



July 1, 2017

Summer Air Quality

Millions of people live in areas where air pollution can cause serious health problems. Local air quality can affect our daily lives. Like the weather, it can change from day to day. EPA developed the Air Quality Index, or AQI, to make information available about the health effects of the five most common air pollutants, and how to avoid those effects. The current AQI value, and explanations of the classes can be found at: <http://www.deq.idaho.gov/daily-air-quality-reports-forecasts>

Particle pollution, also known as particulate matter, is composed of microscopic solids or liquid droplets that are so small that they can get deep into the lungs and cause serious health problems. When exposed to these small particles, people with heart or lung diseases and older adults are more at risk of hospital and emergency room visits or, in some cases, even death from heart or lung disease. Even if you are healthy, you may experience temporary symptoms from exposure to elevated levels of particles. Symptoms may include: irritation of the eyes, nose and throat; coughing; phlegm; chest tightness; and shortness of breath. At greatest risk from particle pollution are people with heart or lung disease, older adults, and children.

Hazards that are unique to our geography include summer wildfires. While not everyone has the same sensitivity to wildfire smoke, it's still a good idea to avoid breathing smoke if you can help it. And when smoke is heavy, such as can occur in close proximity to a wildfire, it's bad for everyone. Smoke is made up of a complex mixture of gases and fine particles produced when wood and other organic materials burn. The biggest health threat from smoke is from fine particles. These microscopic particles can penetrate deep into your lungs. They can cause a range of health problems, from burning eyes and a runny nose to aggravated chronic heart and lung diseases. Exposure to particle pollution is even linked to premature death.

It's important to limit your exposure to smoke - especially if you are at increased risk for particle-related effects. Here are some steps you can take to protect your health:

- Stay indoors where possible, when air quality is poor
- Ensure HVAC and residential air conditioner systems are cleaned regularly and filters replaced
- Listen to your body, especially if you have asthma, or other lung related health condition, or cardiovascular disease
- Don't rely on dust masks, or bandanas. They don't offer protection from very fine particulate matter

UPCOMING TRAINING

ForkliftOperator/Safety

Location: Boise State University, Pioneer Hall 102
Date: TBD

Heat Stress/Injury Safety

Location: Boise State University
Date: TBD

Safety Stand Down 2017

August 17-18, 2017. More information to follow.

FROM THE INTERNET



25 signs You Have An Awesome Safety Culture

Source: ergo-plus.com

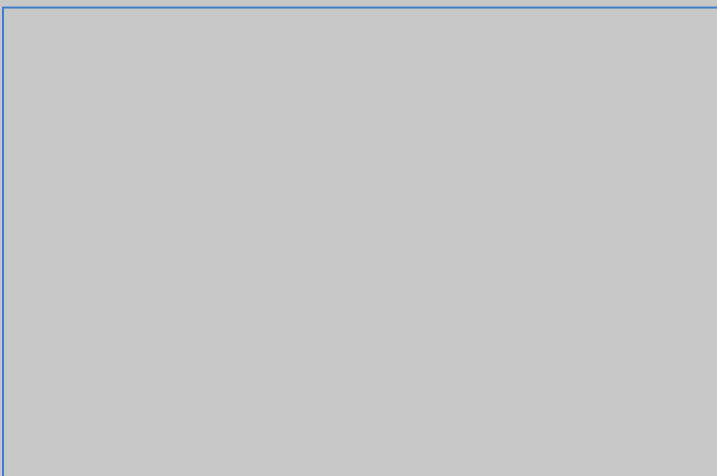


Sun Exposure Safety

Source: CDC/NIOSH

SAFETY BRAIN TEASER

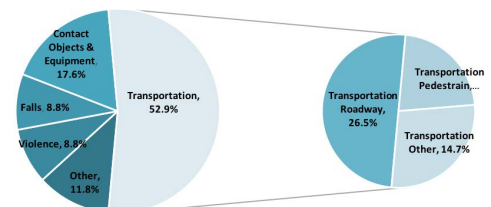
What's wrong with this picture?



Last month's teaser: Ladder set up improperly, Ladder being used improperly, Slip/trip hazards, Worker wearing earbuds. Workers not wearing appropriate PPE (eye/hearing protection, proper footwear, gloves), Traffic cone in the driveway instead of in the road, Chainsaw lying on the ground.

MANAGER'S CORNER

Figure 1: Most Fatalities are Transportation Accidents
Workplace Deaths by Cause, Idaho, 2014



SHARE YOUR THOUGHTS...

Please feel free to contact us to provide feedback on the content of this newsletter, or to suggest topics that you would like to see addressed, or inquire about training you wish to participate in.

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