AFTER THE FIRE

In the early morning hours of January 19, 2000, the lives of thousands or maybe even millions were changed as a result of a great tragedy. On the campus of Seton Hall University in South Orange, New Jersey, while most of the more than 600 freshman slept, an arson fire was started in the 3rd floor lounge of the 6-story freshman residence hall, Boland Hall. As the fire alarms wailed, most students thought it was just another false fire alarm, like the 30 or more false alarms that sounded the semester before. No one had any idea that there was a real fire, let alone where the fire was or how to get out of harm's way.

Alvaro Llanos and Shawn Simons, 18 year old roommates at the time, thought it was just another false fire alarm as well. As they took their time getting dressed, they had no idea what was simmering down the hall from their room 3028 on the 3rd floor. An inferno was brewing at temperatures near 1600 degrees and burning down anything in its path: sofas, carpets, ceiling tile. As Shawn and Alvaro opened their room door, a burst of black smoke forced itself into their room, causing them to quickly shut the door. Reverting to childhood education about fire, they got down on their hands and knees, opened the door and were swallowed by the black smoke in the hallway.

We are very pleased and honored to welcome Alvaro and Shawn to SUNY Oswego on October 6th at 7:00 PM in Marano Center Auditorium-Room 132. They will be sharing their story with our campus community. Their motive is to be advocates for fire safety and prevention so that no other students will have to endure the pain that they suffered. Also, they strive to be the voice of many burn victims across the country who may feel "trapped in their new skin."

Their story is one of survival, perseverance, inspiration, hope, courage and friendship. They inspire to motivate students and professionals that life will give you many obstacles. It's how you overcome those obstacles by drawing strength, knowledge and motivation from those around you. With these tools in life's endeavors they prove that there is life "After the Fire."

This very important event is sponsored by Residence Life and Housing and SAPB and is free of charge. Everyone in our campus community is encouraged to attend!
**FALL CLEAN UP**

Compost is a rich, organic soil conditioner for your lawn and garden. Put raked leaves and other yard wastes in a compost bin and keep these materials out of landfills. Don’t forget to add any organic materials cleaned out of your gutters, too!

Cool, dry fall days are a great time to paint both the interior and exterior of your home. Properly store any unused paint for future use, donate unused paint to neighbors or charities, or turn in your unused paint to a waste collection facility for recycling.

When stocking up on cold-weather gear, buy recycled-content items such as fleece clothing and blankets made from recycled soda bottles and snow shovels made from recycled plastic. Buying recycled-content products "closes the loop" and encourages companies to make more items with recycled materials.

If you have a tile roof, check it thoroughly for cracks or missing tiles and use roofing made from recycled rubber or plastic to make repairs.

Replace old insulation with insulation made from recycled paper, glass, and other recovered materials.

Check your heat pump or furnace and change the filter or make repairs if needed. Properly maintaining your furnace will conserve fuel by keeping it running efficiently and preventing leaks.

Before rough winter weather sets in, remove screens from windows and doors and put up storm windows. Strong winds, heavy rains, and extreme cold can all damage your screens and ordinary windows and send them to landfills before their time.

Check caulking around windows and do touch ups to conserve energy and natural resources.

Clean and properly store tools, toys, and outdoor furniture to protect them from damage, allowing you to keep them longer instead of sending them to the landfill.

When performing routine maintenance on your car, properly dispose of used motor oil, coolants, tires, and batteries. Many repair facilities will accept these items and recycle them, or you can call your local solid waste management department to find auto parts recycling facilities in your area.
Hand Washing 101

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 clean, 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 effective when hands are visibly dirty.
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 hours. 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!

POWER TOOLS—DEPENDABLE AND SAFE
Today's power tools offer more power, adaptability and dependability than ever before. Power tool users have the duty to understand the tool's safety features and make sure the manufacturer's precautions are followed at all times.

Follow these five keys to eliminate safety hazards:
- Keep tools in good condition.
- Use the right tool for the job.
- Examine each tool for damage before using it.
- Always follow the manufacturer's instructions.
- Use the proper PPE (personal protective equipment).

These five keys must be followed at all times, whether the tool you are using is battery powered, electric, pneumatic, liquid fuel, hydraulic or powder-actuated.

COMMON SAFETY ISSUES:
Be aware of all power lines and electrical circuits, water pipes and other hazards in your work area.
Avoid using power tools in damp or wet locations, or in an explosive atmosphere of dust, fumes or flammable materials.

DO'S AND DON'TS
Always wear proper clothing. Do not wear lose-fitting clothes, dangling objects or jewelry. Longer hair should be covered or restrained.
Never carry a tool by the cord or hose.
Never yank the cord or hose to disconnect it from the power source.
Keeps cords and hoses away from heat, oil and sharp edges.
Disconnect power tools when not in use, before servicing, and when changing accessories such as blades, bits and cutters.

To avoid accidental starting, don't hold a finger on the switch button while carrying a plugged-in tool.
Remember to keep others away when using a power tool. They are susceptible to hazards, too.
October 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 September was Tamera Young! Look for: After the Fire, Compost, Leaves, Yard Waste, Organic, Paint, Recycling, Recycled Content Items, Rubber, Plastic, Insulation, Furnace, Filter, Screens, Storm Windows, Caulking, Maintenance, Wash Your Hands, Power Tools, Cords.

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.

MARTY’S TIP: Chocolate in all forms can be fatal to dogs and cats. There’s also an artificial sweetener found in gum and candy called Xylitol which can be extremely dangerous to your pet. Please keep all candy bowls away from your pets. If your pet digests anything that you suspect may be dangerous, please contact your veterinarian or the ASPCA Animal Poison Control at (888) 426-4435.

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.