



**Daylight Savings Time ends on November 1st at 2:00 a.m. Remember to turn your clocks BACK one hour...and enjoy that extra hour of sleep! And it's a good time to change the batteries in your smoke detectors!**

On the first Sunday in November, clocks are set back one hour at 2:00 a.m. local daylight time, which becomes 1:00 a.m. local standard time. This date was established by Congress in the Energy Policy Act of 2005. Hawaii and most of Arizona do not use it.

## Influenza Protection

*The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from influenza (the flu):*

### Take time to get a flu vaccine

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza.
- While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- A seasonal vaccine will not protect you against 2009 H1N1.
- People at greatest risk for 2009 H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.
- Ask your doctor if you should get a 2009 H1N1 vaccine.

### Take everyday preventive actions

- 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.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your 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.

## Common Causes of Accidents

People tend to look for "things" to blame when an accident happens, but 80% of accidents that occur are the fault of the person involved in the accident. Unsafe acts cause four times as many accidents as unsafe conditions.

### Seven Most Common Causes of an Accident

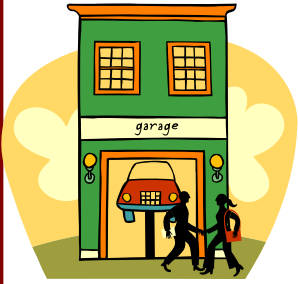
1. Ignoring Safety Procedures. If you purposely ignore safety procedures, you are endangering both yourself and your co-workers. Don't make your own rules! Being casual about safety could make you end up a safety statistic!
2. Taking Shortcuts. Shortcuts that reduce your safety or the safety of others on the job are not shortcuts. They are an increased chance for injury.
3. Being Overconfident. While confidence is good, overconfidence can be too much of a good thing. "It can't happen to me" is an attitude that can lead to injury.
4. Poor Housekeeping. Poor housekeeping creates all kinds of safety hazards. A well maintained area sets a standard for everyone to follow. Good housekeeping involves both pride and safety.
5. Failure to Pre-Plan Work. A Job Hazard Analysis (JHA) is an effective way to figure out the best ways to work both safely and effectively. If you don't think through the job process, you are putting yourself in potential danger. Plan your work and then work your plan!
6. Starting a Job Without Complete Instructions. You need complete information to do a job safely and correctly the first time. Don't be shy about asking for explanations about work procedures and safety precautions. It isn't stupid to ask questions; it's stupid not to!
7. Mental Distractions from Work. Worrying about personal matters at work can be hazardous, as it can pull your focus away from safe work practices. You can also be distracted when a fellow worker comes by to talk while you are working. Don't become a statistic because you lost your focus on staying safe in your job for just a minute!

### **In this issue:**

Influenza Protection	1
Common Causes	1
Get Vehicle Ready	2
Generators	3
Fire Prevention Focus	3
Monthly Quiz	3

## GET YOUR VEHICLE READY FOR THE CHANGE OF SEASON

It seems like the kids just started school, but soon you'll be hitting the road on your next family trip during the upcoming holidays. Now is the time to get your vehicle ready. Here are three easy steps to follow:



**Schedule an appointment with your mechanic** – When you bring your vehicle in for its fall or winter checkup your mechanic may recommend a number of services to prepare your vehicle for the season, such as brakes, battery condition, oil and filters, hoses and belts. Two of the most critical items to check are anti-freeze and tires. Your technician can recommend the minimum temperature threshold for your area, and add anti-freeze as needed. Tire condition is even more important during the winter months. Remember the “Penny Rule”: insert a penny upside down in your tread groove; if you can see all of Mr. Lincoln’s head, it’s time to change your tires!



**Put together an emergency kit** – If you don’t have one already, put together a winter emergency kit. It should contain tools you can use to get out of a bind – such as adjustable wrenches that will allow you to make low-level repairs, jumper cables, a jack, air pump and flashlight. You’ll also need a first aid kit to treat any injuries that may occur in an accident. And in case you get stranded, carry canned or non-perishable food items and a can opener, a few gallons of clean water and enough warm blankets to cover up the entire family.



**Take steps to protect your vehicle’s interior** – Fall/winter will bring with it mud, slush, dirt, salt and grime, all things that are hard to get out of the carpet. Protect your investment by upgrading your floor mats. Taking care of carpeting is one of the most overlooked aspects of vehicle maintenance. It insulates the interior of the car, helps reduce road noise, and protects the metal flooring beneath it.

### Portable Generator Hazards

Portable generators are useful when temporary or remote electric power is needed, but they also can be hazardous. The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, fire and burns.

#### Carbon Monoxide Hazards

When used in a confined space, generators can produce high levels of CO within minutes. When you use a portable generator, remember that you cannot see or smell CO. Even if you do not smell exhaust fumes, you may still be exposed to CO.

If you start to feel sick, dizzy, or weak while using a generator, get to fresh air **RIGHT AWAY. DO NOT DELAY.** The CO from generators can rapidly kill you.

- **NEVER** use a generator inside homes, garages, crawlspaces, sheds, or similar areas, even when using fans or opening doors and windows for ventilation. Deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has shut off.
- Follow the instructions that come with your generator. Locate the unit outdoors and far from doors, windows, and vents that could allow CO to come indoors.
- Install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home, according to the manufacturer’s instructions. CO alarms should be certified to the requirements of the latest safety standards (UL 2034, IAS 6-96, or CSA 6.19.01). Test batteries monthly.

*(continued on page 3)*

## Fire Prevention Focus

### Candle Safety Tips

- Avoid using lighted candles. If you do use candles, ensure they are in sturdy metal, glass, or ceramic holders and placed where they cannot be easily knocked down.
- Keep candles out of the reach of children and pets. Set a good example by using matches, lighters, and fire carefully. Children should never be allowed to play with matches, lighters or candles.
- Never leave the house with candles burning. Extinguish candles after use.



### Portable Generator Hazards (continued from page 2)

#### Electrical Hazards

- Generators pose a risk of shock and electrocution, especially if they are operated in wet conditions. If you must use a generator when it is wet outside, protect the generator from moisture to help avoid the shock/electrocution hazard, but do so without operating the generator indoors or near openings to any building that can be occupied in order to help avoid the CO hazard. Operate the generator under an open, canopy-like structure on a dry surface where water cannot reach it or puddle or drain under it. Dry your hands, if wet, before touching the generator.
- Connect appliances to the generator using heavy-duty extension cords that are specifically designed for outdoor use. Make sure the wattage rating for each cord exceeds the total wattage of all appliances connected to it. Use extension cords that are long enough to allow the generator to be placed outdoors and far away from windows, doors and vents to the home or to other structures that could be occupied. Check that the entire length of each cord is free of cuts or tears and that the plug has all three prongs. Protect the cord from getting pinched or crushed if it passes through a window or doorway.

RECOMMENDED WIRE SIZE	MAXIMUM LENGTH
AWG #16	— 25 Feet
AWG #14	— 50 Feet
AWG #12	— 75 Feet
AWG #10	— 100 Feet

- **NEVER** try to power the house wiring by plugging the generator into a wall outlet, a practice known as “backfeeding.” This is extremely dangerous and presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices.



#### Fire Hazards

- **Never** store fuel for your generator in the home. Gasoline, propane, kerosene, and other flammable liquids should be stored outside of living areas in properly-labeled, non-glass safety containers. Do not store them near a fuel-burning appliance, such as a natural gas water heater in a garage.
- Before refueling the generator, turn it off and let it cool down. Gasoline spilled on hot engine parts could ignite.



[www.oswego.edu/administration/environmental\\_health\\_and\\_safety](http://www.oswego.edu/administration/environmental_health_and_safety)

Environmental Health and Safety  
SUNY Oswego

110 Lee Hall - Building 4

Phone: 315.312.3157

Fax: 315.312.4915

E-mail: [ehs@oswego.edu](mailto:ehs@oswego.edu)

*We want to hear from you! Please give us your comments or suggestions for topics you would like to see in this newsletter.*

# November Quiz

1. If you purposely ignore safety procedures, you are endangering only your co-workers.
2. A seasonal vaccine will protect you against 2009 H1N1.
3. Never leave the house with candles burning.
4. You need complete information to do a job safely and correctly the first time.
5. Carbon monoxide from generators cannot kill you.
6. Overconfidence is an attitude that can lead to injury.
7. Germs spread from touching your eyes, nose and mouth.
8. A job hazard analysis is an effective way to figure out the best ways to work both safely and effectively.
9. Generators pose a risk of shock and electrocution if they are operated in wet conditions.
10. Shortcuts that reduce your safety or the safety of others on the job are good.

*Quiz answers can be found at [www.oswego.edu/administration/environmental\\_health\\_and\\_safety](http://www.oswego.edu/administration/environmental_health_and_safety)*

# True or False?