

## **In this issue of the Environmental Health and Safety (EHS) Listserv – September 13, 2023**

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### **1. 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 19, 2023.

The campus community is invited to share concerns or just observe the workings of the CUSC. To attend, contact [ehs@unl.edu](mailto: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>

### **2. AEDs, PulsePoint® & CPR**

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 the 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/safety/training-courses>

- UNL Campus Recreation <https://crec.unl.edu/outreach-classes>
- 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>

### 3. 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.

#### Resources

- *Training*. (n.d.). Stop The Bleed. Retrieved August 30, 2023, from <https://www.stopthebleed.org/training/>

### 4. Do You SEE the Hazard?

At the core of every effective safety and health program is a systematic process for identifying and controlling (i.e., finding and fixing) workplace hazards. People in general go about their days in familiar surroundings not really “seeing” their surroundings. Unless workers consciously look around their workplace it can be hard to see any potential hazards day-to-day.

Typically, workplace hazards are identified and mitigated in response to worker injury or illness, new regulations, or outside inspection. Finding and fixing hazards before they cause injury or illness is far more effective. A good way to accomplish this is by regular safety walkarounds. Safety committee members,

supervisors, and workers from any area of an organization can take part in safety walkarounds aimed at identifying and resolving hazards.

Here are five tips for making a safety walkaround more effective:

- Bring a group. Groups of 3-8 provide multiple sets of eyes with varying experience. Participation by representatives from different parts of the organization can add knowledge and differing perspectives to the walkaround process.
- Reward the good. Strive to point out at least two good things for every safety hazard identified. Mention the good things/safety practices before identified safety issues. “Rewarding the good” minimizes or removes worker uneasiness with safety walkarounds.
- Prioritize fixes. Hazards that pose an immediate concern should be addressed immediately during or after the walkaround. There are five levels of “likelihood of occurrence or exposure” (frequent, probable, occasional, remote and improbable) along with four categories of “severity or injury or illness consequence” (negligible, marginal, critical and catastrophic) to assist with prioritization.
- Follow up, then do it again. Follow up in a timely manner to see if identified hazards have been resolved and solutions are working. Repeat these walkarounds regularly. This reinforces that safety is a priority. Stagger members of the walkaround group. This develops a greater sense of workplace “safety ownership.”

In addition to using specific safety guidelines in place for the area, personnel doing the walkaround can use EHS Safety Audit Guidelines Safe Operating Procedures (SOPs) as a resource of some potential hazards to look for. The OSHA (Occupational Safety & Health Administration) “Find & Fix Hazards” website has challenges that can be used to help find and fix hazards, conduct walkarounds and halt a hazard. There are also a number of worksheets and other activities available.

By being part of regular walkarounds in the workplace and using the resources listed everyone can learn to “see” hazards.

## Resources

- EHS Safety Audit Guidelines SOPs <https://ehs.unl.edu/sop/safety-audit-guidelines>
- Bottino, B. (2023, May 19). Ready for a safety walkaround? *Safety+Health - a NSC Publication*. Retrieved August 30, 2023, from <https://www.safetyandhealthmagazine.com/articles/23957-safety->

- [walkaround-5-tips?utm\\_source=june1st&utm\\_medium=email&utm\\_campaign=inThisIssue](https://www.osha.gov/safeandsound/safety-and-health-programs/find-and-fix-hazards)
- *Find & Fix Hazards* | Occupational Safety and Health Administration. (n.d.). <https://www.osha.gov/safeandsound/safety-and-health-programs/find-and-fix-hazards>
  - *Safe + Sound Campaign* | Occupational Safety and Health Administration. (n.d.-b). <https://www.osha.gov/safeandsound>

## 5. Situational Preparedness – Micro Stressors’ Impact

Situational preparedness is so important that this listserv regularly provides resources and information to promote safe navigation of roadways, whatever the mode of transportation. With any routine driving drivers experience hard to ignore micro stressors.

Micro stresses are small moments of stress that seem manageable on their own and such we not even be aware of the “stress”. Since micro stressors are so small and brief, they do not trigger the normal stress response that helps us cope. The daily commute to work or other necessary ventures onto the roadways, even in ideal conditions, can be stressful for a variety of reasons. Examples of situations commonly resulting in micro stress are:

- FOMO (fear of missing out). Statistics make clear that use of electronic devices while operating a vehicle is very unsafe. When we do silence our devices to avoid distraction, we may fear we are missing out on some important communication.
- High traffic times of day. Certain times of day and on certain roadways there are more vehicles on the road. Driving in residential and shopping areas there are more vehicles entering/exiting the roadway. Defensive driving requires intense concentration all the time, but more so with more vehicles on and entering roadways.
- Special circumstances. Driving into the sun, driving past schools, driving on residential streets with parking on both sides of the street are special circumstances that can cause micro stress.

Suggested steps to reduce or eliminate micro stressors:

- If you feel you really must look at/use an electronic device, reward yourself for “being silent” by scheduling an “electronics break” regularly. Pull over or off the road to check your device.
- If possible, change your morning and evening commute times. By leaving home as little as 15 minutes earlier than usual, you may find there is a significant decrease in traffic.

- Find alternative routes to avoid higher stress areas such as schools, construction areas or residential streets with parking on both sides of the road.

In a joint study between the University of Houston and the Texas A&M Transportation Institute, researchers found that, when driving in similar traffic conditions, participants predisposed to anxiety had a heart rate about five beats a minute faster than others not predisposed to anxiety. This study also found that when driving at 65 mph, participant's' heart rates increased four extra beats a minute compared with driving at 25 mph. Such regular elevations are not good for physical health.

Have you ever been extremely tired after a road trip, even one of moderate duration? Micro stress can sap our energy leading to fatigue that negatively impacts the driver's decision-making ability and response time.

Micro stressors can not only impact driving but can also have a cumulative effect, both mentally and physically. Anticipate micro stressors to minimize or eliminate them.

## Resources

- Routine driving involves 'hard to ignore' micro-stressors, researchers say. (2023, July 28). *Safety+Health*. [https://www.safetyandhealthmagazine.com/articles/24284-routine-driving-involves-hard-to-ignore-micro-stressors-researchers-say?utm\\_source=daily&utm\\_medium=email&utm\\_campaign=daily](https://www.safetyandhealthmagazine.com/articles/24284-routine-driving-involves-hard-to-ignore-micro-stressors-researchers-say?utm_source=daily&utm_medium=email&utm_campaign=daily)
- Cross, R. (2023, February 22). *The hidden toll of microstress*. Harvard Business Review. <https://hbr.org/2023/02/the-hidden-toll-of-microstress>

## 6. National Farm Safety and Health Week Resources

According to the Bureau of Labor Statistics (BLS), in 2019 agriculture was the most dangerous sector in America, with 573 fatalities for an annual death rate of 23.4 deaths per 100,000 workers. Fall harvest time is one of the busiest and most dangerous seasons of the year for the agriculture industry. The Upper Midwest Agricultural Safety and Health Center has designated September 17-23, 2023, as National Farm Safety and Health Week in partnership with AgriSafe Network and the National Education Center for Agricultural Safety (NECAS).

This annual observance has been in place since 1944. The purpose of the NECAS 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.

Agricultural field research is subject to most of the same hazards found in family farm operations.

The theme for 2023 is “No One Can Take Your Place.” Daily emphasis topics focus on a particular hazard area:

- Monday –Equipment & Rural Roadway Safety
- Tuesday –Health & Wellness
- Wednesday -Priority Populations
- Thursday – Confined Spaces
- Friday – Brain Health

The National Education Center for Agricultural Safety (NECAS) has resources available online through their website such as Farm First Aid Kits designed with farm injuries in mind, online safety training and online rescue programs.

The AgriSafe Network, another group focused on farm safety, is participating by providing two daily webinars. Review the webinar topics online <https://www.agrisafe.org/nfshw/#nfshw-schedule>. The hour-long webinars will be held at 11 a.m. and 1 p.m. Central Time.

U.S. Agricultural Safety and Health Centers, funded by the National Institute for Occupational Safety and Health (NIOSH), has produced safety and health videos related to agriculture and other outdoor activities. Popular topics are grain bins, heat illness, tractor rollovers, livestock safety and needlestick injuries. These videos are available through the U.S. Agricultural Safety and Health Centers YouTube channel.

Additional resources are provided by the Upper Midwest Agricultural Safety and Health Center (UMASH), a multidisciplinary collaboration of five leading research and health care institutions that work to address existing and emerging occupational health and safety issues in agriculture. A few of the resources are forms and checklists, links to other farm safety organizations, and a hazard evaluation and mitigation tool.

EHS provides resources on a variety of topics relating to safety while conducting agricultural/outdoor 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.

- And more...

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

## Resources

- **EHS Ag Safety** Safe Operating Procedures  
<https://ehs.unl.edu/sop/ag-safety>
- AgriSafe Network <https://www.agrisafe.org/nfshw/>
- UMASH National Farm Safety and Health Week  
<https://umash.umn.edu/national-farm-safety-and-health-week-2023/>
- NECAS *National Farm Safety and Health Week 2023*  
<https://www.necasag.org/nationalfarmsafetyandhealthweek/>
- U.S. Agricultural Safety and Health Centers videos  
<https://www.youtube.com/user/USagCenters>
  
- **The National Education Center for Agricultural Safety** video and webinar series (<https://www.necasag.org/safetytraining/videosandwebinars/>) provides safety information on a variety of topics such as:
  - Chainsaw Safety
  - Fatigue Safety
  - PTO Safety
  - Farm Electrical Safety
  - Auger Safety
  - Rural Road Safety
  - Sun Safety
  - Unloading and Loading Trailer Safety...and more.

**Adopt Safety as Your Attitude – DON'T LEARN BY ACCIDENT!**

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