



THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER-JUNE 2015

10 MYTHS ABOUT SKIN CANCER

Most of us love sunshine, but sunshine doesn't reciprocate. Even limited exposure to sun can damage your skin, leaving you vulnerable to several kinds of skin cancer, from relatively harmless basal cell carcinoma to potentially deadly melanomas.

Mistaken ideas about when sun can harm us and about protection add to our danger. Below are common myths about skin cancer and the facts that can help you shield your skin.

Myth: Dark skin protects you from skin cancer.

Busted: "Anyone can get skin cancer, even the darkest skinned people," says Dr. Darrell Rigel, clinical professor of Dermatology at NYU Medical Center. "But the fairer you are, the greater the risk."

Myth: A base layer of tan shields you from skin damage.

Busted: Tanned skin is damaged skin. The sun's ultraviolet radiation harms the skin's DNA, which in turn stimulates melanin, or pigment cells, darkening the skin.

"There's no such thing as a safe tan," says Rigel, also a member and former president of the American Academy of Dermatology.

Myth: Only the sun can cause skin cancer.

Busted: "The sun's ultraviolet light causes the majority of skin cancers," says Rigel. "But tanning beds emit ultraviolet light 15 times stronger than normal sunlight. So, they are even more dangerous than sunlight."

Myth: The higher the sun protection factor in sunscreen, the safer your skin from UV rays.

Busted: Yes and no, says Rigel. SPF measures your protection from UV-B rays, the ones believed to cause burning, but not from UV-A rays believed to cause both burning and aging. So buying a sunscreen marked "broad spectrum," which blocks both A and B rays is most important, says Rigel. Protection increases by small amounts the higher the rating. SPF 30 protects you from 97 percent of the sun's rays; SPF 50 from 98 percent.

"The problem is that people don't apply enough [whatever the rating]," says Rigel. "It takes one ounce or a golf-ball size amount to cover your entire body."

Myth: Sunscreen is all you need to protect your skin.

Busted: Sunscreen is only one of several key ways to protect your skin, says Rigel. Wear protective clothing such as long sleeves and pants, a hat with a brim and UV-light-blocking sunglasses.

All clothing protects you from sun to some degree depending on fabric, dye and construction. Some clothes treated with sun-protective dye have an ultraviolet protection factor rating on their sale tags. You can also buy sun protection laundry products, available online and at big-box stores.

Myth: Sunscreen chemicals are harmful.

Busted: "The amount of absorption is small," says Rigel. "Every summer weekend, tens of millions use sunscreen, and we're not seeing any issues related to its use."

Myth: Age and skin cancer go hand-in-hand.

Busted: "The older you are, the greater your risk," says Rigel. "But in the last 10 years, we've been seeing teens, especially young women. That's probably due to tanning beds. I call them 'tanning coffins.'"

Myth: You have no skin cancer risk in winter, on cloudy days, or if you're an indoor person.

Busted: Whenever you're outdoors, you get some exposure to ultraviolet rays, says Rigel: "But nobody's ever said you should be a vampire, coming out only at night. There are lots of benefits of being outdoors like exercise and fresh air. Just don't lie in the sun to bake."

Myth: Sun won't harm you if you're in a car.

Busted: "UV-B rays don't go through glass so you get some protection," says Rigel. "But UV-A rays do, so you can get some photoaging" — skin damage over time." another argument for wearing sunscreen even when you're just out for a ride.

Myth: Skin cancers aren't deadly.

Busted: "Ten thousand Americans will die this year of melanoma," says Rigel. "And if you don't treat squamous skin cancer, you can die, although that's rare."



KEEP FOOD SAFE WHEN GRILLING

- Wash hands with hot, soapy water before and after handling food.
- Keep food and drinks in separate coolers.
- Never leave perishable food out of the refrigerator for more than two hours. When the air temperature is above 90°, do not leave food out for more than one hour.
- Use clean utensils and dishes to serve food. Each dish should have its own serving utensils to avoid cross-contamination.
- Preheat cooking grills for 20-30 minutes before using.
- Allow meat to completely thaw in a refrigerator before placing on a grill.
- Marinate meat in a tightly sealed plastic container or sealable plastic bag, and keep refrigerated until ready to use. Do not reuse marinade.
- Use a meat thermometer to ensure meats have reached a safe, internal temperature: hamburger-160°; chicken-165°; pork-150°; steak-145°; hot dogs-140°.
- Serve grilled foods on a clean dish, not a dish used for raw meat.
- Leftovers should be refrigerated or placed in a cooler within one hour after use.

AVOID BACTERIA AND PESTS AT YOUR PICNIC

- Carry picnic food in a cooler with a cold pack. Remember, a full cooler stays cool longer than a half empty one.
- Always take along some foods that don't require refrigeration.
- A cooler will stay colder if it is kept inside the car and not in the trunk.
- Keep coolers in the shade with the lid closed.
- Bring along alcohol-based sanitizers or disposable wipes to keep hands clean.
- When applying insect repellent, spray it away from food areas.
- Wash fruits and vegetables thoroughly under running water and when applicable, remove outer leaves or skin.
- Always assume that lake, pond, stream and river waters are not safe to drink. Take bottled water to drink.
- Place all trash in nearby receptacles or bring it home with you for disposal.

Poison ivy rash is caused by an oily resin called urushiol — found in the leaves, stems and roots of poison ivy, poison oak and poison sumac. Urushiol is very sticky, so it easily attaches to your skin, clothing, tools, equipment or pet's fur. You can get a poison ivy reaction from:



- **DIRECT TOUCH.** If you directly touch the leaves, stem, roots or berries of the plant, you may have a reaction.
- **TOUCHING CONTAMINATED OBJECTS.** If you walk through some poison ivy and then later touch your shoes, you may get some urushiol on your hands, which you may then transfer to your face by touching or rubbing. If the contaminated object isn't cleaned, the urushiol on it can still cause a skin reaction years later.
- **INHALING SMOKE FROM THE BURNING PLANTS.** Even the smoke from burning poison ivy, poison oak and poison sumac contains the oil and can irritate or harm your nasal passages or lungs.

A poison ivy rash itself isn't contagious. Blister fluid doesn't contain urushiol and won't spread the rash. In addition, you can't get poison ivy from another person unless you've had contact with urushiol that's still on that person or on his or her clothing.

POISON IVY

SEVEN ERGONOMIC TIPS FOR DRIVING

Long drives can often mean sitting in static postures for long periods of time. What some people may forget is that vehicles can be flexible. It's important to understand all of the adjustable features in your vehicle. Take a few extra minutes before you start that road trip to avoid pain along the way.

- Adjust your seat height so you can comfortably see the instruments and the road.
- Adjust the seat height so your hips are in line with or slightly higher than your knees (you can also use a cushion).
- Use the dead pedal to rest your left foot (and to prevent riding the clutch, if equipped).
- Make sure your feet can comfortably depress the accelerator, brake, and clutch without your back leaving the seat.
- Slightly recline the seat back to an angle of approximately 100 degrees.
- Adjust the steering wheel to avoid excessive reaching (distance should be a minimum of 10" to the driver's breastbone), place hands at 10 and 2 o'clock (or 9 and 3 o'clock) position to reduce the risk of injury during airbag deployment.
- Stop regularly and get out of the car.
- If available, adjust the lumbar support every couple of hours.



RICE CREEK...



If you've never visited Rice Creek you're missing out on a beautiful and peaceful experience! The grounds surrounding the station include an herb garden and 300 acres of fields, forests, ponds and streams that are used for ecological research by faculty and students in formal course work and independent study projects. In addition to academic offerings, the field station provides public programs in nature education for groups and individuals, school aged to adult. Four nature trails, open to the public, provide opportunities for hiking, snowshoeing, and cross-country skiing. The Orange trail, about two miles in length, is the only trail open for bicycling. The trails pass through fields and woods in several stages of succession. Trail maps are available online and at the field station building. For more information visit: http://www.oswego.edu/academics/opportunities/rice_creek_field_station/about.html

RICE CREEK REFLECTIONS

SATURDAY, JUNE 27 FROM 2 TO 3:30 PM

EXPLORING SPECIAL HABITAT

Hear Andy Nelson, retired Director of Rice Creek Field Station, give a presentation about unique habitat in our area. For more information please call 312-6677

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.

SUMMER FIRE ALARM SYSTEM PREVENTIVE MAINTENANCE

Annual fire alarm system inspection and testing will be performed again this summer by Simplex-Grinnell. Testing will begin in residence halls and continue in academic buildings.

Before each building is tested by Simplex Grinnell, our Electrical Safety department will be cleaning, and-if necessary repairing or replacing-detectors, horns, and strobes. The Electrical Safety staff will be assisted by Custodial staff and summer student workers. This cleaning is an important part of our fire alarm system preventive maintenance. There will be no audible alarm testing during the cleaning, but there may be some from the use of an air compressor during the process. Every effort will be taken to make the process as non-invasive to staff as possible.

After the cleaning of a building is complete, Simplex Grinnell technicians will inspect and test its fire alarm system. The initial testing will be silent and should not cause any issues for building occupants. When the silent testing is completed, audible alarm testing will need to be performed. Before any audible testing is performed, all occupants will be notified and the building will be posted.

Again, every effort will be made to make this very important process as easy on everyone as possible.

As at any other time if a fire alarm should sound, PLEASE treat it as a true emergency!

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

JUNE 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 May was Vicky Tesoriero. Look for: Sunshine, Skin Cancer, Ultraviolet, Melanin, Sunscreen, Sunglasses, Grilling, Perishable, Cooler, Meat Thermometer, Bacteria, Insect Repellent, Poison Ivy, Urushiol, Rash, Ergonomic, Static Posture, Dead Pedal, Lumbar Support, Rice Creek, and Nature Trails.

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OLIVER SAYS: NEVER EXERCISE YOUR PET IN AN EXCESSIVELY HOT OR HUMID ENVIRONMENT. DAWN, DUSK, AND EVENING HOURS HAVE THE COOLEST TEMPERATURES, BUT SUCH TIMES SHOULD BE AVOIDED IN AREAS WITH A HEAVY MOSQUITO OR OTHER BITING-INSECT POPULATION.