

PLANT NEWS

SUMMER 2014

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EASTERN
MICHIGAN UNIVERSITY
Education First

SPECIAL POINTS
OF INTEREST:

- Summer Projects
- Birthday Shout Outs!
- Physical Plant Babies

Chronic back pain affects eight out of ten people, and practicing back safety at work prevents issues from becoming worse. Planning ahead, getting help, and working "smart" prevent back injuries from occurring on the job. Workers' Compensation and health insurance claims add expenses to the company budget.

Plan Ahead

Your body is most vulnerable when you have not moved for extended periods of time, such as when you get to your work site. Plan ahead for your workday by sleeping for eight hours and waking up refreshed. Take frequent breaks throughout the day, moving around the office to prevent fatigue. Your body is vulnerable when your system is malnourished, which includes lack of sleep. Practice a healthy lifestyle by eating healthful foods regularly; drinking lots of water, and getting one hour of moderate exercise per day.

Consider stretching and exercising before you go to work to reduce the strain on your back muscles. Minimize the amount of time you are on the floor carrying items, have the items delivered to your workspace or utilize a handcart or dolly, even for seemingly lightweight items. While the weight of the object is a factor, bending over excessively can cause back problems.

Consider adjusting your office so that everything is waist level, including your desk and computer. These are the items you use most, reducing the amount of time your back extends in either direction. Practice good posture and ensure your chair adjusts properly when using computer equipment or sitting in a meeting. Ergonomic equipment is desirable, but

Back Safety at Work

Kevin Abbasse

few employers are able to spend the extra money. Consider buying your own back-friendly chair at work if you sit for hours at a time. Prevent work-related back injuries by ensuring your working conditions are free of debris and slippery spots. Slips and fall injuries cause most back pain problems in America.

Use Assistive Equipment

Chances are your workplace has assistive equipment available for you to use, such as [forklifts](#), handcarts, dollies, hoists, furniture pads, shoulder straps, and wheelbarrows. Use the equipment you have to reduce the strain on your back and hip muscles. If you do not have assistive equipment available and you perform the job often, ask your employer to buy the equipment for your office. Ask a colleague, coworker, or someone from the warehouse to help you move heavy office appliances or equipment. Get help move the materials if they weigh over 50 pounds.

Work Intelligently

When you are, lifting or moving objects, keep them as close to your body as possible, creating a low center of gravity. Do not twist your extremities when you lift or put down materials, turn your entire body at once. Improve back [safety at work](#) by lifting materials smoothly and using your legs rather than back muscles for strength. Rough jerking motions irritate your upper and lower disks, causing soreness the next day. If you need support when lifting, lean on a sturdy object and do not bend over. If the item is too heavy, kneel down and support the object on your knee before you lift it. Ask someone to help you if the item is too heavy.

Get Help

There is a difference between being lazy and working smart. Everyone is afraid of appearing weak in front of their employers, but practicing proper back prevention techniques is an intelligent move. If you miss work for one or two days, your employer may incur additional costs, such as hiring a temp worker or paying sick leave. If you have existed back conditions, abide by the restrictions posted by your doctor. An employer cannot legally require you to perform labor you are incapable of doing. By law, they must adjust your regimen or reassign your duties until you receive clearance.

If you encounter back problems on the job seek immediate medical attention and follow your company's policy on work-related injuries. When joining an employer, file a form with the company's Workers' Compensation Liaison requesting to see your private physician in case of work injuries. If you must see a "company approved" medical practitioner, seek a second opinion if the ruling is on the company's behalf



National Fire Prevention Week (October 5-11, 2014)

Kevin Abbasse



During National Fire Prevention Week, October 5 - 11, 2014 attention is focused on promoting fire safety and prevention, however we should practice fire safety all year long. Many potential fire hazards go undetected because people simply do not take steps to fireproof their home.

Many bedroom fires are caused by misuse or

poor maintenance of electrical devices, careless use of candles, smoking in bed, and children playing with matches and lighters. Most potential hazards can be addressed with a little common sense. For example, be sure to keep flammable items like bedding, clothes and curtains at least three feet away from portable heaters or lit candles, and never smoke in bed. Also, items like appliances or electric blankets should not be operated if they have frayed power cords, and electrical outlets should never be overloaded.

Fire Safety Checklist:

- Install and maintain a working smoke alarm outside of every sleep area and remember to change the battery at least once a year.
- Designate two escape routes from each bedroom and practice them regularly.
- Avoid storing old mattresses in the home or garage.
- Teach everyone the "Stop, Drop, and Roll" technique in case clothing catches on fire.
- Teach kids that matches, lighters and candles are tools, not toys. If you suspect that a child is playing with fire, check under beds and in closets for telltale signs like burned matches. Matches and lighters should be stored in a secure drawer or cabinet.

Driving Safety at Work

Kevin Abbasse

If you drive for work or employ people to drive as part of their jobs, it's important to keep safety in mind at all times. Whether it's for work or personal reason, driving can be dangerous, and according to the Occupational Safety & Health Administration (OSHA), the average work-related auto accident costs the employer \$74,000. Auto accidents also drive up the cost of employee health insurance and worker's compensation. What's more, it's hard to ignore the huge emotional tax that accidents have on families and workplace teams.

Tips for Employee Driving Safety

If you regularly drive for work, you're at increased risk of work-related auto accidents. Keep the following tips in mind to protect yourself, as well as others.

Stay Focused

Anytime you're behind the wheel, it's important to keep your attention focused on the road. If you're driving heavy equipment, this is even more important. A lapse in attention, whether to adjust the radio or eat a snack, can cause an accident and injure you and other people on the road.

Stay Alert

According to a study by the National Sleep Foundation, 60% of American drivers report that they've driven when they are drowsy, and 37% say they have actually fallen asleep while driving. Drowsy driving is a major hazard, especially for long-distance truckers, delivery people, and others who drive regularly for their work. If you're tired, pull over

to take a nap. If you regularly experience this problem, consider speaking to your employer about taking a different shift.

Stay Off Your Cell Phone

It's tempting to multi-task when you're behind the wheel, but cell phones can cause accidents. In fact, according to the CDC, cell phones are a factor in about 1,000 deaths and 24,000 injuries each year. Mobile phone usage while driving has been outlawed in many states, and a 2010 law says that commercial drivers can't text when they're behind the wheel.

Identify Impaired Drivers

Impaired drivers are a huge road hazard. Learn how to identify a driver that may be under the influence of alcohol or simply drowsy.

These drivers often weave and swerve, and they may change speeds frequently. If you see a driver acting this way, you should stay a safe distance away. If it's safe to do so, pull over and call the police from inside your car. You might not want to get involved, but alerting the police to a potentially impaired driver may just save a life.

Driving Safety is in Everyone's Best Interest

Driving safety is important for both employees and employers. Employees are at risk of injury and losing wages, and employers can lose thousands of dollars due to worker's compensation, vehicle repairs, property liability, and other costs. Staying safe on the road and at work is in everyone's best interest.

Eastern Michigan University



Earning Our Colors

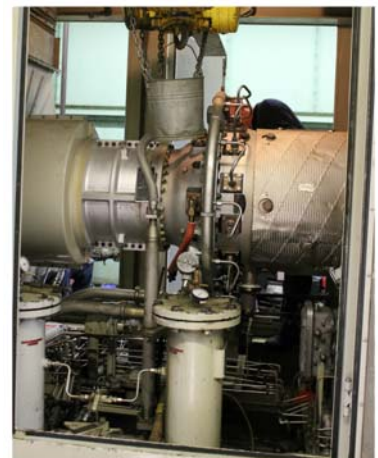
The EMU Heating Plant's newest member, Charles Bollinger (Chuck), has been fitting in nicely. Chuck brings a positive attitude and good work ethic when filling the Stationary Engineer/Maintenance Mechanic position. Along with his experience in heavy machinery, industrial boilers, and cogeneration, he also brings a passion for Chevy muscle cars and a great smile. As soon as Chuck was on board, he began taking charge of the position. His

Heating Plant News

Joel Baetens

history and understanding of our equipment allows him to operate self-directed when he is not given direct orders. As it stands, Chuck is a qualified mechanic – but wait there is more! and unscheduled absences of the four existing stationary engineers.

Stop by and say hi to our mechanic – he works the day shift.



Summer Projects

Campus LED Upgrade Project

Westview Apts/Drive & Oakwood Dr.



New Sidewalks & Parking Areas

Coating Research & Sill Hall - Chris Grant



Custodial Olympics

Harrold Grubaugh

I would like to thank the midnight custodial shift for all their hard work, the winter was hard on all of us but we made it through. We are now working on our busiest time of year for project work we have already completed over 1 million sq ft of floor work this year, with much more to come. We had our first custodial Olympics, with hopes it will become an annual event. I would like to thank all the custodians and supervisors who participated we had over 90% Participation. It was fun, and competitive with the emphasis of working on team building. Congratulations to Team Otis who won the over all event. I would like to give special thanks to Terri Shafer, Arden Paustain, Jacob Wilkerson, and Sandy Quincy for organizing and giving their time to put on this event. I would also like to think Melissa Gerdes-Leonard, Diane Lynn-Veals, and Jerry Bidlack for coming in early (3:00 am) to judge the events.



BIRTHDAY SHOUT OUTS!

July Birthdays:

- 8—Aida Beard
- 15— Bob Densic
- 17—Amy Nolff
- 23—Scott Storrar
- 23—Lucky Grubaugh
- 27—Kevin Abbasse

August Birthdays:

- 15— Mark Monarch
- 23—Chris Longerbeam
- 28—Diane Lynn-Veals

September Birthdays:

- 14— Cyndi Jones
- 22—Karla Gower
- 24—Bilal Sarsour
- 29—Regina Kelley



Fletcher Autism Collaborative Center Renovation

Amy Nolff

The Autism Collaborative Center (ACC) located in the Fletcher Building was one of four University Autism programs to receive a State of Michigan grant of \$1 million dollars. The ACC is the largest of the four programs and the only one in the State that treats clients.

The Fletcher Building constructed in 1963 was purchased by EMU in 2009 from the city of Ypsilanti. Originally, the Fletcher Building was an elementary school adjacent to campus known as the Elizabeth Fletcher Elementary School. The building currently houses the Autism Collaborative Center and the Children's Institute.

The majority of the grant funding is focused on the renovation of the Fletcher facility to provide code improvements, security enhancements, and additional therapeutic space. The Physical Plant team of Amy Nolff, Chris Longerbeam and Robert Densic worked with Architect/Engineer, Integrated Design Solutions (IDS), to meet the ACC's programming requirements and goals. Key components of the project scope include:

- The conversion of an existing classroom into an Applied-Behavior-Analysis (ABA) therapy room incorporating an observation room into the space.
- The modification of the existing restrooms to comply with ADA requirements. In addition to the restroom's code enhancements, provisions are being made to teach independence skills in the space, such as toilet training and self-grooming.
- The renovation of an existing kitchenette into a learning lab. The changes include new millwork and appliances to replicate a standard residential kitchen for developing client's independence and life skills.
- Security enhancements including additional interior and exterior security cameras, emergency assistance stations, and a new controlled entrance.

Kasco Incorporated, the General Contractor, is on schedule for completion by the end of August. The ACC will begin occupying the new space immediately.

Water Safety

Kevin Abbasse

Make Water Safety Your Priority

Swim in designated areas supervised by lifeguards.

Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!

Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.

Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.

Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.

Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.

Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.

If you go boating, wear a life jacket! Most boating fatalities occur from drowning.

Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.



Prevent Unsupervised Access to the Water

Install and use barriers around your home pool or hot tub. Safety covers and pool alarms should be added as additional layers of protection.

Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.

If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.

Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.

Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

Maintain Constant Supervision

Actively supervise kids whenever around the water—even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach—designate a responsible adult to supervise.

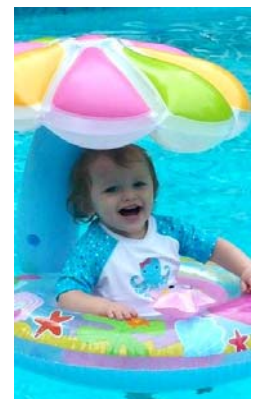
Always stay within arm's reach of young children and avoid distractions when supervising children around water.

Know What to Do in an Emergency

If a child is missing, check the water first. Seconds count in preventing death or disability.

Know how and when to call 9-1-1 or the local emergency number.

If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.



Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

P8 Committee

Regina Kelley

The P8 committee has been busy, not only working, but also planning fun activities for the Physical Plant Team. The committee planned a whirly ball outing in April 2014 attend by about 30 employees and their families at the whirly ball facility in Ann Arbor. Afterwards we all went to eat at Los Amigos Mexican Restaurant in Ann Arbor. The Whirly ball activity was great and we enjoyed good conversation at dinner. All who attended whirly ball went to dinner and the restaurant was able to accommodate us all.

The summer picnic was held on August 20th and was attended by more than 100 employees from the Trades, Custodial, Grounds, and Administrative areas and a few from Parking. We ate hot dogs, hamburgers, salads, chips, cookies and watermelon slices. Games were played such as corn hull, washers, and we had the memorable kiddie tricycle races. To date Karla Gower is still the reigning champion. Fun was had by all and it was much needed break from the daily grind. Look for more activities from the P8 committee in the Fall.

The committee consist of Karla Gower, Aida Beard, Kevin Abbasse, Diane Lynn-Veals, Chris Grant, Brianne Gregware, Amy Nolff and chaired by Regina Kelley.

“Smile, It
increases your
face value”
-Robert Harling



Summer Safety Tips

The final school bell has rung, the pencils and notebooks are packed away and the kids are ready for some summer fun! Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone, no matter how young or old.

We hope that everyone enjoys this special time of year, but we want to also remind parents that there are potential dangers during the summer months, and it's important to be aware of what they are. The more information one learns about how to prevent illnesses and injuries, the less likely they will occur.

There are many areas to cover when it comes to summer safety, and we'll review just a few here. Please keep in mind that this is a brief list of tips. For more information check out the web sites recommended at the end of this article.

Tick Bites

Ticks are responsible for a variety of illnesses including Lyme disease and Rocky Mountain Spotted Fever. These diseases can be very serious. Learn ways to protect your family. Some suggestions include:

- protective clothing (long sleeves, long pants, tucking pants into socks)
- tick/bug repellent
- insect repellent for pets
- staying in the center of paths, keeping away from overgrown areas and not sitting directly on the ground
- performing tick checks on all family members every day
- being aware of signs/symptoms of tick-related illnesses
- calling the doctor for any concerns and questions

Poison Ivy, Oak, and Sumac

- It's the oil from the leaves of these plants that cause the potential allergic reaction.
- Consider wearing protective clothing to help decrease the amount of exposed skin.
- Learn how to recognize what poison ivy, oak and sumac look like, so that they can be avoided.
- Avoid bushy, overgrown areas and places which may contain these plants. Try to stay on paths.

Grilling

- Never let children near the grill. Remember, it can remain very hot even after it is no longer being used.
- Be sure to check the internal temperature of foods on the grill, to be sure everything has been cooked appropriately.
- If picnicking outdoors, avoid leaving out foods that require refrigeration and/or foods that can quickly spoil.

Helmet Safety

- An appropriate helmet must be worn whenever a child is "on wheels." This means bicycles, scooters, skates, rollerblades, skateboards and more!
- The helmet must fit properly.
- Helmets can be life saving and can protect a child from serious injury.
- Be sure the right type of helmet is being used. For example, a bike helmet needs to be used for biking.
- Moms and dads should wear helmets as well.



Pedestrian Safety

- Teach children to walk, not run, across the street.
- Children should cross only with an adult or an older, responsible child.
- Whenever crossing the street, try to make eye contact with any drivers nearby, to be sure they see you.
- Teach children to avoid running out from between parked cars.
- Use sidewalks whenever possible.
- Always hold your child's hand near any moving or parked vehicles.
- Adults always need to set a good example!

Dehydration and Heat-Related Illnesses

- Keeping well hydrated is very important.
- Children (and adults) must remember to drink.
- Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards.
- Playing in the hot summer sun means lots of fluid losses, so avoid strenuous activity during peak sun hours (10 am- 6 pm). Look for shade and take lots of breaks.
- Seek medical attention immediately for any signs of heat-related illness.

Summer First Aid Kit

- Every family should have at least one first aid kit at home which is well stocked and readily accessible.
- It's also helpful to keep a first aid kit in the car and one to bring on trips.
- Kids get lots of cuts and scrapes during the warm summer months, so it's nice to be prepared.
- Don't forget to restock the kit once an item has been used.
- Be sure to keep a list of emergency numbers where they are easy to find. This list should include: emergency medical services (911), the doctor's number, the dentist's number, poison control, a number where mom and/or dad can be reached and any other important phone numbers.

We are on the web!

<http://www.emich.edu/physplant/>

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ABOUT THE PHYSICAL PLANT

The Physical Plant at Eastern Michigan University is an organization of qualified individuals dedicated to the common goal of maintaining a physical environment that promotes education, research and community service. Led by the Vice President of Operations and Facilities, reporting directly to the Office of the President, the Physical Plant is committed to support the overall mission of the University by sharing a sense of purpose and ownership with the institution through effective organizational structure, operational efficiency, and competent fiscal management.

PHYSICAL PLANT BABIES!

**Iris Scarlett
Smith**



Newest daughter of
Brian Smith.
Born: 7/10/14
7lbs. 14oz.
18.5 inches long

**Niles David
Gower**



Newest son of
Kyle Gower &
newest grandson of
Karla Gower
Born: 6/23/14
7 lbs. 7 oz.
19 inches long

**Charlie David
Love**



Newest son of
David Love.
Born: 7/21/14
8lbs
21 inches long

**Savannah Rae
McIntosh**



New daughter of
Kim McIntosh &
granddaughter of Steve Kline
Born: 7/30/14
6 lbs. 12 oz.
18 inches long