

SAFE WATCH

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A Quarterly Publication for Healthcare Staff

Winter 2006

Environmental Health & Safety Healthcare Group

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Emergency Numbers:
Dial 911 or 632-3333(cell phone)
Non-Fire Emergencies 911
(Major Chemical Spill/Haz Mat)
All Codes 321
Fire (Code Red) 321



Community Belongs to All of Us

Contributed by Scott Law

Providing and maintaining a secure hospital environment is the work of the University Police Department and you the employees of University Medical Center. Heightened awareness by all members of the community to security issues and safety concerns can help deter inappropriate behavior in our community.

The University Police Department offers many services to the University Medical Center through the presence of sworn officers and the Security staff in and around the University Medical Center and Health Science Center. Some of the services offered are:

- Access control of patients, visitors, guest and vendors.

- Routine foot patrol of the facility, checking for security risk and unauthorized access.
 - Escorts to and from the parking lots.
 - Radio dispatched response to incidents in the University Medical Center, Health Science Center and grounds.
 - Identifying, reporting and follow-up on potential security problems discovered during routine patrols.
 - Police response to criminal activity.
 - Investigation of hospital incidents.
 - Assisting staff with handling unruly or disruptive individuals.
 - Staff orientation and educational programming.
- With your help, we can keep our community safe.

Save Your Back—8 Safe Lifting Tips

Contributed by Kathy Terwilliger



Approximately 20% of our reportable staff injuries at the hospital are sprains and strains classified as ergonomic related injuries. Here are

a few safe lifting tips, if followed properly, are sure to save your back.

1. Stand close to the load and center yourself over it with your feet shoulder width apart.
2. Tighten your abdominal muscles.
3. Keeping your back straight, bend your knees and squat down to the floor.

4. Get a good grasp on the load with both hands.
5. Keep the load close to your body. Use your leg muscles to stand up lifting the load off the floor.
6. Your back should remain straight throughout lifting, using only the muscles in the legs to lift the load.
7. Do not twist your body when moving the load. Instead take small steps with your feet turning until you are in the correct position.
8. Again bend at the knees using only your leg muscles and place the load in the appropriate spot.

Fire Wardens Needed—To Volunteer Call 4-6783



“You Got Caught Being Safe” 2006 Recipients

Contributed by Carol Malley

Congratulations to the following employees who received our “You Got Caught Being Safe”

Recognition:

September winners:

- Harry Laventure, Physical Plant
- Winston Wakefield, Physical Plant
- John Perewoznik, Physical Plant
- Lori Fafard, Neurology
- Priscilla Net, Health Information Management
- Dwight Atherton, Facilities

October winners:

- Lou De Onis, Labor Relations
- Elaine Hansen, Medical Telemetry

David Hendrickson, Cabinet Shop

November winners:

- Matthew Minkel, EH&S
- Mel Evans, Immunology
- Barbara Ryan, Immunology
- Josephine Day, Immunology
- Corinne Leombruno, Immunology

How can you be recognized as a “You Got Caught Being Safe Recipient”?

The above recipients helped the medical center meet its health and safety goals by being caught:

- Assisting in laboratory safety inspections.

- Reciting an excellent interpretation of RACE
- Actively assisting in chemical inventories and preparation of MSDS books.
- Assuring staff are wearing properly fitted respirators.
- Requesting a waste determination to properly dispose of used filters.

Congratulations to all our Recipients!

Five Easy Recycling Tips

Contributed by Kathy Terwilliger



1. Place all paper, binders and folders into Confidential/HIPAA document bin. They will be recycled.
2. Reuse manila folders by turning them inside out.
3. Reuse interoffice envelopes.
4. When photocopying, make double sided copies.
5. Buy office products made from recyclable materials.

EH&S Healthcare Safety Team



The Medical Center EH&S group has grown to include a new Safety Specialist, William Kempner. You will see Bill at Right to Know training sessions.



Do You Know the Answer?

1. What number should you call if you find a mercury containing device?

Answer: EH&S, 4-6783

2. How do you replenish your supplies in your department’s Disaster Kit?

Answer: Call Denise Fritz, 4-2684

3. Who should you call if you notice an Exit light out?

Answer: Physical Plant, 4-2400

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| EDITOR: | Carol Malley |
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Safety Posters

Contributed by Kathy Terwilliger

New Safety Posters on Level I of Medical Center and HSC

EH&S purchased safety posters with frames that were recently mounted in numerous locations on Level I in the Medical Center and HSC, including the elevator lobbies. The posters have safety themes that are

appropriate for Support Services staff residing in these areas -- hazard communication, electrical safety, ergonomics, bloodborne pathogens, forklift safety etc. Thank you to the Physical Plant for their assistance in mounting the poster frames. Next time you are in the area please be sure to check them out!

Green Tip

Contributed by K. Terwilliger



Please return plastic food serving

trays to cafeteria so others can use them. If possible, avoid using disposable cardboard tray. Help us reduce our solid waste.



Holiday Light Safety

Contributed by Rebecca Woskoff, Student Volunteer



Yes, the holidays are right around the corner and this means decorations are going up. Many of us put up Holiday lights, but they can cause extreme frustration, stress and even danger. So make sure to follow these guidelines when using holiday lights:

- Purchase and install only lights and electrical decorations bearing the name of a testing lab such as UL.
- Follow the manufacturer's instructions for installation and maintenance.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires or loose connections.
- Use no more than three standard-size sets of lights per single extension cord.
- Do not overload extension cords or outlets.
- Holiday lights should not come in contact with paper, packages, cloth, or other combustible items.
- Never use any lighted candles, lanterns, oil lamps, or any other materials as part of any holiday display (as an option an electric candle may be used).

Have a safe and enjoyable Holiday Season!

EH&S Healthcare Staff



Michael Seymour is the University Fire Marshal assigned to the Hospital. Mike is involved in a vast array of fire safety programs as well as emergency response for the Hospital. Fire Wardens know Mike from their

annual training sessions and other staff may have seen Mike starring in his new hit video on Fire Safety.

Mike is an active member of the Stony Brook HAZMAT response team and a Rocky Point volunteer firefighter. Under his direction, all the Hospital and satellite facilities'

fire extinguishers are inspected monthly. Mike offers fire extinguisher demonstrations at many of the recertification trainings.

Mike is currently working toward a degree in Fire Science from the University of Maryland.



Holiday Safety

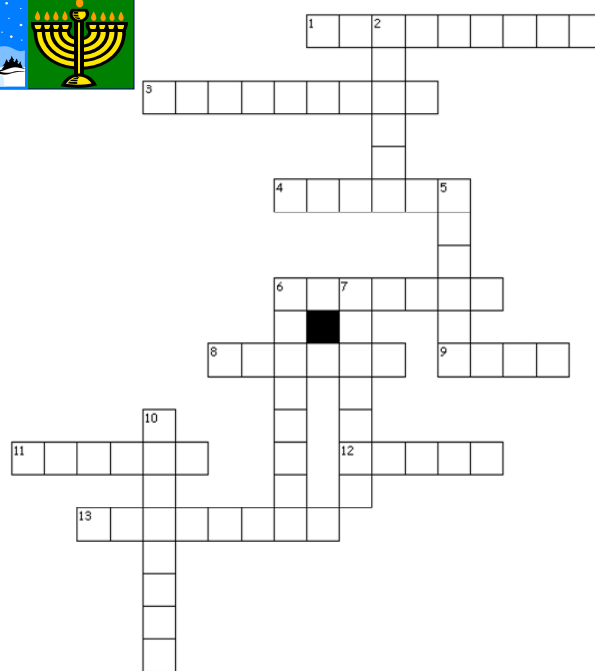


Across

- Avoid buying artificial trees that are not labeled Fire ____.
- Within 2 hours after cooking, refrigerate or freeze ____ in covered shallow containers.
- These may good enough to eat but may cause sever stomach problems. Watch out for: mistletoe, holly berries, Jerusalem cherry, and amaryllis.
- Never leave ____ burning when leaving the house.
- Always designate a ____ when attending a party where alcohol is served.
- These artificial sprays can irritate lungs if inhaled.
- Use ____ when decorating with spun glass "angel hair" to avoid irritation to eyes and skin.
- ____! Have a happy and safe holiday season.
- Never burn ____ papers in the fire place or wood stove.

Down

- When a fire is burning, keep a metal ____ in front of the fireplace.
- To reduce ____, read or enjoy your favorite hobby at your own pace.
- Keep matches, lighters, and candles out of reach of ____.
- When choosing a fresh tree, make sure these do not break when bent between your fingers.
- Never use electric lights on this type of tree.



Answers: **Across:** 1. Resistant, 3. Leftovers, 4. Plants, 6. Candles, 8. Driver, 9. Snow, 11. Snow, 12. Enjoy, 13. Wrapping
Down: 2. Screen, 5. Stress, 6. Children, 7. Needles, 10. Metallic

Go for the Silver

Contributed By Rebecca Woskoff, Student Volunteer

If you have not noticed the Market Place Café now offers silverware for your use. Before you go to grab that package of plastic forks, knives and spoons remember our environment. Go for the silverware instead, it is better for the environment. It reduces waste and cost. Also, it enhances the dining experience, unlike plastic silverware, it won't break in half and go flying in the air landing in the person's meal next to you. After you finish your meal just place your used silverware in the basket above the trash container. So next time you reach for silverware remember to help our environment and make a difference, don't go for the plastic, go for the silver.



You Can Make a Difference: Just by using Silverware



"Better than Reese's" Peanut Butter Candy
Recipe by Kathy Terwilliger

- 8 oz butter
- 2 c. graham cracker crumbs (crush 13 full crackers)
- 2 c. confectioners sugar
- 1 c. smooth or chunky peanut butter
- 12 ounces milk, semi-sweet or dark chocolate chips

Place foil in 8" x 8" glass pan (shiny side up) to cover bottom and sides. Melt butter and then mix with graham cracker crumbs, sugar and peanut butter. Spoon into pan and pat down. Melt chocolate in double boiler or microwave. Pour chocolate over top of peanut butter mixture and smooth with knife. Refrigerate for at least one hour. Remove from refrigerator and let sit for one hour prior to cutting into squares. Makes 36 large squares. Enjoy!