

**In this issue of the Environmental Health and Safety (EHS) Listserv,
September 13, 2017**

1. Overexertion & NIOSH Lifting Equation App
 2. Situational Preparedness – Plan Ahead
 3. National Farm Safety Week
 4. Safety Shorts – Farm Safety Videos & Webinars
 5. Fall Colloquium: Biosafety Cabinets
 6. Chancellor's University Safety Committee Open Forum –Supplier Showcase
 7. EHS Requests Your Feedback
 8. Revised Safe Operating Procedure
-

1. Overexertion & NIOSH Lifting Equation App

Workers in a variety of occupations are often responsible for manually lifting and moving objects on the job. Research shows that exposure to repetitive motion, force, vibration, and awkward positions puts workers at risk for developing musculoskeletal injuries. One-third of work-related injuries resulting in missed workdays can be attributed to musculoskeletal disorders where lifting is part of the job.

The National Institute for Occupational Safety and Health (NIOSH) has developed a Lifting Equation mobile application, NLE Calc. The application provides risk estimates to help evaluate lifting tasks and reduce the incidence of low back injuries. The app is available for either iPhone or Android.

The app provides job design guidelines for manual lifting tasks so workers can make informed decisions and avoid the potential hazards. NIOSH recommends that single or multiple lifting tasks have a composite lifting index lower than 1.0.

In addition to calculating the lifting index, the app provides users with recommendations, some of which include:

- Bring the load closer to the body.
- Avoid twisting while lifting.
- Raise the load to waist height before lifting.
- Minimize the distance the load must be lifted.

NIOSH makes available online a number of other resources to help workers avoid overexertion injuries. A few general tips to prevent overexertion are:

- Stretch and/or warm up before heavy lifting or strenuous activity.
- Lift with your legs bent and hold objects close to your body.

- Avoid bending, reaching and twisting when lifting.
- Ask a co-worker for help when lifting.

The National Safety Council has a number of resources as well, posters, tip sheets and more on this topic for free download. These resources are suitable for sharing with co-workers, safety committees, in area toolbox talks, etc.

Resources

- NIOSH Lifting Equation App
<https://www.cdc.gov/niosh/topics/ergonomics/nlecalc.html>
- National Safety Council “Take It Easy – Your Body will Thank You.”
<http://www.nsc.org/Measure/Pages/Overexertion.aspx>
- EHS Safe Operating Procedure **General Material Handling / Safe Lifting** http://ehs.unl.edu/sop/s-gen_safe_lifting.pdf

2. Situational Preparedness – Plan Ahead

Situational preparedness is so important that we will be looking at various aspects over time, as well as providing resources to assist you to “be prepared” for whatever situations you may encounter at UNL.

September is National Preparedness Month. The theme is “Disasters Don’t Plan Ahead. You Can.” The web site www.ready.gov exists to help you, your workplace and your family “be prepared.” Resources include a “National Seasonal Preparedness Calendar” with links to a variety of resources relevant to typical disasters, month-by-month, toolkits, webinars, videos, and more. The weekly themes for the September Preparedness Month are:

- Make a Plan for Yourself, Family and Friends
- Plan to Help Your Neighbor and Community
- Practice and Build Out Your Plans
- Get Involved! Be a Part of Something Larger

Many of the resources are suitable for sharing with co-workers at safety committee or other team meetings, regular workplace toolbox talks, etc.

Resources

- National Preparedness Month <https://www.ready.gov/september>
- 2017 National Seasonal Preparedness Calendar PDF
https://www.fema.gov/media-library-data/1481653732722-a720fde85d91c2ca5bc6b1eb2ceedc76/FEMA_Calendar2017.pdf
- 2017 National Seasonal Preparedness Messaging Calendar Supplemental Resources <https://www.ready.gov/calendar>

3. National Farm Safety Week

There are a number of University of Nebraska-Lincoln “farm” operations throughout the state. The National Education Center for Agricultural Safety (NECAS) is promoting September 17-23, 2017, as *National Farm Safety and Health Week 2017*. The purpose of this organization in general and the week in particular is to call attention to the hazards and risks of farm work and promote safe practices to mitigate those hazards.

The theme for 2017 is “Putting FARM SAFETY into PRACTICE.” Daily Topics to focus in on particular hazard areas are:

- Monday – Tractor Safety
- Tuesday – Farmer Health
- Wednesday – Child/Youth Health and Safety
- Thursday – Confined Spaces in Agriculture
- Friday – Rural Roadway Safety

NECAS provides resources supporting each day’s theme, in addition to the vast resources always available online through their web site.

The AgriSafe Network, another group focused on farm safety, is participating by providing daily webinars. The AgriSafe Network slogan is “Protecting the People Who Feed the World.” Review webinar topics and register at <http://www.agrisafe.org/nfshweek2017>. The free webinars are from 12-1 p.m. Central Time. AgriSafe is another excellent resource for all agricultural workers.

EHS provides resources on a variety of topics relating to safety while conducting agricultural operations under the Safe Operating Procedure (SOP) heading **Ag Safety**. Topics include:

- Nebraska Guide G1770 Cleaning Pesticide Application Equipment
- All Terrain Vehicles
- Animal Feeding Operations
- Grain Bin Safety
- Harvest Safety
- Outdoor Power Equipment Safety
- Sharps Use and Handling with Livestock
- Skid Steer Loaders
- Tractor Safety.

Other SOPs relevant to agricultural operations are found in the SOP categories **Heat Stress, Landscape, Shops, and General/Other**.

Resources

- EHS **Ag Safety** Safe Operating Procedures
<http://ehs.unl.edu/sop/ag-safety>
- EHS SOP listing <http://ehs.unl.edu/sop>
- National Education Center For Agricultural Safety
<http://www.necasag.org/>
- NECAS *National Farm Safety and Health Week 2017*
<http://www.necasag.org/nationalfarmsafetyandhealthweek/>
- NECAS Safety Training <http://www.necasag.org/safetytraining/>
- AgriSafe Network <http://www.agrisafe.org/>

4. Safety Shorts – Farm Safety Videos & Webinars

This series features links to short safety resource(s) each month. Provided this month are resources accessible through the National Education Center for Agricultural Safety (NECAS) web site:

- **Growing Safely Video Series**
<http://www.necasag.org/safetytraining/videosandwebinars/>
 - Grain Bin Safety
 - Chainsaw Safety
 - Tree Stand Safety
 - Farm Emergency Procedures
 - PTO Safety
 - Child Safety on the Farm
 - Farm Electrical Safety
 - Auger Safety
 - Rural Road Safety
 - Tractor Safety
 - Sun Safety
 - ATV Safety
 - Unloading and Loading Trailer Safety
- **Webinars** (<http://www.necasag.org/safetytraining/videosandwebinars/>) – webinars are through AgriSafe and require registration
 - Manure Pit Foaming Webinar
 - Confined Space – Manure Pit Entry Webinar
 - Confined Space – Grain Pit Entry Webinar
- **Anhydrous Ammonia Safety** (OffTheJobSafety, 5:31 minutes)
<https://www.youtube.com/watch?v=NYodpPEVyPc>

NOTE: Resources provided are for informational purposes only. Publication does not indicate endorsement a particular company or product or affect current UNL policies and procedures.

5. Fall Colloquium: Biosafety Cabinets

The fall safety colloquium, co-sponsored by EHS and the Office of Research and Economic Development, will be on Wednesday, October 11, 2017. Brian Garrett, Labconco Product Manager, will provide information relevant to those who use, intend to use, or select and purchase biosafety cabinets. Two sessions are available to facilitate your attendance:

- East Campus Union from 11:30 – 12:30 p.m.
- Repeated at Hamilton Hall (Room 104) from 3:30 – 4:30 p.m.

RSVPs are NOT required. For further information or to suggest future colloquium topics, contact Elizabeth (Betsy) Howe, ehowe2@unl.edu or (402) 472-5488.

Resources

- EHS Safety Colloquium Series <http://ehs.unl.edu/training/Colloquium>

6. Chancellor's University Safety Committee Open Forum & Supplier Showcase

The Chancellor's University Safety Committee (CUSC) will host the fall **Open Forum** meeting at Nebraska City Union 3:00 – 4:00 p.m. on Tuesday, September 19, 2017. The campus community is invited to share concerns or just observe the workings of the CUSC.

The CUSC is a UNL committee established to assist the Chancellor by making recommendations of methods to reduce safety hazards at UNL. The campus community may contact the CUSC Chair at any time with safety concerns or questions and attend bi-monthly meetings.

The CUSC charter, as well as links to the list of members, upcoming agenda, meeting dates/locations, previous meeting minutes, current year's goal and more, are available online.

As part of their campus outreach, the CUSC will have a booth at the October 17, 2017, *Supplier Showcase*, sponsored by UNL Procurement, from 10:00 a.m. – 2:00 p.m. in the City Union Centennial Ballroom. Make plans to stop by for a "Heads Up" on how to stay aware and be prepared to maintain your personal safety.

Resources

- Chancellor's University Safety Committee <http://ehs.unl.edu/chancellors-university-safety-committee-cusc#cusc>

- **Chancellor's University Safety Committee Guidelines** SOP
<http://ehs.unl.edu/cuscguidelines.pdf>
- UNL Procurement **Supplier Showcase**
<http://procurement.unl.edu/supplier-showcase-suppliers>

7. EHS Requests Your Feedback

Environmental Health and Safety is committed to excellent customer service and offers a *Customer Satisfaction Survey* as an easy method for the campus community to provide feedback on our services and staff. By taking a few moments to complete the survey (<http://ehs.unl.edu/survey>), you will be helping us to identify areas where we might need to focus our attention.

In order to effectively evaluate potential areas for improvement, please provide specific information or examples and your name and contact information. The Director, Brenda Osthus, follows up on all submissions. We greatly appreciate your participation.

Please feel free to contact Brenda Osthus, EHS Director, at 402-472-4927 or bosthus1@unl.edu if you would rather communicate outside the parameters of this survey.

8. Revised Safe Operating Procedures

- **Chemical Disinfectants for Biohazardous Materials** SOP
<http://ehs.unl.edu/sop/s-bio-disinfectants.pdf>
This SOP, renamed to include “Chemical” in the title, has been substantially revised based on updated information on best practices and studies on disinfectant effectiveness. The content has been expanded to include descriptions of each class of disinfectant, considerations for use of each class and examples of commercial products. The comparison table has been revised to provide more useful information and to be easier to use.

Remember...SAFETY IS AN ATTITUDE!

Environmental Health and Safety

University of Nebraska-Lincoln
3630 East Campus Loop
Lincoln, NE 68583-0824
(402) 472-4925
<http://ehs.unl.edu>

→ To SUBSCRIBE and get your own copy if you received this from someone else or UNSUBSCRIBE, send an e-mail to LISTSERV@LISTSERV.UNL.EDU . In the Message (not Subject) field enter SUBSCRIBE EHSINFO or UNSUBSCRIBE EHSINFO