

Randall Hedge
Ex-Officio Member, Chair
(920) 424-1009
hedge@uwosh.edu

Dawn Dettlaff
Nonrepresented Classified Staff Member
(920) 424-1869
dettlafd@uwosh.edu

Buckley Fechter
Student Member
fechtb19@uwosh.edu

Anna Filipova
Faculty Member
(920) 424-0037
filipova@uwosh.edu

Kim Freier
Represented Classified Staff Member
(920) 424-2082
freier@uwosh.edu

Charles Hermes
Nonrepresented Classified Staff Member
(920) 424-3466
hermes@uwosh.edu

Stephanie Krueger
Student Member
kruegs88@uwosh.edu

Joseph LeMire
University Police Chief
Administration Ex-Officio Member
(920) 424-1212
lemirej@uwosh.edu

Pamela MacWilliams
Director of Student Health Center
Ex-Officio Member
(920) 424-0425
macwillp@uwosh.edu

Dana Merriman
Faculty Member
(920) 424-3076
vaughan@uwosh.edu

Michael Morrissey
Campus Hazardous Waste
Ex-Officio Member
(920) 424-3426
morrissm@uwosh.edu

George Paul
Represented Classified Staff Member
(920) 424-0377
paul@uwosh.edu

Evan Schwalbe
Campus Safety Officer
Ex-Officio Member
(920) 424-4484
schwalbe@uwosh.edu

Rae Ann Wetzel
Represented Classified Staff Member
(920) 424-3202
wetzela@uwosh.edu

Jonathon Wilson
Academic Staff Member
(920) 424-0385
wilsonjo@uwosh.edu

Christopher Stratton
Academic Staff Member
(920) 424-1201
strattonc@uwosh.edu



Health and Safety Committee

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A newsletter for and about safety at UW Oshkosh

Your Voice on Health and Safety by Randy Hedge

I am your interim chair of the campus Health and Safety Committee, and invite you to help us with our quest to make the UW Oshkosh campus safer! The Health and Safety Committee is an official University committee and is part of our campus governance, with representatives from student, classified staff, academic staff and faculty. They are appointed by our campus governance organizations to represent you.

The committee meets monthly and includes several administrators, including staff from University Police, Facilities Management, Hazardous Waste, Campus Safety, and the Student Health Center, who are there as direct resources that assist the committee in reaching their goals.

The committee meets monthly (3rd Thursday of the month) and discusses campus health and safety concerns. As issues are debated, the committee may choose to make an advisory recommendation to the administration. Our most recent recommendation involved concerns about snow and ice removal. Over the past several meetings, the committee heard concerns about snow and difficulties for people with mobility issues and clear access to buildings and parking lots in the winter

months. Facilities Management has received the recommendation and is taking proactive steps as a result.

If you have questions or comments about safety, feel free to contact any member of the committee you care to. We are here to serve all members of the campus community.

Be safe!



By Evan Schwalbe

KEEPING FIT WHEN IT'S FREEZING

Even in the lower latitudes, winter means cooler weather. Move further North and pretty soon you're singing, "Whoa, it's COLD outside!" When the thermometer drops, many people let their daily exercise routines fall by the wayside.

Of course we should stay active, regardless of the temperature, but walking, running or biking can become downright dangerous during cold weather. Downhill skiing can certainly get your heart pumping and cross-country skiing burns approximately 1000 calories per hour. Snowshoeing can burn about twenty percent more calories than walking, and even ice skating and snow sledding combine physical activity with fun. No matter what kind of exercise you choose, keep those winter weather hazards in mind when planning your exercise activities. Extreme cold can cause hypothermia and death. Listen to emergency broadcasts and be sure that you understand what winter storm warning terms mean.

Winter Weather Advisory---Conditions are likely to cause inconvenience and hazards.

- Frost/Freeze Warning---Temperatures will drop below freezing.
- Winter Storm Watch---A storm is likely.
- Winter Storm Warning---A storm is coming or has already arrived.
- Blizzard Warning---Seek shelter! Conditions could include snow, strong winds, low visibility, snow drifts and life-threatening wind chills.

Be prepared with the right kind of clothing before you start any cold weather activity.

Concentrate on keeping your extremities warm: head, hands and feet. Remember that mittens will keep your hands warmer than gloves made of comparable materials.

Stay warm AND dry. Loose-fitting layers of clothing will help to do both. Outer garments should be tightly woven and water-repellent. Avoid wearing cotton clothing; it tends to trap moisture next to the skin rather than wicking it away. In especially cold weather, covering your mouth with a scarf or face mask can protect your lungs by warming extremely cold air as it is being inhaled.

Caffeine and alcohol can also worsen the symptoms of hypothermia and frostbite. If you are going to be out in the cold for an extended period of time, watch out for these signs of frostbite:

- A “pins and needles” sensation followed by numbness.
- Skin that feels hard and looks white.
- Thawed skin that turns red and painful.
- Blistered or black, gangrenous skin tissue.

So get up, get dressed and get outside! With a little determination, anyone can overcome the seasonal urge to skip the exercise, unless conditions outside are too extreme. In that case, substitute your outdoor activity with a safer indoor alternative. A treadmill, exercise bike, or even old fashioned calisthenics can be a safe and satisfactory way to stay fit when the weather outside is frightful.



Want to be involved with the publishing of the Health and Safety newsletter? Call Evan at 4484

Mom always told me “One of these days you’ll put your eye out with that thing”. I don’t remember what she was referring to at the time but the message is still with me and I take it more seriously now than ever. One of the easiest injuries to avoid is an eye injury. A simple piece of personal protective equipment can make the difference between good sight and a lifetime of impaired vision. Safety glasses are your first line defense in protecting your eyes.
So I ask you:



Have you *SEEN* your Safety Glasses Lately?

What do they look like, scratched, pitted, broke? Are they in the condition they should be? Are the side-shields intact?

These are the questions you should be asking yourself every time you put on your safety glasses.

There are requirements that OSHA and Department of Safety and Professional Services have for safety glasses that need to be adhered to at all times for the protection of all employees.

These include:

1. Having eye protection that is in good, usable condition.
2. Proper fit to prevent glasses from falling off your head.
3. They must have side-shields either permanent or detachable.
4. They must carry the **Z87.1** stamp on the frames and if they are one-piece glasses or **Z87.1** on the frames and a manufactures symbol on the lenses. You cannot have safety lenses in non-safety frames.

OSHA has created a new designation for situations that may involve heavy impact (chipping, nailing, jack-hammer, ect) with face and eyes. The stamp on the glass frame will be **Z87.1+**.

Remember, safety glasses are only the **FIRST** line of defense in protecting your eyes. Some tasks may require face shields, goggles, UV resistant or other protection in addition to your safety glasses to be safe.

I know now that Mom knew what she was talking about, so take care of your eyes they’re the only ones you’ll get!

By Evan Schwalbe



Meet the new Interim Campus Safety Officer. Evan Schwalbe was recently appointed by Tom Sonnleitner to that position and will be involved in all the aspects of campus safety. He has spent the last 20+ years running the Heating Plant at UWO and the last 10 working as chair of the Facilities Management Safety Committee. So plan on him eventually showing up in your work areas and looking for ideas to make UWO a safer place.