



LSUA
LSU of ALEXANDRIA

SAFETY NEWSLETTER

FALL 1 2024

LSUA GENERAL SAFETY RULES

Each year, LSUA is required to conduct training on the General Safety Rules which are listed below. They are also located in the Safety Manual on the LSUA website. Please be familiar with these rules and direct any questions to me at cgauthier@lsua.edu.

1. No smoking on campus.
2. Horseplay and fighting will not be tolerated in the work place.
3. Before beginning work, notify your supervisor of any permanent or temporary impairment that may reduce your ability to perform in a safe manner.
4. Operate equipment only if you are trained and authorized.
5. Immediately report any recognized potentially unsafe condition or act to your supervisor.
6. Immediately report accidents, near misses, and property damage to a supervisor regardless of the severity.
7. Report any smoke, fire, or unusual odors to your supervisor immediately.
8. Use proper lifting techniques. For objects exceeding 50 pounds in weight, the immediate supervisor shall determine specific methods for safe lifting.
9. If your work creates a potential slip or trip hazard, correct the hazard immediately. Special attention should be paid to electrical cords that stretch across walkways.
10. Fasten restraint belts before starting any motor vehicle.
11. Obey all driver safety instructions.
12. Comply with all traffic signs, signals, markers, and persons designated to direct traffic.
13. Adhere to departmental rules regarding first aid, evacuation routes, and fire department notification.
14. Adhere to departmental rules and procedures specific to departmental operations.
15. Assist and cooperate with all safety investigations and inspections and assist in implementing safety procedures as requested.
16. Adhere to any state, local, or campus policies on infection control procedures.

RAVE GUARDIAN

Rave Guardian is an interactive system that enables users to quickly call campus police or 911. Additional features include being able to submit a tip, pictures, and videos directly to the LSUA University Police. Unlike Rave Alert, users must manually register for Rave Guardian by downloading the App from the App Store. Follow these steps:

1. Download the Rave Guardian from the App Store
2. Follow the prompts to enter your email
3. Create password/pin and set up your personal safety profile

DOWNLOAD THE GUARDIAN APP

to report emergencies or
access safety resources





WARNING SIGNS AND SYMPTOMS OF HEAT-RELATED ILLNESS

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

HEAT-RELATED ILLNESSES

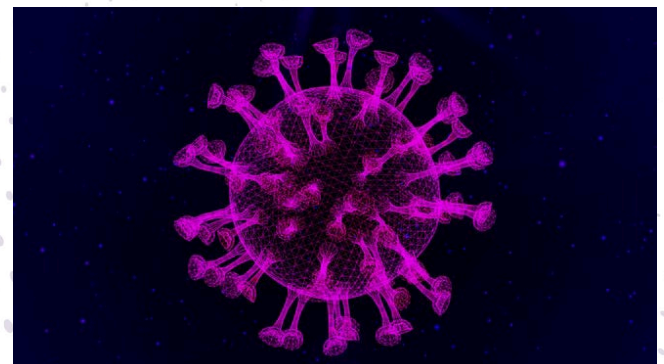
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) 	<ul style="list-style-type: none"> • Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) 	<ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms 	<ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
<ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin 	<ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash

COVID-19 UPDATE

While the virus may not pose the same level of risk as in previous years, it remains a significant threat to individuals with compromised immune systems. This includes not only the aging population, but also extends to those in the workplace who may be exposed to higher risks of infection due to underlying health conditions. As the beginning of the school year is approaching, it is important to note that Louisiana COVID-19 levels recorded in wastewater were among the highest in the nation, behind only Utah.

As the COVID-19 Virus continues to evolve, it's crucial to stay informed about the latest developments. Recent trends have shown that COVID-19 can surge at different times of the year, making a winter wave likely as well. In response, health authorities continue to update vaccines to include protection against currently circulating strains. It's important to make informed decisions regarding COVID-19 to protect not only oneself but also those who are more vulnerable in the community. If you do develop symptoms, free COVID-19 testing is available at the **LSUA Health Center**. The Health Center is located in Coughlin Hall, and it can be reached at (318) 427-0110.





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WHERE DO I GO DURING AN EMERGENCY?

In the event of a fire or any situation requiring an evacuation of a building on campus, each building is assigned an Evacuation Area (E1 - E5) where everyone should report to safely. Please familiarize yourself to the list below and the designated area on the map for you to safely report to if this need ever arises. The LSUA Emergency Operations Plan can be found on the Safety Website at <https://www.lsua.edu/fas/safety>

1. Coughlin Hall	Area E1
2. Science Building	Area E3
3. Abrams Hall	Area E2
4. Oakland Hall	Area E1
5. Chambers Hall	Area E1
6. Fitness Center	Area E3
7. Bolton Library	Area E3
8. Student Center	Area E2
9. Avoyelles Hall	Area E3
10. Facility Services	Area E5
11. LSUA Foundation	Area E5

12. Children's Center	Area E2
13. Weldon "Bo" Nipper	Area E2
14. BCM	Area E2
15. CSO	Area E2
16. Utility Plant	Area E3
17. The Oaks	Area E2
18. AMoA	Per Downtown Plan
19. Allied Health Center	Per Downtown Plan
20. Mulder Hall	Area E4
21. Soccer House	Area E5
22. University Police	Area E5
23. Epps House	Area E5

**EMERGENCY
EVACUATION
AREA**

Revised: 8/10/12 www.ComplianceGiga.com



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LSUA EVACUATION ZONES

