DISTRACTED DRIVING
If you engage in any activity that could divert your attention away from the primary task of driving your vehicle then you are guilty of distracted driving. All distractions put drivers, passengers, and bystanders at risk of injury and death. Distractions include:

- Texting
- Using a cell phone or smart phone
- Eating or Drinking
- Talking to Passengers
- Grooming
- Reading—including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 Player

But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

Our students are back so please be careful when you’re driving around campus! Obey the speed limit and be aware of pedestrians and bicyclists. And please don’t drive distracted!

- The number of people killed in distraction-affected crashes decreased slightly from 3,360 in 2011 to 3,328 in 2012. An estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver, this was a nine percent increase from the estimated 387,000 people injured in 2011.

- As of December 2012, 171.3 billion text messages were sent in the US every month.

- 10% of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.

- Drivers in their 20s make up 27 percent of the distracted drivers in fatal crashes.

- At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010.

- Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times.

- Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that’s enough time to cover the length of a football field blindfolded.

- Headset cell phone use is not substantially safer than hand-held use.

- A quarter of teens respond to a text message once or more every time they drive. 20 percent of teens and 10 percent of parents admit that they have extended, multi-message text conversations while driving.
**Distracted Walking...Eyes Up, Phone Down!**

Mobile phone use (texting, emailing, and talking) while walking is increasingly apparent in our society. Per a recent survey (Liberty Mutual Insurance, 2013), as many as 60% of pedestrians use mobile phones while crossing the street. These increasingly common behaviors are being linked to increased risk for pedestrian incidents and injuries. In the U.S., accidents involving phone distracted pedestrians are estimated to have increased three-fold from 2004-10.

SUNY Oswego is not immune to such risk. With the high prevalence of mobile phone by students, faculty, and staff and increasing campus traffic and construction activities, pedestrians and bicyclists are urged to take simple safety measures, including but not limited to the following:

- Be continually aware of your surroundings
- Stop if you need to use the phone
- Avoid headphone use while walking and bicycling, especially in high-traffic areas
- Before crossing the street, look both ways for oncoming car/bicycle traffic. Make eye contact with motorists and cyclists before crossing.
- Use handrails when walking up/down stairs

---

**Backpacks**

*If you don’t choose the right back pack and wear it properly you can be in for a big pain in the neck—not to mention the shoulders and back!*  
*Here are some tips for comfortable carrying:*

**Limit the load** you carry to about 15% of your body weight. That’s 22.5 pounds if you weigh 150 pounds. Many doctors recommend a maximum of 25 pounds, no matter how big you are.

**Absorb force.** Look for features like wide, padded shoulder straps and air-filled cushions.

**Distribute weight evenly.** Wear shoulder straps over both shoulders. Slinging the straps over one shoulder increases strain and can cause you to lean to one side. Use waist belts to shift work to your trunk and hips.

**Keep the load close.** The further a load is away from your back, the more your back muscles have to work. Adjust straps to keep the pack snug against your back.

**Position your pack** between your shoulders and hips. Your backpack should hang just below the shoulders with the bottom resting in your low back curve. Never let it hang more than 4 inches below your waist.

**Pack it** to minimize weight load.

**Use** multiple compartments.

**Arrange items** so they don’t shift around.

**Place** heaviest items closest to your back.

**Use a wheeled backpack** for heavy loads and long distances.
AUTUMN SAFETY

While winter may be the season most people consider risky for slips and falls, autumn can be equally dangerous. Accidents sustained in autumn clean-up work keeps emergency rooms hopping and orthopedists busy until spring. 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 Orthopaedic 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.
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!

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 freshmen 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!
SEPTEMBER 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 August was Candy Malone. Look for: Distracted Driving, Attention, Texting, Visual, Manual, Cognitive, Walking, Pedestrian, Headphones, Crossing, Backpacks, Load, Position, Autumn, Accidents, Raking, Strenuous, Extension Ladder, After the Fire.

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.

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.

MARTY SAYS: Dogs can’t donate blood but you can! The Red Cross will be at the Campus Center on September 29th and 30th from 12 noon until 5:30 PM. Appointments can be made by contacting redcross@oswego.edu. Be there or be square!

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 SAYS: Dogs can’t donate blood but you can! The Red Cross will be at the Campus Center on September 29th and 30th from 12 noon until 5:30 PM. Appointments can be made by contacting redcross@oswego.edu. Be there or be square!

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.