

UO Hazards

Presented by:

Haily Griffith

Occupational Health & Safety Manager

hailyg@uoregon.edu

541-346-2962

Safety Basics

- Accident –

“an undesirable or unfortunate happening, unintentionally caused”

“an event based on chance, fortune or luck”

- Incident –

“an occurrence or event”

Safety Basics

- Safety is...
 - Learned Behavior!
- Safety is not...
 - Common Sense



The Best Teacher is...

- An injury!
- Most people think about safety **AFTER** they are injured.
- Challenge: how do we learn to prevent injury without first being injured?
- Start by understanding risk



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Risk

- Subjective
- Difficult to define
- Amount of risk we are willing to accept changes based on:
 - The nature of the activity
 - Convenience
 - Perceived outcome

Risk Tolerance

- You have a chance to do a cool activity.
- The odds of dying doing this activity is 1 in 7,000.
- Who's doing it?
- Astronaut for a NASA space flight.

Risk Tolerance

- The odds of dying doing this are 1 in 4,238.
- Who's doing it?
- Falling out of bed, chair or other furniture.

Accepting Risks

We accept risk because:

- Don't recognize the risk
- Task needs to be done
- Never been hurt

The remainder of this presentation will focus on risks that have resulted in injuries to help you recognize (and abate) the risk!



Office Hazards

- Housekeeping
 - Cords, boxes, paperwork, rugs, door mats (or lack of mats!), etc.
- Material Handling
 - Use a cart or hand truck!
 - Plan your move
- Smashed fingers
 - In drawers, doors, window, staplers, etc.
- Chairs...
 - Falling out of chairs
 - Getting up from chairs
 - Missed chair while sitting



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Office Hazards

- Setting up
 - Moving desks, setting up computers/monitors, wrangling cords
- Office Potlucks
 - Burns, bite into glass, potential strain/sprain
- Overloading shelves



Don't Fall For It!

- Box
- Chair
- Child
- Cords
- Curb
- Drain
- Food
- Grease
- Ice
- Ladder
- Own feet
- Pothole
- Rocks
- Sidewalk
- Snow
- Stairs

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Don't Fall For It!

Slip/Trip/Fall –
prevention!

- Distracted walking
 - Eyes on task/path
- Pace
- Carrying items
 - Food/drink
 - Papers/files
 - Trash
- Footwear
- Avoid distractions at floor transitions
- Proper step stools



Don't Fall For It!

- Stairs!
 - More injuries traveling up or down?
 - Going down = less foot contact with step
 - 2,101 Deaths in US in 2011*
 - 1,248,421 Injuries treated in hospital emergency departments in US in 2013*

*National Safety Council, Injury Facts 2015 ed.



Don't Fall For It!

- Perception = Stairs are low risk
- “I never use the handrails and I’ve never fallen”
- If it happens, it was a “freak accident”
- Handrails, handrails, handrails!
 - Prevent loss of balance
 - Provides a means to regain balance



Ladder Safety



Ladder



Not A Ladder

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Just Drop It!

Nearly every time we drop something, we reflexively grab it.

- Strain/sprain
- Contusions
- Lacerations
- Burns



Well That's New!

Doing work we don't usually do:

- Organizing rooms
- Stacking/unstacking chairs
- Moving desks and tables
- Setting room dividers
- Carrying/setting up computers, moving filing cabinets, etc.
- Shoveling snow
- Filling the water cooler

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DDIY

- DDIY –

- Moving furniture
- Hanging pictures
- Installing shelves
- Painting of



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Disposal

- Break down boxes
 - Use box knife- not pocket knife or scissors
 - Cut away from body
- Destroying hard drive
- Lifting into large bins
 - Empty more frequently
- Dumpster lids closing
 - 2-person job!



Support

EHS for:

- Training
- Workplace inspections
- Hazard assessments
- Ergonomic assessments

CPFM for:

- Office moves
- Furniture set up
- Hanging bulletin boards, coat racks, pictures, shelves, etc.
- Painting

Safety & Risk Services:

6-3192

Safety@uoregon.edu

Customer Service:

6-2319

CSC@uoregon.edu



Wrap Up

- SRS Resources are available to assist you with injury prevention!
- Report all injuries, regardless of severity!
- **USE HANDRAILS!**

Haily Griffith
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