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### Safety & Risk Management News March 2018

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# SAFETY & RISK MANAGEMENT NEWS

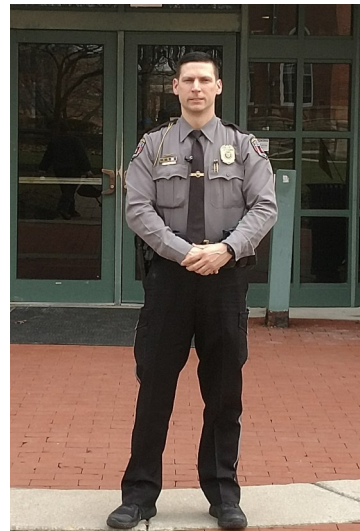
Current News in EH&S and Risk Management

March 2018

## Safety Member of the Quarter

Jason has served the Otterbein community as a Police Officer for over 11 years. Jason is one of the most active campus safety team members. He supports the safety team in any way possible and regularly updates the team on campus related safety issues. You may often see Jason standing in front of a classroom teaching, as one of his roles on campus is to provide response to active threats to faculty, staff and students on campus. In this role, Jason has made a tremendous impact on the campus community. Abramski also has played a huge part in the preparation for live emergency response drills on campus. These drills are the closest thing to a real incident the officers can get. The value of the experience in crisis decision making cannot be underestimated with this type of training. The live exercises allow the officers to make better decisions when faced with real world situations. These training drills would never happen without the efforts put forth by Officer Abramski. He is constantly sacrificing his own personal time to assist with the writing of the scenarios, the coordination with outside agencies such as the Westerville Police, Westerville Fire and most recently two tactical teams, the Delaware Tactical Unit (DTU) and the Ohio State University Special Response Team (OSU SRT). He has had great impact on the entire culture of being prepared on the Otterbein campus. We now have all areas of campus administration, faculty and students requesting private training sessions for their individual work areas. Abramski spends many hours designing tailored scenarios to assist in preparing for threats that might occur in individual offices, classrooms, residence halls and other work spaces. Outside of emergency response training and education, Jason also provides countless hours of service to the Otterbein community by serving as the Officer in Charge (OIC) of all "special duty events". As the OIC, he develops operation plans for event management providing direction and leadership to the other officers working the events and coordinates the events with the Westerville Fire and Police Departments. A task that has improved communications between the agencies and has allowed for better collaboration and management of all events on campus. Abramski also is the first Otterbein Police Officer to become a certified Firearms Instructor; allowing him to provide the annual qualification requirements to his department as well as to provide the department with enhanced training in marksmanship, close quarter combat skills, patrol rifle drills and range safety skills that they were not privileged to receive prior to his dedication and efforts. Jason also serves his department as a Field Training Officer, Chemical Repellent Instructor, and is a Gracie Survival Tactics Instructor.

Officer Jason Abramski



In his free time, if you can believe he has any, Jason spends many hours coaching for several facilities; The Ronin Training Center, Olentangy Crossfit and New Albany Crossfit. He also finds time to go to the shooting range, to go boxing, and to roll on the mat doing some jui jitsu training. He even found time to complete basic SWAT school. If that doesn't fill his day, he ends it quietly with a good book to read or by watching the best shows TV has to offer, namely Shark Tank and Chicago Fire. I tend to believe that Jason dreams of also being a Fire Fighter!!!!!!!!!!!!

Otterbein is very lucky to have Jason Abramski serving the community as an ambassador to the Campus Safety Team.

## 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".

## 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

### How to be Comfortable at your Computer Workstation



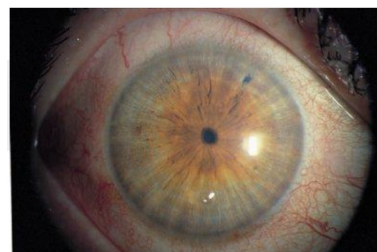
are struggling to be comfortable and/or experiencing any pain caused from your work environment, you would likely benefit from having an ergonomic assessment completed. This type of assessment helps prevent cumulative trauma disorders (CTD), which are injuries that develop over time from poor physical 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](mailto:tchinn@otterbein.edu) to schedule an appointment

## 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 symptoms 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!**