OFPC Inspection Coming This Month!

The Office of Fire Prevention and Control (OFPC) will be conducting SUNY Oswego’s Annual Campus Inspection starting Monday, March 18th, 2013. Every structure on campus will be inspected to identify fire safety issues such as excessive clutter and improper use of extension cords. Please have your office area/work area/student room maintained in a fire safe condition and clear of debris. The following standards should be followed:

Ceilings

- There must be a 24 inch clearance from ANY ceiling, INCLUDING storage on top shelves.

Electrical Extension Cords

- Only UL approved extension cords are allowed.
- No daisy chaining of extension cords.
- Appliances must be plugged directly into the wall outlets.

Blocked Exits

- Ensure that exits are clear of obstructions and that combustible materials such as cardboard are not accumulating near doors.

Residence Hall Room Door Coverings

- Allowed coverage is 2 square feet.
- Cannot cover the Security Eye Port or the Room Number.
- No decorative electric lights allowed to transfer through a residence hall room door into the exit hallway/corridor.
- No tapestries/wall coverings allowed in dorm rooms. Curtains are OK.

If you have any questions, please call SUNY Oswego Fire Marshal, Tim Ganey, at 3156!
Check Your Lamps—Don’t Exceed The Maximum Wattage!

It only takes one improperly installed lamp in your light fixture to cause a fire. All too often we disregard the manufacturer's instructions and install lamps in our fixtures that exceed the maximum rated wattage. While this practice might be convenient, it is most certainly a recipe for disaster. OFPC fire and life safety inspections have indicated that this is occurring quite frequently on campuses across the state in student residence halls and business offices.

When the maximum wattage is exceeded the excessive heat generated can easily melt the shade or degrade the wiring. If this condition goes undetected a fire can result. When replacing a lamp in your fixture it is important to locate the label or consult the instruction manual to prevent this from occurring. CFL's have become a popular choice for replacing the incandescent lamp but do have some limitations. Please check the rating of the CFL to be sure it is compatible with your light fixture.

What’s the Number One Cause of Fires on Campus??? Cooking!

Cooking related fires are more frequent on campus than those caused by any other source. Yet they can be easily prevented. Several straightforward and easily implemented steps can be taken by individuals to prevent cooking-related fires and protect themselves from injury should a cooking fire occur.

Care should be taken when cooking with oil, butter, or other greasy foods that are highly flammable and can easily splatter or spill from pots and pans. Do not attempt to extinguish grease-based fires with water as it reacts violently when poured on hot grease or oil. Small grease fires can be extinguished by placing a cover on the pan or using a fire extinguisher.

Inattention is the leading cause of kitchen fires. Never leave your cooking unattended, whether it be to leave the room, answer the phone, or chat with others. In addition, always remember to turn your burner off when the food is done.

TO SURVIVE A FIRE!!!

Never ignore a fire alarm. Escape every time. This one may be the real thing! 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.
Smoke and Fire Doors

Smoke doors and fire doors create a seal that provides protection from the deadly effects of smoke and flames during a fire. Smoke doors block smoke and other combustible products, while fire doors stop flames by compartmentalizing. Many public buildings and apartment complexes have fire or smoke doors for protection in an emergency.

Identification

Fire doors and smoke doors are easily identified, as they are required to be clearly marked with signage. Signs will let you know the purpose of the door and how it will protect you during an emergency. You can also identify the door based on the material used to make it. Smoke doors are generally made from wood, steel, or aluminum. Many have glass that meets specific standards. Fire doors are made from steel, and although they can contain specially manufactured glass, they are generally solid.

Protection

Fire doors are designed to protect you from flames, compartmentalizing fire for between 30 and 120 minutes. Special fire-resistant seals sit between the door and the door frame, eliminating gaps that would allow the passage of flames. Although some have automatic closing devices, most fire doors remain closed so they work properly in an emergency. Most fire doors also protect from the harmful effects of smoke.

Smoke doors contain special smoke seals that block smoke in the event of a fire, however they are not designed to protect from flames. Smoke doors operate just like a normal door, although many have special closing mechanisms.

Fire and Smoke Doors Can’t Protect You If They Are Held Open or Do Not Close Properly!

All the protection smoke and fire doors have to offer in time of fire is useless if the doors are not closed. Designed to contain smoke and fire-sometimes automatically-these doors help provide occupants time to escape. On average, more than 5000 violations related to obstructed, damaged, or compromised fire doors are identified on college campuses in New York State each year.
Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?
Before, during, and after preparing food
Before eating food
Before and after caring for someone who is sick
Before and after treating a cut or wound
After using the toilet
After changing diapers or cleaning up a child who has used the toilet
After blowing your nose, coughing, or sneezing
After touching an animal or animal waste
After handling pet food or pet treats
After touching garbage

What is the right way to wash your hands?
Wet your hands with clean, running water (warm or cold) and apply soap.
Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
Rinse your hands well under running water.
Dry your hands using a clean towel or air dry them.

What if I don't have soap and running water?
Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.
Hand sanitizers are not as effective when hands are visibly dirty.

How do you use hand sanitizers?
Apply the product to the palm of one hand.
Rub your hands together.
Rub the product over all surfaces of your hands and fingers until your hands are dry.

Smoking Policy
The Clean Air Steering Committee started meeting in October 2011 for the purpose of reviewing our current smoking policy and making recommendations to the President’s Council regarding modifications. We have specifically been exploring the possibility of recommending that SUNY Oswego become a tobacco-free campus. While this would be good news for some, it would certainly be tough on those among our staff, faculty, students, and visitors who are smokers. The policy would prohibit tobacco use of any kind ANYWHERE on campus including grounds, parking lots, and vehicles—both state and personal.
March 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 February was Selena Miller. Congratulations, Selena! Here’s what to search for: Annual Campus Inspection, Extension Cords, Obstructions, Door Coverings, Blocked Exits, Maximum Wattage, Cooking, Fire Alarm, Escape, Smoke Door, Fire Door, Emergency.

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 March Tip: Does your dog spend a lot of time engaged in outdoor activities? Increase his supply of food, particularly protein, to keep him, and his fur, in tip-top shape.

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.