



GRAMBLING
STATE UNIVERSITY

September 2023 Safety Meeting

Dr. John F. McMahon

Three Safety Topics

1. Vision care at computers - UV protection.
2. Insect Stings - Prevention and Treatment.
3. Statewide Burn Ban .

Vision care at computers - Eye Strain.

- Chances are, you use computers in the workplace, and while they're helpful in a multitude of ways, they can cause eye strain.
- That eye strain can lead to blurry vision and even headaches and neck pain.

Vision care at computers - Eye Strain.

- TIP 1: GET AN ANNUAL EYE EXAM
- TIP 2: ADJUST YOUR SCREEN POSITION - TILT IT BACK 10% TO 20%
- TIP 3: TACKLE OFFICE LIGHTING - CEILING LIGHTS CAN CREATE GLARE. POSITION YOUR MONITOR TO REDUCE GLARE
- TIP 4: USE AN ANTI-GLARE FILTER
- TIP 5: CONSIDER ANTI-GLARE GLASSES
- TIP 6: TAKE A BREAK - SHORT BREAK EVERY TWO HOURS
- TIP 7: ADJUST YOUR SCREEN SETTINGS - TURN DOWN BRIGHTNESS AND BACK LIGHTING
- TIP 8: UPGRADE YOUR MONITOR - NEWER LCD MONITORS DON'T FLICKER
- TIP 9: BLINK MORE - IF THEY BECOME DRY USE ARTIFICIAL TEAR DROPS

Insect Stings - Prevention and Treatment.

You can encounter bees just walking to and from your car.

Consider these top tips to avoid insect stings:

1. Wear clean, light-colored and tight-fitting clothing that covers most of your body to limit your exposure.
2. Try to avoid using any scented toiletries (e.g., soap, shampoo, deodorant, perfume or cologne).
3. Properly discard of any food scraps to avoid attracting additional insects to the job site.
4. If a single insect approaches you, remain calm—swatting at it may increase your chance of getting stung.
5. If multiple insects approach you, leave the area immediately and go indoors, if possible.
6. Inform your supervisor if you have a history of allergic reactions to insect stings.
7. Consider carrying an epinephrine auto injector and wearing a medical bracelet that states your allergies.

If you or a co-worker gets stung on the job:



Tell your supervisor immediately. Have someone stay with you or your co-worker to watch for signs of an allergic reaction (e.g., **excess swelling and shortness of breath**).

Wash the sting site with soap and water.

Remove the stinger by wiping the sting site with gauze or scraping a fingernail over it. Don't squeeze the stinger or use tweezers.

Apply ice on the sting site to limit swelling. Don't scratch it—this can increase swelling.

If you or your co-worker show signs of an allergic reaction, seek medical attention immediately.

Responding to Insect Stings - Care and Treatment



Statewide Burn Ban



The Office of Louisiana State Fire Marshal also issued an updated burn ban order prohibiting ALL private burning, with no limitations, pursuant to authority under R.S. 40:1602.

This order is in effect as of August 25, 2023, at 12 p.m., and shall remain in effect until rescinded.

THERE ARE NO EXCEPTIONS!

Department of Safety and Risk Management

ANNOUNCEMENT!

We are accepting work study students for safety tasks.
The hours are very flexible!

- Any questions, complaints or discussions please feel free to contact us at:
- 318-274-2419
- One Facilities Drive, Room A-12, Grambling, LA 71245
- mcmahonj@gram.edu
- Or
- safety@gram.edu