After The Fire

In the early morning hours of January 19, 2000, the lives of thousands or maybe even millions were changed as a result of a great tragedy. On the campus of Seton Hall University in South Orange, New Jersey, while most of the more than 600 freshman slept, an arson fire was started in the 3rd floor lounge of the 6-story freshmen residence hall, Boland Hall. As the fire alarms wailed, most students thought it was just another false fire alarm, like the 30 or more false alarms that sounded the semester before. No one had any idea that there was a real fire, let alone where the fire was or how to get out of harm’s way.

Alvaro Llanos and Shawn Simons, 18 year old roommates at the time, thought it was just another false fire alarm as well. As they took their time getting dressed, they had no idea what was simmering down the hall from their room 3028 on the 3rd floor. An inferno was brewing at temperatures near 1600 degrees and burning down anything in its path: sofas, carpets, ceiling tile. As Shawn and Alvaro opened their room door, a burst of black smoke forced itself into their room, causing them to quickly shut the door. Reverting to childhood education about fire, they got down on their hands and knees, opened the door and were swallowed by the black smoke in the hallway.

We are very pleased and honored to welcome Alvaro and Shawn to SUNY Oswego on Monday, October 6th at 7:00 PM in Marano Center Auditorium-Room 132. They will be sharing their story with our campus community. Their motive is to be advocates for fire safety and prevention so that no other students will have to endure the pain that they suffered. Also, they strive to be the voice of many burn victims across the country who may feel "trapped in their new skin."

Their story is one of survival, perseverance, inspiration, hope, courage and friendship. They inspire to motivate students and professionals that life will give you many obstacles. It’s how you overcome those obstacles by drawing strength, knowledge and motivation from those around you.

With these tools in life’s endeavors they prove that there is life "After the Fire."

This very important event is sponsored by Residence Life and Housing and SAPB and is free of charge. Everyone in our campus community is encouraged to attend!
**FACTS ABOUT COOKING FIRES**

- Cooking is the leading cause of residential building fires and residential building fire injuries.
- Between 2008-2010, cooking accounted for 45 percent of residential building fires responded to by fire departments.
- Ninety-four percent of residential cooking fires are confined fires that result in little or no loss.
- Males face a disproportionate risk of cooking fire injury relative to the amount of cooking they do.
- Young children and older adults face a higher risk of death from cooking fires than do other age groups.
- Young children are at high risk from non-fire cooking-related burns.
- Unattended cooking is the leading factor contributing to cooking fires.
- Many other cooking fires begin because combustibles are too close to cooking heat sources.
- Frying is the cooking method posing the highest risk.
- More than half of the home cooking injuries occur when people try to fight the fire themselves.
- Educational effectiveness may be enhanced by linking burn prevention and fire prevention. Technology may be the best long-term solution to dealing with the cooking fire problem.

---

**FIRE IS FAST! GET OUT!**

- Never ignore a fire alarm. Escape every time. This one may be the real thing and that sound and your quick action may save your life.
- Never tamper with fire alarms or detectors. The early notification they provide may literally mean the difference between your life and death.
- Never waste time looking for anything you want to take with you. You have no time to do anything but escape.
- Never go back in. After you have escaped stay out. There is nothing inside worth dying for. When a fire occurs, time is the biggest enemy. Every second counts!
SMOKE ALARM SAFETY TIPS

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home. When one sounds, they all sound.

- Carbon monoxide alarms are not a substitute for smoke alarms.

- An ionization smoke alarm is generally more responsive to flaming fires, and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, both types of alarms or a combination alarm (photoelectric and ionization) should be installed in homes.

- Test alarms at least monthly by pushing the test button.

- Place smoke alarms on ceilings. Smoke rises: the higher up the alarm is, the sooner it will warn you of smoke. Avoid the space within 12 inches of a wall (if on the ceiling). If wall mounted, the top must be at least 4 inches below the ceiling and the bottom not more than 12 inches below the ceiling.

- Replace batteries in all smoke alarms at least once a year. If an alarm “chirps”, warning the battery is low, replace the battery right away.

- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they are 10 year old or sooner if they do not respond properly.

- Be sure the smoke alarm has the label of a recognized testing laboratory.

- Alarms that are hard-wired (and include battery backup) must be installed by a qualified electrician.

- If cooking fumes or steam sets off nuisance alarms, replace the alarm with an alarm that has a "hush" button. A "hush" button will reduce the alarm’s sensitivity for a short period of time.

- An ionization alarm with a hush button or a photoelectric alarm should be used if the alarm is within 20 feet of a cooking appliance.

- Smoke alarms that include a recordable voice announcement in addition to the usual alarm sound, may be helpful in waking children through the use of a familiar voice.

- Smoke alarms are available for people who are deaf or hard of hearing. These devices use strobe lights. Vibration devices can be added to these alarms

- Smoke alarms are an important part of a home fire escape plan.

- If you have ceilings that are pitched, install the alarm near the ceiling's highest point.

- Don’t install smoke alarms near windows, doors, or ducts where drafts might interfere with their operation.

- Never paint smoke alarms. Paint, stickers, or other decorations could keep the alarms from working.
DON'T TOP OFF YOUR GAS TANK!

While you may be tempted to add a little more gas to your car to round off your dollar sale— even at the risk of overfilling the tank—this is one instance when you shouldn't go with the flow.

Topping off the gas tank isn't just bad for the environment. According to the U.S. Environmental Protection Agency (EPA) it's also detrimental for your wallet. Because the gas nozzle automatically clicks off when your tank is full, topping off can result in your paying for gasoline that is fed back into the station's tanks via the pump's vapor-recovery system, which prevents gas vapors from escaping into the air and contributing to air pollution. In fact, topping off might even foul up the mechanism and cause not only a gas-pump failure, but also a potential air-pollution problem. Plus, evaporation from the spillage of gas from overfilling—which you’ve paid for, by the way—contributes to bad-ozone days, is harmful to breathe, and is a source of toxic pollutants such as benzene.

You also need some wiggle room in your gas tank to allow the gasoline to expand, otherwise the additional gas could evaporate into your car’s vapor-collection system and damage it, leading to a vehicle that runs poorly and has high gas emissions.

Check out the beautiful new building at Rice Creek. It is open M-F 9 am-4:30 pm and on Saturdays 9 am-3 pm. There are FREE programs on most Saturdays, and trails are open during daylight hours. Parking is available by the main building and near the gate on Thompson Road. For more information call 312-6677 or visit http://www.oswego.edu/academics/opportunities/rice_creek_field_station.html

INK AND TONER CARTRIDGE RECYCLING!

Environmental Health & Safety will take your empty ink and toner cartridges for recycling. You may send them to us through Campus Mail addressed to: EH & S, 110 Lee Hall. You may also drop them off to us or call us at 3157 for pick up. Whatever you do...

DO NOT THROW THEM IN THE GARBAGE! Thanks!
FYI: Christine Body has been doing ergonomic assessments since 1996 and is available to do them here on campus. She can be reached at 312-2770 and would be happy to assist you with any questions or issues.

August Word Search

For a chance to win a great prize, complete the Word Search and send it via e-mail to lisa.drake@oswego.edu OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for July was Marnie Troch! Look for: After The Fire, Fire Alarm, Roommates, Inspiration, Courage, Survival, Cooking Fires, Combustibles, Burn Prevention, Escape, Detectors, Smoke Alarms, Ionization, Photoelectric, Fumes, Steam, Strobe Lights, Gas Vapors, Environment.

Martysays: Most dogs enjoy swimming, but some cannot swim, and others may hate the water. Be conscious of your dog's preferences and skills before trying to make him swim!!!

Quit Smoking!!!

Faculty and staff members may contact the New York Smokers' Quitline, 1-866-NYQUITS (1-866-697-8487) or visit www.nysmokefree.com. Oswego Health also sponsors a free online quit-smoking program with support from certified cessation counselors; call 349-5513 to register.