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1. Bicycling Safety

Riding a bicycle is a great way to get exercise and reduce your carbon footprint. Bicyclists share the road with motor vehicles. In 2019, the number of injury incidents to bicyclists increased 6% and in the last 10 years the increase is 37%. The Nebraska Safety Council, Workwell program, provides tips on staying safe while bicycling:

A safe ride starts with safe equipment. Inspect your bike prior to riding.

- The seat should be the proper height and locked in place.
- Make sure all parts of the bicycle are secure and working properly.
- Check that tires are inflated properly.
- Make sure there are reflectors on the rear, front, pedals and spokes.
- A horn or bell, rear-view mirror, and a bright headlight is also recommended.

Bicycles are much smaller than motor vehicles so do what you can to be more visible.

- Wear neon, fluorescent or other bright clothing.
- Ride during the day whenever possible.
- If you must ride at night, wear reflective clothing and use flashing lights.

When riding, always wear a helmet certified and approved for bicycling regardless of length of ride. The National Highway Traffic Safety Administration (NHTSA) publishes a “Fitting Your Bike Helmet” document that covers all aspects of wearing and using a bike helmet with helpful illustrations (https://www.nhtsa.gov/sites/nhtsa.gov/files/8019_fitting-a-helmet.pdf).

Stay safe by following rules of the road.

- Be aware of traffic laws as bicyclist must follow the same rules as motorists. Ride single file in the direction of traffic
- Remain alert. Keep your head up, look around, watch for opening car doors, potholes, and other hazards.
- When riding on hard surfaces, watch for conditions that could cause the surface to be slippery such as loose sand or gravel, stray rocks or other debris, oil, pooled water, etc. Slow down and use extreme caution or avoid these areas entirely.
- Remember that other vehicles may have trouble seeing you even if you are wearing bright clothing.
- Use hand signals when turning and use extra care at intersections.
- Before entering traffic, stop and look left, right, left again and over your shoulder.

The League of American Bicyclists and other organizations provide safety videos online to help inform or remind you of how to remain safe while bicycling.

Resources

- Lassen, R. (n.d.). *Bicycling*. Nebraska Safety Council - Workwell. Retrieved July 25, 2022, from <https://nesafetycouncil.org/index.php/membership/member-content/summer-safety-tips/2-uncategorised/215-bicycling>
- *Bicycle Helmets Business Guidance*. (n.d.). U.S. Consumer Product Safety Commission. Retrieved July 25, 2022, from <https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Bicycle-Helmets>
- *Smart Cycling Videos*. (n.d.). League of American Bicyclists. Retrieved July 25, 2022, from <https://www.bikeleague.org/ridesmartvideos>
- USDOTNHSTA. (2014, May 16). *Bike Riding Safety*. YouTube. Retrieved July 25, 2022, from <https://www.youtube.com/watch?v=nf5WQXFvrkk>

2. Ready for an Emergency?

September is right around the corner and is designated as National Preparedness Month by the Federal Emergency Management Agency (FEMA). Now is a good time to ensure you have an up-to-date building/department/facility emergency action plan in place. The purpose of an emergency action plan is to facilitate and organize employer and employee actions during workplace emergencies.

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.

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.

On the SAFETY AT NEBRASKA website you can access a template to develop a **Building Emergency Action Plan** (<https://safety.unl.edu/Template%20Building%20Emergency%20Action%20Plan.pdf>) that can readily be modified to develop a facility or specific area emergency action plan. Assistance and a fillable version are available upon request from preparedness@unl.edu.

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

- SAFETY AT NEBRASKA website <https://safety.unl.edu/>
- SAFETY AT NEBRASKA printable emergency procedures <https://safety.unl.edu/doc/Faculty%20Guidance%20for%20Emergencies.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, “Make a Plan” <https://www.ready.gov/plan>

3. CPR and AEDs

Cardiac arrest is the third leading cause of death in the United States. Automatic External Defibrillators (AEDs) may be found at various places in the community and on UNL campuses. 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.

The free PulsePoint's® Respond application for iPhone or Android users 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.

In addition to having the PulsePoint® Respond 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. The free PulsePoint® AED app for Android or iPhone 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.

More than 17,000 people have subscribed to Lincoln Fire and Rescue's feed on the free PulsePoint® Respond app. This mobile app scans 911 calls and sends alerts to app 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.

Regularly, 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.

CPR training is encouraged and available online through the American Red Cross and the American Heart Association. UNL Campus Recreation offers CPR training in a blended format. The Nebraska Safety Council also provides classes in CPR as well as First Aid and AED use.

Resources

- PulsePoint® Respond information <https://www.pulsepoint.org/pulsepoint-respond/>
- PulsePoint® AED information <https://www.pulsepoint.org/pulsepoint-aed/>
- PulsePoint® Download (both AED and Respond apps available) <https://www.pulsepoint.org/download/>
- 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 <https://crec.unl.edu/visit-campus-recreation>
- 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>

4. Stop the Bleed®

Did you know a person who is bleeding can die from blood loss within five minutes? The American College of Surgeons Stop the Bleed® program is designed to help people know how to stop bleeding in a severely injured person. The number 1 cause of preventable death after injury is bleeding. Emergency responders aren't always the first at the scene of accidents. It's everyday people who are. And with the right knowledge and skills, you can save lives. Get trained!

To schedule a Stop the Bleed® training for your organization or civic group in Lincoln, contact Bryan Health, <https://www.bryanhealth.com/services/trauma/stop-the-bleed/>. Free online interactive training on 3 quick actions to save a life is available through the Stop the Bleed® website. You can take the online course found there as initial training or keep it in mind as a reminder if you take/have taken an in-person course.

Once trained, Stop the Bleed® kits are available from a variety of sources, including home improvement stores. A kit includes one tourniquet, gauze and gloves, all items that do not expire.

Resources

- *Training*. (n.d.). Stop The Bleed. Retrieved July 25, 2022, from <https://www.stopthebleed.org/training/>

5. September CUSC Open Forum

The Chancellor's University Safety Committee (CUSC) is a UNL committee established to assist the Chancellor by making recommendations of methods to reduce safety hazards at UNL. 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.

Twice a year the CUSC holds an Open Forum meeting to which the campus community is extended a special invitation. The fall **Open Forum** meeting will be held in the Environmental Health and Safety Training Room, Warehouse 1, East Campus and over Zoom. The meeting will take place from 3:00 – 4:00 p.m. on Tuesday, September 20, 2021.

The campus community is invited to share concerns or just observe the workings of the CUSC. To attend, contact ehs@unl.edu for the Zoom meeting link or directions to the EHS offices.

Resources

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

6. [Emergency.unl.edu](https://emergency.unl.edu) = safety.unl.edu

The University of Nebraska-Lincoln is committed to creating a culture of safety on our campuses for the members of our community to live, learn, work, visit and enjoy. Toward that goal, the website emergency.unl.edu, has been revamped, upgraded and renamed.

The safety topics now included are compiled from many university departments and offices to help support safety efforts. These resources will link to various policies, procedures, guides and trainings available to help protect our campus community and visitors during their time at UNL. Information is grouped into four categories: Personal Safety, Campus Safety, Public & Visitor Safety, and Emergency Response.

Visit <https://safety.unl.edu/unlalert> to be sure your UNL Alert information is up to date. You can add your cell phone number to receive text Alerts. You can add an alternate (non-UNL) email to receive alerts at the alternate email you list in addition to your primary UNL email.

Resources

- Safety at Nebraska <https://safety.unl.edu/>

7. Revised Safe Operating Procedures

- **Pre-Planning & Responding to Chemical Spills**
https://ehs.unl.edu/sop/s-preplan_respond_spills.pdf
Information updated on contact(s) for large spills.
- **Radioactive Material Spills and Radiation Accidents**
https://ehs.unl.edu/sop/s-RAM_spills_radiation_accidents.pdf
New SOP reflecting the combination of previous Radioactive Material Spills and Radiation Accidents SOPs. This new SOP is for all radioactive material, x-ray users and laser accelerator users.

THINK SAFETY – DON'T LEARN BY ACCIDENT!

Environmental Health and Safety

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