

# THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER-AUGUST 2016



## FIRE SAFETY TIPS - SUMMER SAFETY

*Summertime is outdoor fun time. Don't let your fun turn tragic. Hazards are all around us, but with proper precautions, summertime can be both enjoyable and safe. Protect yourself, your home and property, your family and neighbors, by following these simple guidelines.*

### SUMMER BARBECUES

- Always keep the grill at a safe distance from anything that can burn.
- Never leave a hot grill unattended, and keep children and pets away.
- Wear an oven mitt to protect your hands and forearms.
- Know what to do if you get burned.
- Flush with cool water for 10 - 15 minutes.
- Never use creams, salves, or butter on burns.
- Serious burns with charred skin require immediate medical attention.
- Never use a barbecue grill indoors. Not only is this a fire hazard, it is a source of carbon monoxide.
- Use only starter fluid designed for grills when lighting charcoal grills. Never use gasoline! Add dry kindling and more charcoal if needed. Never add liquid fuel to build up a fire, as a flash fire can occur.
- Make sure charcoal is completely cooled before leaving unattended. Soak coals in water before discarding them. For gas grills, always be sure to turn off the valve when not in use.
- Never store gas cylinders indoors, or too close to your home.
- Frequently check for leaks or excessive wear to the cylinder or connections.
- Always follow manufacturers' instructions.

### GASOLINE

Never store gasoline inside your home. A detached and locked storage shed is preferred. Store gasoline in a clearly labeled container approved for gasoline storage. Keep containers away from any heat source or flame. Limit storage to the minimal amount needed to power your equipment. Extinguish smoking materials before fueling, and fuel away from combustibles in an open outdoor area. Never refuel equipment while the motor is running or hot, always allow the equipment to cool first. Never use gasoline for anything other than a motor fuel.

### SUN SAFETY

Sun exposure can cause serious burns and put us at risk for skin cancer. Most exposure occurs during childhood. Protect your children with regular use of a sun screen, even on cloudy days. Most of the sun's radiation penetrates the clouds and can still cause sunburn. Choose a sun screen that offers both UVA and UVB protection and has an SPF of 15 or higher. Wear protective clothing including a hat, sunglasses, and long shirts and pants. Limit exposure during the sun's strongest hours, 10:00 A.M. - 4:00 P.M..

### POOLS AND WATER SAFETY

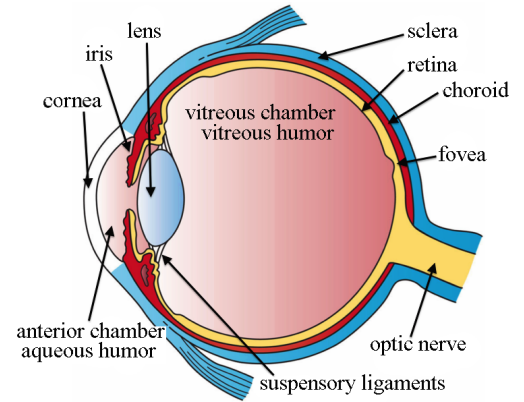
Chemicals commonly sold for home pool care, such as liquid and solid chlorine-based oxidizers, can spontaneously combust if contaminated by organic materials (body fluids, acid rain, etc.) or hydrocarbon liquids such as fuel or motor oil. These fires cause toxic fumes and require evacuation of the area. Always store and use pool chemicals according to manufactures' recommendations. Keep containers in a dry, isolated area away from heat source and flame. Never store chemicals in the house. Properly discard any punctured or damaged containers. Never leave children unsupervised around water, even if they know how to swim. Always wear a safety approved life jacket when on a lake, river, etc. or boating, water skiing, tubing, etc. Don't allow running or rough play around water. Backyard pools should have a fence (at least 4 feet high) with a self-closing and self-latching gate surrounding the entire pool.

**KNOW CPR AND HAVE A POOL SIDE PHONE FOR EMERGENCIES**

# 7 TIPS TO KEEP YOUR VISION

## HEALTHY:

- ⇒ **Get regular checkups:** Most eye professionals agree that a comprehensive exam with a dilation procedure is the best way to ensure that your ocular health is in tip top shape. An annual eye exam includes much more than just vision screening; it can reveal early signs of other eye or health issues.
- ⇒ **Avoid digital fatigue:** In the era of smartphones and tablets, digital eye fatigue is a real issue. The American Optometric Association recommends using the 20-20-20 rule to keep vision fatigue to a minimum: when using a digital device in close proximity, take a break every 20 minutes to look at something at least 20 feet away for approximately 20 seconds.
- ⇒ **Maintain physical health:** Maintaining your overall physical health is a simple way to positively contribute to the health of your eyes. Exercise, eat right, and get plenty of rest; if you're a smoker, do whatever it takes to quit.
- ⇒ **Work and play safely:** Always wear appropriate safety gear to protect your eyes in the workplace. It's also recommended that you use protective eyewear when doing any recreational activity that could result in eye injury. Find the best safety gear for your sport or activity.
- ⇒ **Shield the sun:** Wearing sunglasses regularly is a must in order to keep your eyes healthy. Be sure to purchase quality shades that block out both UV-A and UV-B rays.
- ⇒ **Practice cleanliness:** Not practicing common sense hygiene when using contact lenses can lead to serious eye infection. Always wash your hands thoroughly before handling contacts or touching your eyes. Clean your contacts and their case regularly. Finally, store contact lenses properly using recommended products, and replace them regularly according to the manufacturer's instructions.
- ⇒ **Don't forget the kids:** Vision problems can have major implications for learning and for your child's overall health. Young children especially may not even recognize that their vision is compromised, so it's important to get them regular checkups. In addition, insist that your child use protective eyewear when playing sports or doing other high risk activities, even if it isn't required.



## UV RADIATION CHECKLIST

If you can answer "yes" to one or more of the following questions, you could be at higher risk for harm to the eyes from UV radiation:

- ⇒ Do you spend a great deal of time outdoors?
- ⇒ Do you spend time skiing, mountain climbing or at the beach?
- ⇒ Do you use a sunlamp or tanning parlor?
- ⇒ Are you a welder, medical technologist or do you work in the graphic arts or in the manufacture of electronic circuit boards?
- ⇒ Do you take prescription or over-the-counter drugs that can increase your sensitivity to UV radiation (check with your optometrist, pharmacist, or physician)?
- ⇒ Have you had cataract surgery in one or both eyes?

# A CLEAN AND ORGANIZED WORKPLACE IS A SAFE WORKPLACE



## DO NOT ALLOW REFUSE TO COLLECT

- Cardboard, paper, sawdust, grinding debris, and oily rags can increase the fire load in a room
- Cardboard, paper, and cloth can be substrates for mold
- The properties of chemicals can change over time-they may become more reactive or unstable
- Food scraps and litter can attract cockroaches and rodents

## KEEP FLOORS CLEAN

- Accumulation of objects on the floor can create tripping hazards and make it difficult to maneuver around the work area
- Water or oil spilled on the floor can be especially hazardous since they are difficult to see
- Excessive dirt on the floor can affect footing
- Improper storage of items on the floor could affect the ability of someone to access a fire exit, fire extinguisher, pull station, eyewash, or emergency shower. Keep items away from the ceiling-18" for sprinklered areas and 24" for non-sprinklered areas
- Spilled chemicals could migrate to a floor drain and get into the environment.
- Keep paths to exits clear at all times

## ORGANIZE YOUR WORKSPACE

- Storing items in designated locations makes them easier to find and prevents a cluttered work-space
- Cluttered work surfaces limits your workspace
- Improperly stored containers could tip over and spill
- Store tools neatly and do not leave sharp objects or blades exposed

## MONITOR ENVIRONMENTAL CONDITIONS

- Standing water and excessive moisture can create slip hazards or promote mold growth
- Poor lighting can affect one's ability to observe hazards in their workplace

**HOUSEKEEPING IS EVERYBODY'S RESPONSIBILITY!**

# 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 RE-CYCLING. **THANKS!**

**DO NOT SEND:** TONER TANKS OR TUBES. THEY ARE NOT ACCEPTED FOR REFILLING OR REUSING. THEY ARE, HOW-EVER, RECYCLABLE AS PLASTIC. THEY MAY BE PLACED IN YOUR RECYCLE BIN.

**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 UN-FORTUNATELY **NOT** RECYCLABLE AND MUST BE PLACED IN YOUR TRASH.

## DON'T FORGET TO...

- **TEST YOUR SMOKE AND CARBON MONOXIDE DETECTORS, CHANGE BATTERIES IMMEDIATELY IF NEEDED.**
- **CHECK YOUR FIRE EXTINGUISHERS.**
- **CHECK FOR OVERLOADED OR DAMAGED EXTENSION CORDS, REPLACE WHERE NEEDED.**
- **ENSURE YOU HAVE AN EMERGENCY PREPAREDNESS KIT IN CASE OF INCIDENTS SUCH AS POWER OUTAGES AND FLOODING.**
- **PRACTICE YOUR FAMILY'S FIRE ESCAPE PLAN SO EVERYONE KNOWS WHAT TO DO IN CASE OF AN EMERGENCY**
- **WINDOWS SHOULD BE CHECKED TO ENSURE THEY OPEN AND CLOSE PROPERLY, IN CASE THEY ARE NEEDED AS AN EXIT**
- **PROPERLY STORE HOUSEHOLD CHEMICALS AND NEVER MIX CLEANING AGENTS**
- **RECYCLE: GET RID OF OLD NEWSPAPERS, MAGAZINES AND JUNK MAIL. THESE ITEMS TEND TO PILE UP AND CAN GREATLY CONTRIBUTE TO THE SEVERITY AND SPREAD OF FIRE.**
- **CHECK AND CLEAN FILTERS ABOVE STOVE.**
- **PULL REFRIGERATOR OUT AND VACUUM OR DUST THE COILS.**
- **ALWAYS KEEP STAIRS AND LANDINGS CLEAR FOR SAFE EVACUATION IN EVENT OF AN EMERGENCY**


**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.



# AUGUST 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](mailto:lisa.drake@oswego.edu) OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for July was Shannon Cook. Look for: Fire Safety, Hazards, Grill, Oven Mitt, Burns, Medical Attention, Carbon Monoxide, Starter Fluid, Charcoal, Flash Fire, Gasoline, Exposure, Radiation, UVA, UVB, Chemical, Chlorine, Oxidizer, Toxic Fumes, Evacuation, Dilation, Digital Eye Fatigue, Sunglasses, Hygiene, Cataract, Refuse, Debris, Tripping Hazard, Organize, Housekeeping, Accumulation.

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**CALVIN SAYS:** "IT'S BEEN HOT OUT THERE THIS SUMMER, AND I CAN'T WAIT TO PLAY IN THE SNOW! IN THE MEANTIME, REMEMBER TO EXERCISE YOUR DOG IN THE MORNING OR EVENING WHEN IT'S COOLER. DON'T FORGET TO REFILL THEIR WATER BOWL WITH FRESH COLD WATER. ICE CUBES ARE GREAT TOO!"

*DUTCHISM FOR AUGUST...*

*GULL*

*Sentry of the setting sun,  
Winding the winds of the day,  
Performing in an orchestra of flight,  
Descending safe on water,  
Bring on the welcomed night.*



*By RJF*