

Thursday, May 15, 2025

## Attendees:

Mike Costa, Kat Odell, Michael Chapman, Wycliffe Sakwa, Callee Daily, Josh Goicoechea, Jenny Glass, Dan Gorton, Jeremy Heiss, Grant Ekdahl, Huiting Zhang, Teresa VanderPol, Ian Guest, Jonathan Lomber, Shawn Ringo, Todd Murray, Ben Swick, Isabella Ludwig

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## Topics:

National Electrical Safety: Common Dangers, Tools, and Best Practices

- [Electrical Safety Resources](#)
  - **1,940** workplace deaths from 2011 to 2023 were due to electricity.
  - **98.9%** of the electrical fatalities in this period were men.
  - The construction industry had the highest number of electrical fatalities (855), followed by professional and business services (212), trade, transportation, and utilities (155), natural resources and mining (138), and manufacturing (120). **Just five occupations in the construction trades – electricians, construction laborers, roofers, painters, and carpenters – experienced 30% of all electrical fatalities.**
  - Among the workers who were fatally injured by electricity, 33% died at a private residence, 28% on industrial premises, and 11% on a street or highway. **96% were employed in private industry.**

Mental Health Awareness: Support, Resources, and Training

- [Mental Health Resources](#)
  - **1 in 5** U.S. adults experience mental illness each year
    - **1 in 20** U.S. adults experience serious mental illness each year
  - **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year

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- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the **2nd leading** cause of death among people aged 10-14
- People with depression have a **40%** higher risk of cardiovascular and metabolic diseases
  - People with serious mental illness are nearly twice as likely to develop these conditions
- **19.3%** of adults with mental illness also experience substance use disorder
- The rate of unemployment is higher among U.S. adults who have a mental illness (**5.8%**)
- [Fostering Resilience During Times of Chronic Stress \(Presentation Print\)](#)
- [How Right Now | Centers for Disease Control and Prevention](#)
  - [Qué Hacer Ahora | Herramientas que ayudan](#)
- [National Council for Mental Wellbeing](#)
- [988 Lifeline - If you need emotional support, reach out to the national mental health hotline: 988.](#)
- [Behavioral Health Resources and Recommendations | Washington State Department of Health](#)

National Water Safety: Flooding, Drowning, and Other Water Incidents

- [Water Safety Resources](#)
  - On average, **11 Americans die** from drowning each year
  - It is **the #1 cause of death** for children ages 1 – 4
  - **8 in 10 victims** of drowning are male
  - Drowning death rates are **1.5-2x higher for minority populations**

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- **Drowning is preventable** through physical barriers, lifejackets, and lifeguards
- You can get swimming-related illnesses if you **swallow, have contact with, or breathe in** mists of water contaminated with germs.
  - The most common swimming-related illnesses are [diarrhea](#), [skin rashes](#), [swimmer's ear](#), [pneumonia or flu-like illness](#), and [irritation of the eyes or respiratory tract](#).
  - **Stay out of the water** if you are sick with diarrhea. If you have been diagnosed with [Crypto](#), **don't** go back in the water until two weeks after diarrhea has completely stopped.
  - **Stay out of the water** if you have an open cut or wound (particularly from surgery or piercing). If you do go in the water, **use waterproof bandages** to completely cover the cut or wound.
  - **Shower before you get in** the water. Rinsing off in the shower for just *one-minute* removes most of the dirt or anything else on your body that uses up chlorine or bromine needed to kill or inactivate germs.

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Adjourn:

Dates to Remember

- May 28<sup>th</sup>, 2025 – PCFS Field Safety Day
- June 4<sup>th</sup>, 2025 – Mount Vernon New Hire Orientation Day

**June 12th, 2025 @ 1:30PM – Next CAHNRS Safety Meeting**

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<b>WSU Resources</b>	
<ul style="list-style-type: none"><li>• <a href="#">Environmental Health &amp; Safety</a></li><li>• <a href="#">CAHNRS Operations Safety</a></li><li>• <a href="#">Pullman Campus AED Map</a></li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Compliance for Health &amp; Safety</a></li><li>• <a href="#">Curated Playlist for CAHNRS</a> (Updated Frequently)</li></ul>

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**Reminder**

*The power of awareness and education: a reminder that most accidents are not mere coincidences; they can be prevented.*

*Encourage your family, friends, and colleagues to prioritize safety throughout the year. Remember that safety is not one-and-done, but an ongoing commitment.*