The Facts About Lead Poisoning

The adverse health affects of lead have been recognized for over 100 years. Lead poisoning persists today despite the phasing out of lead from house paint, gasoline, food and beverage cans, the reduction of lead from industry emissions, drinking water and other sources. As a result of these efforts the level of lead in children's blood has declined by 80% since the 1970's. It was estimated that in 1978 there were 14.8 million children suffering from lead poisoning.

Despite these changes, lead poisoning remains one of the top childhood environmental health problems in this country. Even though it is preventable 1 million children in the United States have lead poisoning high enough to impair cognitive abilities. Even low levels of lead in the blood (10ug/dL) are associated with decreased intelligence, behavior problems, reduced physical stature and growth and impaired hearing.

Lead poisoning is considered most dangerous to children under the age of 6, the time when a child's nervous system is still developing and is particularly vulnerable to lead. Children between the age of 1 and 3 are at greatest risk, since they have more hand to mouth activity and their increased mobility allows for greater access to potential lead hazards.

The greatest source of exposure to lead is in the residential environment. Children are exposed to lead from paint by either directly eating paint chips or indirectly by ingesting lead contaminated house dust or soil. In fact, the main source of lead exposure for children is dust and soil contaminated from lead paint.

The current estimates are that two thirds of the homes built before 1940 and half of the homes built from 1940 to 1960 contain lead paint. Some homes built from 1960 to 1978 may also contain lead paint. Lead was banned from house paint in 1978; therefore no homes built after that time should contain lead paint.

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We've moved!

EH&S is on the move! Recently several branches of EH&S have been relocated to better serve the university community. The main office, including the director, insurance/risk management, industrial hygiene and administrative support now share the Card Application Technology Center (CATC). This area is located on the first floor of the Parking Garage (Bldg. 70), on the south side. The Fire Systems group is now in the old Visitor Information Center/ Photographic Services building (Bldg. 31). Biological Safety, Hazardous Materials, and Radiation Safety are still in 124 MMA (Bldg. 77) and Fire Safety continues to occupy the Annex (Bldg. 431). Telephone numbers and mail codes are all the same.
Heat Stress

Now that spring has fled the area and temperatures are remaining high, heat stress can quickly become an issue. The human body is a remarkable device that is capable of regulating temperature very well however, there are limits. As an individual works harder and harder and temperatures increase, the body tries to regulate temperature by increasing blood flow and sweating. Heat stress sets in when the body cannot adequately deal with the heat. Heat disorders include heat stroke, heat exhaustion, heat cramps and heat rash.

There are four basic tools to help prevent heat stress; engineering controls, work practices, acclimatization, and education (awareness).

• Engineering controls apply primarily to indoor activities. Basically, engineering controls deal with ventilation, cooling and fans; keeping individuals/areas cooler.
• Work practices apply to all activities from yard work to industrial settings. This includes items such as drinking plenty of fluids and alternating work and rest periods.
• Acclimatization entails allowing a period of time for your body to adjust to working in higher temperature environments. Allowing several days for your body to adjust to working in hot weather.
• Education (awareness) means basically to pay attention to the signs from your body. Do not push too hard and work during the “cooler” parts of the day. Remember the grass can be cut over a couple of shorter sessions instead of one marathon.

Hot weather does not mean that you have to quit enjoying and working outside. Just do not over tax yourself and if it is too hot, stay in the air conditioning!

Heat stroke: a condition marked by cessation of sweating, extremely high body temperature and collapse that results from prolonged exposure to high temperatures. Medical treatment is mandatory.

Heat exhaustion: a condition marked by weakness, nausea, dizziness, and profuse sweating that results from physical exertion in a hot environment. Treatment is generally removal to a cool place and to drink fluids (electrolyte replacement drinks).

Heat cramps: a condition that is marked by sudden development of cramps in skeletal muscles that results from prolonged work in high temperatures, accompanied by profuse perspiration. Typical treatment is to drink additional fluids.

Heat rash: also known as prickly heat, may occur in hot humid areas where sweat is not easily removed. Prevention and treatment are similar, wear loose fitting cotton clothes to help skin to dry.

Hurricane Season Approaches

Residents along the East and Gulf Coasts and in the Caribbean Islands should brace for an expected above-average 2000 Atlantic hurricane season, according to a forecast issued by NOAA scientists. The forecast indicates stronger, longer-lasting storms are possible and warns some could pose a threat to land during the hurricane season, which began June 1. Here at FSU, monthly Emergency Support Manager meetings will begin in June. Everyone, whether at home or work should review emergency actions, simple things like replacing batteries, collecting food and updating telephone lists and evacuation plans if applicable. For more weather information go to http://www.noaa.gov/, for emergency preparedness information from the Red Cross see http://www.tallytown.com/redcross or for information from the state disaster office see http://www.floridadisaster.org..
Work Related Injuries

This quarter’s campus work related injuries are listed below. Close to 100 fellow employees were injured and filed an injury claim. In many cases being cautious in your work area can prevent these accidents. Several of the accidents below are from simple activities. Examples include falling when missing your chair. How many of us has either "missed" the chair or had it roll out from under us? Also, such simple tasks as cutting paper with scissors have lead to injuries. Another potential office problem is filing cabinets. Filing cabinets should only have one drawer open at a time and should be filled from the bottom drawer up.

Reported Injuries, January to April 2000

<table>
<thead>
<tr>
<th>Description</th>
<th>Number of Claims</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strains or Injuries</td>
<td>24</td>
</tr>
<tr>
<td>Struck or Injured</td>
<td>12</td>
</tr>
<tr>
<td>Falls or Slips</td>
<td>36</td>
</tr>
<tr>
<td>Burns or exposures</td>
<td>2</td>
</tr>
<tr>
<td>Cut, punctures or scrape</td>
<td>6</td>
</tr>
<tr>
<td>Striking against/stepping on an object</td>
<td>1</td>
</tr>
<tr>
<td>Foreign body in eye</td>
<td>2</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total number of claims</strong></td>
<td><strong>93</strong></td>
</tr>
</tbody>
</table>

Go for the AMBER

In order to assist those who are not “stair ready” during emergency evacuations in FSU buildings, the Fire Systems Section technicians at EH&S are actively installing special pull stations. These *Assist in Mobility Based Emergency Response (AMBER)* devices look like fire alarm pull stations except they are yellow in color. If you are unable to walk down the exit stairs during emergency evacuations, you can pull these AMBER stations that are located very near the fire alarm pull stations before you enter the stairwell. When the station is pulled, a special signal is transmitted to the fire alarm control panel alerting the FSU Police and Tallahassee Fire Department of your whereabouts. They respond first to your location within the stairwell where you pulled the device. This speeds up identification of your location so first responders can take quick action to help you down the stairs.

Several buildings have been equipped with these devices and we will be installing them in every public assembly that has more than one floor. If you have any questions about how to use this system or if you would like to request that it be installed in your area, please contact the Fire Systems Section at 644-4639.

Lead

The federal government has a goal to eliminate all lead paint hazards in houses where children under the age of 6 live by 2010. This goal will be accomplished through:

- Federal grants and leveraged private funding to be used for the identification and elimination of lead paint hazards in order to produce an adequate supply of lead-safe housing for low-income families with children
- Outreach and public education
- Enforcement and compliance assistance and monitoring

The best way to determine if your home has lead paint is to hire a lead inspector to test the paint. If there is only a concern for a specific area in your house then a sample of paint chip, dust or soil can be sent directly to a certified laboratory for analysis. The Environmental Protection Agency does not recommend do-it-yourself lead test kits. These kits are not very accurate in determining lead in paint. To locate lead paint inspectors, risk assessors, certified laboratories and abatement contractors call 1-888-532-3547 or visit [http://www.leadlisting.org](http://www.leadlisting.org).
IN THE NEWS....

The Department of Health and Human Services released the Report on Carcinogens 9th edition. The new listings include some agents and substances to which large numbers of people are exposed including environmental tobacco smoke, tobacco smoking, oral use of smokeless tobacco products, alcoholic beverage consumption, diesel exhaust particulates, UV solar radiation, and use of sun lamps and sun beds. For the complete report go to http://ehis.niehs.nih.gov/roc/toc9.html.

The rate of new cancer cases and deaths for all cancers combined as well as for most of the top 10 cancer sites declined between 1990 and 1997 in the United States, according to a new report released by the National Cancer Institute (NCI), the American Cancer Society (ACS), the North American Association of Central Cancer Registries (NAACCR), and the Centers for Disease Control and Prevention (CDC), including the National Center for Health Statistics (NCHS). For the complete report go to http://www.seer.cancer.gov/.

DID YOU KNOW....

1747 James Lind begins an experiment in which he controls the diet of sailors afflicted with scurvy, those who receive lemons and oranges show marked improvement.

1907 Biologist Thomas Hunt Morgan began early chromosome research with Drosophila melanogaster, the fruit fly.

1910 German Chemist Paul Ehrlich discovers a treatment for syphilis, Salvarsan an arsenic compound.

1916 Margaret Sanger establishes the first birth control clinic in the United States.

1972 Molecular biologist Paul Berg pioneers the techniques that allow for the transfer of genes from one strand of DNA to another.

1980 First American patent of a genetically engineered organism, a bacterium used to clean up oil spills.

1980 May 18 was the 20th anniversary of Mount St. Helen's eruption. How is the mountain recovering? To learn more go to http://vulcan.wr.usgs.gov/Volcanoes/MSH/NatMonument/framework.html.

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