



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

July 29, 2022

Safety Counter

132

Days Since Last Recordable

Criminal Justice OSHA 03.25.2022
(Fractured ankle)

First Aids – Ankle, Knee Injury – Infirmary
5/04/2022

Safety Stats

3	YTD Campus Recordable Injuries
3.6	RIR Rate (Target: 0.00)
6	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.

Days Since Last OSHA Recordable

2,072	Zone Maintenance
513	HVAC
464	Grounds
1,746	Machine/Plumbing Shop
941	Electrical Shop
>1,200	Motor Pool
132	All Other Campus Departments



Pictured from left to right: Xavier “Chuck” Chambers, Charles Sarber, Tyler Blindt, Guy Kessler, Jeffrey Caddell, Rafael Valentin, and Jack Doscher. Not pictured: Wilton “Junior” Shirrel.

You may think it is hot and humid outside, and you would be correct. The Citadel’s HVAC crew works hard at making sure everyone is comfortable when inside. Their attention to details keeps the equipment running and keeps everyone cool while working in their workspaces. And when something is not working properly, they respond to the call promptly to troubleshoot, identify the issue and make sure the unit is repaired and operating properly. They have also worked 513 days without an OSHA recordable injury!

GREAT JOB - THANKS FOR WORKING SAFELY!

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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 four 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 5/18/2022 – 105 individuals are 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)

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

Hurricane Season 2022 June 1st. to November 30th.

Another above-average hurricane season is in the forecast for 2022. A prediction issued Thursday May 5, 2022, by scientists at Colorado State University, says there will be at least 19 named storms and nine hurricanes - four of which will be Category 3 or higher. An average season normally has 14 named storms, around seven hurricanes and three major hurricanes. Residents living along the U.S. coastline and in the Caribbean should be prepared for "an above-average probability for major hurricanes making landfall" near their homes, researchers said. Hurricane season begins officially in June and lasts through November.

1. Prepare an evacuation plan.
2. Have a go-kit ready.
3. Use a checklist to make sure you don't forget anything during moments of stress.
4. Seek help to obtain resources.
5. Take the threat of severe weather/hurricanes seriously.

**NOW IS A GOOD TIME TO REVIEW AND
UPDATE YOUR RESPECTIVE
DEPARTMENTAL HURRICANE RESPONSE
PLANS.**

2022 Hurricane Names

Alex	Ian	Richard
Bonnie	Julia	Shary
Colin	Karl	Tobias
Danielle	Lisa	Virginie
Earl	Martin	Walter
Fiona	Nicole	
Gaston	Owen	
Hermine	Paula	

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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

July 2022

The Campus Fire Marshal wants The Citadel Community to Think Safety this summer. Fire in the grill, under hot dogs and burgers, is a welcome sight at a family cookout. But fire anywhere else can make your summer barbecue memorable for the wrong reasons. To keep you and your family safe while grilling, follow these general guidelines:

- Propane and charcoal grills should only be used outdoors.
- Grills should be placed well away from the home, deck railings, and under eaves and overhanging branches.
 - * If grilling at an apartment complex that does not have automatic sprinklers, grills are not allowed where they cannot be moved a minimum of 10 feet from the structure.
- Keep children and pets at least 3-feet from the grill area.
 - * Secure all lighters and matches, keeping them from children.
 - * Always make sure your gas grill lid is open before lighting it.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.

Source: NFPA's Fire Analysis & Research Division

FACTS:

- July is the peak month for grill related house fires.
- Roughly half of the injuries involving grills are thermal burns.
- Flammable or combustible liquid was the first item first ignited in half of home outdoor grill fires.



A Message from the Fire Marshal:

With great weather, family get-togethers, and cooking more often outside becoming a summer staple, fire safety needs to be on your mind because outside fires can happen easily and spread quickly.

To prevent the spread of outdoor fires, remember to keep your fire pits, personal fireplaces, torches, and grills at least 10-feet from your home or anything that can burn.

July is the peak month for grill fires, with an average of 9,800 home fires per year.

Don't be part of the statistic; burn and grill safe.

Think Safety.

FIRE SAFETY DURING YOUR VACATION:

July is a month that is known for barbecues and family vacations. A vacation home may be a home away from home, but there are some things you should keep in mind regarding fire safety.

Working smoke alarms should be in every room and outside each separate sleeping area.

Working carbon monoxide alarms on each level of the home.

Portable fire extinguishers in the home in a location that is easily accessible.

A floor plan posted by the homeowner, and practice your escape plan with all people in the home, to include 2 exits from each room, 2 ways out of the house, and all agree on a meeting place that is a safe distance from the house.

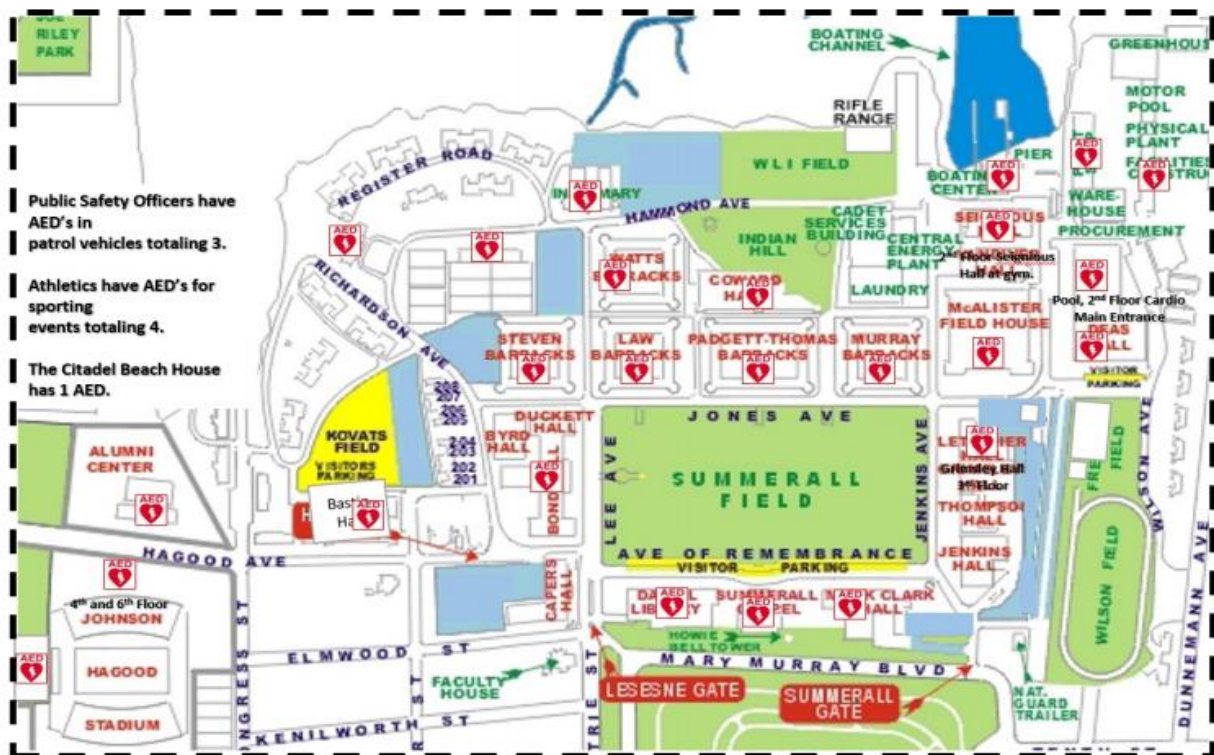
Everyone knows how to call 9 11 or the local emergency number from a cell phone outside the house.

It is recommended that you bring your own carbon monoxide alarm with you while staying at hotels/motels for your personal


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Heartsaver® Adult CPR AED



American Heart Association
Learn and Live



Tap and shout

Yell for help. Send someone to phone 911 and get an AED

Look for no breathing or only gasping

Push hard and fast. Give 30 compressions

Open the airway and give 2 breaths

Repeat sets of 30 compressions and 2 breaths

When the AED arrives, turn it ON and follow the prompts



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HEAT TERMINOLOGY

Learn about these important heat-related terms



Wet-Bulb Globe Temperature

A measure of the **heat stress** in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation).



Humidity

The amount of water vapor in the atmosphere. The higher the humidity, the slower sweat evaporates. This is one way your body regulates its temperature.



Heat Index

The Heat Index or the "Apparent Temperature" is an accurate measure of how hot it really feels when the relative humidity is added to the actual air temperature.



Heat Wave

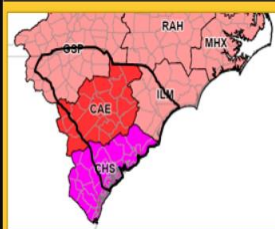
A period of abnormally & uncomfortably hot and unusually humid weather. Typically a heat wave lasts two or more days.



HEAT

ADVISORY VS WARNING

See how Heat Advisory and Excessive Heat Warning criteria differ across the state of South Carolina



Advisory Criteria

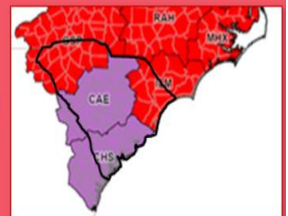
Heat indices of

- 105-109F for 2 or more hours
- 110-114F for 2 or more hours
- Through June 30: 105-109F for 2 hours
On or after July 1: 110-114F for 2 hours

Warning Criteria

Heat indices of

- 110F or greater for 2 hours
- 115F or greater for 2 hours



CAR HEAT SAFETY

always remember to
check the backseat



CHILDREN

In just 10 minutes a car can heat up by 20 degrees & become deadly! Place your purse or briefcase in the back seat as a reminder that you have your child in the car.



PETS

Never leave pets in the car! Cracking the windows does not help, the inside still gets dangerously hot.



ELDERLY

Be sure that all occupants leave the vehicle when unloading. Especially those that are most vulnerable.



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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 or Jesse Soares, Campus Fire Marshal at jsoares1@citadel.edu

Have a Safety and Healthy Day

FOR YOUR INFORMATION

With the cost of most consumables rising, energy costs are not immune from the rising cost. Dominion Energy of South Carolina has published peak hours that if consumers can avoid, they will save on energy costs. Those hours are as follows:

January	6 am to noon, 5 pm – 9 pm
February	6 am to noon, 5 pm – 9 pm
March	6 am to noon, 5 pm – 9 pm
April	6 am to noon, 5 pm – 9 pm
May	1 pm to 9 pm
June	1 pm to 9 pm
July	1 pm to 9 pm
August	1 pm to 9 pm
September	1 pm to 9 pm
October	1 pm to 9 pm
November	6 am to noon, 5 pm – 9 pm
December	6 am to noon, 5 pm – 9 pm

Peak hours are Monday – Friday excluding holiday – all other times are off peak.

On Peak October – May is 28.7% more expensive than Off Peak

On Peak June – September is 96.1% more expensive than Off Peak

Source: Dominion Energy of South Carolina

New Edition to the Newsletter – Corny Joke of the Month:

Why can't a leopard hide?
.....?

**He is always
spotted!**



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Lockout and Tagout Policy

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

authorized
 circuit
 energized
 inoperable
 pneumatic
 tags

breaker
 device
 hasps
 key
 policy

chemical
 electrical
 hydraulic
 padlocks
 power

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THE IMPORTANCE OF LOCKOUT/TAGOUT (OSHA 29CFR1910.147)

Lockout Tag out Hazards:

- Lockout/Tag out saves lives and can help save YOUR life.
- Every year, many workers are killed when the equipment they are working on is accidentally started up or energized. Workers lucky enough to survive have reported they never expected a coworker or other person to energize the circuit, open a valve, or attempt to operate the equipment.
- All sources of “energy” must be isolated or “removed” before any workers is allowed to repair, maintain, adjust, or setup a piece of equipment or process that has potentially dangerous sources of energy – this can include stored energy.
- Energy can include electrical, air pressure, hydraulic pressure, steam, gravity, or mechanical energy found in springs.
- Even when the equipment is shutoff, some machinery and equipment has “stored” energy such as the pressure that remains in a hydraulic line or cylinder or the electrical energy that remains in a capacitor even when the source of power has been shutoff.

Protect Yourself:

- Learn and understand the sources of energy in the environment.
- Remove or “isolate” the equipment or system from ALL sources of energy and operation.
- Carefully remove or “bleed” stored energy from the equipment or system being serviced.
- Place a lock and tag on each control used to isolate energy from the equipment or process. Always use lockout/tag out.... even if what you must do will only take a minute. It only takes a second or two to get injured or worse!
- Attempt to start or operate the equipment or system AFTER you have shut off and removed stored energy from the equipment or process.
- Always remove the lock and tag from all sources of energy when you have finished. Not removing locks and tags when complete may cause others to lose respect for the lockout/tag out program.
- NEVER REMOVE ANYONE ELSE’S LOCK AND NEVER WORK UNDER SOMEONE ELSE’S LOCKOUT. ONE LOCK, ONE TAG AND ONE PERSON.

Source: The Horton Group, Safety Boss Tip 13



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