THANKSGIVING SAFETY

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

Safety tips

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit a candle.
- Make sure your smoke alarms are working. Test them by pushing the test button!!!

Bacteria present on raw poultry can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your hands, utensils, and work surfaces before they touch other foods.

For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in foodborne illness.

Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 40 and 140°F — the temperature range where foodborne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing can begin to grow again, if it is in the "danger zone." There are three safe ways to thaw food: in the refrigerator, in cold water, and in a microwave oven.

DAYLIGHT SAVING TIME ENDS ON SUNDAY, NOVEMBER 3RD AT 2:00AM. DON'T FORGET TO SET YOUR CLOCKS AND WATCHES BACK ONE HOUR!!!
TURKEY FRYER HAZARDS

- Many units easily tip over, spilling the hot oil from the cooking pot.
- If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner or flames, causing a fire to engulf the entire unit.
- Partially frozen turkeys placed into the fryer can cause a spillover effect. This too may result in an extensive fire.
- With no thermostat controls, the units also have the potential to overheat the oil to the point of combustion.
- The lid and handles on the sides of the cooking pot get dangerously hot, posing severe burn hazards.

IMPORTANT SAFETY INFORMATION

IF YOU ABSOLUTELY MUST USE A TURKEY FRYER, PLEASE USE THE FOLLOWING TIPS!

- Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.
- Never use turkey fryers in a garage or on a wooden deck.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.
- The National Turkey Federation (NTF) recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.
- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher. If the fire increases, immediately call the fire department for help.
Space Heater Safety Tips

- Keep all space heaters at least 3 feet away from household combustibles.
- Use space heaters only as a supplementary source of heat. These devices are not intended to replace the home's heating system.
- Do not use extension cords with space heaters unless absolutely necessary.
- Inspect the heater's cord periodically to look for frayed wire or damaged insulation. Do not use a space heater with a damaged cord.
- Check periodically for a secure plug/outlet fit. If the plug becomes very hot, the outlet may need to be replaced by a qualified technician. This could be the sign of a potential home wiring issue.
- Heaters should be placed on a flat, level surface. Do not place heaters on furniture since they may fall and become damaged or break parts in the heater.
- Unless the heater is designed for use outdoors or in bathrooms, do not use in damp, wet areas.
- Look for the UL Mark on your electric heater. This means representative samples of the appliance have met UL’s stringent safety standards.
- If you have a liquid-fueled space heater, use only the fuel recommended by the manufacturer. The wrong fuel could burn hotter than the equipment was designed for and cause a serious fire.
- When refueling, turn off the heater and let it cool down completely before adding fuel. Wipe away any spills promptly.
- Before you buy a kerosene heater, check with your local fire department to ensure that it is legal.

Suny Oswego's Fundraising for the 2013-2014 State Employees Federated Appeal (SEFA)/United Way Campaign is underway, and SEFA packets will be distributed soon. Please participate in our SEFA events - Baskets of Caring on November 21st and 22nd and Skate with the Lakers on December 9th. Please also consider making a donation to a not-for-profit charitable agency of your choice. One again, our campaign theme is It's Our Community, and It's Personal. There are over 2400 agencies listed in the SEFA brochure, include MANY local agencies. YOU can choose where YOUR donation goes! Every donation, including $1 or $2 per pay period, helps tremendously. For additional information about our SEFA campaign please go to http://www.oswego.edu/sefa. Your participation makes a big difference to the programs, families and individuals served by SEFA/United Way especially in our continually difficult economic climate. Please take the time to fill out your pledge forms and return them to your building representatives, or to JoAnne Howard at 121 Campus Center, at your earliest possible convenience.
Before the Snow Flies...

Ready or not, winter is coming. Don’t wait until the snow is falling to get ready for the cold weather!

- Clean and put away your lawn mower after running it until the gas tank is empty. If you leave gas in the tank, add a stabilizer to the last gallon you put in.

- Clean your gutters. Debris can freeze and damage the gutters and can also force freezing water up under shingles and damage your roof.

- Check your snow blower and generator and make sure they’re in working now...not during a blizzard!

- Disconnect hoses and turn off exterior faucets. Water left in outdoor hoses or pipes can cause them to freeze and burst.

- Get a furnace tune-up now. Wouldn’t it be REALLY annoying to have your furnace decide to go out on a cold, windy, snowy night? Also, have the inspector check your furnace for carbon monoxide.

- Caulk windows and doors. Look for gaps around your windows that are bigger than the width of a nickel and reapply exterior caulk to them. Add weather stripping around doors as needed.

- Clean your chimney. Money spent on cleaning the inside of your chimney is well worth it! Creosote build-up is flammable and can cause a chimney fire.

- Inspect your roof. Missing and damaged shingles should be repaired or replaced.

- Think about purchasing a programmable thermostat. The average cost is $50 to $100. According to Energy Star, you will save $180 a year on heating bills IF you set the thermostat to not higher than 70 degrees when you’re home and no more than 62 degrees when you’re out or asleep.
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, animal feed, or animal waste
- 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.

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 may not be as effective when hands are visibly dirty!

How should you use hand sanitizer?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Avoid the Flu!

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.

Our 2013 SEFA Baskets of Caring fundraiser will take place Thursday Nov. 21st and Friday November 22nd on the Campus Center Concourse from 10am-3pm. Head over and take chances to win one of the great baskets that buildings, floors or other groups get together to assemble. SEFA volunteers sell chances on the baskets, but everyone wins because the fundraiser helps many local United Way agencies!
November 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 October is Colleen Barton! Congratulations on your retirement Colleen!!! Look for: Baskets of Caring, Smoke Alarm, Generator, Thanksgiving Safety, Turkey, Hygiene, Turkey Fryer, Space Heater, Electric, Bacteria, Snow Blower, Freeze, Burns, Furnace, Thermostat, Creosote.

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Marty Says: “November is National Adopt a Senior Pet Month
There are so many beautiful older dogs and cats in shelters just waiting for a new home. We're grey in the face and full of love and eager to please (and much easier than puppies!). If you're thinking about bringing a pet into your home, please consider adopting a senior. Check out Petfinder.com”

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.

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.