Welcome to the second edition of the SRS newsletter—the SRS Update. This is written and produced for and about you – the Safety and Risk Services Department staff. Moving forward, I hope you will assist in sharing ideas for content and design. Feedback of a constructive nature is welcome.

Hopefully, what you find in these pages is meaningful and provides you new perspectives on your colleagues and their personal interests on and off the job. The newsletter is also used as a forum to share important safety information and to discuss the work and programs at SRS.

Contributions to the newsletter are voluntary. The intent is to highlight and promote, not embarrass or expose. It would be great if each of us is able to contribute in some way as we continue moving this initiative forward. Stories do not have to be long, or of a personal nature necessarily. Shared photos from a special life event could be considered, for example.

In closing, please take a legitimate look at what’s inside. You might be surprised at what you find. If you are, comment (nicely, please).

Looking forward to hearing what you think...

WE NEED GOOD IDEAS! Help us generate more content for the SRS Update. Have a great story? Some good pictures? A great joke? Pass it along to adbishop123@unm.edu
Alyami Poised For 2018 Body Building Competition

Chicken. Rice.
Bulk. Cut.
Repeat.

In 2012, Hussain Alyami decided to start working out. Day by day, week by week, he visited the gym on Murray State University’s campus where he was an environmental health student, trying one lifting exercise after another. A squat here and there. Lat pulls. Finally, a dumbbell or two.

Each time he returned to the weight room, Alyami refined his routine and started adding more and more weights to his repertoire. After a few months of toil, the results started to appear. The more results he got, the more excited he got. The more excited he got, the more obsessed he became.

Fast-forward to 2016: Alyami is poised to enter his first bodybuilding competition. He’s eating chicken and rice for every meal (eating 5-6 times per day at only certain times of the day for maximum protein absorption), restricting sugars and fats, keeping his body weight balanced just enough to qualify for a specific weight class. He watches the carbs, keeps the body fat low.

The day of the competition gets closer. Alyami keeps cutting the excess fat, keeping the muscle lean. He does little else besides lift, rest and eat. The day finally arrives. After oiling up, Alyami takes the stage, flexes and walks off, waiting for the final results. In his first-ever competition, he finishes third in his division.

On year later, Alyami is wolfing down more chicken and rice in his office at SRS. Building inspections during the day, pumping iron at night. The next competition is looming. Third place in the last contest was not good enough.

“I am never satisfied with my results,” Alyami says. “I strive for my best, and I plan to give my best in the next competition. Who knows? Maybe I’ll win this time.”

Alyami says there are two competitions he’s considering for next summer. Time will tell which one he decides to enter. In either case, he will start prepping at least 16 weeks in advance. Keep a nose out for the smell of chicken and rice around building #2.
Stormwater/P2 Campaign Launched For UNM/CABQ

Scoop your poop. A simple message; a good cause. As part of its obligation to maintain an EPA storm water permit for UNM, SRS continually strives to educate the university’s students, faculty and staff on the virtues of keeping Albuquerque’s waterways—especially the Rio Grande—clean. Along those lines, the department recently came up with some creative advertising to help promote and draw attention to pollution prevention.

While many pollutants affect the Rio Grande, fecal coliform is by far and away the main offender. This type of bacteria mainly comes from birds and other animals. While it’s difficult to control what birds do, it is possible to keep dogs from polluting by scooping feces and making sure waste is not distributed near water or in areas where it has the potential to wash into waterways.

The ad below was created by Casey Hall and Che Shu-Nyamboli. The pair plan to distribute the colorful flyer around campus this winter and spring.

DON’T LET YOUR PET RUIN THE RIO

We love our pets. Pick up their mess if you love clean water too. Every day 40,000 pounds of dog waste is produced in Albuquerque. That is 20 pounds per mile of the Rio Grande. If left out in the rain it will wash into the Rio Grande, killing fish and polluting drinking water. Do your part in keeping our waters clean and pick up after your pet.
SRS Parking Lot & Fence Line Set For Major Reno In 2018

SRS was approved for the purchase of a new perimeter fence and main front gate in November. The project will be carried out using a contractor over the next several months.

General improvements include stronger fence posts and enhanced security features like tighter chain mesh which will reduce visibility into the parking area and should also help curb attempts at climbing the fence. Other features include updated barbed wire and gate latching systems.

In addition, the SRS parking lot is set for a major upgrade. Following the replacement of the main front gate, a construction crew will begin work on re-grading the lot entry corridor to permanently improve storm drainage and narrow the gap between the ground and the bottom of the gate.

New AC Unit Install Coming For SRS Training Facility

In the early spring, PPD will fund the replacement of the two air conditioning units tied to SRS building three. The units are obsolete and often do not work properly, particularly during warm weather months.

New equipment will be installed on the far south end of the building. The new cooler is a standing unit and will take up at least two existing parking spaces. In light of this, PPD plans to provide an additional outdoor outlet on the west side of the structure where displaced GEMs can park and charge.

Radio Repeater Install Boosts Communication Far & Wide For SRS

Since 2014, SRS has maintained a large set of portable analog walkie-talkies for use during emergencies and routine fieldwork. Recently, SRS expanded its networking abilities for these devices by purchasing and installing a new radio repeater.

The new SRS repeater is located on the rooftop of Popejoy Hall. The device acts like an Internet router by essentially pulling in radio signals from SRS walkie-talkies and beaming them outward to other nearby locations. This process ultimately provides much wider radio coverage and makes signal strength much stronger. In the past, SRS could only communicate within line of sight using its radios. The repeater will now make it possible to communicate across campus.

SRS worked with an outside vendor in collaboration with PPD and the UNM antenna committee to establish a base location for the new repeater. Site analyses, including rooftop antenna diagrams, were completed and reviewed prior to installation. The device belongs solely to SRS and transmits a unique frequency tied to a proprietary FCC license for the department.
TMA Overhaul In The Works For 2018 & Beyond

The TMA work order database has been in operation at UNM for several years. SRS has used the program on a regular basis during that time to keep track of projects and assignments on an ongoing basis. In the coming months, SRS will be working toward expanding its use of TMA to include a much broader scope of work tracking and monitoring options.

As TMA has evolved, different departments at UNM have created unique ways of tailoring the software’s abilities to meet their specific needs. Using some of the techniques these other groups have come up with, SRS plans to roll out an updated TMA dashboard by the spring of 2018. The new, improved dashboard will include expansion of things like equipment tracking, project deadline tracking and document storage.

Working closely with IT Institutional Support Services, SRS will provide base training and other resources to help create more buy-in for continued use of the program at every level across the entire department. In addition, SRS personnel will attend the 2018 TMA User Conference in Tulsa in April to learn more about the program and receive additional training from TMA experts around the country.

Work In Progress...

⇒ EVACUATION MAP SERVICES RFP UNDERWAY IN OCTOBER.
⇒ MOU WITH UNMH AND PATS FOR NEW EMERGENCY LIGHTS AND EXIT SIGNS AT LOMAS PARKING STRUCTURE IN EFFECT.
⇒ SRS NOW PROVIDING OSHA 10 TRAINING FOR UNM COMMUNITY.
⇒ SRS ADDING GAS CABINET CERTIFICATIONS TO FUME HOOD/BIO CABINET PROGRAM AT UNM.
⇒ REVISIONS TO TITLE V EMISSIONS PERMIT TOOK EFFECT IN OCTOBER.
⇒ SRS MANAGERS WORKING WITH CONSULTANT TO DEVELOP STRATEGIC 5-YEAR GOALS FOR DEPARTMENT PROGRAMS.
⇒ SRS IN EARLY STAGES OF FACILITATING PRE-DEMOLITION ABATEMENT EFFORTS AT THE ELKS LODGE.
⇒ SRS PARTICIPATING IN ADDITIONAL COMMUNICATION TRAININGS THROUGH UNM EOD IN LATE 2017.
Winter is here. As safety professionals, we’re in the field interacting with the campus community in many different circumstances and environments. While we are relied upon to provide workplace safety information to others, it’s also important for us to consider our own safe work practices. As we know, OSHA provides high-level standards for protecting ourselves and others in virtually all work conditions.

The OSHA Cold Stress Quick Card below provides some great information on how we as safety staff can provide a first line of defense for ourselves against cold-related issues so that we may assist others. Please read through it. You can even print it out and take it with you to share.

**Protecting Workers from Cold Stress**

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezing, outdoor agriculture and construction.

**Common Types of Cold Stress**

**Hypothermia**
- Normal body temperature (98.6°F) drops to 95°F or less.
- Mild Symptoms: alert but shivering.
- Moderate to Severe Symptoms: shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

**Frostbite**
- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- Symptoms: numbness, reddened skin develops grey/white patches, feels firm/hard, and may blister.

**Trench Foot** (also known as Immersion Foot)
- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- Symptoms: redness, swelling, numbness, and blisters.

**Risk Factors**
- Dressing improperly, wet clothing/skin, and exhaustion.

**For Prevention, Your Employer Should:**
- Train you on cold stress hazards and prevention.
- Provide engineering controls, e.g., radiant heaters.
- Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.

**How to Protect Yourself and Others**

- Know the symptoms; monitor yourself and co-workers.
- Drink warm, sweetened fluids (no alcohol).
- Dress properly:
  - Layers of loose-fitting, insulating clothes
  - Insulated jacket, gloves, and a hat (waterproof, if necessary)
  - Insulated and waterproof boots

**What to Do When a Worker Suffers from Cold Stress**

**For Hypothermia:**
- Call 911 immediately in an emergency.
- To prevent further heat loss:
  - Move the worker to a warm place.
  - Change to dry clothes.
  - Cover the body (including the head and neck) with blankets, and with something to block the cold (e.g., tarp, garbage bag). Do not cover the face.
  - If medical help is more than 30 minutes away:
    - Give warm, sweetened drinks (if alert, no alcohol).
    - Apply heat packs to the arms, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

**For Frostbite:**
- Follow the recommendations for Hypothermia.
- Do not rub the frostbitten area.
- Avoid walking on frostbitten feet.
- Do not apply snow/water. Do not break blisters.
- Loosely cover and protect the area from contact.
- Do not try to rewarm the area unless directed by medical personnel.

**For Trench Immersion** foot:
- Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention.