



THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER—JANUARY 2016

HAPPY NEW YEAR TO ALL!

We hope that 2016 is a great year for everyone on campus. January will be a quiet month at SUNY Oswego with our students home on winter break. Now is a great time start preparing for our upcoming annual OFPC Fire Safety Inspection. Here are some tips that should be followed at ALL times-not just for the inspection!

PRE-INSPECTION WALK THROUGH TIPS

- Remove all Extension Cords and replace them with Power Strips with Over Current Protection Breakers.
- Extension Cords not being used shall be disconnected from the outlet and properly coiled up.
- No Power Strips can be plugged into another Power Strip or Extension Cord. Device used must be plugged directly into an outlet.
- Repair/Replace Frayed Electric Cords and have any Junction Boxes or Electrical Covers replaced so that connections and wires are not exposed.
- Have any Junction Boxes or Electrical Covers replaced so that connections and wires are not exposed.
- Labeled Fire Doors cannot be propped open. Remove any prop open devices.
- Properly secure any Gas Cylinders to prevent them from falling over by using Chain and/or Straps to a fixed point.
- Combustible Storage cannot be within 18 inches in rooms that are protected by Sprinklers and 24 inches without sprinklers.
- Check Flame Retardant requirements for Curtains/Drapes in Assembly Spaces of 50 or more people and Lab Spaces.
- Ensure that all Hallways and Stairwells are free of obstructions-especially Combustible Material Storage.
- Ensure that all Exit Signs are Illuminated and in Good Condition.
- All Ceiling Tiles are in place and not broken.
- Ensure that all Fire and Life Safety equipment is accessible and not obstructed.
- Maintain Unobstructed Exits and Egress.

2014 Annual OFPC Fire Inspection Top 10 Cited Violations

- Improper Use of Extension Cords
- Swinging Fire Doors Do Not Close & Latch
- Obstructed Means of Egress Including Snow & Ice
- Excessive & Unsafe Accumulation of Combustible Storage
- General Electrical Hazards-Frayed Cords, Damaged Outlets, Etc.
- Extinguishers Improperly Installed and Maintained
- Propped Open Fire Doors
- Fire Resistance Rating Not Maintained
- Excess Combustible Storage in Mechanical Rooms
- Illegal Power Taps to Outlets, Electrical

If you have any questions or concerns about fire safety in your area please feel free to call or e-mail our Fire Marshal, Tim Ganey x3156/timothy.ganey@oswego.edu OR our Fire Safety & EHS Specialist, Jordan Davie x 3609/jordan.davie@oswego.edu

The New York State Office of Fire Prevention and Control (OFPC)

was originally established shortly after World War II as the Division of Safety in the state Office for Local Government.

In 2010 the Office of Fire Prevention and Control was merged into the newly created Division of Homeland Security and Emergency Services (DHSES). This merger brought together several state offices which all provide public protection services; collectively under one agency these offices together produce synergy resulting in effective and efficient collaboration and coordination benefiting emergency services, citizens and businesses throughout New York State. OFPC's main goal is the effective and efficient delivery of essential fire and life safety protection to all New Yorkers.

Among its many other tasks, OFPC inspects over 25,000 buildings-including every building on the SUNY Oswego Campus-annually for fire and life safety hazards.

STAY ALERT: AVOID SLIPS, TRIPS, AND FALLS

Slips and falls occur every day. The extent of injuries and their recurrence can be minimized through proper safety knowledge and attitudes. Practice safety--don't learn it through experience. There are various ways to suffer slips and falls while working. You can slip and lose your balance, you can trip over objects left in your walkway, or you can simply fall from an elevated position above the ground.

SLIPS

Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking. To avoid slips, be on the lookout for foreign substances on the floors. Watch for deposits of water, food, grease, oil, sawdust, soap, or debris. Even small quantities are enough to make you fall. When entering a building from the outdoors or from debris areas, clean your footwear thoroughly. Snowy and rainy weather requires that you clean off the soles of your shoes. Don't go too fast, walk safely, and avoid changing directions too sharply.

TRIPS

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trash, unused materials, any object left in the aisles or other areas designed for pedestrian traffic invites falls. Extension cords, tools, carts, and other items should be removed or properly barricaded off. Report any equipment or supplies that are left in walkways. Keep passageways clear of debris. Walk where you're supposed to walk. Short cuts through machine areas invite accidents. Concentrate on where you are going -- horseplay and inattention leaves you vulnerable to unsafe conditions.

FALLS

The worst falls are from elevated positions like ladders and scaffolding. They result in serious injuries and death. Learn and practice ladder safety and the proper use of scaffolding. Hold on to handrails when using stairs or ramps. They are there to protect you should a fall occur. If you're carrying a heavy load which hampers your ability to properly ascend or descend stairs, use the elevator, or find help! When climbing, use a ladder of proper length that is in good condition. Keep it placed on a firm surface. Do not climb a ladder placed on machinery, crates, stock or boxes. Keep the ladder's base 1 foot away from the wall for every 4 feet of height. Don't over-reach. Always have control of your balance when working from a ladder. Never climb a ladder with your hands full, and always carry tools in proper carrying devices. When using a scaffold, be sure it is assembled according to the manufacturer's specifications. Check carefully for defects. Standing and working planks should be level and clean. Use toeboards to prevent tools from falling and workers from slipping. Work only with people who practice scaffold safety.

PROTECTING YOUR BACK, NECK AND ARMS FROM "LAPTOP-ITIS"



Because of the way the computers are designed, using a laptop almost inevitably leads to poor posture, said Kevin Carneiro, DO, a doctor in the Department of Physical Medicine and Rehabilitation at the University of North Carolina at Chapel Hill School of Medicine. Incorrect posture and computer overuse can cause debilitating physical problems, such as sore muscles or repetitive stress injuries. Typing can also cause carpal tunnel syndrome, an injury to the nerve that passes through the wrist.

Carneiro said that when you work at a computer, your body should form 90-degree angles at your elbows, knees and hips. Meanwhile, your eyes should look straight ahead at the top third of the screen. But because the keyboard and monitor in a laptop are combined, they can't be positioned independently for typing and viewing.

"When you use a laptop, you have to make some sort of sacrifice," Carneiro said.

Most laptop users end up with incorrect neck or shoulder posture, he said, which can lead to muscle pain in those areas. With laptops increasing in popularity - global sales of laptops surpassed that of desktop computers for the first time in 2008, according to the market research firm iSuppli - the ergonomic risks are growing.

For frequent laptop users, Carneiro said the ideal solution is to use a docking station. The station links a laptop to another monitor and keyboard or to a stand that raises the screen to a higher level. You also can use a USB cable to connect your laptop to an extra monitor or keyboard, which you can then adjust to the proper height.

FOLLOW THESE ADDITIONAL TIPS FOR A MORE ERGONOMICALLY FRIENDLY LAPTOP EXPERIENCE:

- When you purchase a laptop, consider how much it weighs, including accessories such as the power cord, spare battery or external hard drive.
- Use an adjustable chair with back support.
- As you use the laptop, position it directly in front of you on your desk. Adjust it so that you can read the screen without bending your neck, such as by using a docking station.
- Set up your mouse so that your wrist is in a neutral position. Both your wrists and elbows should be supported.
- Take short breaks every 20 minutes to allow your muscles to rest in a different position. Taking breaks also will help you maintain concentration as you power through projects.
- During breaks, adjust your posture by shrugging your shoulder and gently rolling your head from side to side. Sit in a position that keeps the spine straight, shoulders level and shoulder blades close together.
- Watch for these warning signs: neck and shoulder pain, headaches at the top of your head, wrist pain or tingling in your fingers, particularly in your thumb. These symptoms indicate that you need to take more frequent breaks, adjust your posture or see a doctor.
- Stay hydrated. Drinking plenty of water keeps the discs in your back lubricated and healthy, Carneiro said.
- Don't forget to exercise daily.

From EHS Today

WHEN USING STAIRS:

- Never run up or down stairs
- Never read papers while using stairs.
- Focus on the stairs, not conversations or other distractions that may be present.
- Always look straight ahead when using stairs.
- Only take one step at a time.
- Get help if you have to carry something up or down stairs.
- Ensure you always have at least 1 hand free when using stairs.
- If the steps are located outside, be extremely careful if it is raining or snowing

THREE RESOLUTIONS FOR A SAFER AND HEALTHIER NEW YEAR

RESOLUTION #1: I WILL WASH MY HANDS OFTEN.

I DO NOT WANT THE FLU OR COLD THIS WINTER. I RESOLVE TO USE SOAP AND WATER OR HAND SANITIZER TO KEEP FROM SPREADING GERMS. ADDITIONALLY, I DO NOT PLAN TO TOUCH MY FACE AND WILL COVER MY MOUTH IF I HAVE A COUGH. ALL OF THESE EASY CHANGES MAKE A HUGE IMPACT DURING FLU.

RESOLUTION #2: I WILL CREATE AND UPDATE MY HOME EMERGENCY PREPAREDNESS KIT.

AT THE VERY LEAST, YOU SHOULD MAKE SURE YOUR KIT CONTAINS ENOUGH FOOD, WATER AND OTHER SUPPLIES TO LAST FOR AT LEAST 72 HOURS. YOUR KIT SHOULD REFLECT YOUR NEEDS FOR EXAMPLE, PET FOOD FOR PETS AND ANY PRESCRIPTION MEDICATIONS.

RESOLUTION #3: I WILL NOT USE MY CELL PHONE OR TEXT WHILE DRIVING.

ACCORDING TO THE NATIONAL SAFETY COUNCIL, 1.6 MILLION AUTO ACCIDENTS OCCURRED IN THE U.S. LAST YEAR RELATED TO USING A CELL PHONE OR TEXTING WHILE DRIVING. I WILL KEEP MY CELL PHONE OUT OF REACH WHILE DRIVING.

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.

JANUARY 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 December was Patty Harrington. Look for: Happy New Year, OFPC, Fire Safety Inspection, Walk Through Tips, Extension Cord, Power Strip, Fire Doors, Combustible Storage, Flame Retardant, Hazards, Outlets, Gas Cylinders, Exit Signs, Ceiling Tiles, Egress, Slips, Trips, Falls, Injuries, Ice, Snow, Ladders, Scaffolding.

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WANTED: SAFETY SLOGAN IDEAS!!!

WE ARE LOOKING FOR IDEAS FOR SAFETY SLOGANS.
 PLEASE SEND YOUR SUGGESTIONS TO ME AT:
lisa.drake@oswego.edu OR VIA CAMPUS MAIL TO:
 110 LEE HALL. THANKS!!!

