



THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER-FEBRUARY 2016



DIVISION OF HOMELAND SECURITY AND EMERGENCY SERVICES

OFPC

OFFICE OF FIRE PREVENTION & CONTROL



OFPC INSPECTION BEGINS MARCH 7th!

EVERY YEAR, THE NYS OFFICE OF FIRE PREVENTION AND CONTROL (OFPC) INSPECTS EVERY COLLEGE CAMPUS IN NEW YORK STATE. SUNY OSWEGO IS SCHEDULED FOR TWO WEEKS ANNUALLY EVERY MARCH. THESE CODE ENFORCEMENT EXPERTS SPECIALIZE IN THE STATE FIRE CODE, AND INSPECT ALMOST EVERY SINGLE ROOM ON CAMPUS. THEY LOOK AT ALL OF OUR FIRE PROTECTION SYSTEMS, INCLUDING SPRINKLER SYSTEMS, SMOKE DETECTORS, AND THE CAMPUS' OVER 1200 FIRE EXTINGUISHERS. THEY ALSO LOOK AT PREVENTABLE ISSUES, LIKE DAISY CHAINING MULTIPLE EXTENSION CORDS, CHOCKING DOORS OPEN THAT SHOULD AUTOMATICALLY CLOSE, AND OBSTRUCTING ALARM PULL STATIONS, EXTINGUISHERS, AND HALLWAYS.

IN THE MONTH LEADING UP TO THIS INSPECTION, CAMPUS FIRE MARSHAL TIM GANEY AND FIRE SAFETY SPECIALIST JORDAN DAVIE WILL BE COMBING THE CAMPUS TO ENSURE COMPLIANCE IN ALL AREAS OF THE BUILDING AND FIRE CODES. THEY LOVE EXPLAINING WHAT THEY LOOK FOR AND DISCUSSING HOW YOU CAN HELP THEM KEEP THE CAMPUS SAFE, SO IF YOU SEE ONE OF THEM, MAKE SURE TO SAY HELLO! MORE INFORMATION, TIPS, AND THE TOP TEN MOST COMMON OFPC VIOLATIONS CAN BE FOUND ON THE EHS WEBSITE AT [HTTPS://WWW.OSWEGO.EDU/FACILITIES-SERVICES/FIRE-AND-LIFE-SAFETY](https://www.oswego.edu/facilities-services/fire-and-life-safety). QUESTIONS ABOUT INSPECTIONS OR WHAT IS/IS NOT ALLOWED ON CAMPUS CAN BE DIRECTED TO FIRE MARSHAL TIM GANEY X3156 OR TIMOTHY.GANEY@OSWEGO.EDU OR JORDAN DAVIE X3609 OR JORDAN.DAVIE@OSWEGO.EDU

BE HEART-HEALTHY

MAKE A DATE WITH YOUR HEART! FEBRUARY IS AMERICAN HEART MONTH, AND VALENTINE'S DAY IS A GREAT TIME TO START TAKING STEPS TO BE HEART-HEALTHY

- PREVENT AND CONTROL HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, AND DIABETES.

- AVOID SMOKING AND SECONDHAND SMOKE.
- LIMIT ALCOHOL USE.
- MAINTAIN A HEALTHY WEIGHT.
- BE ACTIVE.
- EAT HEALTHY.



HUT, HUT, HIKE! 6 GAME DAY STRATEGIES FOR A FIRE SAFE SUPER BOWL SUNDAY

FROM NFPA-NATIONAL FIRE PROTECTION ASSOCIATION



Did you know that Super Bowl Sunday ranked #6 behind Thanksgiving, Christmas and Memorial Day in 2013 as having the largest numbers of estimated reported home fires on a holiday? According to NFPA's 2015 Home Fires Involving Cooking Equipment report, an annual average of 590 home cooking fires occurred on Super Bowl Sunday in 2013. That's a 25% increase over the average number of fires on a typical day!

The U.S. Department of Agriculture (USDA) tells us that Super Bowl Sunday is also the second biggest day of the year for food consumption! So if you're planning to whip up some tasty snacks for this year's game, make sure you add kitchen fire safety "plays" to your line up.

What's the best way to do that? The U.S. Fire Administration (USFA) offers a handful of great tips below that are easy to follow:

1. Kitchen Huddle

Prepare your cooking area. Use back burners or turn pot handles toward the back of the stove. Move things that can burn away from the stove. Keep a timer handy and use it when you're roasting or baking.

2. Penalty Flag

Frying poses the greatest risk of fire. Keep an eye on what you fry. Start with a small amount of oil and heat it slowly. If you see smoke or if the grease starts to boil in your pan, turn the burner off. Even a small amount of oil on a hot burner can start a fire.

3. Defense

Stay awake and alert while you're cooking. Stand by your pan. If you leave the kitchen, turn the burner off. Keep a large pan lid or baking sheet nearby in case you need to smother a pan fire.

4. Illegal Contact

Prevent burns when you're cooking. Wear short sleeves, or roll them up. Don't lean over the burner. Use potholders and oven mitts to handle hot or steaming cookware.

5. Defensive Linemen

Children need constant adult supervision. If you have young children in the home, keep them three feet from anything that can get hot, including the stove. Put hot objects and liquids beyond a child's reach so they can't touch or pull them down. Never hold a child when you cook.

6. Touchdown!

Keep safety in mind when serving on game day, too. If you burn candles, position them out of reach of children and away from anything that can burn. Consider using flameless candles that are lit by battery power instead. Food warmers and slow cookers get hot. Place them toward the back of the serving table so they won't get knocked off. Provide hot pads to prevent burns. Light the chafing dish fuel can after it is placed under the warmer. Make sure nothing comes in contact with the flame. If young children are in your home, supervise them and keep matches and lighters locked away.

SAFE SNOW SHOVELING FROM SIMA-SNOW AND ICE MANAGEMENT ASSOCIATION



- Stay on top of the snow. No we aren't suggesting that you make snow angels but when there's a heavy snow, the best advice is to stay ahead of the storm. SIMA recommends that to prevent snow and ice from adhering to the sidewalk or street, clear the snow every few inches instead of waiting for the snow to stop falling before you head outdoors.
- Wear breathable layers. Layering is typical cold winter weather advice. We suggest wearing layers of loose clothing so you can peel a layer off if you get hot. Avoid wearing heavy wools, manmade materials or other materials that don't allow perspiration to evaporate. Better choices are cotton and silk.
- Watch your feet. No you aren't on Dancing with the Stars, but nonetheless, you need to pay attention to what's on your feet when heading outdoors to shovel snow. SIMA suggests wearing quality outdoor winter wear such as waterproof boots with good traction. Good traction is critical to ensuring that you don't slip and fall.
- Take a few minutes to stretch. Shoveling snow is a workout so you need to stretch to warm up your muscles particularly because you are shoveling snow in the cold weather. Stretching before you start shoveling will help prevent injury and fatigue.
- Push don't lift. Sounds like something a high school wrestling coach may say but if you push the snow to the side rather than trying to lift the snow to remove it, you exert less energy thereby placing less stress on your body.
- Drink up! Water that is. SIMA recommends taking frequent breaks and staying hydrated. You should drink water as if you were enduring a tough workout at the gym or running five miles.
- Don't play in traffic. Sometimes people get so focused on the task at hand they don't pay attention to their surroundings. When shoveling snow near streets, pay attention to the traffic since vehicles may not have good traction in the snow and ice.
- Call and text. We're not suggesting that you make calls and text while shoveling snow, but it is important to have your cell phone on you so you can make a call in event of an emergency.

IS MY TAP WATER SAFE?

Did you know that tap water is tested more frequently than bottled water? In fact, in the United States, our drinking water is continuously monitored and treated according to federal standards. If local tap water is unsafe then water companies are obligated, under federal law, to notify the public.

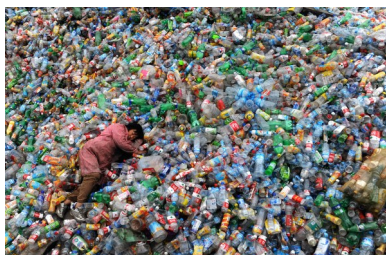


Why Tap Water Is Better Than Bottled Water

- Bottled water is not safer than tap water. In fact, more than half of all bottled water comes from the tap.
- Buying bottled water is like pouring money down the drain. It is thousands of times more expensive than tap water, which is just as clean and healthy as bottled water.
- Water bottle garbage is a major source of pollution.
- Buying a reusable bottle is an easy way to save money and help the environment.

But My Tap Water Tastes Bad, What Should I Do?

- Odd tasting water does not necessarily mean that it is unhealthy or contaminated. The taste may be a result of chlorination or the mineral content in the water.
- Using a filter is an easy way to keep your water tasting great - and it's much less expensive than buying bottled water.



How To Check Your Tap Water Quality

Contact your local water company to request a copy of the Annual Water Quality Report, also known as the Consumer Confidence Report. These reports are intended to help people make informed choices about their drinking water. These reports contain a lot of useful information but are often overwhelming or confusing to read



SAFE WINTER WALKING



- Wear proper footwear. Proper footwear should place the entire foot on the surface of the ground and have visible treads. Avoid a smooth sole and opt for a heavy treaded shoe with a flat bottom.
- Plan ahead. While walking on snow or ice on sidewalks or in parking lots, walk consciously. Instead of looking down, look up and see where your feet will move next to anticipate ice or an uneven surface. Occasionally scan from left to right to ensure you are not in the way of vehicles or other hazards.
- Use your eyes and ears. While seeing the environment is important, you also want to be sure you can hear approaching traffic and other noises. Avoid listening to music or engaging in conversation that may prevent you from hearing oncoming traffic or snow removal equipment.
- Anticipate ice. Be wary of thin sheets of ice that may appear as wet pavement (black ice). Often ice will appear in the morning, in shady spots or where the sun shines during the day and melted snow refreezes at night.
- Walk steps slowly. When walking down steps, be sure to grip handrails firmly and plant your feet securely on each step.
- Enter a building carefully. When you get to your destination such as school, work, shopping center, etc., be sure to look at the floor as you enter the building. The floor may be wet with melted snow and ice.
- Be careful when you shift your weight. When stepping off a curb or getting into a car, be careful since shifting your weight may cause an imbalance and result in a fall.
- Avoid taking shortcuts. Shortcuts are a good idea if you are in a hurry, but may be a bad idea if there is snow and ice on the ground. A shortcut path may be treacherous because it is likely to be located where snow and ice removal is not possible.
- Look up. Be careful about what you walk under. Injuries also can result from falling snow/ice as it blows, melts, or breaks away from awnings, buildings, etc.

SUSTAINABILITY

Electric-vehicle charging stations available! In the south parking lot of the Shineman Center, 6 electric cars can charge at a time thanks to newly installed charging stations. This is another great step towards reducing our carbon footprint on campus, and it can be a great convenience for electric car owners. The first four hours of charging are also free! After this free period there is a \$3 per hour charge.

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.

FEBRUARY 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 January was Barb Marotta. Look for: OFPC Inspection, Code Enforcement, Fire Protection, Extinguishers, Preventable Issues, Jordan Davie, Tim Ganey, Cooking Fires, Super Bowl Sunday, Back Burners, Frying, Smoke, Grease, Timer, Burns, Pot Holders, Flame, Matches, Lighters, Snow Shoveling, Breathable, Waterproof, Traction, Push, Drink, Tap Water, Filter.

L	N	T	I	M	G	A	N	E	Y	H	G	R	E	R	E	T	L	I	F	I	C
R	I	O	M	K	F	O	O	R	P	R	E	T	A	W	T	N	I	O	S	O	O
E	G	G	I	O	P	S	D	E	R	T	Y	S	N	R	M	R	O	R	D	W	O
D	H	A	H	T	R	E	W	L	K	O	P	F	A	W	R	C	E	E	X	E	K
F	M	S	E	T	C	E	R	N	T	Y	U	C	N	E	O	N	E	X	Y	I	I
U	E	H	R	R	E	E	I	P	H	I	T	O	P	S	R	N	O	T	O	G	N
N	Y	O	E	I	A	R	T	L	W	I	S	T	P	U	F	G	R	I	O	N	G
O	I	M	Y	K	D	O	S	O	O	N	I	E	B	O	L	H	S	N	A	I	F
I	I	A	O	E	X	P	O	N	R	J	I	K	R	C	A	W	Z	G	A	L	I
T	E	T	P	D	S	E	Y	U	L	P	C	C	O	L	M	B	U	U	H	E	R
C	L	C	Q	Q	D	K	B	O	A	A	E	O	L	H	E	M	K	I	P	V	E
E	B	H	W	U	E	E	E	P	B	M	P	R	W	G	L	A	T	S	R	O	S
P	A	E	S	I	I	K	R	T	E	O	W	O	I	B	P	H	E	H	E	H	J
S	H	S	X	J	J	I	O	N	G	N	I	Y	R	F	L	S	O	E	T	S	K
N	T	O	C	G	E	O	T	M	I	A	E	P	T	O	B	U	P	R	A	W	E
I	A	P	B	Y	A	D	N	U	S	L	W	O	B	R	E	P	U	S	W	O	D
C	E	W	O	Y	P	O	S	S	P	S	O	R	U	S	V	O	S	E	P	N	F
P	R	E	V	E	N	T	A	B	L	E	I	S	S	U	E	S	T	K	A	S	O
F	B	I	I	M	O	P	P	I	Q	P	S	S	R	E	D	L	O	H	T	O	P
O	L	J	O	R	D	A	N	D	A	V	I	E	T	P	E	T	R	C	E	W	E



CALVIN'S DOGGIE TIP FOR FEBRUARY:

"Hey, I'm a big puppy with lots of thick fur and I LOVE the winter, but if your dog has a short coat or seems bothered by the cold weather, consider a sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly."

