In this issue of the Environmental Health and Safety (EHS) Listserv – August 5, 2020

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1. PulsePoint®, CPR and AEDs

Cardiac arrest is the third leading cause of death in the United States. Since 2015, several users have responded to provide CPR after receiving an alert. The most recent publicized example occurred at the end of May 2020. A man was asleep in his hotel room at 1:30 a.m. when his phone work him up. Minutes later he was helping save a life.

The PulsePoint® app alerted him to someone who needed CPR nearby and gave the location. When he reached the person, they had no pulse and were not breathing. He did CPR until emergency responders arrived minutes later. The person in distress survived.

The PulsePoint® app scans 911 calls and sends alerts to users within a quarter-mile of an individual that requires CPR. The app then gives instructions on how to do CPR until first responders arrive. The minutes between a 911 call for CPR and when rescue workers arrive can be vital. In these situations, the sooner chest compressions being, the higher the chances of survival.

More than 17,000 people have subscribed to Lincoln Fire and Rescue's feed on the mobile app Pulsepoint®, which was adopted locally in 2015. It sends an alert to app subscribers who say they are CPR-trained and within a quarter-mile of the medical emergency.

Each year, the American Heart Association (AHA) releases updated guidelines for how to improve the effectiveness of CPR. Leaders of the AHA are continuously reviewing recent research and studies to ensure improved training, leading to a better outcome for victims of cardiac arrest.

In addition to having the PulsePoint® app, it's helpful to be aware of the location of Automatic External Defibrillators (AEDs) in your workplace and areas of the

community you frequent. AEDs are small, portable devices that can be used to treat heart attack victims. Because of their simple design and ease of operation, they can be safely used by members of the general public. Regardless of whether an AED is used, always call '911' to summon professional medical support. Any person acting in good faith can use an AED. Training is encouraged and available online through the American Red Cross and the American Heart Association. UNL Campus Recreation offers training in a blended format. The Nebraska Safety Council also provides classes.

Resources

➢ Lincoln Journal Star "CPR app helps Lincoln man save life
https://journalstar.com/news/local/cpr-app-helps-lincoln-man-save-life/article_7766118d-330e-576e-b4db-5325251f6385.html
➢ American Red Cross classes (online)
https://www.redcross.org/local/nebraska/take-a-class/cpr-lincoln-ne
➢ American Heart Association Hands-Only CPR resources
https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr
➢ Nebraska Safety Council CPR/AED Training (Lincoln NE)
https://www.nesafetycouncil.org/index.php/worker-education-and-events/training-courses/16-workplace-safety/nebraska-training-courses/50-cpraed-training
➢ UNL Campus Recreation   http://crec.unl.edu/
➢ American Heart Association's 2020 CPR Updates
https://cpreducatorsinc.com/american-heart-associations-2020-cpr-updates/
➢ ***Automatic External Defibrillators*** SOP   https://ehs.unl.edu/sop/s-AED.pdf

2. Get PulsePoint® Apps

The PulsePoint's® Respond application empowers everyday citizens to provide life-saving assistance to victims of sudden cardiac arrest. Application users may indicate they are trained in cardiopulmonary resuscitation (CPR) and are willing to assist in case of an emergency. Early, effective CPR marks the best predictor of survival for people who go into cardiac arrest outside a hospital.

Now there's a free Android or iPhone app called PulsePoint® to provide the location of the nearest AED.

PulsePoint® AED exists to crowdsource lifesaving AED location information. Anyone can add AED locations to the app. If someone sees an AED, this app allows them to check if it shows up on the map. If not, it's easy to add a location to the registry. Once information submitted is verified by local authorities the new AED location will be added to the map.

Resources

- ➢ PulsePoint® AED information   https://www.pulsepoint.org/pulsepoint-aed/
- ➢ PulsePoint® Respond information
  https://www.pulsepoint.org/pulsepoint-respond/
- ➢ PulsePoint® Download (both AED and Respond apps available)
  https://www.pulsepoint.org/download/

3. Ready for an Emergency?

September is right around the corner and is National Preparedness Month sponsored by the Federal Emergency Management Agency (FEMA). Now is a good time to ensure you have an up-to-date building/department emergency plan in place. The purpose of an emergency action plan is to facilitate and organize employer and employee actions during workplace emergencies. Well-developed emergency plans and proper employee training, such that employees understand their roles and responsibilities within the plan, will result in fewer and less severe employee injuries and less collateral damage to ongoing research or other activities during natural or man-made disasters.

Putting together an emergency action plan that deals with specifics of your work site/building is not difficult. It involves describing how employees should respond to different types of emergencies, taking into account your specific work site layout, structural features, and emergency systems.

The UNL Emergency Planning and Preparedness website contains a template ("Faculty, Staff & Depts." tab, "Have a Plan" section). While the template is designed for developing a **Building Emergency Action Plan**, it can readily be modified to develop a facility or specific area action plan. Assistance and a fillable version are available upon request from preparedness@unl.edu.

Does your department/area/facility already have an Emergency Action Plan? Emergency action plans should be reviewed at least once a year and more often if necessary to reflect changes in personnel or other specific attributes of the area/facility.

All workers should be familiar with the emergency action plan, including how they will be notified of an emergency, at least two safe routes of escape from the building, and where they can shelter-in-place if needed. In an emergency, people tend to freeze, so they need to know what to do without having to think about it—that means training. If workers have additional roles to play in an emergency, such as shutting down equipment or assisting disabled co-workers, and so on, they must be trained in those duties as well. In addition to regular review/retraining, make sure that all new workers are trained in the emergency action plan.

Resources

- ➤ Emergency Planning & Preparedness: Building Emergency Action Plan
  https://emergency.unl.edu/doc/Template%20Building%20Emergency%20Action%20Plan.pdf
- ➤ EHS *Emergency Preparedness* Safe Operating Procedures
  https://ehs.unl.edu/sop/emergency-preparedness
- ➤ EHS *Emergency Preparedness* web-based training
  https://ehs.unl.edu/web-based-training#EP
- ➤ Department of Homeland Security Ready website
  https://www.ready.gov/

4. There's an App for That: 1-Check COVID

All are encouraged to self-monitor for symptoms of COVID-19 by using the "1-Check COVID" app developed by the University of Nebraska Medical Center. This app is available for Android (Play Store) or iOS (App Store). The 1-Check COVID app enables individuals to privately answer a series of questions and assess their risk of having COVID-19. Then the app issues a "low risk," "urgent risk" or "emergent risk" assessment and guides users toward possible next steps specific to their needs.

Resources

- ➤ UNMC information on 1-Check COVID app
  https://www.unmc.edu/news.cfm?match=25626

5. Situational Preparedness – Heads Up!

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 situations you may encounter at UNL while driving, bicycling or walking.

The Chancellor's University Safety Committee has recently commissioned a number of graphics as a reminder to keep your "Heads Up!" while navigating around campus and the surrounding streets.
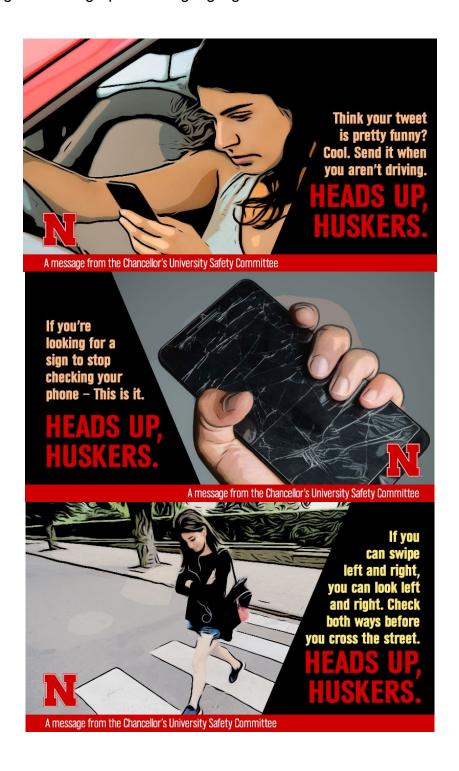
Before reviewing the newest graphics, ponder this, developed by Patrick Barrett, Director, University Fleet Management:

You're four times IT'S HARD TO more likely to CONCENTRATE ON have an accident TWO THINGS when you're on AT THE SAME TIME a cell phone.

Get the point?

- You're four times more likely to have an accident when you're on a cell phone.
- It's hard to concentrate on two things at the same time.

Following are three graphics being highlighted for the fall:

These messages are for ALL of us to take heed! The graphics are available for download as either PDF or JPG at https://ehs.unl.edu/heads-up-graphics. Graphics for digital display to promote safe driving/walking/biking at UNL are available through the UNL Digital Content Library. Alternatively, EHS would be happy to provide an electronic file suitable for digital display upon request to ehs@unl.edu or 402.472.4925.

6. PPE Reminder – Lab vs. SARS-CoV-2

All laboratory workers should be reminded that Personal Protective Equipment (PPE) that they use in the lab for protection against chemical, biological, and radiological contamination should be removed before exiting the lab. Proper PPE use and care is described in several EHS SOPs, https://ehs.unl.edu/sop/personal-protective-equipment-ppe-general and the EHS web-based training module, *Personal Protective Equipment* (https://ehs.unl.edu/web-based-training#PPE).

Cloth facial coverings worn for SARS-CoV-2 can be removed from and worn outside of the laboratory, unless contaminated by materials that workers are handling in the laboratory. Contaminated cloth facial coverings should be promptly removed from the face and laundered before re-use. Gloves are not necessary for protection against SARS-CoV-2. Rather, frequent and thorough hand washing should be observed.

7. Forward to Fall Resources

UNL Forward to Fall Committee in collaboration with University Communications has made available a number of resources to assist the campus community with a consistent message to remind all faculty, staff, students, and visitors of safe practices related to Covid-19 mitigation. Available online through Box, https://unl.app.box.com/s/i2q4hqy9usw1iwzf9gobqcczqr6m3iq2, resources include:

- Posters
- Digital Signage
- Templates for a variety of topics such as Room Occupancy that departments/buildings may customize for their use
- Directional Arrows and Floor Clings to assist with distancing
- …and more

8. Stormwater Reporter Tool

Did you know there is a place online to report surface water quality concerns on UNL's City and East Campuses? The Stormwater Management website has a

Stormwater Pollution Reporter Tool that anyone can use. Simply fill out the form and hit submit. The form is then sent to the Environmental Health and Safety department where an investigation into the water quality issue can begin.

Alternatively, you can send an email with your concerns to stormwater@unl.edu or call the EHS office at 402.472.4925.

Whether you found an issue with post-construction stormwater controls, pollution entering a storm drain, or a spill endangering our environment, UNL is committed to keeping our receiving waters clean and requests your assistance.

Curious what a post-construction stormwater control is and where they are located on campus? Find out more about UNL's Stormwater Management Program on the EHS website (link provided below).

Resources

- **Stormwater Pollution Reporter**   https://ehs.unl.edu/stormwater-pollution-reporting-form
- UNL Stormwater Management website   https://ehs.unl.edu/stormwater-management

9. Will You Participate?

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 to better serve you.

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. Will you participate?

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.

10. Revised Safe Operating Procedures

- **Guidance for Collection and Storage of Human Samples**
  https://ehs.unl.edu/s-bio-guidance_collection_storage_human_samples.pdf
  Updated to broaden language to cover all human pathogens. Added guidance to wear face shield and fluid-resistant mask for collection of saliva

or other nose or mouth samples. Added recommendation to disinfect surfaces between research subjects. Changed name of referenced transport SOP.

- ➢ **Job Safety Assessments**   https://ehs.unl.edu/sop/s-JSA.pdf
  Added the need to contact EHS for evaluations before certain PPE such as respirators, hearing protectors and fall protection devices are used.

- ➢ **Use and Maintenance of Filtering Facepiece Respirators**
  https://ehs.unl.edu/sop/RPP_SOP_FilteringFacepiece.pdf
  Reference removed regarding "other infection control measures" and removed statement that some organisms are not tested for N95 certification.

- ➢ **Use and Maintenance of Supplied Air Respirators (Air-Line)**
  https://ehs.unl.edu/sop/RPP_SOP_SAR.pdf
  Clarified the seal check procedures for tight fitting face pieces used with Supplied Air Respirators.

- ➢ **Voluntary Use of Respiratory Protection Equipment**
  https://ehs.unl.edu/sop/RPP_SOPVoluntary_Use_RPE.pdf
  Added a link to OSHA Video, "Voluntary Use Respirators."

Remember...SAFETY IS AN ATTITUDE!

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