

Occupational safety education topics for students

There are more than a hundred regulations, safety rules, regulations and standards in force. Almost all professions have their own occupational safety regulations.

The occupational safety regulations of the University of Nyíregyháza are part of the Occupational Safety and Health Regulations, which can be downloaded from the website of the University of Nyíregyháza.

Rights and obligations of students

The student is entitled to:

- working conditions that do not endanger your health and are safe, the protective measures required by law,
- to the knowledge required for work that does not endanger health and is safe.

The student must not be placed in a disadvantaged position for the procedure and notification for the implementation of the requirements for non-hazardous and safe work.

The student is obliged:

- to undergo the medical examination required for him/her,
- to report the hazardous abnormality, malfunction to his/her supervisor, to eliminate it or to reduce the danger in the manner expected of him until action is taken,
- in the event of an imminent danger to life, stop the work immediately and draw the attention of the staff to the danger,

The student is obliged to:

- appear a condition suitable for safe work,

- as far as possible, ascertain the safe condition of the work equipment made available to them, use it in accordance with its intended purpose and ensure that it is cleaned in the manner expected of it,
- wear clothing, which does not endanger their physical integrity,
- behave in a disciplined manner in the work area, keeping order and cleanliness there,
- to acquire knowledge of occupational safety and to observe it during work,
- to report the dangerous abnormality, malfunction to the lecturer, to eliminate it or to reduce the danger in the manner expected,
- in the event of an imminent danger to life or seriousness, to stop work immediately and to draw the attention of his/her colleagues to the danger,
- refuse to work if it would endanger their own or others' lives, health or physical integrity,
- to report accident or malaise immediately, if his / her health condition prevents him / her, it is his / her companion who report the incident,
- give first aid to the injured partner

General occupational safety regulations

- It is only possible to stay in the University's facilities in a condition suitable for work.
- Students can carry out their work with the required care and in compliance with the relevant rules.
- The knowledge required for safe work must be acquired.

- Transport within the University (pedestrian, bicycle and car TRAFFIC). To avoid crashes when walking, use only on the sidewalk. In winter, the sidewalk is cleaned and sanded, but they are still a source of accident hazard.
- In all practical places where the ring, necklace, watch, clogs, high heels, etc. present a risk of accident, they must be removed.
- Do not keep sharp, pointed, puncturing or cutting tools in the pockets or waist straps of personal protective equipment or workwear.
- The student may only carry out an activity authorized by the teacher in a practical session. Students cannot work with a damaged device, even under direct supervision.
- It is forbidden to reduce or eliminate the efficiency of protective devices!
- No person other than subordinates or supervisors may be present:
 - in flammable and explosive environments: flammable liquid tanks, gas cylinder tanks, boiler room
 - in an immediate electric shock hazards: transformer houses, switchboards, distributors and similar equipment
 - in hazardous workplaces;
 - at risk of poisoning.
- **Smoking is not allowed in the university buildings! Smoking is only allowed in designated smoking areas!**

The premises of university workplaces must be provided with such wide transport routes as are required for work. The minimum size of roads is 1 meter.

- Do not place furniture or other objects in public areas, corridors,
- It is forbidden to bring narcotic or other intoxicants into the University's facilities!

- It is forbidden to bring alcohol into the institution, except for the permitted events!
- Doors to workplaces should not be locked to provide escape and assistance in case of emergencies.
- After finishing work, the workplace must be inspected for any conditions that could cause a fire, explosion or leaking after leaving.
- The student may only carry out activities at his / her workplace for which he / she has adequate occupational safety knowledge (except for emergency events - accident prevention, rescue, etc.).
- Behavior must be taken in such a way that it does not endanger the health and physical integrity of others or interfere with their work.

The use of electrical equipment

- The use of self-owned heat generating electrical appliances is prohibited at the University due to their uncontrollability and very often doubtful contact protection condition.
- Electrical appliances, wires, connectors, switches, distributors, fuses must be disconnected from the mains in the event of heat, smoke or damage. They may only be repaired by an electrician!
- Do not use a defective, broken devices
- If the insulation of the connecting cable of the appliance is cracked, broken, damaged, do not use it until it has been professionally repaired.
- Do not make cord extensions at home. Using of tapes is considered dangerous.
- Perform even the simplest operations (eg bulb replacement) with the device switched off.

Accident reporting

- The student is obliged to immediately report the slightest injury, malaise, or work accident suffered during the lessons to the supervising instructor and / or the study department / the reception service of the college.
- The person who detects the injury is obliged to report to it to the supervisor immediately, if he / she is not available directly to the safety and health occupational colleagues.
- The supervisor who detects the accident is obliged to take the health care of the injured person first, to ensure that the scene of the accident is preserved until the arrival of the investigators.
- In the University area, first aid designated areas are located at the reception services. There are life-saving device (defibrillator) available at the main gate of the Campus College and Bessenyei Hotel and at the gate of building “A”, which can be used by anyone as needed.

There are first aid personnel at the dispatch center, so if you have any problems, look for the right first aid location and / or qualified first aid personnel.

In the event of an accident, fire or catastrophe, proceed as follows:

1. NEVER PANIC!

- Whatever emergency situation occurs (fire, explosion, building collapse, storm, earthquake, terrorist threat, etc.), the first and most important thing to know so as not to panic!
- Evaluate the situation and try to find out as much as possible about the danger.
- If you know nothing, still act sensibly, consciously and logically!
- Don't let others panic! Call the most important emergency numbers! (104 ambulances, 105 fire departments, 107 police, 112 single emergency number)

2. THE PEOPLE ARE ALWAYS FIRST

- In case of earthquake or building damage, if you can, leave the building, go outdoors, away from the buildings, hanging wires! If that doesn't work, hide under a strong table, bed, or in the doorway. Crouch down and protect your head!
- Even in case of fire, escape to the open is the most expedient (get to know the university buildings, you always know where there are escape routes!). In this case, never use an elevator (the elevator does not work in case of fire)! If the escape route is cut off, stay away from fire, especially smoke! Clogging the doors and openings, if there is water, watering, spraying can help! Protect yourself with at least one damp cloth. - In the event of a hurricane or storm, close the doors and stay away from them! Furniture can protect you!
- In the event of a bomb alert, follow the evacuation instructions in a disciplined and expeditious manner! For your own safety, move away from the building, do not obstruct the work of the reconnaissance forces!

3. FIRST AID MEASURES

- if anybody needs help, act as to never endanger your own safety!
- The purpose of first aid is to maintain the basic life functions of the injured (breathing, blood circulation) until the arrival of specialist help. Very important: Whatever you do can be life-saving! Don't be an outsider! So if there is any problem, look for the right first aid site and professional first aiders. - Remove the injured person from the danger zone as soon as possible and place them in a safe place (eg at a designated collection point).

4. INFORMATION

Do not move anything on the damage site unless your own safety or the rescue of others requires it!

The condition of the damage site is important for subsequent investigations and analysis.

- Keep the official and personal documents found and hand them over to the representatives of the official authorities conducting the investigation for the first time.

In the case of a bomb alert, proceed as follows:

- Immediately after the alarm, everybody must leave the building, leaving the bags behind, and stay at the assembly point until further action.

- No one other than the authorities may be present in the buildings during the inspection!

Students' security education topics

The aim of property protection is to responsibly operate the University and state property, and to promote the protection of personal property.

The management of the institution pays great attention to the protection of property, promoting the protection of state and personal property through the operation of reception services, property protection systems and other measures.

However, the protection of personal property is primarily the responsibility of the owners. The University assumes no financial responsibility for the loss of personal property.

We therefore ask you to be a partner in your own interest in preventing such acts, to know and abide by the following rules.

All students at the institution are required:

- Keep the personal belongings and valuables in a safe place.
- After completing the work training, close the doors and windows and ensure that the power supply is disconnected.
- To observe the discipline of work and management, to preserve the material goods entrusted to them.
- Contribute to the prevention of acts endangering the property.
- Participate in life protection and damage prevention in case of extraordinary events.
- Compensate for the damages caused.

If theft is committed to your detriment, the order of action is as follows:

- Notify the reception immediately.
- If the house key has been stolen in addition to the personal documents, the relatives must be notified.
- If a credit card is lost, it must be blocked immediately.
- In such cases, students have to file a complaint at the Szabolcs - Szatmár - Bereg County Police Headquarters. Making a report is very important because they will receive proof of their missing identity documents.

If you notice an irregularity or danger during teaching, please report it to the teacher.

Alcohol consumption:

- It is forbidden to consume alcohol on the University premises, with the exception of authorized university events.
- If the security service is not complied with, an infringement procedure may be initiated against the students.

Thank you in advance for your cooperation.

Instructions regarding COVID

At the end of 2019, a new strain of coronavirus was identified in China that had not previously been detected as a cause of human disease. The primary source of the current epidemic in China may also be an animal species, but the exact source is not yet known. The new coronavirus is genetically similar to the SARS coronavirus, but currently there is little knowledge about the characteristics and properties of the virus.

The most common symptoms of the disease are fever, fatigue and dry cough. Some patients may experience pain, nasal congestion, runny nose, sore throat, or diarrhea. These symptoms are usually mild and gradual. There are people who do not develop any symptoms and do not feel sick. Most (roughly 80%) recover from the disease without any special treatment. Roughly 1 in every 6 infected develops severe illness and difficulty breathing. Those who already have pre-existing health problems such as high blood pressure, heart problems, or diabetes are more likely to develop these, as well as the elderly.

To date, roughly 2% of infections have been fatal, according to WHO data.

The disease can spread from person to person through tiny droplets from the nose or mouth. These drops are released into the outside world and on the objects and surfaces around the patient by coughing or exhaling from an infected person. People are usually infected by inhaling the drops that an infected person coughs or exhales. It can also infect someone by touching objects or surfaces contaminated with the drops and then touching their eyes, nose, or mouth. For this reason, it is important to stay more than 2 meters away from sick people.

How can we prevent the infection?

It is very important that you keep up to date with the latest, authentic information about the COVID-19 epidemic. These are available on the WHO website, on the website of the National Center for Public Health, and from local public health authorities.

Most people who become infected go through a mild illness and recover in a short time. Take care of your own health and the health of others by the following actions:

1. Wash your hands regularly and thoroughly with soap and water or clean them with an alcoholic hand sanitizer. Why? Hand washing or alcoholic hand disinfection removes any viruses that may be on our hands.

2. Keep at least 2 meters away from anyone who coughs or sneezes. Why? When you cough or sneeze, small droplets of fluid are released into the environment that may contain the virus.

If we are too close, we can inhale the drops and thus the virus.

3. Avoid touching your eyes, nose, and mouth. Why? Our hands come into contact with many surfaces and objects, during which it can become contaminated with the viruses there. Touching the eyes, mouth or nose with contaminated hands can cause the virus to enter our body, meaning it can become infected.

4. Do your best to ensure that you and your environment adhere to proper hygiene standards. This means covering your mouth and nose with your bent elbow or a handkerchief when you cough or sneeze, and then immediately discarding the used handkerchief. Why? The virus is spread by droplet infection. By following the cough and sneezing etiquette, we protect those around us from various viruses, including the new coronavirus.

5. If you feel sick, have a fever, cough, and have difficulty breathing, call your doctor as soon as possible. Tell them the symptoms and that you have been in an area infected with a coronavirus recently. Follow your doctor's instructions. Why? Making a phone call will allow your doctor to refer you to a designated health care facility. This will also protect you and help prevent the spread of viruses and other infections.

PRECAUTIONS TO BE TAKEN

The following precautions should be taken to prevent the spread of a new coronavirus epidemic:

Wash your hands regularly and thoroughly for at least 20 seconds with soap and running water, or clean your hands with an alcoholic hand sanitizer.

- after returning home
- Before and during cooking
- Before meals
- After using the toilet
- after sneezing, coughing, nasal blowing
- Before and after contact with the patient
- after contact with animals or animal feces

Do not touch your eyes, mouth, face only after washing your hand.

Let in fresh air regularly!

- **Routinely clean frequently touched surfaces** in your home (for example: tables, door handles, light switches, handles, desks, toilets, taps, sinks and mobile phones)!
- **Avoid large crowds, enclosed spaces!**

- **Avoid contact with patients** who cough, sneeze, have a fever - be ill for any reason (flu, bacterial infection, other)!
- **When coughing or sneezing, use a tissue** and discard immediately after use. If you do not have the opportunity to do this, do not cough or sneeze into your hands, but into the elbow bend of the bent arm!
- **If you are ill, keep your distance from others!**
 - refrain from close physical contact with others
 - preferably use a separate toilet and washbasin
 - use separate tableware
 - use a separate towel

Thank you in advance for your cooperation.

Nyíregyháza, 5th August, 2021

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