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Safe Nighttime Walking Tips

Walking at night can be dangerous. Along with making sure you are visible to traffic, you must also be aware of your surroundings and people around you.

Walk together: Whenever possible, try to walk with a friend or in a group.

Wear bright clothes: Choose shoes and apparel that have reflective strips. Add some reflective tape to the items that don't. Use a reflective vest, a headlamp, or flashing light (red, blue, or green work best). You can never be too visible.

Choose your route: Make sure that you take a well-known and familiar route so you don't look confused or lost. Whether you are alone or in a group, it's best to restrict your route to well-lit areas. Always try to stay under streetlights and never travel in dark areas simply because it will shorten your walk.

Always carry ID: In an accident, first responders will want to know who you are, who to contact, and important medical information. Be prepared for the unexpected.



Ditch the electronics: Music and other distractions block out the sound of cars, dogs, cyclists, and other potential threats. Talking on your cell phone may seem like an effective way to discourage dangerous activity, but it can actually distract you enough that you don't notice what is happening around you. Make sure that you have your phone charged and readily available, but don't spend your entire walk chatting away. You should make sure that it's within a moment's reach, however, so that you can quickly get help if you spot something suspicious.

Trust your instincts: If something feels unsafe, trust your gut especially in the dark.

Consider a safety app: Increase your safety with the Bulldog Mobile App (see page two). You can provide the YPD with accurate information about yourself and your GPS location in the case of an emergency.

Leaf Relief



Raking

- Pace yourself by completing the work in 20 to 30-minute segments. Take frequent breaks and/or change from raking to bagging.
- Hold the rake handle close to your body to help maintain good posture. Keep one hand near the top for better leverage and use your arms and legs more than your spine. Ergonomic rakes often have padded handles to reduce strain on the hands and wrists and have special handles that encourage good posture by ensuring that your elbows are slightly bent.
- Change sides frequently and avoid twisting from the waist. The tendency is to plant your feet in a fixed position and rake in several directions from that position. Instead, place one foot ahead of the other, which allows you to shift forward and backward easily as you rake.

Bagging

- When bagging leaves, lift manageable loads. Keep your back straight and use your legs to do the lifting. When you go to pick up leaves, face the pile and don't twist as you lift.
- When lifting the bag of leaves, tense your stomach muscles to give your back additional support and keep the bag close to the body. Keep your back straight while using your legs to lift.
- When finished for the day, take a few moments to cool down some of the larger muscle groups such as your shoulders, back, and legs.

Interact with EHS Through the Integrator



The EHS Integrator is an online web tool for faculty and staff. Features include:

Principal Profile

- Add/edit/review labs, contacts, research assistants, and associated activities.
- Check training compliance for your research assistants.

Registration

- Create and submit new and renewal radiation registrations (authorizations).
- Check the status and contents of radiation registrations.

Survey

- Enter resolutions for items found during lab inspections (Find/Fix surveys).
- Submit Green Lab survey and lab PPE assessments and get requirements.

Waste Requests

- Enter new biomedical waste and radioactive waste requests.
- Review status of existing waste requests.

Inventory

- Submit semi-annual radiation inventory.
- Enter chargeback information (PTAEO numbers) for clean air devices.

Visit <https://ehsis.yale.edu/ehsintegrator>.

A Yale netid and password are required and your computer must be on the Yale network (on campus) or a VPN-secure connection.

Get the Bulldog Mobile App

Bulldog Mobile (LiveSafe) gives students, staff, and faculty on campus an effective way to communicate with Yale Police (YPD) via a mobile device. You can use your smart phone to provide the YPD with accurate information about you and your GPS location. Your location and information is only shared with YPD when you use the Emergency Options button or the Report Tips button within the app.



The app features:

Safewalk: Invite friends to temporarily follow your location on a real-time map so they know you reached your destination safely. You can chat within the app or call for emergency help.

Report tips: Share tips on suspicious activity or other campus concerns directly with the YPD. You can attach a photo, video, or audio and send the tip anonymously if you choose.

Request a campus escort: You can request a campus safety escort with a simple click.

Emergency options: Call or send discrete text messages directly to the YPD with your name and location attached for help during an emergency.

Safety map: Get directions to nearby safe spots, police and medical facility locations, and, coming soon, locations to AEDs throughout campus.

Download the "LiveSafe" app with the blue shield for free from the Google Play or Apple App Store.

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"Working safely may get old, but so do those who practice it." — Author unknown

Rules of the Road



Weather conditions can change in an instant at this time of year. You may head to work on a sunny morning and return home in the dark on a roadway covered in slippery leaves along with other increased dangers that come during the fall.

Back-to-school traffic: With school back in session, there are more cars and buses on the roads. You also need to watch out for increased pedestrian traffic in the morning and afternoon as children walk to and from school and their bus stops.

Rain: The first rain after a dry stretch can be particularly dangerous as water pools on top of dust and oil that has not had a chance to wash away and makes pavement extremely slippery.

Leaves: As leaves fall, they makes streets slick while obscuring traffic lines and other pavement markings. They also hide potholes and other road hazards. Wet leaves on the roadway can be as dangerous as ice.

Fog: Cold mornings often lead to fog, which can greatly limit your driving visibility and perception of distance. Fog tends to occur in low places or areas surrounded by hills, water, mountains, and trees. One common mistake drivers make during foggy conditions is putting on their high beams instead of staying with their low beams. This only makes visibility worse because your high beams will bounce off the fog and create glare.

Frost: A drop in overnight temperatures can lead to morning frost and icy spots on the road. This is especially common on bridges, overpasses, and shaded areas of the road.

Sun glare: Sun glare can impact your sight for seconds after exposure, making it hard to see pedestrians, oncoming traffic, or the car in front of you. It can also cause problems when the sun sets behind you and bounces off your rearview mirror or reflects off traffic lights up ahead.

Safety tip: Watch your speed and keep your distance.