3-2018

Safety & Risk Management News March 2018

Otterbein University

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OFFICER JASON ABRAMSKI

Your Safety Matters

Be sure to reach out to any campus safety team members for campus safety issues that you might be aware of. You can also go onto the ozone, under the A to Z links and click on Environmental Health & Safety where you can submit campus safety concerns or near misses for review. We appreciate the fact that “Safety is Everyone’s Responsibility”.

The March 2018 Safety & Risk Management News was written by: Tara Chinn, MS, CSMM, HMT, CCHO
Office Ergonomics and the Impact On YOU!

Every individual is unique with respect to their work space. It is important that you have knowledge to minimize stress caused by physical working conditions. Whether you are exposed to excessive force such as pushing or pulling heavy tools, performing the same task repetitively over long periods of time, or perhaps you have localized pressure on your body. Whatever the case may be, if you are struggling to be comfortable and/or experiencing any pain caused from your work environment, you would likely benefit from having an ergonomic assessment completed. This type of assessment helps prevent cumulative trauma disorders (CTD), which are injuries that develop over time from poor physical working conditions. If you are interested in having an assessment completed, you no longer have to wait for an outside ergonomist to come to campus, because Otterbein’s Environmental Health & Safety Officer, can now conduct the assessments for the University. If interested email Tara Chinn at tchinn@otterbein.edu to schedule an appointment.

How to be Comfortable at your Computer Workstation

- Eyes level with text on the monitor
- Neck bent slightly forward
- Shoulders down
- Arms relaxed by sides
- Hands and wrists straight
- Feet and lower back supported

NARCAN Program Update

Otterbein joined Project DAWN (Deaths Avoided With NARCAN) in 2016. Narcan is a safe medication that can reverse an overdose caused by an opioid drug, such as a prescription pain medication or illegal opioid such as heroin. Ohio is unfortunately second in the nation with the number of drug overdose cases throughout the state. However, since the DAWN program began and law enforcement agencies state wide are part of the program, Ohio is also first in the nation in monitoring prescription drug abuse. Every-time narcan is used as part of the DAWN program, it is reported to the Ohio Automated RX reporting System (OARRS), which allows medical professionals to check the system before prescribing opioid medications to a patient that might already be taking something or that might be abusing them. Since the reporting, Ohio has seen an overall decrease in overdoses caused by prescriptions, as the total number of opioids dispensed by a physician also have decreased by 20.4 percent. Although there is a decrease in unintentional overdose by prescription drugs, Ohio is still seeing a large number of illegal opioid use, so it is important to recognize the signs and systems and be able to respond appropriately.

These are the signs and symptoms of a drug overdose:

- Constricted pupils
- Very shallow breathing, gurgling sounds
- Blue overall appearance

CALL 911 for HELP IMMEDIATELY

A Tribute to the Otterbein and Westerville Police

Everyday is a new day for you to protect and serve the public and maintain peace in our community. Out of honor, duty, and courage you protect the lives of people you’ve never met. You have a dangerous job and you are constantly faced with unknown situations but you always smile, you are always polite and you always serve all of us no matter what the day brings. Your selfless commitment is invaluable.

God Bless All Of You!