

## A Campus Safety Newsletter for Oklahoma's Higher Education Institutions Campus Edition

### June is National Safety Month

The National Safety Council has a wealth of materials to promote safety at home and in the workplace. Their focus for National Safety Month is on four topics:

- Stand Up to Falls— preventing falls and ladder injuries
- Reducing Fatigue
- Preparing for Active Shooters
- Ergonomics

To access the materials, use the following link:

<http://safety.nsc.org/nsm>



**#KeepEachOtherSafe**

June/July 2017



Wichita Mountains Wildlife Refuge/US Fish and Wildlife Service

### Summer Months= Heat Exposure

As warmer temperatures arrive, the risk of heat exposure increases. Groups that are especially vulnerable to heat illness include outdoor workers and young workers. The summer months mean an increase in the number of young workers doing outside work. It is important that these young workers receive training on preventing heat illness.

Heat illness and related deaths are preventable. Employers with workers at risk of heat related illness should establish a prevention program. The Occupational Safety and Health Administration (OSHA) has created [guidelines](#) to assist employers with this:

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### July is Sun Safety Month

- More new cases of skin cancer are diagnosed each year in the U.S. than new cases of breast, prostate, lung, and colon cancer combined and the number of new cases continues to increase each year
- Melanoma accounts for 1% of skin cancer diagnoses but nearly all deaths from skin cancer result from melanoma
- 65-90% of melanoma cases can be attributed to ultraviolet (UV) exposure
- Sunburns can occur even on cloudy or overcast days

Tips to prevent skin cancer and sun damage:

- Stay in the shade, especially during the hours of 12pm-4pm
- Wear protective clothing, such as hats, long sleeves if possible
- Wear sunglasses. Sunglasses reduce the risk of exposure to UV rays and the risk of cataracts
- **Avoid tanning beds. There is no such thing as a "safe tan".** Tanned skin is damaged skin.
- **Don't avoid sunscreen. Broad spectrum sunscreen with an SPF of 15 or more can help prevent premature signs of aging, if used regularly.**
- For sunscreen to be effective, it must be reapplied throughout the day, especially after sweating or swimming. It must also be applied generously— the American Academy of Dermatology recommends **1 ounce or "enough to fill a shot glass" for the average body size and exposed areas of the body.**

### What is Ultraviolet (UVA) and Ultraviolet (UVB) ?

UVA and UVB are both ultraviolet light. UVA is considered a long-wave radiation (at 320-400 nanometers [nm]) and UVB is short-wave (at 290– 320 nm)

UVA accounts for up to 95% of the radiation exposure we experience. They are less intense than UVB but much more prevalent.

It was believed that UVA did not cause skin cancer; however, recent studies have shown that UVA damages skin cells where most skin cancer occurs

UVB has been known to play a role in the development of skin cancers, as well as skin aging.

### What does SPF mean?

SPF is not a measurement of the amount of protection. It is the amount of time it would take UVB radiation to redden the skin, versus the time it would take without it. For example, if someone gets a sunburn in 5 minutes of sun exposure without protection, an SPF of 15 would ideally protect for 75 minutes.

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### Illicit Drug Use Up Among U.S. Workers

The 2016 Quest Diagnostics Drug Testing Index (DTI) indicates that workforce illicit drug use is increasing. The percentage of urine tests returning positive for cocaine, marijuana, and methamphetamines increased from last year, with all three drugs showing a continued increase over the past several years. The percentage of samples testing positive for cocaine in the general workforce was up 12 percent from last year. The percentage of urine tests positive for marijuana was up slightly from last year, from 2.4 to 2.5. Amphetamine and methamphetamine— positive drug tests increased almost 8 percent from last year.

The annual study was conducted by Quest Diagnostics, a lab services provider.

### ADAPT Pharma to Offer Free NARCAN Nasal Spray to Colleges/Universities

ADAPT Pharma will provide, at no cost, 1 carton of NARCAN nasal spray to high schools and 4 cartons to a Title IV, degree granting college/university.

ADAPT Pharma is offering NARCAN to help prepare communities, universities, and other organizations for the growing opioid overdose crisis across the nation. NARCAN, or naloxone HCL, is used to treat an opioid emergency, such as an overdose or a possible opioid overdose. For more information on the nasal spray, go [here](#).

### Help Lines

[2-1-1](#) Call 211

[Disaster Distress Hotline](#) 1-800-985-5990

[Gambling Hotline](#) 1-800-522-4700

[Suicide Prevention](#) 1-800-273-TALK (8255)

[Tobacco Helpline](#) 1-800-QUIT-NOW (784-8669)

[Veterans Crisis Line](#) 1-800-273-8255 (press 1)

### Links for Weather Preparedness:

Ready.gov-  
<https://www.ready.gov/>

National Weather Service-  
<http://www.nws.noaa.gov/>



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