

AGENDA for 11-15-22 KRAN/KCTR/RAWL Safety Committee Meeting

Meeting Start: 10:05

Meeting End: 10:57

Present: Kyle Rice, Michael Humphrey, Ryan Good, Tom Brown, Karen Poore, Jessica Than (visiting), Blake Marks, Connie Reckowsky

Absent: Linda Klotz, Daniel Kebede, Arindam Roy Chowdhury, Taryn Nance, Logan Jordan

Tom Brown began the meeting by handing out a few things, including the minutes from 9-20-22 meeting and an updated roster. Tom then announced Sherry Fisher and Cristin Prince's departure from the Committee.

Tom then introduced Jessica Than, who was visiting to consider joining the Committee.

The Committee then began discussion on the ISP Room Safety Inspections Assignments. After reviewing last year's assignments, the floors of each building were then divided up as follows:

- YONG: Kyle Rice will do inspections for YONG
- KCTR: Karen and (maybe) Jessica
- KRAN B: Arindam & Daniel
- KRAN G: Arindam & Daniel
- KRAN 1: Tom
- KRAN 3: Tom
- KRAN 4: Connie
- KRAN 5: Linda
- KRAN 6: Ryan
- KRAN 7: Taryn
- RAWL B: Mike
- RAWL 1: Mike
- RAWL 2: Kyle
- RAWL 3: Blake
- RAWL 4: Blake

Mike then reminded the committee to also inspect lights and other things, such as broken furniture, lights out, stained ceiling tile, etc, beyond the normal checks.

Tom also stated that if you don't feel comfortable with telling staff/faculty their room has issues, let Tom or Mike know and they will be able to speak with the staff/faculty members.

Tom stated that he will be sending out the safety inspections sheets, but has to rebuild them after the computer issues over the summer.

Mike finished the discussion reminding everyone that he can help with getting keys for the rooms people inspect.

Tom and Mike then moved on to talk about the annual REM Safety Fair. Three handouts were given out from that Safety Fair:

- Lifting techniques
- Snow removal warmups
- Stretching before lifting

Tom also explained a video sight that was shared by Kristi Evans at the Safety Fair. Tom said a few stuck out such as training for active shooter and higher ed.

Tom brought up a discussion he had with Kevin Luse, which Kevin had asked Tom the question “Do you really need pediatric AED pads?”. The pediatric AED pads had expired recently, and Tom had ordered more. Kevin Luse explained that since our building rarely has little to no children in it, there isn’t a large need for pediatric pads. He explained that adult pads can be used by putting them one on the back and one on the front, and that the AED machine will be able to read the size of the person it is being used on. Mike then brought up if we could get anything in writing regarding these, that would be preferred for our records.

Reminder: The AED machines are located on the KRAN 1st, 3rd, 4th and 6th floors, RAWL 2nd and 4th floors, and KCTR 1st and 2nd floors. Karen Poore brought up a discussion of getting trained on using adults’ pads on children, in case the need arises.

Sherry Fisher sent us a link before her departure from the Committee about Verbal De-escalation, where the Purdue Police Department is holding sessions to learn how to deescalate issues from getting violent, especially involving angry coworkers or students.

Mike then gave us an update about Krannert Auditorium lighting, which was discussed in September’s safety committee meeting. Kevin Luse and Mike walked through the auditorium, and discovered that the emergency lights already in there are out, so they need replaced. They also made the decision to get a covered light to help illuminate the walkway when the lights are off in the auditorium. Mike said he will be looking into it.

Mike and Ryan then filled us in on the Fire Safety walkthrough with Kevin Luse. Mike explained that most of the issues in Krannert Center had been abated, and the major issue was an outlet cover that had been replaced with a larger octet outlet. That cover was replaced. Ryan then explained that most of the issues in his area have been sent in as Work Orders, and are awaiting the maintenance teams to assist. One major issue from the Fire Safety Walkthroughs was brought up, that being the curtain in KRAN 693, that was put up to hide phone cables. This curtain was not fire retardant, and could cause safety issues. Mike explained that Kevin suggested that if we purchase a solution that mixes with water then dump the curtain in the solution, the curtain should then be flame retardant and not be an issue. Ryan said he will be working on that solution.

Mike then reported on the status of KRAN B015, a PhD office hours room that had been converted into an electric go-kart lab for DCCMI, helmed by Steve Dunlop. Mike explained the original process of getting foam flooring to protect the carpet, but after safety concerns from Kevin Luse and REM, the flooring was then scratched. Tom also explained that he had been in a few meetings with the students to go over general safety in the building. As of now, the project is meeting safety standards.

Linda Klotz, who was absent for this meeting, had sent us an email regarding e-bike and e-scooter batteries, and the potential danger they may cause due to overcharging. Mike and Tom both wanted the Committee to note any e-bikes or e-scooters while doing the ISP Room Safety Inspections, to see if anything could be causing issues. Mike also reminded us of the university policy of having no bicycles in buildings. If any issues arise with someone refusing to follow these rules, have them speak with Mike.

Here is the link to the video Linda Klotz sent us, via Inside Edition:

<https://www.insideedition.com/some-e-bike-and-e-scooter-batteries-can-catch-fire-experts-say-as-fire-incidents-rise-77056>

Mike and Ryan discussed any first reports of injury, specifically one that slipped under the cracks from earlier this year. The issues are settled now. The two also reminded the committee to be careful with the ice and cold coming, since winter is approaching. With that, also make sure if anyone gets injured, remind them to get a first report of injury so they can get a check up with a doctor.

AED/CPR training was also brought up, and that the Fire Department should be having their biannual training coming up this spring. If anyone would like training, they can speak with Tom who can get more information.

HSI – Vivid Learning Systems

- New courses are available.
 - A list of available courses is available at <https://hsi.com/course-library/safety-compliance>
- Create your own organization
 - Determine organization units that make sense for your department.
 - Identify an administrator.
 - Contact REM at klevans@purdue.edu to have your organization added to Vivid Learning Systems
- Blackout dates for Vivid Learning System will be December 12, 2022 – December 16, 2022

Krannert/Krannert Center/Rawls Safety Committee Members

2022-23

VOTING:

Tom Brown

Ryan Good

Mike Humphrey

Daniel Kebede

Linda Klotz

Blake Marks

Taryn Nance

Karen Poore

Kyle Rice

Arindam Roy Chowdhury

OFFICE:

KRAN 160

KRAN 649

RAWL 1098

KRAN 318

KRAN 591

RAWL 1098

KRAN 754 H

KRAN 120

YONG 917

KRAN B024 E

NON-VOTING:

Logan Jordan

KRAN 127

Connie Reckowsky

KRAN 456

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Minutes from 9-20-22 Meeting

Sherry Fisher and Cristin Prince have recently left the Committee
(joining Joan, Marian, and Sarah in recent “retirement”)

ISP Room Safety Inspection assignments

PUFD’s recent inspections of KRAN & KCTR

11-9-22 Safety Fair Report

Three exercise handouts

Kristi Evans HSI online training

Kevin Luse’s question: “Do you really need pediatric AED pads?”

The PUPD’s virtual *Verbal De-Escalation* training (sent to us by Sherry Fisher)

Update about Krannert Auditorium lighting

Report about what’s happening in KRAN B015

Inside Edition video story about e-bike battery fires

Injuries

Building Deputy Reports from Mike and Ryan

Humphrey, Michael C

From: Fisher, Sherry L
Sent: Wednesday, November 9, 2022 12:44 PM
To: Brown, Thomas R; Humphrey, Michael C; Jordan, G Logan
Subject: FW: Free online Verbal De-escalation training

I'm not going to blast this one but I'll let one of you guys do it if you want. 🤖

From: Clark, Sarah A <sclark32@purdue.edu>
Sent: Wednesday, November 9, 2022 12:11 PM
To: Buck, Carmen R <crspringer@purdue.edu>
Subject: Free online Verbal De-escalation training

The Purdue Police Department is offering free online Verbal De-escalation training via WebEx.

Verbal De-escalation is a 2 hour PowerPoint presentation. The objective is to teach skills to help the attendee learn to remain calm and react more effectively when confronted with anger, to try to reduce the chance of escalation to physical aggression. It includes exercises involving body language/posturing and empathetic verbal language. Verbal De-escalation skills can be helpful both personally and professionally.

The sessions are:

Nov 10 (Thu): 10 am - 12 pm
Nov 16 (Wed): 2 pm - 4 pm
Nov 30 (Wed): 10 am - 12 pm


Dec 6 (Tue): 10 am - 12 pm
Dec 7 (Wed): 2 pm - 4 pm
Dec 8 (Thu): 10 am - 12 pm
Dec 14 (Wed): 2 pm - 4 pm

These are duplicate sessions, so participants should only register for one. Session times are EST.


To register for one of these sessions contact Lt. Sarah Clark at sclark32@purdue.edu. Please indicate your preferred session when registering.

The minimum age for participants is 18. Affiliation with Purdue is not required to register.

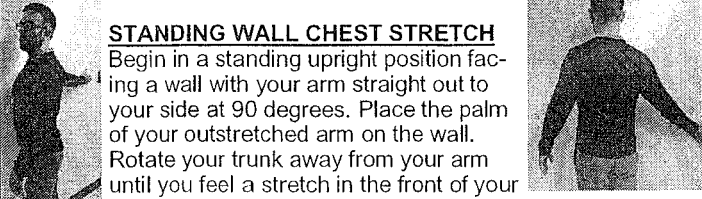
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THE ARMPIT STRETCH
Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold. Hold for 30 seconds and then return to the starting position. Repeat 2-3 times.



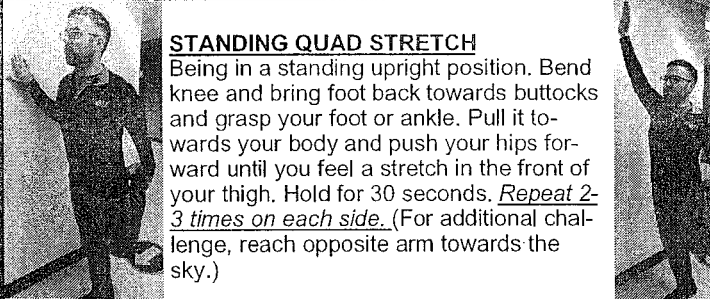
THE SWIMMER
Start with hands together at chest level. Raise the hands up over head. Flare the hands out to the sides making the arms look like field goal posts. Squeeze the shoulder blades together and lower the elbows down while hands are still out. End at chest level. Repeat 5-10 times.




STANDING WALL CHEST STRETCH
Begin in a standing upright position facing a wall with your arm straight out to your side at 90 degrees. Place the palm of your outstretched arm on the wall. Rotate your trunk away from your arm until you feel a stretch in the front of your chest and hold for 30 seconds. Repeat 2-3 times per side. (For additional stretch move arm down to 45 degrees.)




MINI SQUAT TO OVERHEAD PRESS
Start with feet shoulder width apart and fingers interlaced. Squat down while bringing hands to chest level. Stand up and out of the squat while pressing hands up overhead. Repeat 5-10 times.



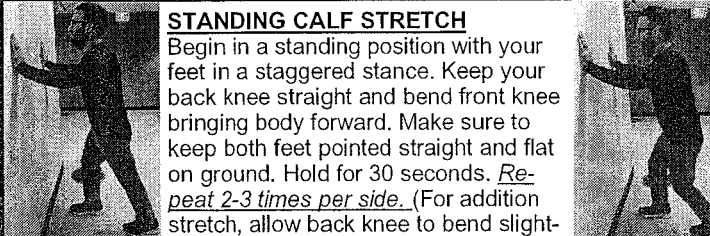
STANDING QUAD STRETCH
Being in a standing upright position. Bend knee and bring foot back towards buttocks and grasp your foot or ankle. Pull it towards your body and push your hips forward until you feel a stretch in the front of your thigh. Hold for 30 seconds. Repeat 2-3 times on each side. (For additional challenge, reach opposite arm towards the sky.)




SEATED PIRIFORMIS STRETCH
Cross one leg over resting your ankle on top of your opposite thigh. Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks. Hold for 30 seconds. Repeat 2-3 times.




STANDING HAMSTRING STRETCH
Start feet shoulder width apart. Take half step forward with one foot and place heel on the ground with toes up. Bend from the hips while keeping back straight, while trying to bring belly to the thigh. Hold stretch for 30 seconds. Repeat 2-3 times on each leg.



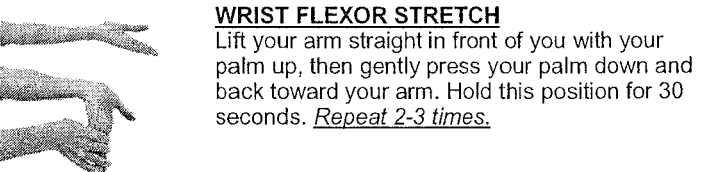
STANDING CALF STRETCH
Begin in a standing position with your feet in a staggered stance. Keep your back knee straight and bend front knee bringing body forward. Make sure to keep both feet pointed straight and flat on ground. Hold for 30 seconds. Repeat 2-3 times per side. (For addition stretch, allow back knee to bend slightly keeping your heel on the ground.)



LUNGE WITH CORE ROTATION
Clasp hands in front of body. Step one leg out in front allowing both knees to bend slightly. While keeping torso upright, rotate towards the front hip. Repeat 5-10 times each side.



WRIST EXTENSOR STRETCH
Lift your arm straight in front of you with your palm facing down. Gently press the back of your hand down and toward your arm. Hold this position for 30 seconds. Repeat 2-3 times.



WRIST FLEXOR STRETCH
Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position for 30 seconds. Repeat 2-3 times.



FINGER FANS
Start with the hands in closed fist position. Open hands partially to make the fingers look like hooks. Then open hands completely and spread fingers out wide. Repeat 5-10 times.

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Start with the hands in closed fist position. Open hands partially to make the fingers look like hooks. Then open hands completely and spread fingers out wide. Repeat 5-10 times.

Make sure to only move in a pain-free range of motion during the exercises.

Please contact your ATI Worksite Solutions Early Intervention Team if you have any questions.

Please remember to report any pain/discomfort early.

Perform as a group or individual.

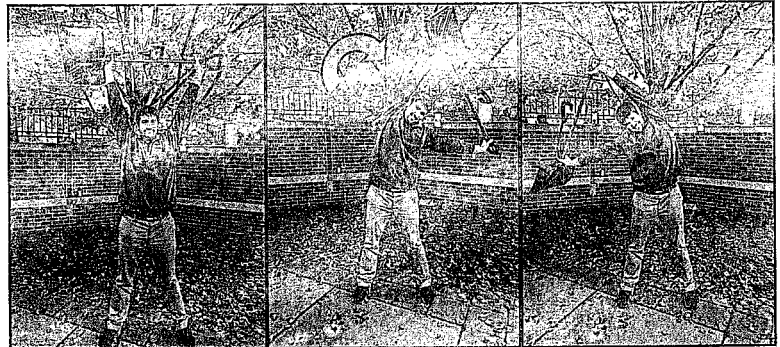
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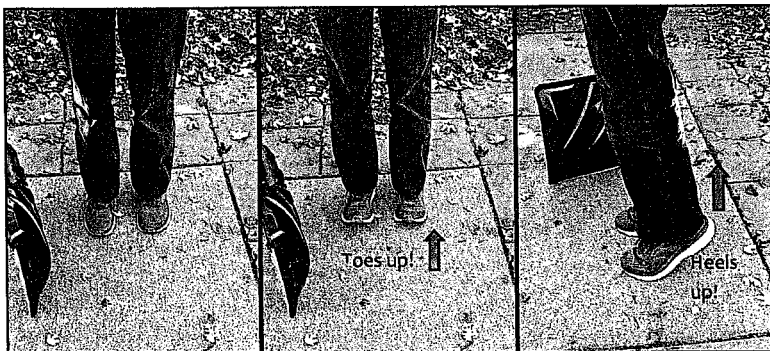
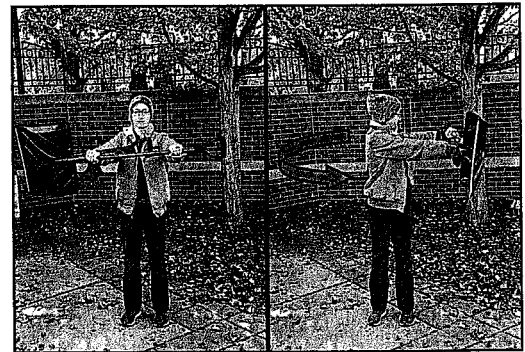
Shoulder Ys: Start in a good upright posture. Hold shovel in front of your hips with palms down. Use your upper back muscles and arms to lift the shovel overhead creating a Y. Return to start and perform 5-10x. You may feel some pops in your mid-back. Pops should not cause pain.

Trunk Side Bend With Arm Stretch: Start in a good upright posture holding shovel overhead. Bend your trunk to one side and then pull the shovel further to get a gentle stretch along the outside of your armpit. Briefly hold stretch and then repeat on the opposite side. Perform 5-10x each side.



Back And Shoulder Extension: To counteract any bending from shoveling, it is helpful to perform an opposite movement. Hold shovel behind your back in both hands. Roll your shoulders back, push your hips forward, and extend your spine backwards in a comfortable range. Pause and then return to start position. Perform 5-10x. You may feel some pops in your lower back. Pops should not cause pain.

Trunk Rotations: Start in a good upright posture. Hold shovel out in front at a 90 degree angle. Keep your toes pointed forward and then rotate your torso and shovel to one side going as far back as possible in a comfortable range. Slowly return to start and repeat on the opposite side. Perform 5-10x on each side.



Alternating Heel / Toe Raises: Start by holding onto shovel or another object for balance. Raise your toes up off the ground using shin muscles. Return to feet flat and then raise your heels up off the ground using calf muscles. Alternate between toes up and heels up for 5-10x. Use a slow and controlled motion.