The 4th of July is Picnic Time…

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your grilled food reaches the table safely.

**Marinate safely.** Marinate foods in the refrigerator - never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.

**Cook immediately after "partial cooking."** If you partially cook food to reduce grilling time, do so immediately before the food goes on the hot grill.

**Cook food thoroughly.** When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly.

**Keep "ready" food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.

**Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

Serving Picnic Food: Keep it COLD / HOT

Keeping food at proper temperatures - indoor and out - is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the "Danger Zone" - between 40° and 140° F - for more than 2 hours, or 1 hour if outdoor temperatures are above 90° F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

**COLD FOOD**

Cold perishable food should be kept in the cooler at 40° F or below until serving time.

Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90° F. If it does - discard it.

Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

**HOT FOOD**

Hot food should be kept hot, at or above 140° F.

Wrap it well and place it in an insulated container until serving.

Just as with cold food - these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90° F. If food is left out longer, throw it away to be safe.
Gas Grill Safety Tips

Liquid petroleum (LP) gas or propane, used in gas grills, is extremely flammable. Each year more than 500 fires occur when people use gas grills and about 20 people are injured as a result of gas grill fires and explosions. Many of these fires and explosions occur when consumers first use a grill that has been left idle for a period of time or just after refilling and reattaching the grill’s gas container. To reduce these risks, consumers should:

- Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease. Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.
- Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.
- Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If you can’t move the hoses, install a heat shield to protect them.
- Replace scratched or nicked connectors, which can eventually leak gas.
- If you detect a gas leak, immediately turn off the gas at the tank and don’t attempt to light the grill until the leak is fixed.
- Keep lighted cigarettes, matches, or open flames away from a leaking grill.
- Never use a grill indoors. Use the grill at least 10 feet away from any building. Do not use the grill in a garage, carport, porch, or under a surface that can catch fire.
- When lighting the grill, keep the top open. If the grill does not light in first several attempts, wait 5 minutes to allow gas to dissipate.
- Never attempt to repair the tank valve or the appliance yourself. See an LP gas dealer or a qualified appliance repair person.
- Consumers should use caution when storing LP gas containers. Always keep containers upright. Never store a spare gas container under or near the grill. Never store a full container indoors. Never store or use flammable liquids, like gasoline, near the grill.
- To avoid incidents while transporting LP gas containers, consumers should transport the container in a secure, upright position. Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, causing the relief valve to open and allowing gas to escape.

Charcoal Grill Safety Tips

Each year, there are about 20 deaths from carbon monoxide (CO) poisoning and more than 300 emergency room treated injuries from CO poisoning resulting from charcoal grills. Charcoal produces CO when burned. CO is a colorless, odorless gas that can accumulate to toxic levels in closed environments. To reduce these CO poisonings, CPSC is offering the following safety tips:

- Never burn charcoal inside of homes, vehicles, tents, or campers.
- Charcoal should never be used indoors, even if ventilation is provided.
- Since charcoal produces CO until the charcoal is completely extinguished, do not store the grill indoors with freshly used coals.
Lawnmower Safety

Maintain Your Lawnmower

• Keep lawn mowers in good working order. When using a lawn mower for the first time in a season, have it serviced to ensure that it is working correctly.
• Be sure the motor is off before inspecting or repairing lawn mower equipment.
• Use a stick or broom handle (not your hands or feet) to remove debris in lawnmowers.

Operate Your Lawnmower Properly

• Read the instruction manual before using a lawnmower.
• Do not remove safety devices, shields, or guards on switches.
• Add fuel before starting the engine, not when it is running or hot.
• Do not leave a lawn mower unattended when it is running. If you must walk away from the machine, shut off the engine.
• Stay away from the engine cowling, as it can become very hot and burn unprotected flesh.

Use Caution

• Wear protective gloves, goggles, sturdy shoes, and long pants when you use lawn mowers. Never mow barefoot, or in sandals or flip flops.
• Do not drink alcoholic beverages before operating a lawn mower.
• Hands and feet should never be used to touch the lawn mower blade under any circumstances, even if the engine is off. If there is debris obstructing the blade, once you clear it, the blade can quickly swing around and cause serious injury.

Keep Children Safe

• Teach children to stay away from all running lawn mowers.
• Children should not be allowed to play in or near where a lawn mower is being used.
• Never allow a child or another passenger to ride on a mower, even with parents. Doctors commonly see children with severe injuries to their feet caused by riding on the back of a rider mower with a parent or grandparent.
• Children should be at least 12 years of age before operating a push lawn mower, and age 16 to operate a riding lawn mower.

Consider the Terrain

• Remove stones, toys and other objects from the lawn before you start mowing.
• Use caution when mowing hills and slopes. Mow across slopes with a push mower to avoid pulling the mower over your feet if you happen to slip. Mow up and down slopes with a riding mower to prevent the mower from tipping over. Do not cut wet grass.
Weedeater Safety

According to the National Safety Center, accidents are seven times more likely to happen at home than at the workplace. Gas and electric-powered tool and lawn equipment provide the catalyst for many injuries to users, as well as bystanders. A weedeater is one such power tool that possesses many hazards often overlooked, or unknown, by the user. Applying a few basic safety precautions will eliminate these hazardous, and result in a safe lawn-growing season.

Pre-use Weedeater Safety Checks

Weedeater safety begins even before the tool is used. A thorough pre-use inspection to identify loose or damaged safety guards or moving parts will help to reduce the potential for accidents. Make sure the trimmer head is on tight, as well as the head guard. The handle and strap adjustments should be properly adjusted to accommodate the specific user comfortably. Fill the weedeater with fuel and wipe up spills before starting it.

Personal Protection

Adequate protective equipment and clothing will protect the user from most hazards associated with using a weedeater. Safety glasses or face shields protect the eyes and face against debris kicked up during use. Earplugs or earphones, when consistently worn, will reduce the chances of long-term hearing loss. In addition, fully enclosed shoes and long pant legs are necessary to reduce the potential for injury by hurled debris.

User Safety

Always be aware of the immediate surroundings while using a weedeater. Trimming around obstacles such as stone edging, walking paths, and fences, can easily cause debris to break off and deflect back at very high velocities. Moreover, maintaining a firm footing at all times will reduce the chances of slips and falls. While trimming on steep inclines, position the trimmer in such a way that if a slip or a fall occurs, the weedeater does not pose a hazard.

Bystander Safety

Never use a weedeater in close proximity to pets or other people. Flying debris kicked up and propelled by the weedeater can cause serious injuries to unsuspecting bystanders. In addition, a child or playful pet is likely to run into the weedeater’s path with no warning.

Service and Maintenance

Even when not actually using the weedeater, service or maintenance performed before hand, or immediately after, has the potential to cause an accident. Service and maintenance practices to avoid include: Incorrectly installing the line spooler - can come loose while trimming, and become a dangerous projectile. Guards and shields left off of the tool after service -- creates a hazardous condition by exposing the trimmer head. Filling with gas while the motor is hot -- becomes a potential ignition source and fire hazard.
FIREWORKS...The best way to protect your family is not to use fireworks at home - period! The U.S. Fire Administration recommends attending public fireworks displays and leaving the lighting to the professionals.

**Summer Fire Alarm System Preventive Maintenance**

Annual fire alarm system inspection and testing is being performed again this summer by Davis-Ulmer. Testing will begin in residence halls and continue in academic buildings.

Before each building is tested by Davis-Ulmer, our Electrical Safety department will be cleaning, and-if necessary repairing or replacing-detectors, horns, and strobes. The Electrical Safety staff will be assisted by Custodial staff and summer student workers. This cleaning is an important part of our fire alarm system preventive maintenance. There will be no audible alarm testing during the cleaning, but there may be some noise from the use of an air compressor during the process. Every effort will be taken to make the process as non-invasive to staff as possible.

After the cleaning of a building is complete, Davis-Ulmer technicians will inspect and test its fire alarm system. The initial testing will be silent and should not cause any issues for building occupants. When the silent testing is completed, audible alarm testing will need to be performed. Before any audible testing is performed, all occupants will be notified and the building will be posted.

Again, every effort will be made to make this very important process as easy on everyone as possible.

As at any other time if a fire alarm should sound, **PLEASE treat it as a true emergency!**
July 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 June was Colleen Barton! Look for: Picnic, Marinate, Grilling, Foodborne Bacteria, Gas Grill, Flammable, Liquid Petroleum, Propane, Carbon Monoxide, Lawnmower, Debris, Weedeater, Obstacles, Trimmer, Maintenance, and Fireworks.

Need Help to Quit Smoking?
Oswego Health offers two smoking cessation classes:
First Wednesday of Each Month at The Manor at Seneca Hill 6:30 to 9:30 PM
Second Monday of Each Month at Oswego Hospital 2-4 PM
Smoking Cessation Support Group second Monday of each month 6-7:30 PM at Oswego Hospital.

Marty’s Tip: Fireworks are no fun for pets, so please resist the urge to take them to Independence Day festivities. Instead, keep your dog safe from the noise and stress in a quiet, sheltered, and escape-proof area at home.

Ergonomic Assessments
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.