Central Michigan University employees are committed to promoting safety at work, on-campus, as well as at home. The mission of Environmental Health & Safety is to promote safety and protection of human and physical assets of Central Michigan University. To assist in developing a safe campus environment, EH&S provides information encouraging the campus community to practice safe habits at work and at home. Please feel free to share this information with others. The EH&S newsletter is for information sharing only. Always remain safe.

HAND SAFETY

Imagine a job where you don’t use your hand(s). Hands are very important; they provide us with dexterity to perform most daily activities and they are our utility. The hands and fingers are the most often injured parts of the body.

Hand injuries account for 80% of occupational injuries because our hands are almost always engaged in some type of work task.

Dangers on the job are more so with our hands; our hands are always exposed. Sharp edges, pinch points, protruding objects, splinters, exposed blades on unguarded machinery and many more are constantly a threat if not paying attention.

Precautions need to be taken to reduce danger. Our hands are subject to cuts, bruises, burns, and poking. Handling sharp objects, hot objects and rough materials, without the proper protection is an open invitation to a hand injury.

HAND SAFETY PRECAUTIONS

- Not all gloves will protect you from a hand injury; always make sure you have the appropriate glove for your work task.
- Maintain good hand position. You must be constantly alert to where your hands are positioned. Pay special attention to the placement of your non-dominant hand.
- Lock out machinery and power before reaching into a machine. Make sure machine guards are in place for all moving machinery.
- Check and clear doorways and aisles to make sure you have proper hand clearance before you move large objects.
- Use correct tools for the job and ensure the tools are in good condition.
- Check materials and equipment for rough or sharp edges before handling.
- Maintain good housekeeping in the work area.
- Do not wear loose clothing or jewelry around moving machinery.
- When applying force (push or pull) be prepared for an unexpected slip or release.
- Follow directions on how to perform a work task. If you don’t know for sure how to do the task, ask your supervisor for instruction or assistance.

KEEP YOUR HANDS SAFE

Source obtained from:
SLOW COOKER REUBAN DIP
1 (16 oz) Jar Sauerkraut, Drained
1 (8oz) package cream cheese
2 cups shredded Swiss cheese
2 cups shredded cooked corned beef
1/4 cup thousand island dressing.

Directions: In a slow cooker, combine the sauerkraut, cream cheese, Swiss cheese, corned beef and thousand island dressing. Cover, and cook on high for 45 minutes or until cheese is melted through. Serve with cocktail rye or crackers. www.allrecipes.com

FUN FACTS

St. Patrick’s Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. It is also a worldwide celebration of Irish culture and history. St. Patrick’s Day is a national holiday in Ireland, and a provincial holiday in the Canadian province of Newfoundland and Labrador.

In Ireland on St. Patrick’s Day, people traditionally wear a small bunch of shamrocks on their jackets or caps. Children wear orange, white and green badges, and women and girls wear green ribbons in their hair.

The harp is the symbol of Ireland. The color green is also commonly associated with Ireland, also known as “the Emerald Isle.”

The Irish flag is green, white and orange. The green symbolizes the people of the south, and orange, the people of the north. White represents the peace that brings them together as a nation.

One estimate suggests that there are about 10,000 regular three-leaf clovers for every lucky four-leaf clover.

Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck. http://holidays.kaboose.com/saint-patrick’s-day/quick_facts.html

CMU, an AA/EO institution, is strongly and actively committed to increasing diversity and providing equal opportunity within its community. CMU does not discriminate in employment against persons based on age, color, disability; gender, familial status, height, marital status, national origin, political persuasion, race, religion, sexual orientation, veteran status, or weight. (see www.cmich.edu/aaeo.html).