



THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER—NOVEMBER 2016

WITH THE COLD WEATHER SETTling IN, OF COURSE YOU'LL BE WANTING TO KEEP YOUR HOME COZY AND WARM. BUT BE ALERT FOR FIRE HAZARDS...

According to the U.S. Fire Administration, more than 4,000 fires happen each Thanksgiving Day, usually in the kitchen! Never leave your food unattended while frying or grilling. Use a timer and routinely check whatever you're cooking. If frying or deep-frying, keep the fryer outside, away from walls, and free from moisture. Never use a glass casserole or lid on the stove or burner, as it may explode from the heat. Ensure that pot holders and food wrappers are a safe distance— at least 3 feet!—from warmed surfaces (i.e. the stove). Position those handles so that they face inward. Avoid dangling accessories or loose clothes around kitchen fires. If using candles or the fireplace, keep these sources of fire shuttered or isolated, and never leave them unattended. Never douse a grease fire with water, as the fire can thus spread. Turn off the burner, smother the flames with a lid (wearing an oven mitt!), or douse with baking soda or a fire extinguisher if it's getting out of hand. Keep a fire extinguisher handy in the kitchen, and know how to use it. Ensure your smoke alarms are connected and working. Better safe than sorry. You can call the pros at 1-888-674-6854 (USDA Meat and Poultry Hotline) with any cooking questions! Unplug appliances that are small and unnecessary; it's a smart way to save energy and eliminate potential dangers if something is accidentally turned on. After the party, walk around the home and ensure candles and fireplaces are extinguished, unnecessary appliances are turned off, and no potential hazards (leftovers, sharp/flammable objects) are in reach of your kids or pets.

A THANKSGIVING FEAST FREE OF THREATS

- Turkey safety—the turkey is the biggest star. Make sure he evokes a round of applause—not a round of visits to the bathroom or, worse, the hospital.
- Buy carefully. Avoid fresh, stuffed turkeys; buy your turkey at least 1-2 days before you cook it, and keep it in the fridge; keep it in the freezer if you've bought it earlier.
- Defrost properly. Thaw in the refrigerator (every 4-5 lbs. needs one day to thaw). Submerge the turkey (wrapped in leak-proof packaging) in cold water (every 1 lb. needs 30 minutes to thaw) that should be changed every half hour. Microwave in a microwave-safe pan, removing any packaging and following the manufacturer's instructions.
- Cook immediately after thawing. Avoid slow cooking or partially cooking the turkey. At 165 degrees F at least. Opt to cook the stuffing separately. Use a thermometer on the innermost part of the thigh and wing, as well as the thickest portion of the breast, to ensure that the turkey is well cooked. Don't carve at once; give the juices time (20 min.) to settle.

KEEP CLEAN!

Wash your hands with soap and water before and after handling food. Keep all surfaces and utensils clean. Never handle cooked and raw food together, in order to avoid cross-contamination. Keep raw meat away from vegetables or other uncooked food.

THANKSGIVING IS A SOCIAL DINNER; while talking, joking, and laughing, choking is a very dangerous possibility. Call 911 if the person can't cough, breathe, or speak. Give the victim five sharp blows on the back with the heel of your hand. If unsuccessful, wrap your hands around the victim's abdomen and give five quick upward thrusts.

STORE LEFTOVERS PROPERLY TO ELIMINATE FOOD POISONING. When serving, keep hot foods hot and cold foods cold! Refrigerate leftovers promptly, no more than two hours after food has been served. Leftovers are most safely eaten within 3 days, or should otherwise be moved to the freezer. Store food in shallow containers.

FALL BACK NOVEMBER 6TH

It doesn't matter how you use it. Whether you stay up or sleep in an extra hour, you're going to have 60 more minutes to toy around with this weekend. Daylight saving time is coming to a close for 2016.



Daylight saving time — often (incorrectly) called daylight savings time — will end at 2 a.m. on Sunday, Nov. 6. And with it comes short days and long nights.

So if you're staying in, you'll want to turn your clocks back one hour before you go to bed Saturday night, Nov. 5. And if you're staying out to milk the time change for all it's got, you'll want to turn your clocks back to 1 a.m. as soon as 2 a.m. hits.

While Daylight Saving Time wasn't adopted in this country until the 20th century, it's hardly a new idea. Several ancient civilizations used water clocks that were adjusted differently throughout the year. In modern times, none other than Benjamin Franklin wrote an essay in 1784, "An Economical Project," suggesting Daylight Saving Time as a way to save candles. The time shift finally happened in the U.S. in 1918 when President Woodrow Wilson signed it into law to help the war effort during World War I. Back then, it was called Fast Time. It was scrapped after the war. President Franklin D. Roosevelt brought it back in 1942 at the start of World War II. It's been observed in this country ever since.

Currently, some 70 countries around the world observe Daylight Saving Time. The farther they are from the equator, the more likely nations are to change their clocks. China, India and Japan are the only major industrialized nations that don't spring forward and fall back.

The U.S. also has some holdouts — Arizona, Puerto Rico, Hawaii, U.S. Virgin Islands and American Samoa do not observe Daylight Saving Time.

INJURED ON THE JOB AND NEED TO FILL OUT AN INJURY REPORT? THE PROCEDURE HAS CHANGED!

In the past whenever anyone was injured-regardless of the seriousness, University Police was notified and completed a NYS Incident Report Form. This form is used by them to report all types of incidents-not just employee injuries. We now only need to notify/involve University Police when an injury requires medical attention-for example if an employee needs to go to the hospital/emergency room/doctor's office for treatment. Minor injuries such as bumps, bruises or cuts requiring a Band-Aid DO NOT require notifying University Police. All injuries need to be reported to your Supervisor so that a SUNY Oswego Employee Work Related Injury/Illness Report can be completed and sent to Human Resources. Here's the link to the Employee Injury Reporting Procedure:

<https://www.oswego.edu/facilities-services/employee-injury-reporting-procedure>

In addition NYS Employees who receive medical attention for an on the job injury will also need to notify the NYS Accident Reporting System (ARS) 1-888-800-0029. Your call to ARS helps make sure all your workers' compensation benefits are available to you as soon as possible. Depending on the nature of your injury or illness, benefits may include medical treatment, wage replacement, leave usage and other benefits. Your call to ARS helps reduce administrative costs by managing much of the work load each agency used to handle. And, ARS helps track injuries and illnesses. They will assign you an ARS incident# at the time of the call that can be used for prescriptions related to the injury. You can ask your Supervisor or Family Member to make the call for you if you wish. Here's the link:

<https://www.cs.ny.gov/otherben/wc/wcexec.cfm>

WORK RELATED INJURY/ILLNESS- MEDICAL ATTENTION REQUIRED?

YES

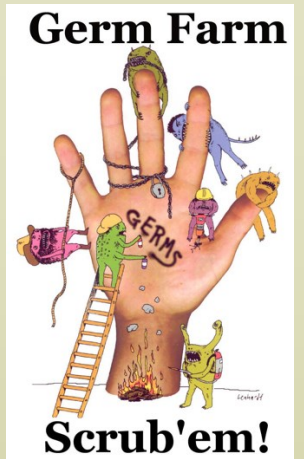
Notify University Police
Notify Supervisor
Notify NYS Accident Reporting System

NO

Notify Supervisor

FLU PREVENTION

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



Two more Flu Shot Clinics have been scheduled at the **Walker Health Center** as follows:

Tuesday, November 1st

12:00 noon-3:00 pm

Thursday, November 3rd

12:00 noon-3:00 pm

The flu shot is FREE for students and \$30 for staff and faculty. Please get vaccinated to protect yourself and others.

If you have any questions, contact the Health Center at 315-312-4100.

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.

BATTERY RECYCLING GUIDELINES

In a continuing effort to promote environmentally responsible recycling practices, SUNY Oswego recycles batteries generated in offices, labs, and shops on campus. Some batteries contain small amounts of metals-such as mercury and lead-which can be hazardous to human health and the environment when improperly disposed of. Hazardous batteries discarded in the trash ultimately end up in landfills, and from there they could potentially pollute the soil and groundwater. Many of these batteries can be recycled, and therefore should not be mixed in with the regular trash. It is our practice, in accordance with EPA regulations, to collect these metal-containing batteries for proper recycling or disposal. Please follow the guidelines below for handling any used batteries generated on campus. Your participation is vital to the success of this recycling program.

DETERMINING WHAT BATTERIES SHOULD BE COLLECTED

Only certain types of batteries potentially contain hazardous levels of metals and are therefore suitable for recycling. The batteries that should be collected are as follows:

BATTERY NAME	TYPICAL SIZES	COMMON USES
MERCURY-OXIDE	SMALL, BUTTON	CAMERAS
SILVER-OXIDE	SMALL, BUTTON	PAGERS, MEDICAL EQUIPMENT
LITHIUM	AA, C, COIN, BUTTON, 9 VOLT, 6 VOLT	COMPUTERS, CAMERAS, WATCHES
ZINC-AIR	BUTTON, 9 VOLT	PAGERS, MEDICAL EQUIPMENT
NICKEL-CADMIUM	AA, AAA, C, D, POWER PACKS	CELL PHONES, CAMCORDERS, CORDLESS TOOLS, LAPTOPS
SEALED LEAD ACID	D, BATTERY PACKS	CAMCORDERS, EMERGENCY LIGHTING, POWER BACKUP

The above batteries may be sent to Environmental Health & Safety-110 Lee Hall via Campus Mail or placed in one of the many battery collection containers on campus. If you have a large amount of batteries for pick-up you may call our office at x3157.

*****PLEASE NOTE THAT THE MOST COMMON TYPE OF BATTERY-THE ALKALINE, IN THE FORM OF AA, AAA, C, D, AND 9 VOLT-IS NOT CONSIDERED HAZARDOUS. ALKALINE BATTERIES MAY BE DISCARDED IN THE TRASH.**

Most batteries have labeling that indicates their type. If you cannot determine the type, submit the battery to the Environmental Health & Safety office, and we will make a determination.

NOVEMBER 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 October was Connie Monroe! Look for: Happy Thanksgiving, Turkey Safety, Defrost, Thermometer, Smoke Alarm, Grease Fire, Soap and Water, Keep Clean, Food Poisoning, Fall Back, Daylight Saving Time, Injury Report, Medical Attention, Supervisor, Flu Prevention, Fever, Wash Your Hands, Germs, Flu Shot, Battery Recycling, Environment.

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



CALVIN SAYS: "Yes, it's getting colder outside, but ticks are still very active! I had 24 ticks on me recently after a walk in the woods with Mom. Make sure to use tick prevention on your dog AND check him or her for ticks after walks in tall grass, woods, leaves, or near shrubs."

DUTCHISM FOR NOVEMBER:

*TOMORROW
KEEP TOMORROW, A CHALLENGE,
AN AGENDA TO BE MET-
LIFE PROCEEDS LIKE SHADOWS
UNTIL THE SUN HAS SET.*