



# THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER-MAY 2015

## 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!

ANNUAL FIRE ALARM TESTING

# STORMWATER RUNOFF

## What is Stormwater Runoff?

Stormwater runoff is rain and snowmelt that doesn't soak into the ground. As it flows across surfaces such as roads, parking lots and rooftops, it collects and transports pollutants such as sediment, fertilizers, pesticides, bacteria, motor oil, and litter. This untreated waste is directly discharged into our lakes and streams, making them unfit for drinking, fishing, swimming, and other water based recreation. Stormwater runoff also contributes to flooding, and can lead to expensive infrastructure and property repairs for municipalities and homeowners.



## What are the Sources of Stormwater Pollution?

Stormwater pollution originates from a variety of land-use and day-to-day activities. For example, agriculture and gardening practices can result in the flow of pesticides, herbicides and fertilizers (especially phosphorus) from lawns, gardens and fields to local waters. Pathogens and bacteria can originate from animal waste, poorly maintained septic systems and illegal connections to storm sewer systems. Oil and grease from poorly maintained vehicles, and sediment from construction activities can also contaminate stormwater runoff.

## Why is Stormwater Runoff a Problem?

In many of our urban and suburban communities, forests, wetlands and fields have been replaced by impervious surfaces-such as roads, sidewalks, and parking lots-which increases the amount of stormwater and pollutants flowing directly into our surface waters instead of soaking into the soil where many of those pollutants can be filtered or broken down by natural processes. Impervious surfaces (those that don't allow fluid to pass through) within a typical city block can generate five times more stormwater runoff than a forested area of the same size.

### **ANIMAL WASTE...**

Animal waste contains several pollutants-nutrients, pathogens, and toxic materials such as ammonia-that contribute to water-quality problems. When animal waste is washed by rain into lakes and streams, it decomposes-using up oxygen and releasing its pollutant load. During the summer when water is warm, the lethal combination of oxygen and pollutants can kill fish and contribute to the growth of algae which makes water murky, green, and foul-smelling, and often unfit for swimming, fishing, and boating.

Preventing water pollution can be as simple as remembering to take along a plastic bag or pooper scooper when you walk your dog. Flush the waste (not the bag) down the toilet, or toss the waste (bag and all) into the garbage. There are other good reasons to pick up pet waste. Some diseases can be transmitted from pet waste to humans through soil contact. Children who play outside and adults who garden are at risk for infection when pet waste is left to decay on the ground.



- Impervious surfaces like roadways and rooftops typically generate 5 times more runoff than a woodland area of the same size.
- Phosphorus and sediment are primary pollutants of concern that are easily transported in stormwater runoff.
- Cutting grass high means more extensive root systems. Deep roots hold soil in place and prevent stormwater erosion.
- Pet waste that is not properly collected and disposed of is a primary source of pathogens in our waterways.
- An average dog produces about 1/4 pound of waste per day.
- Warm water holds less oxygen than cold water. Runoff from hard surfaces can be hazardous to aquatic life during hot summer months.

## WHAT IN THE HECK IS A WATERSHED???

A watershed is the land that water flows across or under on its way to a river, lake, stream, or bay. Water travels over farm fields, forests, suburban lawns, and city streets, or it seeps into the soil and travels as groundwater. Watersheds are separated from each other by high points, such as hills or slopes.

Everyone lives in a watershed. The water in your backyard drains over or under the ground to a creek, pond, stream, or lake and is a part of its watershed.

Where does the rain in your backyard end up? The answer to this question is your watershed address, the drainage basin where you live.

You can identify your watershed address at EPA's SURF YOUR WATERSHED web page:

<http://cfpub.epa.gov/surf/locate/index.cfm>

**CORPORATE CHALLENGE 2015**  
**TUESDAY, JUNE 9TH AT 6:25 PM**

Looking for a fun way to get a great work out, hang out with coworkers, meet other SUNY Oswego employees, and enjoy some great food??? Sign up

at: [https://www.jpmorganchasecc.com/events.php?city\\_id=13](https://www.jpmorganchasecc.com/events.php?city_id=13)



**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.

## How to Make Your Office Green

- Buy copy paper that is 100% recycled and processed chlorine-free.
- Copy double sided whenever possible.
- Use fax post it notes instead of cover sheets.
- Designate a bin or box of scrap paper and use for all drafts of unofficial documents.
- Send memos electronically by e-mail whenever possible.
- Reuse envelopes by placing a new label over the old address.
- Recycle printer cartridges.
- Choose reusable mugs over disposable cups.
- When not in use...Save the juice!
- Turn off lights when not needed, use daylight to light your office whenever possible.
- Enable power saving features on your computer monitor if you are not typing.
- Car pool, take the bus or ride your bike to work.

# 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.

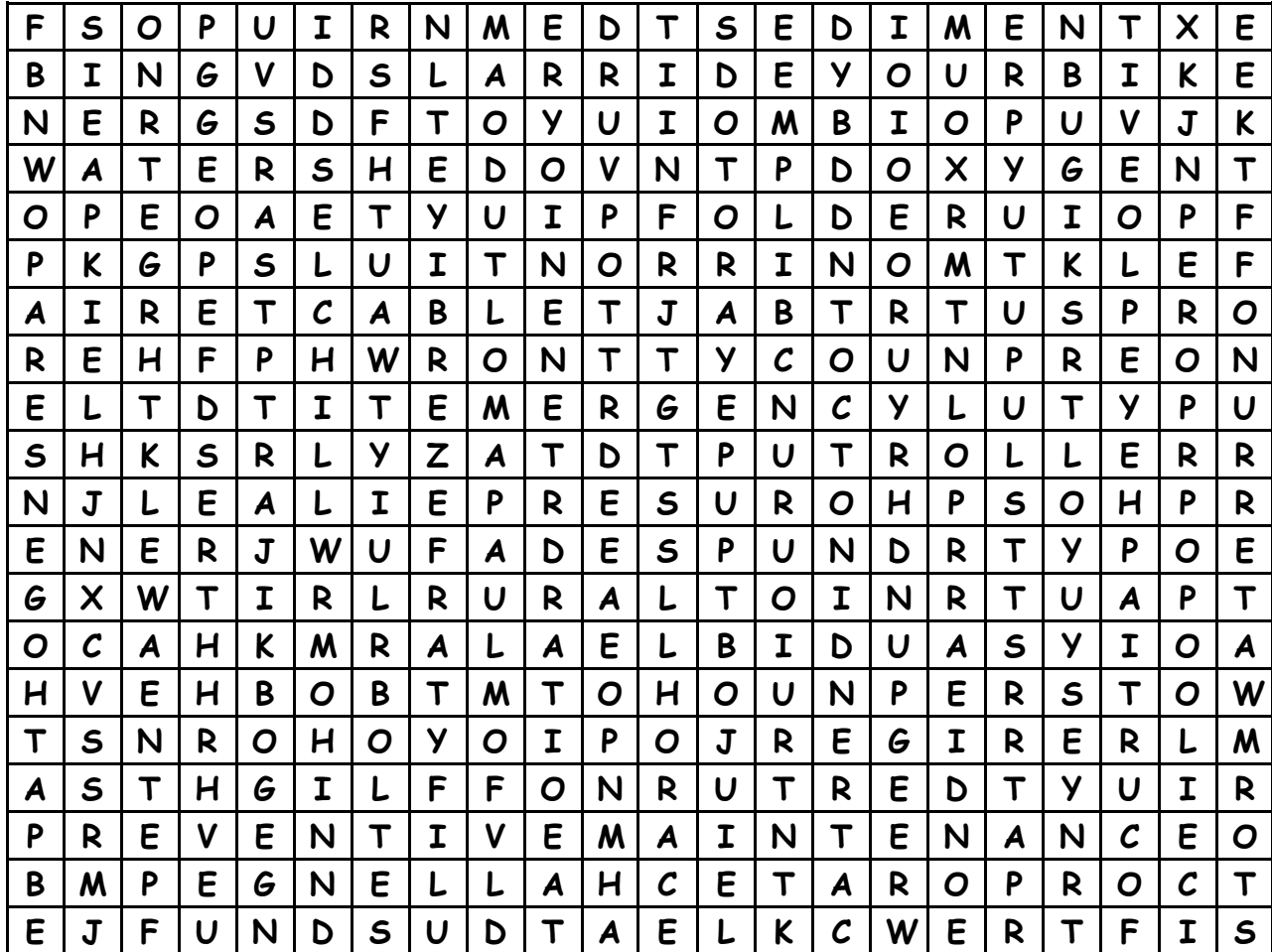
## Tobacco Free CNY offers:

- 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](mailto:cwilson@cnymail.com)

## MAY 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 April was Tammy Ferguson :) Look for: Fire Alarm Testing, Preventive Maintenance, Detector, Horns, Strobes, Audible Alarm, Emergency, Storm-water Runoff, Animal Waste, Pollution, Bacteria, Pathogens, Oxygen, Corporate Challenge, Watershed, Phosphorus, Sediment, Turn Off Lights, Carpool, Ride Your Bike



**OLIVER SAYS:** "ARE YOU THINKING ABOUT ADDING A NEW CANINE MEMBER TO YOUR FAMILY? GREAT! PLEASE CONSIDER ADOPTING A SHELTER DOG. DOGS END UP IN SHELTERS FOR A NUMBER OF REASONS-USUALLY NOT BECAUSE OF ANY BEHAVIOR ISSUES. IF YOU ARE READY TO LOVE A PET WHO WILL LOVE YOU UNCONDITIONALLY PLEASE CONTACT YOUR LOCAL ANIMAL SHELTERS. WE MAKE EXCELLENT COMPANIONS...JUST ASK MY PARENTS!!!"