Cooking Fire Stats

- U.S. Fire Departments responded to an estimated annual average of 156,600 cooking-related fires between 2007-2011, resulting in 400 civilian deaths, 5,080 civilian injuries and $853 million in direct damage.
- Two of every five home fires start in the kitchen.
- Unattended cooking was a factor in 34% of reported home cooking fires.
- Two-thirds of home cooking fires started with ignition of food or other cooking materials.
- Ranges accounted for the 58% of home cooking fire incidents. Ovens accounted for 16%.
- Children under five face a higher risk of non-fire burns associated with cooking than being burned in a cooking fire.
- Microwave ovens are one of the leading home products associated with scald burn injuries not related to fires. Nearly half (44%) of the microwave oven injuries seen at emergency rooms in 2011 were scald burns.
- Clothing was the item first ignited in less than 1% of home cooking fires, but these incidents accounted for 16% of the cooking fire deaths.

From NFPA-National Fire Protection Association

Watch What You Heat!

- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you’re cooking.
- Stay alert! To prevent cooking fires, you have to be alert. You won’t be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

Keep Things That Can Catch Fire and Heat Sources Apart!

- Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains - away from your stovetop.
- Keep the stovetop, burners, and oven clean.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.
- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.

Prevent Scalds and Burns!

- To prevent spills due to overturn of appliances containing hot food or liquids, use the back burner when possible and/or turn pot handles away from the stove’s edge. All appliance cords need to be kept coiled and away from counter edges.
- Use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stovetops. Never use wet oven mitts or potholders as they can cause scald burns.
- Replace old or worn oven mitts.
- Treat a burn right away, putting it in cool water. Cool the burn for 3 to 5 minutes. If the burn is bigger than your fist or if you have any questions about how to treat it, seek medical attention right away.
Install and Use Microwave Ovens Safely

- Place or install the microwave oven at a safe height, within easy reach of all users. The face of the person using the microwave oven should always be higher than the front of the microwave oven door. This is to prevent hot food or liquid from spilling onto a user’s face or body from above and to prevent the microwave oven itself from falling onto a user.
- Never use aluminum foil or metal objects in a microwave oven. They can cause a fire and damage the oven.
- Heat food only in containers or dishes that are safe for microwave use.
- Open heated food containers slowly away from the face to avoid steam burns. Hot steam escaping from the container or food can cause burns.
- Foods heat unevenly in microwave ovens. Stir and test before eating.

Protect Children from Scalds and Burns

- Young children are at high risk of being burned by hot food and liquids. Keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet (1 meter) around the stove.
- Keep young children at least 3 feet (1 meter) away from any place where hot food or drink is being prepared or carried. Keep hot foods and liquids away from table and counter edges.
- When young children are present, use the stove’s back burners whenever possible.
- Never hold a child while cooking, drinking, or carrying hot foods or liquids.
- Teach children that hot things burn.
- When children are old enough, teach them to cook safely. Supervise them closely.

SEFA Events
Make a $20 donation to SEFA United Way and receive a 1 month membership to Cooper and Glimmerglass Fitness Centers.
Offer valid August 26-September 30, 2013.

SEFA Bake Offs: Calling All Bakers! We Need Tasters too!
Tuesday, September 24th/Mahar Hall-Contact laura.brown@oswego.edu
Thursday, October 3rd/The Point at Campus Center-Contact tammy.elowski@oswego.edu
Thursday, October 10th/711 Culkin Hall-Contact becky.truax@oswego.edu
Tuesday, October 15th/Shineman Center Auditorium-Contact kristin.gublo@oswego.edu

Baskets of Caring will be held on Thursday, November 21st and Friday, November 22nd at Campus Center
FALL CLEAN UP

While winter may be the season most people consider risky for slips and falls, autumn can be equally dangerous. If you’re not careful, injuries can occur from cleaning the gutters, operating lawn mowers, raking leaves, and hoisting them into bags. Falls off ladders, foot injuries from mowers, and low back pain from strenuous twisting and lifting can happen to just about anyone. Fortunately, the majority of these can be prevented by taking some simple preventive measures. The American Academy of Orthopedic Surgeons recommends the following tips.

TO PREVENT INJURY FROM RAKING, BE SURE TO:

- Warm up for at least 10 minutes with some stretching and light exercise.
- Use a rake that is comfortable for your height and strength. Wear gloves or use rakes with padded handles to prevent blisters.
- Keep your vision free of impediment, like hats or scarves, and beware of large rocks, low branches, tree stumps, or uneven surfaces.
- Vary your movement, alternating your leg and arm positions often. When picking up leaves, bend at the knees, not the waist.
- Wet leaves can be slippery; wear shoes or boots with slip-resistant soles.
- Do not overfill leaf bags, especially if the leaves are wet. To avoid back injury, you should be able to carry bags comfortably.
- Never throw leaves over your shoulder or to the side. The twisting motion required to do so places undue stress on your back.

TO AVOID LAWN MOWER-RELATED INJURIES BE SURE TO:

- Make sure the engine is off and cool before you begin any maintenance work or refuel your lawn mower.
- Never use your hands or feet to clear debris from under a lawn mower. Use a stick or broom handle instead. Likewise, never touch the blades with your hands or feet, even if the engine is off. The blade can still move and cause serious injury.
- Never remove safety devices, shields, or guards on switches.
- Do not leave a lawn mower running unattended.
- Wear protective gear like goggles and gloves, boots, and long pants when mowing. Never mow barefoot or in sandals.
- Do not consume alcoholic beverages and mow.

TO STAY SAFE ON A LADDER:

- Inspect the ladder for loose screws, hinges, or rungs. Clean off accumulated mud, dirt, or liquids.
- Make sure all four legs rest on a firm, level surface. Avoid uneven ground or soft, muddy spots.
- Before you climb, be sure all ladder locks and safety braces are engaged.
- Never sit or stand on the top of the ladder or on its pail shelf. These areas were not designed to carry your weight.
- Choose the right ladder for the job. A step stool or utility ladder is good for working at low or medium heights, for jobs such as washing windows. Extension ladders are appropriate for outdoors to reach high places, for when you need to clean gutters or inspect the roof.
- Be aware of your balance. Be careful when moving items off a shelf while you’re standing on a ladder. If you have to stretch or lean, To reach your work area, it would be safer to climb down and reposition the ladder closer to your work.
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.
October 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 September was Candy Rasbeck! Look for: Unattended Cooking, Cooking Fires, Microwave Oven, Scalds, Burns, Steam, Kid Free Zone, SEFA United Way, Fall Clean Up, Raking, Lawn Mower, Protective Gear, Ladder, Wash Your Hands, Soap, Hand Sanitizer, Rice Creek, Field Station.

MARTY SAYS: The new Rice Creek Field Station is beautiful and we congratulate all who work, study, and visit there. If you’ve never explored nature at Rice Creek you are missing out on a great experience. October is a perfect time to walk the trails and enjoy the fresh air...oh, and don’t forget to bring a dog with you :) I’ve been hiking there with Mom for all of my 10 years!!!

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.