



# THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER-OCTOBER 2016

**DON'T WAIT-CHECK THE DATE!  
REPLACE SMOKE ALARMS EVERY 10 YEARS**

**FIRE PREVENTION WEEK**

**OCTOBER 9TH-15TH, 2016**

**AGE MATTERS WHEN IT COMES TO YOUR SMOKE ALARMS. CHECK THE MANUFACTURE DATES ON YOUR SMOKE ALARMS TODAY!**

- REMOVE THE SMOKE ALARM FROM THE WALL OR CEILING.
- LOOK AT THE BACK OF THE ALARM FOR THE DATE OF MANUFACTURE.
- SMOKE ALARMS SHOULD BE REPLACED 10 YEARS FROM THE DATE OF MANUFACTURE.
- PUT THE ALARM BACK ON THE CEILING OR WALL IF IT IS LESS THAN 10 YEARS OLD.

## REMEMBER THESE FIRE SAFETY TIPS:

- A CLOSED DOOR MAY SLOW THE SPREAD OF SMOKE, HEAT, AND FIRE.
- TEST SMOKE ALARMS AT LEAST ONCE A MONTH BY PUSHING THE TEST BUTTON.
- INSTALL SMOKE ALARMS IN EVERY BEDROOM, OUTSIDE EACH SEPARATE SLEEPING AREA, AND ON EVERY LEVEL OF THE HOME, INCLUDING THE BASEMENT. LARGER HOMES MAY NEED MORE ALARMS. FOR THE BEST PROTECTION, MAKE SURE ALL SMOKE ALARMS ARE INTERCONNECTED. WHEN ONE SOUNDS, THEY ALL SOUND.
- IF A SMOKE ALARM SOUNDS, GET OUTSIDE AND STAY OUTSIDE. GO TO YOUR OUTSIDE MEETING PLACE.
- CALL THE FIRE DEPARTMENT FROM A CELL PHONE OR A NEIGHBOR'S PHONE. STAY OUTSIDE UNTIL THE FIRE DEPARTMENT SAYS IT'S SAFE TO GO BACK INSIDE.

# 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.

# STAY SAFE WHILE RAKING LEAVES

*While raking and mowing leaves are both great ways to get outside and enjoy fresh air, they can cause aches, pains, and even serious injury*

*Raking is an aerobic activity that uses major muscle groups and is a good way to burn calories. If you don't exercise regularly or have a medical condition, ask for help or hire someone to do the raking.*

*Before grabbing the rake, warm-up for about 10 minutes with some stretches and light exercise. Dress in layers to stay warm, layers can be removed as you warm-up, be mindful of hats or scarves that may obstruct your vision, and don't forget gloves to protect your hands from blisters. To keep from slipping on wet leaves, wear shoes or boots with slip-resistant soles.*

## USE A RAKE COMFORTABLE FOR YOUR HEIGHT AND STRENGTH

Use a rake that is comfortable for your height and strength. A rake handle that is too short may strain your back, if it is too heavy it will put added strain on your neck and shoulders, and one that is too long will decrease leverage. Ergonomic rakes are available, which are designed for comfort, easy to use, and prevent injury.

## RAKE USING PROPER TECHNIQUE

While raking, keep the rake handle close to your body to promote a straight back, turn with your whole body and use the legs to shift your weight. Alternating leg and arm positions frequently will reduce stress on muscles. Be watchful of holes in the ground, or other tripping hazards and of critters that may be nesting in the leaves. Pace yourself and take regular breaks, get a drink of water and do some light stretching.

## FOLLOW MOWING SAFETY WHEN MOWING LEAVES

When mowing leaves the safety tips are the same as when you mowed the yard this summer. Give the yard a once over to remove toys and other objects that may become projectiles. Wear protective gear such as safety glasses, ear plugs, gloves, boots and long pants to protect eyes, ears and limbs. Use a stick or broom handle to clear debris that gets caught under the mower, not your hands or feet. (This goes for the snow blower as well this winter). Never remove the safety devices; they are there for a reason, and never leave a lawn mower unattended. To keep your children safe, never let them ride on the lawn mower and keep them out of the area being mowed.

## MULCH YOUR GARDEN WITH YOUR LEAVES

Now that the leaves are raked or mowed, put the leaves to good use in your gardens. Use shredded or chopped leaves as mulch in the garden.



# WASH YOUR HANDS!!!

Handwashing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

## When should you wash your hands?

- BEFORE, DURING, AND AFTER PREPARING FOOD
- BEFORE EATING FOOD
- BEFORE AND AFTER CARING FOR SOMEONE WHO IS SICK
- BEFORE AND AFTER TREATING A CUT OR WOUND
- AFTER USING THE TOILET
- AFTER CHANGING DIAPERS OR CLEANING UP A CHILD WHO HAS USED THE TOILET
- AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING
- AFTER TOUCHING AN ANIMAL, ANIMAL FEED, OR ANIMAL WASTE
- AFTER HANDLING PET FOOD OR PET TREATS
- AFTER TOUCHING GARBAGE

## How should you wash your hands?

- **WET** YOUR HANDS WITH CLEAN, RUNNING WATER (WARM OR COLD), TURN OFF THE TAP, AND APPLY SOAP.
- **LATHER** YOUR HANDS BY RUBBING THEM TOGETHER WITH THE SOAP. BE SURE TO LATHER THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, AND UNDER YOUR NAILS.
- **SCRUB** YOUR HANDS FOR AT LEAST 20 SECONDS. NEED A TIMER? HUM THE "HAPPY BIRTHDAY" SONG FROM BEGINNING TO END TWICE.
- **RINSE** YOUR HANDS WELL UNDER CLEAN, RUNNING WATER.
- **DRY** YOUR HANDS USING A CLEAN TOWEL OR AIR DRY THEM.

## Germ Farm

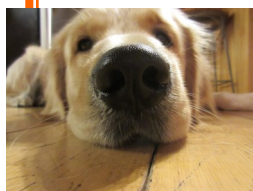


**ERGONOMIC ASSESSMENT: CHRISTINE BODY HAS BEEN DOING ERGONOMIC ASSESSMENTS SINCE 1996 AND IS AVAILABLE TO DO THEM HERE ON CAMPUS. SHE CAN BE REACHED AT 312-2770 AND WOULD BE HAPPY TO ASSIST YOU WITH ANY QUESTIONS OR ISSUES.**

# OCTOBER 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 September was Judy Castiglia. Look for: Fire Prevention Week, Smoke Alarm, Manufacture Date, Battery Recycling, Mercury Oxide, Silver Oxide, Lithium, Zinc Air, Nickel Cadmium, Sealed Lead Acid, Alkaline, Metals, Hazardous, Trash, Raking, Aerobic Activity, Gloves, Ergonomic, Leverage, Stress, Leaves, Wash Your Hands.

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**CALVIN SAYS:** Chocolate can be deadly for dogs, so as much as we might beg for it-keep the Halloween candy away from us. Also, most of us would rather skip the costumes and stick with our birthday suit!

**DUTCHISM FOR OCTOBER:**

**REFRESH**  
*THE WIND WINDS THROUGH THE TREES  
 MOVING LIMBS AND DANCING LEAVES  
 NOTHING SEEMS TO FRESHEN THE SOUL,  
 THAN A BREEZE ON THE FACE TO RESET YOUR GOAL.*

