

Bio:

Laurie deLaski is a Certified Industrial Hygienist (CIH) and safety professional with over 40 years of experience in industrial safety. She has worked with Fortune 500 companies including pharmaceutical, biotech, communications, engineering, construction and utility companies to evaluate and control health and safety hazards, maintain safe operations and educate employees. Ms. deLaski recently retired and would like to share her knowledge to help people live safer and healthier lives.

Course Title: Safety for Everyone

Course description: This course will review basic hazards and safety precautions related to frequent home injuries. Topics will include: Fall prevention and ladder safety, Ergonomics and safe lifting, Basic electrical safety, Household chemical hazards. The final session will be chosen based on participant's interest.

Course Content:

Sessions will use a combination of lecture with PPT slides, demonstrations, workshops/exercises and discussion.

Session 1 – Fall Prevention and Ladder Safety – A review of fall hazards both from heights and falls from the same surface. Discussion will include identification of typical fall hazards such as steps, showers, wet surfaces, and rugs. A variety of ladders and step stools will be available and discussion of proper use, maintenance and inspection conducted. An exercise will be included for participants to identify proper ladders and tools for different tasks.

Session 2 – Ergonomics and Safe Lifting – A review of ergonomic principals and how they relate to muscular skeletal disorders (MSD), topics will include computer use and proper postures, warning signs of MSDs and preventative methods including stretching. Safe lifting parameters and mechanics will be discussed and demonstrated. Participants will be provided a take home exercise to evaluate their computer work stations.

Session 3 – Basic Electrical Safety – A review of basic electrical principles in simple terms including, amperage, voltage, etc. Hazards of electricity and safe handling in the home will be discussed. Some simple safety testing/inspection tools and suggestions will be made. Videos will be included.

Session 4 – Household Chemical Hazards – A review of common household chemical hazards including bleach, ammonia, pesticides, and detergents. Where to get information on chemical hazards, how to read the information and recommended controls. Also included will be carbon monoxide (CO) hazards and controls. An exercise will be included to allow participants to review and understand Safety Data Sheets and other information available on the web.

Session 5 – The last session will be based on attendee interests and will be determined by the second session. Choices will include: Outdoor Hazards (animals/bugs/plants/heat stress), respirators vs. masks for infection prevention, fire safety, radon and radiation hazards, emergency preparedness, other topics as requested.