



FLORIDA STATE UNIVERSITY

Environmental Health and Safety

GUARDIAN

Volume 6 Issue 3

Third Quarter 2000

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GUARDIAN, is published quarterly by The Florida State University- Department of Environmental Health and Safety, 124 Mendenhall Maintenance Building "A" Tallahassee, FL 32306-4154
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Fax (850) 644-8842

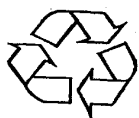
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GUARDIAN is available on the internet at <http://www.fsu.edu/~safety/guardian>

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SCHOOL-BORNE ILLNESSES

Schools can be hot spots for bacteria, viruses and other organisms. When your kids return to school this fall, they're going to be exposed to many infectious diseases.

To prevent or while treating common infections, remember to show your children how to properly wash hands before eating and after using the bathroom or after touching bodily fluids. Also wash after spending time in crowded public places, touching animals, etc. Discourage children from sharing foods, napkins and towels with classmates.

There are seven common school-borne illnesses; colds (upper respiratory infections), chickenpox (varicella), pinkeye (conjunctivitis), strep throat, stomach flu (gastroenteritis) and mononucleosis. Chances are that your child will encounter some of them. Below you will find some of the common symptoms and treatments.

Colds

Symptoms: Sneezing, runny nose, sore throat, cough, mild fatigue, fever.

Treatment: Cold symptoms should go away in a week to 10 days. Treatment by a health care provider is not indicated for a cold unless symptoms continue, or existing respiratory conditions are worsened by the symptoms.

Home care products may relieve some of the symptoms of the cold but will not affect the extent of the illness. These actions include taking over-the-counter pain relievers, drinking plenty of fluids, and rest. **NEVER GIVE YOUR CHILD ASPIRIN TO TREAT FEVER OR PAIN UNLESS DIRECTED BY A PHYSICIAN.**



see Illness page 3

EPA Warns Universities

Recently the Environmental Protection Agency (EPA) issued an Enforcement Alert identifying colleges and universities as potential targets for upcoming enforcement activities. Enforcement Alerts are periodic publications by the EPA to help the regulated community anticipate and prevent violations of federal environmental law that could otherwise lead to enforcement action. In this edition, the EPA reviews recent activities focusing on colleges and universities. The alert states that there will be more enforcement activities in the near future. The issues identified by the EPA are regulated under Resource Conservation and Recovery Act (RCRA), Spill Prevention, Control, and Countermeasure (SPCC), Clean Water Act (CWA) and Clean Air Act (CAA).

Areas that have been identified as noncompliant under these regulations include improper hazardous materials controls (storage and disposal), inadequate control of fuel storage tanks and improper abatement of lead-based paint and asbestos. The heightened level of awareness coupled with the increase in renovations and construction on campus makes it extremely important that all of us keep our eyes open and follow the proper environmental requirements for our activities.

New Dietary Guidelines

The United States Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA) have jointly published the latest report on dietary guidelines for Americans. These guidelines are updated and published every 5 years. These guidelines reflect a consensus of the most current scientific knowledge available related to health and nutrition.

The Dietary guidelines are 10 basic principles for healthy eating grouped under an ABC scheme:

Aim for Fitness:

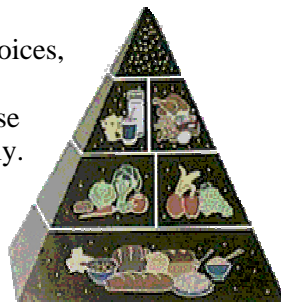
Aim for a healthy weight and be physically active each day.

Build a healthy base:

Let the Pyramid guide your food choices, choose a variety of grains daily, especially whole grains. Also choose a variety of fruit and vegetables daily. Keep food safe to eat.

Choose sensibly:

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat. Choose beverages and foods to moderate your intake of sugar. Choose and prepare food with less salt. If you drink alcoholic beverages, do so in moderation.



The American Heart Association, the American Cancer Society, the American Diabetes Association, the American Dietetic Association, the American Institute of Cancer Research and the North American Association for the Study of Obesity are in agreement on several of the key recommendations made by the Dietary Guidelines. These organizations also note that by following these broad dietary arrangements it may help reduce the risk of heart disease, stroke, cancer, diabetes and other chronic life-threatening diseases. A complete copy of the Dietary Guidelines for Americans, along with additional information, can be found at <http://www.nal.usda.gov/fnic/dga/index.html>.

Household Chemical Web Site for Children

Looking for ways to get the chemical safety message into the home? EPA's Office of Pollution Prevention and Toxics has created a new interactive Web site, "Learn About Chemicals Around Your House." The focus is on delivering a strong safety message to children about ordinary household products that may contain harmful chemicals. The site includes information about toxic substances stored in different rooms of the house--and answers questions on safe use and storage of pesticides and other toxic products. The site also contains educational games and tells children what to do if accidents do occur. The site is located at <http://www.epa.gov/opptintr/kids/hometour/index.htm>.

Air Bag Safety

In 1998 an estimated 1,043 lives were saved by air bags. Tragically, the National Highway Traffic safety Administration reports that 88 children have been killed or injured by the force of a deploying air bag. Many of these children were riding in the front seat either in a rear-facing child safety seat or simply in the seat.



Air bags are not soft, pliable pillows. Air bags are deployed from the dashboard of a car at a rate of up to 200 mph, that is 1/25th of a second for inflation. Dashboard air bags are designed for frontal impact crashes. They are intended to limit head and chest injuries. The air bag is a supplement to safety belts, not a replacement.

As the number of motor vehicles with air bags increases, the risk to children riding in the front seat will increase. It is important to follow some simple tips to maximize the safety capabilities of airbags and safety belts when riding in a motor vehicle.

Kids always ride in back: Infants should never ride in the front seat of a vehicle with a passenger air bag. Children age 12 and under should ride in the back seat with safety belts on.

Child safety seats: Infants and young children should always ride in age and size appropriate child safety seats.



Wear both lap and shoulder belts: The shoulder strap should never be slipped behind the back or under the arm. This is especially dangerous for vehicles with air bags.

Move the front seat back: Driver and front passenger seats should be moved back as far as possible.

EH&S Training Corner

Look to this area for information concerning training course information. We will provide updates with course names and schedules. Current monthly training sessions are offered the first Tuesday of every month for Right-To-Know/Hazard Communication, Hazardous Waste Awareness and Laboratory Safety. Right-To-Know/Hazard Communication is required for all university employees. Each employee needs to attend within 30 days of employment. Hazardous Waste Awareness is required annually for anyone that handles or generates hazardous wastes and Laboratory Safety is required annually for those individuals that work in a laboratory environment.

Contact the EH&S office or look at the web page, <http://www.fsu.edu/~safety/>, for more information and current schedules.

Chicken Pox

Symptoms: Red, itchy bumps that become blisters, then dry and form crusts. New sores usually develop for 4-5 days and will be crusted over within a week. This is usually accompanied by a fever.

Treatment: To relieve itching associated with skin lesions include cool water soaks or compresses, and bathing with one cup of baking soda added to a bathtub of lukewarm water. Topical provisions such as nonprescription calamine lotion, antihistamines, or other lotions containing camphor, menthol or phenol may be helpful. Ask your health care provider about the new chickenpox vaccine available for children 1 year or older.

Pinkeye

Symptoms: Red, itchy eyes, blurred vision, sensitivity to light and eye discharge that crusts during sleep.

Treatment: Antibiotic medication, usually eye drops, is effective for bacterial conjunctivitis. Viral conjunctivitis will disappear on its own.

Strep Throat

Symptoms: Sore throat, pain with swallowing, fever, headache, stomach ache and swollen tonsils and lymph glands.

Treatment: Your health care provider usually prescribes antibiotics for sore throats that have a positive streptococci culture. Gargling with warm salt water (one half teaspoon of salt in a glass of warm water) several times a day, and taking pain relievers such as acetaminophen are some of the treatments.

Stomach flu

Symptoms: Nausea, vomiting, diarrhea, fever and abdominal cramps.

Treatment: The objective of treatment is to replace fluids, electrolytes (salt and minerals) and bland foods lost by diarrhea (crackers, toast, rice or chicken). Avoid dairy products and highly seasoned or fatty foods for a few days.

Mononucleosis

Symptoms: Fever, sore throat, enlarged lymph nodes, especially in the neck, armpit lump, facial swelling, general discomfort, uneasiness, or ill feeling (malaise), drowsiness, loss of appetite, muscle aches or stiffness, enlarged spleen and rash.

Treatment: Diagnosis is determined by a physician. Rest is needed, sometimes for a month or longer.

Use warm salt water to gargle for sore throat. Acetaminophen may help reduce fever and discomfort.



Work-Related Injuries

The campus work-related injuries for this quarter are listed below. Walking around campus several unsafe operations have been observed. Listed below are a few examples:



- Work generating smoke or fumes being performed in an enclosed area. When doing work that generates smoke or fumes always provide adequate ventilation, this includes a fresh air supply and exhaust path for the fumes/smoke.
- Use of ladders that are "wobbling" and improperly secured. When working with ladders ensure that the ladder is stable and properly secured.
- Many, many cases of individuals walking in front of cars, between cars and out into traffic. In a confrontation between a car and yourself, the car will win. Always cross streets following signs and indications.

Campus is becoming more congested, with more students and activities taking place every semester. We must all follow safe practices to ensure that no one is injured, especially ourselves!

Reported Injuries, May to August 2000

Description	Number of Claims
Strains or injuries	15
Struck or injured	9
Falls or slips	10
Burns or exposures	2
Cut, punctures or scrapes	8
Striking against/stepping on an object	4
Foreign object in eye	1
Miscellaneous	4
Total number of claims	53

Motorized Scooters and Skateboards

Though this recent trend in personal transportation is all the rage these scooters or skateboards cannot be brought into buildings and certainly cannot be stored in residence halls. These scooters/skateboards appear to be large skateboards with upright handles in the front. At the rear are small gasoline powered engines similar to those seen on many gasoline powered grass/weed cutters and small chain saws.

It is never a good idea to store any gasoline-powered equipment, and certainly not any gasoline cans inside an occupied building.

Therefore, all employees are asked to remind users of these devices that they cannot be brought inside any building. If the user insists on bringing the device inside, please contact the FSU Police for assistance.

IN THE NEWS....

Bureau of Statistics at the Department of Labor reports that the number of fatal workplace injuries declined during 1999 in a report issued in August. The construction industry had the largest number of fatal work injuries. The leading cause of workplace related deaths for 1999 were highway crashes involving truck drivers, workers struck by vehicles, and work related falls.

The American Heart Association (AHA) has revised and simplified its guidelines for CPR on a person who has had a cardiac arrest. People will no longer be taught to check for a pulse of a collapsed person before starting CPR. In addition the new guidelines say that people performing CPR to adults should perform 15 chest compressions for every 2 breaths regardless of the number of rescuers present.



Department of Health and Human Services has funded collaboration among the Association of State and Territorial Health Officials (ASTHO), the National Association of County and City Health Officials (NACCHO), and the Public Health Foundation (PHF) to publish reports for all 3,082 U.S. counties. A new online guide to community health is available at <http://www.communityhealth.hrsa.gov>. The Community Health Status Indicators Reports (CHSI) include data collected from 1988 to 1998 on such topics as the leading cause of death in a community and the actual and expected number of infectious disease cases compared to the rate of medical care coverage in a specific county.

DID YOU KNOW....

- 1907 Industrial smokestacks were a common sight at the turn of the century. Frederick Cottrell designed and patented an electrostatic precipitator which removed 90% of the particles from the emissions coming from the smoke stacks reducing pollution and recovering valuable raw materials that were going up in smoke.
- 1946 Medical researcher Willem J. Kolff known as the "Father of Artificial Organs" invented the artificial kidney dialysis machine. An estimated 55,000 people in the U.S. with end-stage renal disease are being kept alive by this invention or a subsequent modification of it.
- 1970 Corning Glass researchers Robert Maurer, Donald Keck, and Peter Schultz made optical fiber, capable of carrying 65,000 times more information than conventional copper wire. This paved the way for the commercialization of optical fiber literally creating a revolution in telecommunications.
- 1972 Baruch Blumberg and Irving Millman developed a vaccine against the virus hepatitis B. This vaccine protects people exposed to hepatitis B from infection and has been administered to millions, particularly in Asia and Africa.



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