THANKSGIVING DAY FIRES

Fast Facts
• Cooking is the leading cause of home fires on Thanksgiving Day.***
• Cooking fires nearly double on Thanksgiving Day, occurring more than twice as often than on another day.***
• Cooking fires are the number one cause of home fires and home fire injuries.***
• Thanksgiving Day home fires cause more property damage and claim more lives than home fires on other days.**
• Eighty percent of Americans don’t realize that home fires are the single most common disaster across the nation.*
• The number of home fires the American Red Cross has responded to has risen 10% since 2000.*
• Every two and a half hours someone is killed in a home fire. In a typical year, 20,000 people are injured in home fires.**
• Having a working smoke alarm reduces one’s chances of dying in a fire by nearly half.**

Preparedness Tips
• Stay in the kitchen when you are frying, grilling, or broiling food. If you must leave the kitchen for even a short period of time, turn off the stove.
• If you are simmering, baking, boiling, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that the stove or oven is on.
• Avoid wearing loose clothing or dangling sleeves while cooking.
• Keep kids away from cooking areas by enforcing a "kid-free zone" of three feet around the stove.
• Keep anything that can catch on fire—pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, and towels or curtains—away from your stove top and oven or any other appliance in the kitchen that generates heat.
• If you must use a turkey fryer, make sure it is outdoors and in an open area away from all walls, fences or other structures that could catch on fire and away from moisture that can cause serious burns from steam or splattering hot oil. Always follow the manufacturer’s instructions.
• Smoke alarms save lives. Install a smoke alarm near your kitchen and use the test button to check it each month. Replace all batteries at least once a year.
• After your Thanksgiving guests leave, ask a family member to perform a home safety check to ensure that all candles and smoking materials are extinguished.

Visit www.redcross.org/homefires for more information on how to be fire safe on Thanksgiving Day.

Sources: American Red Cross,* U.S. Fire Administration,** and the National Fire Protection Association.***
SPACE HEATER SAFETY

CPSC (Consumer Product Safety Commission) estimates that from 2008 to 2010, portable electric heaters were involved in approximately 1,200 fires per year.

THE PROBLEM
Portable electric heaters are high-wattage appliances that have the potential to ignite nearby combustible materials like curtains, beds, sofas, paper, clothing, and flammable liquids. If ignition results from a heater left on and unattended, a major fire could result.

SAFETY TIPS
CPSC recommends the following for the safe use of electric heaters:

- Never operate a heater you suspect is damaged. Before use, inspect the heater, cord, and plug for damage. Follow all operation and maintenance instructions.
- Visit www.cpsc.gov or www.SaferProducts.gov to see if your electric heater has been recalled.
- Never leave the heater operating while unattended, or while you are sleeping.
- Keep combustible material such as beds, sofas, curtains, papers, and clothes at least 3 feet from the front, sides, and rear of the heater.
- Be sure the heater plug fits tightly into the wall outlet. If not, do not use the outlet to power the heater.
- During use, check frequently to determine if the heater plug or cord, wall outlet, or faceplate is HOT! If the plug, outlet, or faceplate is hot, discontinue use of the heater, and have a qualified electrician check and/or replace the plug or faulty wall outlet(s). If the cord is hot, disconnect the heater, and have it inspected/repaiRED by an authorized repair person.
- Never power the heater with an extension cord or power strip.
- Insure that the heater is placed on a stable, level surface, and located where it will not be knocked over.
- When purchasing a heater, ask the salesperson whether the heater has been safety-certified. A certified heater will have a safety certification mark. See the following web site (OSHA) for a list of accepted certification marks: http://63.234.227.130/dts/otpca/nrtl/nrtlmrk.html.
- Never run the heater’s cord under rugs or carpeting. This can damage the cord, causing it and nearby objects to burn.
- To prevent electrical shocks and electrocutions, always keep electric heaters away from water, and NEVER touch an electric heater if you are wet.
- SPREAD THE NEWS! Inform family, friends, and coworkers of the ways to use an electric heater more safely.
You Can Prevent Carbon Monoxide Exposure

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

Do have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

Do install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.

Do seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.

Don't use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.

Don't run a car or truck inside a garage attached to your house, even if you leave the door open.

Don't burn anything in a stove or fireplace that isn't vented.

Don't heat your house with a gas oven.

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 house. 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. What ever you do...

DO NOT THROW THEM IN THE GARBAGE! Thanks!
LIFTING

Most of you have heard the general rules of safe lifting. Remember to “Get a firm grip on the load, keep it close, bend at the knees, use your legs to lift the load, and keep your spine in the natural position (with an arch in your lower back).” These principles always apply and should be incorporated into every lift—if possible! Given the enormous number of “risky” lifting situations that you are faced with at your place of work, you may not be able to apply these principles every time. This is why you must always remember to LIFT IT TWICE! What?!

The act of lifting is the same as any other movement that you can learn to do better with practice. As you know, the more you practice a skill the better you become at doing it. But preparing to master a skill normally involves mental as well as physical training. Consider bowling, golf, skiing or sharp-shooting. You think carefully about the movements you’re going to make before you do them. This is the only way to get them right—at least until they become second nature. Similarly, lifting TWICE means applying the principal of planning your movements prior to performing the lift:

Your first lift is a mental lift. Think about the lift prior to actually doing it:

- How am I going to lift the item? Can I do it myself or should I get some help?
- How heavy is the item? Do I need to use mechanical assistance?
- Where am I taking the item being lifted? Is the area clear where I need to set it down?
- Is it a difficult path or a distance to go?
- What hazards may hamper the lift or obstruct the travel path?
- Eliminate those hazards before you lift the item. In other words, Plan the Lift First!
- The second lift is the actual physical lift. Here is where you carry out your plan.
- Use proper body mechanics and techniques while going through the motions. Bend those knees!
- Most important: Keep the load as close to your body as possible and don’t twist.

Next time someone tells you to lift twice remember...

Two lifts are better than One ...
when it comes to reducing the risk of a strain on your back!
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.

MARTY’S TIP: Yes, dogs love turkey and all the good stuff that goes with Thanksgiving dinner!!! But—no matter how much we beg—please don’t let us get “stuffed” on people food. Be especially careful about keeping us away from turkey bones...they are bad news! Happy Thanksgiving!

QUIT SMOKING!!!

Faculty and staff members may contact the New York Smokers' Quitline, 1-866-NYQUIT (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.

November Word Search

For a chance to win a great prize (more like an OK prize, but—hey, it’s a 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 was Shannon Chilson! Look for: Happy Thanksgiving, Cooking Fires, Smoke Alarm, Kid Free Zone, Space Heater Safety, Combustible, Electric, Safety Certified, Carbon Monoxide, Furnace, Generator, Gasoline, Battery, Lift It Twice, Mental, Hazards.

MARTY’S TIP: YES, DOGS LOVE TURKEY AND ALL THE GOOD STUFF THAT GOES WITH THANKSGIVING DINNER!!! BUT—NO MATTER HOW MUCH WE BEG—PLEASE DON’'T LET US GET “STUFFED” ON PEOPLE FOOD. BE ESPECIALLY CAREFUL ABOUT KEEPING US AWAY FROM TURKEY BONES...THEY ARE BAD NEWS! HAPPY THANKSGIVING!