# **UO** Hazards

#### Presented by:

Haily Griffith

Occupational Health & Safety Manager

hailyg@uoregon.edu

541-346-2962



# Safety Basics

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



## 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



### Office Hazards

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



- Box
- Chair
- Child
- Cords
- Curb
- Drain
- Food
- Grease

- Ice
- Ladder
- Own feet
- Pothole
- Rocks
- Sidewalk
- Snow
- Stairs

# 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



- 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\*

- 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!
  - Prevent loss of balance
  - Provides a means to regain balance



# Ladder Safety



Ladder

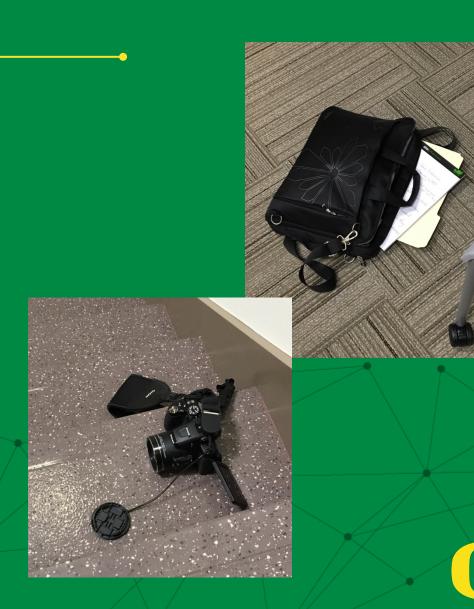
Not A Ladder



# 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

# D-DIY

- DDIY
  - Moving fur
  - Hanging pi
  - Installing s
  - Painting of



xpertise for

for surface falls (for

re you're



# 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

Safety & Risk Services:

6-3192

Safety@uoregon.edu

### CPFM for:

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

**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
Occupational Health & Safety Manager
hailyg@uoregon.edu
541-346-2962

