

*“Quality
Service
Supporting...”**Physical Plant Newsletter**...Quality
Education”***Good Housekeeping Prevents Falls**

According to the National Safety Council, more than 30% of deaths and disabling injuries occur off the job. Good housekeeping is a basic safety precaution that protects you from fall hazards. Avoid these preventable accidents by

practicing some basic house keeping rules: Clean water, coffee, grease and oil spills immediately. Report hazardous spills and block off the area, block off construction and cleaning areas. Report damaged flooring, such as: ripped or

frayed carpets and curled or loose floor tiles. Keep walkways and stairwells clear. Keep cords, cables, and hoses off walkways. Store tools in their proper place. Turn on lights when entering dark rooms. **BE SAFE!!!**

KEEPING COOL IN THE HEAT!!!

Excessive heat can place an abnormal amount of stress on your body. When your body temperature rises you may experience muscle cramps, become weak, disoriented, and dangerously ill, unless you can help your body to cool down. If your body temperature rises above 105 degrees F, your condition could be fatal. Persons who work in hot environments must take special care against heat stress. The following guidelines may help you keep your cool in the heat and avoid the dangerous consequences of heat stress.

Adapt to the Heat

The National Institute for Occupational Safety and Health suggests that all workers exposed to extreme heat gradually get used to their environment within a one week period. Your first day in a hot environment could be challenging. Over a period of time you will learn to make the necessary adjustments.

Drink Water Frequently

Sweating /Perspiring is one of the ways that your body cools itself down. Sweating results in water loss and the only way to replace the

loss is to drink water frequently. Normally, you should drink at least eight ounces of water every 20-30 minutes while working in hot environments. Remember, alcoholic beverages such as: beer, wine and liquor could actually increase fluid loss, increasing the risk of dehydration.

Heat Rash

Also known as prickly heat, that is caused when sweat glands become plugged, not allowing sweat to evaporate. The most common sign is a red itchy rash, usually treated with an over the counter ointment and by keeping the skin clean and dry.

Heat Exhaustion

Normally caused by losing too much body fluid through heavy sweating. A person with this condition continues to sweat heavily and becomes very thirsty due to dehydration, the skin will feel cool and clammy, and the individual could feel weak and tired. If someone is suffering from this condition, move them to a shady spot, loosen their clothing, and cool them down as fast as possible using water if necessary. **Get medical attention for the individual as soon as possible.**

"A Note From A Neighbor"

As a proud Memphis graduate and a Normal Station neighbor, I have had the opportunity to spend many hours walking the University of Memphis Campus. While riding my bike back in April, I was quite pleased to see workers busy landscaping the beds and sprucing things up. Needless to say, because of the heat blast, I have not taken the time to ride through campus. However, this past week, early one morning, I rode through the campus and was amazed even more than in April of how wonderful the campus landscape was looking. **I just wanted to send a quick note of appreciation for the great work your crew has accomplished in such a short amount of time. It is much improved from the campus I strolled through last year. I not only enjoy the campus, but I am proud to "show off" my campus to out of town guests.**

Elizabeth Van Tassel, BFA'93
FED EX-Import Trace& Legal Research

**Physical Plant
Tiger Report Card**

JULY 2006

	<u>Percentage</u>	<u>Grade</u>
Production Efficiency	93%	A
Customer Satisfaction	86%	B
Training	84%	B
Accident/ Injury Free Days	85%	B

Average 87 % B

**Professional Development Training
177 B Administration Bldg.**

Generations in the Workplace

Wednesday, August 30, 2006
1:00-4:00 P.M.

E-Training

Thursday, August 31, 2006
9:00-10:00 A.M.



***Physical Plant
Newsletter***

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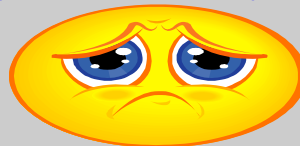
To report news, contact a newsletter staff member. If you have questions or comments, please contact, Cathy G. Horton @ 2695.

The University of Memphis is one of 46 institutions in the Tennessee Board of Regents system, the seventh largest system of higher education in the nation. It is an Equal Opportunity/Affirmative Action university, committed to education of a non-racially identifiable student body.

NL04-05-60-7/400

**Happy Birthday!!!
July Employees**

- | | |
|--------------------|---------|
| Leroy Little | July 7 |
| Doris L. Williams | July 8 |
| Eric B. Earnheart | July 12 |
| Bobby G. Speck | July 14 |
| Shelia R. Hobson | July 15 |
| Laura J. Hughes | July 16 |
| Earl R. Edwards | July 17 |
| Laverne Mason | July 17 |
| Irma J. Self | July 18 |
| Josephine Calhoun | July 19 |
| Delois Campbell | July 19 |
| Jeremy W. Powell | July 19 |
| Ronald B. Crum | July 22 |
| Leonard D. Kohr | July 22 |
| Mary Louise Holmes | July 25 |
| Patricia L. Smith | July 25 |
| Cornelius Stump | July 25 |
| Carla N. Gathings | July 26 |
| Gregory W. Simpson | July 26 |
| Barry N. Brazell | July 28 |
| Loyce Frazier | July 29 |



Please accept my apologies for your belated birthday. I hope you enjoyed delicious ice cream, cake, cards, friends, and family!!!

**GET READY
TNAPPA
University of Memphis
2008**

Welcome Physical Plant New Employees!!!

- Walter Woodruff, Lock Shop
- Favian Smith, HVAC
- John Hanks, HVAC
- Brandon Myers, HVAC
- Timothy Garner, HVAC
- Donald Brooks, GMM
- Na'eem Jones, Campus Landscape
- Betty Whitaker, Building Services
- Gregory Seals, Building Services

Promotions!!!

- Will Swain, HVAC
- Cornelius Franklin, CPL
- Michael Boyce, Building Services

