



# SAFETY INSIGHTS

News and Awareness Information from Environmental Health & Safety



## *“New Year..... Best Year”*

Take a look around and count your blessings. Breathe in your successes and remember the good moments of 2019. And plan to make more.....

By. Clifford Knee

Safety, Training and Environmental Compliance Manager

## Keeping the Stress Low and The Momentum High!

According to the CDC’s National Institute of Occupational Safety and Health (NIOSH), studies have found that the number of Americans who are “extremely stressed at work” range between 29 percent to 40 percent. Here are some ideas to help reduce stress:

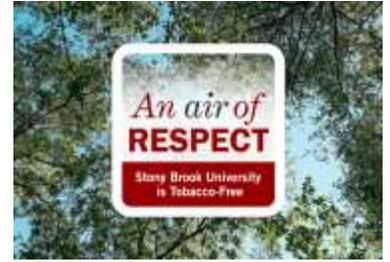
- **Start the Day Right** - Start off the day with good nutrition, proper planning, and a positive attitude.
- **Be Clear on Assignments** - It may help to have a talk with your supervisor and go over expectations and strategies. This can relieve stress for both of you!
- **Stay Away From Conflict** - It’s a good idea to avoid conflict at work as much as possible. If conflict finds you anyway, be calm and focus on the positive.
- **Stay Organized** – To help reduce stress, keep yourself organized. This will help you avoid the negative effects of clutter, and allow you to work more efficiently.
- **Be Comfortable** - Another surprising stressor at work is physical discomfort. Even small things like office noise can be distracting. Do what you can to ensure that you’re working from a quiet, comfortable and soothing workspace.
- **Walk at Lunch** - Get some exercise during your lunch break and perhaps take short exercise breaks throughout the day. This can help you blow off steam, lift your mood, and get you into better shape.



**"We Care About Safety... People - Science - Education - Medicine – Environment"**

## Stony Brook is a Tobacco - Free Campus

Stony Brook University has a vital interest in maintaining a respectful, safe, healthy, and clean community for all students, employees, and visitors. In an effort to embrace such values, the University is committed to providing an environment that is tobacco-free and free from secondhand smoke.



---

## Start Your Day with a Safety Talk



Start your day on the Construction Site with a Safety Talk or Pre-Task Planning Meeting. The meeting is to review the work plan. The crew discusses the work to be done. This is done so that all workers have the same expectation of how the task will be accomplished. Knowing how the work will be distributed amongst the crew is another component of a pre-task planning meeting.

Once the general work plan has been discussed, the safety and health aspects are addressed. It is vital to identify the hazards that will likely be encountered. Workers should ask: "How someone might be injured with the planned procedure?" When answering this question, one should think about materials being used, tools and equipment, knowledge of the crew, location, conditions, and group dynamics. (Source. Proactive Safety Services)

### ***Plan Your Work...Work Your Plan!***

---

## January 2020 Safety Spotlight



John Feldmann, Residential Project Manager for Campus Planning Design and Construction is our January 2020 Safety Spotlight Award winner. You might say construction runs in his family. At the young age of five, John would join his father on construction sites. John has a B.S. degree in Business Management from Bryant University, RI. Today, John enjoys working for SUNY Stony Brook CPDC overseeing numerous construction and renovation projects for Campus Residences. John takes pride in ensuring that workers return home safely to their families. John is being recognized for his vigilant attitude towards safety. He continually assesses and discusses the worksite environment with all of the contractors and vendors, to ensure that work conditions are safe & clean. He is very proactive and maintains open lines of communication, so that everyone can plan their activities accordingly. Thank you John and keep up the great work!

Environmental Health & Safety  
Stony Brook University  
110 Suffolk Hall  
Stony Brook, NY 11794-6200

View: <https://ehs.stonybrook.edu/> Email: [ehsafety@stonybrook.edu](mailto:ehsafety@stonybrook.edu) Call: 631-632-6410