

THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER—APRIL 2015

10 IMPORTANT SAFETY TIPS

1. Keep your car keys on your night table. If like millions of Americans, your key-fob contains a panic alert button, and your car is in range of your bedroom, pressing the panic button will cause the horn to blast and the headlights to flash — potentially saving lives during a home invasion by scaring criminals away, alerting neighbors to the fact that an emergency situation is unfolding, and helping police to more quickly find your home.
2. Set the home address on your GPS to an address (or fake address) near your home, but not to your actual home address. If someone breaks into your car while you are away from home, you don't want him or her robbing your home or calling friends in your area to do so.
3. Be careful what information you share on social media. Specifically, do not publicly post check-ins to distant locales or respond to invitations to future events that involve all residents of your home - you may be letting the entire world know that your home will be empty and a prime target for robbery, or that you will arrive home late at night and, therefore, will be a good target for attack. Posting information about your children's schedules in a manner that is world-readable may also increase the chances that they will be targeted by people with bad intentions.
4. Lock up any prescription medications in your possession that are likely to be desired by drug addicts; do not store such drugs in medicine cabinets that are accessible by visitors. You do not know the curiosities or addictions of everyone who visits your home; leaving such drugs in locations from which they can be stolen can lead to serious problems. Even other residents of your home may pose a risk in this regard.
5. If you are in hotel room whose door has a peephole without a cover, place a crumpled tissue in the peephole so that nobody can see in. Peephole one-way technology is not foolproof.
6. If you receive a call from your credit card company about potential fraud on your account, hang up and call the number printed on the back of your card. If you are in a hotel and get a call to your room from its staff about a problem with your credit card or regarding the need to enter your room for a repair or any other reason - hang up and call back. The same holds true for any call that you receive from a party asking for any private information or for you to take a risky action - always hang up and call back at a pre-known, definitely authentic, number. Likewise, never give any information to someone who reaches you at a "wrong number;" people could be targeting you for identity theft or worse.
7. Cameras are recording everywhere. Block people's view of your hand when entering alarm codes, PIN numbers, etc. Likewise check any ATM machine that you use for added-on cameras or "skimming technology" - if the card reader appears to have been tampered with find another machine.
8. Never rely on door chain locks for safety. They can usually be circumvented with ease.
9. Never use a candle for light during a power failure caused by a wind-related condition such as a hurricane until after the weather has passed. If a window were to break (as can happen from strong wind) or wind were somehow else able to enter your home and knock over a candle, the situation could go from bad to horrific. Even without the wind issue, candles can be dangerous, especially if there are children in the home and/or if candles are carried; exercise caution.
10. If you have physical car keys, carry them in your hand when walking in a parking lot. This reduces the amount of time it takes to get into your car and to start it, reducing your exposure to attack. Furthermore, a physical key held in the palm of a fist and protruding between the knuckles can serve as a makeshift weapon in case of emergency.



When is Earth Day 2015? This observance always falls on April 22. On Earth Day, enjoy the tonic of fresh air, contact with the soil, and companionship with nature! Walk through the woods in search of emerging wildflowers and green moss. Go outside, no matter what the weather!

EARTH DAY HISTORY

Ever wondered how Earth Day started? This observance arose from an interest in gathering national support for environmental issues. In 1970, San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. McConnell chose the spring equinox (March 21, 1970) and Nelson chose April 22. Millions of people participated, and today Earth Day continues to be widely celebrated with events on both dates. The most common practice of celebration is to plant new trees for Earth Day.

GREEN LIVING IDEAS...

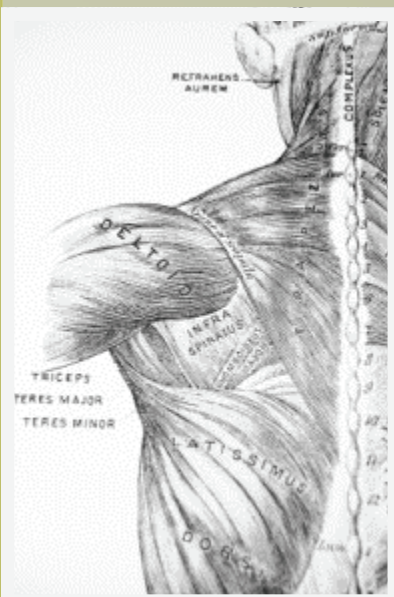
- Skip the bottled water and use a refillable water bottle-I just bought a stainless steel Hydro Flask and it's GREAT! If you don't like the taste of your tap water invest in a filtration pitcher.
- RECYCLE plastic, glass, paper, cardboard. Take the time to clean recyclable food containers and throw them in the RECYCLE bin-NOT the trash.
- A laptop uses just a quarter of the power required by a desktop computer.
- Install a programmable thermostat that lets you automatically lower the temperature when no one is home or when the family is asleep. The Energy Star people say this device can save a family budget up to \$150 a year.
- Carbon monoxide is colorless and odorless, but can kill. Gas stoves, furnaces and water heaters, kerosene space heaters and barbecues, as well as automobiles, produce carbon monoxide as a by-product of combustion. Protect a household with a carbon monoxide detector.
- Excessive moisture can cause structural damage and mold growth, resulting in compromised indoor air quality and health problems. Common sources of indoor moisture include leaky roofs and windows, plumbing and wet basements and crawl spaces. Establish a maintenance routine that includes inspecting for signs of leakage and water damage.
- Garages often contain combustion byproducts (including carbon monoxide) from car engines, as well as pesticides, paints and other hazardous household products. Make sure the door from the house to the garage has a high-quality seal around the entire perimeter, including the threshold.
- Plain water on a cloth works great for the vast majority of dusting chores. If in need of something more powerful, choose the least toxic product for the job at hand.
- Many vacuums redisperse small bits of dust. Instead, look for vacuums with HEPA filters (high-efficiency filters that catch tiny particles) and dirt sensors signal when a carpet's clean.

Safe Spring Driving



Seasonal showers, migrating animals, and poor road conditions can create unpleasant complications out on the road. Use these tips to your advantage and you'll be that much more prepared for any seasonal driving dangers that come your way.

- Check your lights: Since spring rain hinders driving visibility, make sure all your lights work, including headlights, taillights, backup lights, turn signals, parking lights, and brake lights.
- Replace your wiper blades: Worn-out wiper blades may not be up to the task of clearing water away from your windshield. Check your wiper blades and replace them if necessary (usually once a year).
- Check your tire pressure: Harsh winter weather can deflate your tires. Make sure you have enough air in them once spring rolls around. (As a bonus, proper tire pressure can also help you increase your mpg.)
- Slow down and drive carefully: The first few rainy days of spring can produce exceptionally slippery roads due to oil and other leaked fluids mixing with rainwater, so slow down and increase your stopping distance when it's raining.
- Keep your eyes peeled for bad road conditions: Remember that harsh winter weather breeds potholes and other driving obstacles.
- Watch out for animals: This is especially important during the early morning and evening when animals are most active.



THE KEY TO SAFE LIFTING: GET IN "THE ZONE"

This one simple rule will help workers avoid back pain and injuries: When lifting an object, make sure it's within the "power zone."

This zone extends from your knees to your shoulders and is the best range to carry objects in. If your arms are hanging lower, the object could interfere with your stride, and if it's too high it could obstruct your view.

Keeping it in the middle (neither resting on the body, nor too far away) is your best bet.

Also, remember that this is the proper zone for picking up an object. If something is stored at this level, it's safe to lift it (provided it's not too heavy or awkwardly shaped — in that case, ask for help).

If something is stored above your shoulders, get a step ladder before lifting it. Don't lower it down from that level.

And if something is lower, that's when you lift carefully off the ground by:

- planting your feet firmly
- bending at the knees
- lifting with your leg muscles
- keeping your eyes straight forward, and
- moving in the direction you're looking without twisting.

GUIDE TO INK AND TONER CARTRIDGE RECYCLING

MOST INK AND TONER CARTRIDGES CAN BE REFILLED AND REUSED! THEY SHOULD NEVER BE THROWN IN THE TRASH. PLEASE SEND THEM VIA CAMPUS MAIL TO EHS AT 110 LEE HALL, DROP THEM OFF, OR CALL OUR OFFICE FOR PICK UP AT X3157. FOR EVERYONE'S CONVENIENCE PLEASE DON'T WAIT UNTIL YOU HAVE A HUGE PILE TO SEND! ALSO, THERE IS NO NEED TO USE A LOT OF TAPE TO CLOSE THE BOXES. WE HAVE TO OPEN THEM UP BEFORE SENDING THEM FOR RECYCLING. THANKS!

EXAMPLES OF RECYCLABLE CARTRIDGES TO SEND:



DO NOT SEND US TONER TANKS OR TUBES. THEY ARE NOT ACCEPTED FOR REFILLING OR REUSING. THEY ARE, HOWEVER, RECYCLABLE AS PLASTIC. THEY MAY BE PLACED IN YOUR RECYCLE BIN.

EXAMPLES OF WHAT NOT TO SEND:



DO NOT SEND: MAINTENANCE CARTRIDGES, TONER KITS, DRUM UNITS. THESE ITEMS ARE NOT REFILLABLE/REUSABLE. SOME ARE RECYCLABLE AS PLASTIC AND MAY BE PLACED IN YOUR RECYCLE BIN. MOST, HOWEVER, ARE UNFORTUNATELY NOT RECYCLABLE AND MUST BE PLACED IN YOUR TRASH.



MARY WALKER HEALTH CENTER OFFERS:

- New York state booklets with information on how to quit and be successful with it
- OzQuits! publications for the college's Jan. 1 smoke-free/tobacco-free policy
- Tobacco cessation counseling; starting this summer, faculty and staff may call appointments for confidential counseling on kicking the tobacco habit
- Nicotine patches, gum and lozenges for (at this time) students
- Support through the Great American Smoke Out and Kick Butts events

For more information about these services, call (315) 312-4100

EMPLOYEE ASSISTANCE PROGRAM OFFERS:

- Confidential employee assistance services
- Smoking-cessation workshops

For more information about these services, call 866-879-5591

OSWEGO HEALTH OFFERS:

- Smoking cessation counseling done on an individual basis.
- To schedule an appointment, call (315) 349-5513.

Tobacco Free CNY offers:

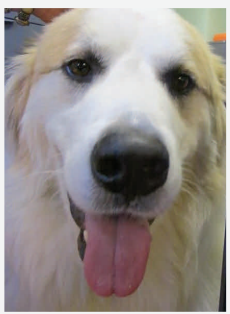
- Information for tobacco-free resources throughout Central New York.

Contact Integrated Community Planning: 315-343-2344 or Christina Wilson, Executive Director at cwilson@cnymail.com

APRIL 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 March was Scott DuBois. Look for: Panic Alert Button, Home Invasion, Prescription Medication, Fraud, Wind, Candles, Earth Day, Water Bottle, Recycle, Thermostat, Carbon Monoxide, Kerosene, Moisture, Mold, Combustion, Rain, Wiper Blades, Tire Pressure, Pothole, Zone, Back Pain, and Tobacco Free

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Are you missing Marty and his monthly dog tips??? Me too! So, I invited my friend, Oliver, to fill in as Safety Dog.

OLIVER'S DOG SAFETY TIP FOR APRIL: "Visit your vet to get your pets started on preventatives again. Spring is when fleas and ticks start coming out again. Keep them away from your pet with preventatives and out of your house, yard, and carpeting."

Ergonomic Assessment: 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.