Summer Fire Alarm System Preventive Maintenance

Annual fire alarm system inspection and testing will be 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 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!
Distracted Driving

Each day in the United States, more than 9 people are killed and more than 1,060 people are injured in crashes that are reported to involve a distracted driver. Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.

There are three main types of distraction:

**Visual:** taking your eyes off the road;

**Manual:** taking your hands off the wheel; and

**Cognitive:** taking your mind off what you are doing.

Distracted driving activities include things like using a cell phone, texting, and eating. Using in-vehicle technologies (such as navigation systems) can also be sources of distraction. While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction.

How big is the problem?

In 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010. An additional, 387,000 people were injured in motor vehicle crashes involving a distracted driver in 2011, compared to 416,000 people injured in 2010.

In 2010, nearly one in five crashes (18%) in which someone was injured involved distracted driving.

In June 2011, more than 196 billion text messages were sent or received in the US, up nearly 50% from June 2009.

A CDC study analyzed 2011 data on distracted driving, including talking, texting, and reading email behind the wheel. The researchers compared the prevalence of talking on a cell phone or texting while driving in the United States and seven European countries: Belgium, France, Germany, the Netherlands, Portugal, Spain, and the United Kingdom. Key findings included the following:

**Cell phone use while driving**

69% of drivers in the United States ages 18-64 reported that they had talked on their cell phone while driving within the 30 days before they were surveyed.

In Europe, this percentage ranged from 21% in the United Kingdom to 59% in Portugal.

**Texting or emailing while driving**

31% of U.S. drivers ages 18-64 reported that they had read or sent text messages or email messages while driving at least once within the 30 days before they were surveyed.

In Europe, this percentage ranged from 15% in Spain to 31% in Portugal.

What are the risk factors?

Some activities—such as texting—take the driver’s attention away from driving more frequently and for longer periods than other distractions.

Younger, inexperienced drivers under the age of 20 may be at increased risk; they have the highest proportion of distraction-related fatal crashes.

What is being done?

Many states are enacting laws—such as banning texting while driving, or using graduated driver licensing systems for teen drivers—to help raise awareness about the dangers of distracted driving and to keep it from occurring. However, the effectiveness of cell phone and texting laws on decreasing distracted driving-related crashes requires further study.

On September 30, 2009, President Obama issued an executive order prohibiting federal employees from texting while driving on government business or with government equipment.

On October 27, 2010, the Federal Motor Carrier Safety Administration enacted a ban that prohibits commercial vehicle drivers from texting while driving.
Safety Suggestions for Summer Work

Outdoor jobs expose workers to heat stress and ultraviolet (UV) radiation, poisonous plants and creatures, and pest-borne diseases. Appropriate training and adequate protection can go a long way toward keeping workers safe outside.

Each change of season brings its own challenges for outdoor workers. Here are seven suggestions to help you stay a bit safer as you work.

- **Schedule your workload.** While you can't always choose your hours or work locations, you may be able to plan your workload to avoid overheating. Schedule your heaviest work for the coolest parts of the day. In the summer, sunlight exposure is greatest between 10 am and 4 pm. Take your breaks during those hours, and when you do, find someplace cool and shady to rest. Try to move throughout the day to work in shaded areas and avoid the direct sun whenever possible.

- **Get into summer fashion.** Wide-brim hats, sun glasses with side panels, and pants tucked into socks may not get you on the fashion runway, but they can prevent any number of burns, stings, and bites. Full-length pants and long-sleeved shirts reduce bites from mosquitoes and ticks and minimize skin contact with poisonous plants. Hats and sunglasses protect your skin and eyes from the sun’s UV radiation. If you have a history of skin cancer, you may want to wear dark clothing with a tight weave, which blocks UV rays more effectively than light-colored, loosely woven clothing. However, if pests are more of a concern, wear light colors and tuck your pant legs into your socks to avoid unpleasant up-the-leg visitors. To stay cooler in the heat, again wear light-colored clothing that is loose-fitting and made from a breathable material such as cotton.

- **Know your plants.** Poison oak, ivy, and sumac are found throughout the United States. The sap oil from these plants can cause painful allergic reactions. Learn to identify local varieties of poison ivy, poison oak, and poison sumac so that you can avoid them as you work outside. Wear long sleeves, long pants, boots, and gloves to shield your skin from contact. Also, you may consider using a barrier skin cream, such as a lotion containing bentoquatum, which can offer some protection before contact. Do not burn plants that may be poison ivy, poison oak, or poison sumac. Inhaling smoke from these burning plants can cause life-threatening allergic reactions within your lungs.

- **Drink enough of the right things.** When it’s hot, you have to be careful to drink enough. Hard work and high temperatures lead to quick dehydration. Drink before you get thirsty. If you are thirsty, you are already beginning to dehydrate. Avoid drinks with caffeine, alcohol, and large amounts of sugar. Water is still the best thirst quencher, but if you are sweating a lot then drink a sports beverage to help replenish your electrolytes and prevent heat cramps.

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• **Slather yourself in sunscreen.** The sun emits three types of ultraviolet radiation, conveniently named A, B, and C. UVC is not generally a concern. A good sunscreen will block UVA and UVB. Wear sunscreen with a minimum of SPF 15. SPF refers to the amount of time you will be protected from a burn. An SPF of 15 will allow a person to stay out in the sun 15 times longer than they normally would be able to stay without burning. The SPF rating applies to skin reddening and protection against UVB exposure. It does not indicate any level of protection against UVA. A good broad spectrum sunscreen will contain additional ingredients to block UVA, such as Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone.

**Sunscreen performance is affected by wind, humidity, perspiration, and proper application. It should be reapplied at least every two hours. Some sunscreens lose their efficiency when used with insect repellent. Also, their potency diminishes over time, so throw away bottles of sunscreen that are more than 2 years old.**

• **Respect the creepy crawlies.** Tall grass, leaf litter, rocks, wood piles, and bushes are favorite hiding places for spiders, ticks, and snakes. Where possible and practical, stay clear of these areas. Wear gloves when handling brush or debris. Wear boots, pants, and long sleeves when working in tall grass or underbrush. Cut grass and remove dried leaves from around the worksite to reduce tick populations. Be cautious near piles of undisturbed materials where snakes or spiders may be. Store unused apparel and equipment in tightly closed plastic bags. An additional spider caution: they are often found living in outdoor toilets where flies are abundant.

• **Watch out for your coworkers.** Monitor your own physical condition, but also keep an eye on your coworkers. Learn the symptoms of heat-related illness, and watch for them in yourself and others. Be aware that protective clothing or personal protective equipment may increase the risk of heat stress. Also, brush up on your first aid so you can help a coworker who may need immediate help if suffering from heat stroke. You and your coworkers can also help each other by inspecting for hard-to-spot creatures. Ticks, in particular, can be difficult to see, especially on your own body. Help each other inspect skin, hair, and clothes for unwanted passengers.

During thunderstorms no place outside is safe. If you can hear thunder, lightning is close enough to strike. Stop what you are doing and seek safety in a substantial building or a hard-topped metal vehicle. Know what objects and equipment to avoid during a thunderstorm.

- Stay off and away from anything tall or high, including rooftops, scaffolding, utility poles and ladders.
- Stay off and away from large equipment such as bulldozers, cranes, backhoes, track loaders and tractors.
- Do not touch materials or surfaces that can conduct electricity, including metal scaffolding, metal equipment, utility lines, water, water pipes and plumbing.

Leave areas with explosives or munitions. **If a co-worker is struck by lightning.** Lightning victims do not carry an electrical charge, are safe to touch, and need urgent medical attention. Cardiac arrest is the immediate cause of death for those who die. Some deaths can be prevented if the victim receives the proper first aid immediately. Call 9-1-1 and perform CPR if the person is unresponsive or not breathing.
June 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 May was Kathleen Aylward. Here’s what to look for: Preventive Maintenance, Electrical Safety, Fire Alarm System, Distracted Driving, Visual, Manual, Cognitive, Texting, Ultraviolet Radiation, Exposure, Poison Ivy, Dehydration, Sunscreen, Spiders, Heat Related Illness.

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Marty’s Tip: If your dog is outside on a hot day, make sure he has a shady spot to rest in. Doghouses are not good shelter during the summer as they can trap heat. You may want to fill a child’s wading pool with fresh water for your dog to cool off in. Always provide plenty of cool, fresh water.

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.

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.