



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

June 3, 2022

Safety Counter

84

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
4.2	RIR Rate (Target: 0.00)
6	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.

Days Since Last OSHA Recordable

2,024	Zone Maintenance
465	HVAC
416	Grounds
1,698	Machine/Plumbing Shop
893	Electrical Shop
>1,200	Motor Pool
84	All Other Campus Departments



Left to Right: Jaydee Sipiorski, Paul Peragine,
David Allegood and Ned Discola

What is an electrician's favorite dance...the electric slide!!

All kidding aside, the group above is very instrumental in making sure the lights are on and all electrical equipment is operating smoothly. Whether it is a basketball game, a football game, graduation, or some other event on campus, you can be assured this group will answer the call if something happens related to fire alarms, electrical distribution, or many other areas.

**A BIG THANK YOU AND SHOUT OUT TO THE
ELECTRIC SHOP**

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

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

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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 – 54 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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ATTENTION:

We received some information from the Emergency Manager at the Charleston County School District Emergency Management Division – if you are in or around Johnson Hagood Stadium during a weather event, you may hear a weather siren recently installed on top of Burke High School. See Brock Clary's message below:

Dave

Good afternoon. Last week, Charleston County School District (CCSD) installed a new weather station/warning system on top of Burke High School, beside The Citadel's Johnson Hagood Stadium. A flyer on the station is attached.

The station is also equipped with warning sirens and strobe lights to provide audio and visual warnings of hazardous conditions (primarily lightning). The speakers are loud, and there is a good chance they will be heard at Johnson Hagood Stadium and in The Citadel, parking lots adjacent to Burke. A sample of what the siren sounds like is attached. CCSD wanted The Citadel to be aware of what this warning may sound like if you hear.

If you have any other questions about the station, its warnings, and access to the data it provides, please let me know.

 [Perry Weather One Pager.pdf](#)



IMG_2107 (1) WX
Station Siren Soundin



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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

June 2022

SUMMERTIME FIRE SAFETY:

Summer is the time to enjoy vacations, camping, picnics, and the 4th of July; however, summertime also brings fires and burn injuries due to outdoor cooking and fireworks.

Know how to prevent burns while you enjoy outdoor activities this summer.

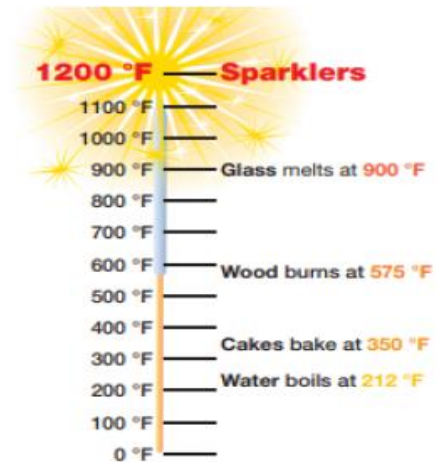
- Wear short sleeves or roll them up when cooking on a grill.
- Use long-handled barbecue tools while cooking.
- Keep a 3-foot safe zone around grills, fire pits, and campfires.
- Grills, chimineas, outdoor fireplaces, and fire pits should be at a minimum of 10 feet away from any structure or anything that can burn.
- Never leave a lit grill unattended, and keep a garden hose nearby to use in the case of a small fire.
- Coals from your grill need to be placed in a metal can with a lid once they have cooled.
- Build campfires at least 25 feet away from tents, shrubs, and anything that can burn.
- Propane is heavier than air and sinks. You need to keep your Propane grill outside while in use, 10 feet away from building openings such as doors, windows, and dryer vents. A propane grill should be kept 20 feet from air intake vents and ignition sources.

If you want to see fireworks, go to a public show put on by experts. The 4th of July is an American tradition, with fireworks being part of the celebration. Still, more fires are reported on the 4th than on any other day of the year in the United States, with nearly half of the reported fires being caused by amateur fireworks.

FIREWORKS SAFETY:

Fireworks are often used to mark special events and holidays. The safest way to view fireworks is to attend a professional show. With many professional fireworks shows being canceled this year, it is essential to know that fireworks are not safe in the hands of consumers. Fireworks cause thousands of injuries each year.

- More than 19,500 reported fires are started by fireworks annually.
- Burns account for 44% of the 9,100 injuries treated in emergency rooms seen in the month around July 4th.
- Children ages 10—14 had the highest rate of fireworks injuries, with more than 36% of the victims of fireworks



A Message from the Fire Marshal:

Summer is the time for enjoying time with friends, family, and the community, usually spent outside in the summer weather.

It is essential to keep safety in mind when using fireworks. I always recommend keeping fireworks used by professionals, which eliminates the safety risk away from you, your family, and your home. The 4th of July tends to be the highest call volume for fire departments, with among the highest calls involving injuries associated with children using fireworks; let us try to prevent this.

I want everyone to enjoy the summer months and hope that safety is still on their minds with fun times.

Think Safety.

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On Friday June 3rd the CSI Staff
attended First Aid/CPR/AED Certification.

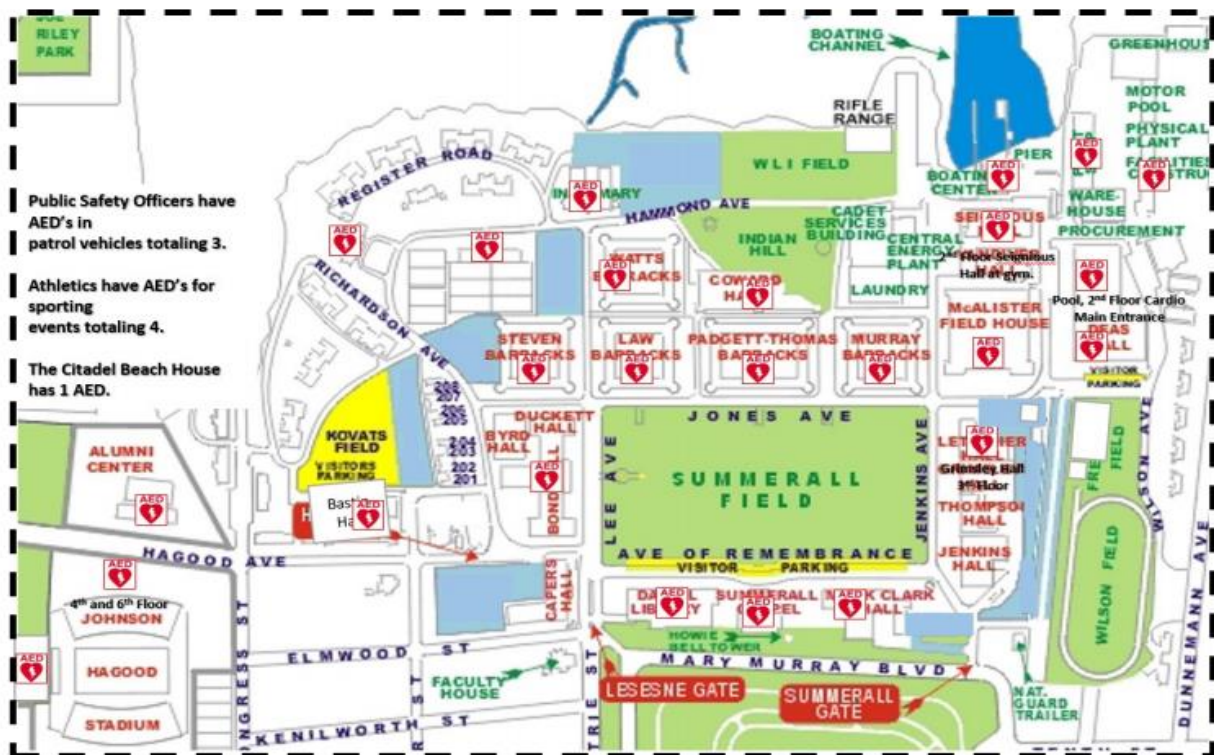


Congratulations to the CSI Staff who spent all day Friday June 3, 2022 completing the American Red Cross First Aid/CPR/AED training. Each member of the staff will receive a two-year certificate from the American Red Cross certifying them in these life-saving skills. Those who attended and completed the class: Addy Liu, Austin Wang, Daniel Webster, Isaiah Allgeyer, Jacob Garrett, James Jeffcoat, James Peatross, John Copeland, Jordan Camacho, Jordan Diehl, Joseph Ytem, Limin Xu, Randall Adcock, Richard Parker, Sawyer Gleason, Shiloh Smiles and Victoria Myers.


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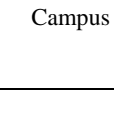

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Heartsaver® Adult CPR AED

 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.

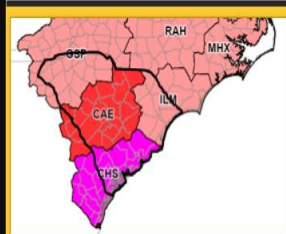


Heat Wave
A period of abnormally & uncomfortably hot and unusually humid weather. Typically a heat wave lasts two or more days.



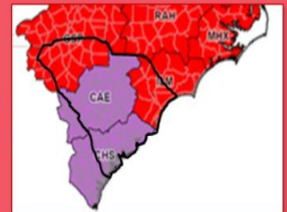
HEAT ADVISORY VS WARNING

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.




WHAT ARE MUSCULOSKELETAL DISORDERS (MSDs) ?

MSD Solutions Lab
an nsc program powered by amazon

**MSDs ARE INJURIES
OR DISORDERS OF**



MUSCLES



NERVES



TENDONS



JOINTS



CARTILAGE



SPINAL DISCS

**MSDs ARE THE
MOST COMMON
WORKPLACE INJURY**

**BACK PAIN
IS THE MOST COMMON
MSD
WORLDWIDE**

**IMMIGRANT WORKERS,
WORKERS OF COLOR &
LOW WAGE WORKERS
ARE LESS LIKELY TO
REPORT MSD INJURIES**

BARRIERS TO REPORTING:

**FEAR OF DISCRIMINATION
FEAR OF JOB LOSS
FEAR OF WAGE LOSS
MEDICAL COSTS
LANGUAGE BARRIERS**

**INJURIES CAUSED BY
HEAVY LIFTING
COST U.S. EMPLOYERS OVER
\$13 BILLION**



**INJURIES CAUSED BY
AWKWARD POSTURES
COST U.S. EMPLOYERS OVER
\$4.7 BILLION**



**INJURIES CAUSED BY
REPETITIVE MOTIONS
COST U.S. EMPLOYERS OVER
\$1.6 BILLION**



**IN 2020 ALONE, U.S. PRIVATE
SECTOR WORKERS EXPERIENCED**

247,620

**NON-FATAL MSD INJURIES SEVERE ENOUGH
TO REQUIRE DAYS AWAY FROM WORK**



**MEDIAN
ABSENCE**

**14
DAYS**

\$2

**RETURN ON
EVERY DOLLAR
SPENT ON
INTERVENTION**

**ERGONOMIC SOLUTIONS CAN SAVE EMPLOYERS \$\$\$
AND IMPROVE QUALITY OF LIFE FOR ALL WORKERS**



**SCHEDULE
BREAKS**



**STORE ITEMS
OFF THE FLOOR**



**ADJUST
WORKSTATIONS**



**PURCHASE
ERGONOMIC
EQUIPMENT
& FURNITURE**



**SWITCH UP
POSITIONS
& WORK
TASKS**



**LIGHTEN LOADS
FOR LIFTING**

LEARN MORE

nsc.org/msd

REFERENCES

**CENTERS FOR DISEASE CONTROL
AND PREVENTION (2020)**
<https://www.cdc.gov/ncbddd/ohrt/prevention/health-and-safety/your-workplace/your-workplace.html>
<https://www.cdc.gov/work/safety/your-workplace/your-workplace.html>

LIBERTY MUTUAL INSURANCE (2020)
<https://www.libertymutual.com/workplace-safety/your-workplace/your-workplace.html>

NATIONAL SAFETY COUNCIL (2014 & 2020)
<https://www.nsc.org/research-and-statistics/2020/04/2020-business-cases-for-OSHA>
<https://www.nsc.org/research-and-statistics/2014/04/2014-business-cases-for-OSHA>

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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 did the football coach
go to the bank

**To get his
quarter back!**



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Heat Related Terms

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

cramps

energy

overheat

storms

thermal

dehydration

exhaustion

shade

stroke

thermometer

drought

heat

steam

temperature

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