Protection
Lockout/Tagout	Scaffolding	Scaffolding	Ladders
Respiratory Protection	Ladders	Hazard Communication	Scaffolding
Ladders	Lockout/Tagout	Lockout/Tagout	Lockout/Tagout
Powered Industrial Trucks	Powered Industrial Trucks	Fall Protection Training	Powered Industrial Trucks
Fall Protection Training	Fall Protection Training	PPE Eye and Face Protection	Fall Protection Training
Machine Guarding	PPE Eye and Face Protection	Powered Industrial Trucks	PPE Eye and Face Protection
PPE Eye and Face Protection	Machine Guarding	Machine Guarding	Machine Guarding

***Fall Protection is the leading cause for OSHA violations for 4 years in a row.***



## Ask a Safety Professional

*This month's column questions to the Environmental Health and Safety Newsletter are featured below:*

1. What are the 7 elements of Safety?
  - a. Safety Culture
  - b. Employee Training and Empowerment
  - c. Hazard Identification and Control Systems
  - d. Focus on Compliance
  - e. Continuous Improvement
  - f. Leadership and Organizational Buy-In
  - g. Safety Management's Role
2. What types of hazards potentially exist in the workplace?
  - a. Safety Hazards
  - b. Biological Hazards
  - c. Physical Hazards
  - d. Ergonomic Hazards
  - e. Chemical Hazards
  - f. Workload Hazards

All of these hazards exist here at the Citadel and employee recognition is extremely important.

- **Hazard** – is any source of potential damage, harm or adverse effects on something or someone under certain condition.
- **Identification** – hazard identification is the systematic observation of unsafe conditions, negative behaviors and weaknesses within the management structure that could lead to injuries and illnesses.

Anyone can ask an Environmental, Health, Safety or Life Safety question by submitting it to either Dave Orr at [horr@citadel.edu](mailto:horr@citadel.edu) or Jesse Soares, Campus Fire Marshal at [jsoares1@citadel.edu](mailto:jsoares1@citadel.edu)

**Have a Safety and Healthy Day**

## Interesting Facts about OSHA

The Occupational Safety and Health Administration (OSHA) is a relatively small agency. Nevertheless, it is charged with protecting more than 130 million workers in eight million workplaces around the country. There is one OSHA compliance officer for every 59,000 workers in the United States trying to prevent workplace accidents/incidents and keep workers healthy and on the job.

- OSHA has a budget of \$563,658,000.
- The agency conducted 40,961 federal inspections and 51,133 state inspections.
- The fatal four accidents in construction: falls, electrocutions, struck by objects, caught between surfaces or objects.
- Since the agency inception in 1970, workplace fatalities have declined by more than 65%.

## Corny Joke of the Month:

Why are fish so smart .....

**They live in Schools!**



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# First Responder Terms

M E D I C A L G A K T S C V C  
 G V C X N T R I Z A U Y J N I  
 Q A S R U C M P E S R M Q O D  
 P F B K E E I N E A N P X I E  
 O P M V X N I D M B O T Z T M  
 D N O O Z C O B E I U O X C A  
 M Y T B I I U R A N T M U A R  
 C H S D A L F A P G T S U R A  
 T A E P A T R O P S N A R T P  
 J M I N N H K F Z F X U V X I  
 U Q C D J E O E B O Q I I E A  
 V E P A R F A B W E U E O C B  
 U A I D R A C Y H C A T R Y V  
 C Z L N N D C Q R T M W M D L  
 R E S P I R A T O R Y R Q C G

ambulance  
 extraction  
 medicine  
 respirator  
 toxemia

cardiac  
 incident  
 paramedic  
 symptoms  
 transport

dyspnea  
 medical  
 prone  
 tachycardia  
 turnout