

## news & notes

### TERRORISM TYPES

Understand that terrorists might use a variety of attack strategies, including:

- **Cyberterrorism** is the use of network technologies for criminal purposes. Terrorists might try to sabotage computer systems, cripple security systems, or breach network security to acquire information about processes and systems.
- **Chemical attacks**, using gases such as sarin (nerve gas), mustard gas and other blistering agents, cyanide gas, or phosgene, are also possible.
- **Biological agents**, including anthrax, plague, small pox, Ebola, and ricin, might also be used.
- **Other weapons** might include regular bombs as well as nuclear devices and dirty bombs.



"Hey! I think your dog just left a suspicious package on my lawn!"



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## Training on terrorism

### *Be prepared for terrorist attacks*

Terrorism is any "violent or criminal act against a civilian population for the purpose of coercion and promoting a political cause or agenda." Terrorism can range from sabotage to the use of chemical, biological, or radioactive weapons. Terrorists are more likely to strike high-profile buildings, government facilities, chemical-processing facilities, and utility companies.

You may also be at risk if you use public transportation, bridges, or tunnels. Potential targets in the workplace include personnel, chemical storage and processes, electrical power systems, computer and telephone systems, lobbies, loading docks, and vehicles.

Do your part to help maintain workplace security:

- Keep doors locked, and do not let anyone borrow keys or codes.
- Check the ID of unknown personnel, and don't let anyone enter the building without proper ID.
- Protect computer networks by guarding passwords, deleting suspicious e-mails, and reporting breaches of computer security right away.
- Follow all security procedures, and report suspicious individuals or activities.
- Report gaps in security measures, such as security lighting out of order or damaged security cameras or fences.
- Don't open suspicious packages; report them and follow required safety procedures.

Act quickly and effectively in the event of a terrorist attack on your work area:

- Turn off local fans or ventilation units, and leave the area immediately, closing doors.
- Dial 9-1-1 to report the incident, and notify building security or an available supervisor.
- In the event an evacuation is required, shut down equipment and close windows and doors. Listen for instructions, follow the nearest exit route, and proceed to the assembly area.
- If you are instructed to shelter in place, turn off air-handling equipment and seal windows, doors, and vents with plastic and duct tape. Or go to the predetermined sheltering area, and listen to the radio for further instructions.

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### NIGHTTIME LIGHTING RISKS

The American Medical Association (AMA) has adopted a policy “recognizing that exposure to excessive light at night can disrupt sleep, exacerbate sleep disorders, and cause unsafe driving conditions.”

The AMA says the natural 24-hour light and dark cycle helps maintain biological rhythms that help the body function normally. But excessive exposure to nighttime lighting disrupts those processes. The effect is especially pronounced among those employed in industries that require a 24-hour workforce and nighttime driving.

The AMA supports new technologies to reduce glare and minimize circadian disruption. The policy was influenced by a study co-authored by Richard Stevens of the University of Connecticut School of Medicine. He was among the first researchers to identify links between artificial light at night and high breast cancer risk.

### A CLEAN—AND SAFE—PARKING LOT?

A report from M/A/R/C/, a marketing and research consulting firm, says that there is not necessarily a correlation between the perception of an unsafe parking lot and the amount of criminal activity in the area.

However, “you’d be surprised at the degree to which the public equates cleanliness with safety,” says Gina Vella, president of Universal Site Services, a parking lot property maintenance and landscaping firm. “People feel uncomfortable and unsafe in a parking lot that is riddled with dirt and grime, littered with garbage, overflowing trash cans, or in need of repair.”



## Lifelong learning

### *Back to school on the job*

As kids and college students head back to school this month, consider your own state of knowledge and whether there are areas where you could increase your learning. Though you may be years removed from formal education, you can still benefit from being a lifelong learner.

Here are several ways to continue learning in the workplace:

- **Keep up with your industry.** Read industry journals or online sites and attend industry meetings to stay in touch with what’s going on beyond your workplace.
- **Improve your skills.** Take advantage of on-the-job and/or community classes to improve skills you use in your work.
- **Get up to date on new equipment.** Learn the ins and outs of new equipment, including all safety precautions and practices.
- **Explore new methods to do your job.** There’s always a way to improve procedures. Look at your job from a new angle and see what you can find.
- **Enrich your career by looking to improve skills** and knowledge beyond your immediate job requirements.

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## Prevent pest invasions

### *Keep your workplace pest-free*

Take these steps:

- **Be fruitless.** Many pests are attracted to fruit. Do not leave fruit in or on your workstation overnight. Rather, take it home or store it in the refrigerator.
- **Put a lid on it.** Keep nonperishable or dry snacks in sealed containers, not in plastic bags.
- **Do the dishes.** Wash dishes after each meal break or shift because dishes and utensils soiled by food attract pests.
- **Clear the decks.** Dirty surfaces also attract pests so wipe down counters at the end of lunch or a shift.
- **Bag it.** Dispose of food wastes in garbage cans with plastic liners. These cans should be emptied each night.
- **Pick it up.** Keep your work areas clutter-free and store items off the floor, because clutter provides hiding and nesting places for pests, including rodents.
- **Learn good plant care.** Workplace plants are beneficial unless they become infested with gnats. To prevent this, do not overwater plants. Remove plants from the workplace that are infested with gnats.