



SAF • T • GRAM



“Studies show more than a million cases of the most common forms of skin cancer are diagnosed each year.”.....CDC

<http://www.cdc.gov/od/oc/media/pressrel/r030626.htm>

Also see <http://understandingrisk.cancer.gov/>

“A gram of safety is worth a pound of cure!”

SUMMER SAFETY AWARENESS

This issue is dedicated to some of the more frequent safety hazards associated with the season of summer. Occupational hazards of working outdoors include, sunburn, heat illness, insect and tick bites, and poison ivy, oak and sumac. Recreational hazards include fireworks, swimming pools and lawn mowers (I know, is mowing the lawn really a recreation?).

So, while it may be time to break out the summer flip-flops, please remember that sandals and other open-toed shoes should not be worn in areas where hazardous or biological materials are used or stored. Sandals should also not be worn when working with sharp equipment, such as scalpels, forceps and needles.

Every year injuries occur in laboratories to toes, feet and legs from



spilled chemicals, broken glass, and dropped materials on unprotected skin.

Keep your toes protected in the labs. If you must wear open-toed shoes to campus, keep solid shoes in the lab and change for working hours. And if keeping safe isn't enough incentive, the appendix to the OSHA lab standard states, "Wear shoes at all times in the laboratory but do not wear sandals, perforated shoes, or sneakers."

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TICKS, TICKS, AND MORE TICKS

<http://www.ouhsc.edu/article-display.asp?idnum=1401>
<http://newsinhealth.nih.gov/2009/June/feature2.htm>
http://www.ok.gov/health/Disease_Prevention_Preparedness/Acute_Disease_Service/Disease_Information/Tickborne_and_Mosquitoborne_Diseases/index.html

Ticks are abundant in Oklahoma and commonly feed on humans and other animals. Although only a small percentage of these ticks are infected with disease causing bacteria, numerous tickborne illnesses including Rocky Mountain Spotted Fever, ehrlichiosis, and tularemia each year. Fortunately, there haven't been any reported cases of Lyme disease in Oklahoma in recent years.

Researchers, including Dr. Darrin Akins at the OUHSC, are searching for ways to develop vaccines to protect against the effects of tickborne diseases. Other prevention methods, according to the National Institutes

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of Health (NIH) and the Oklahoma Poison Control Center, include:

- Avoid walking in woody and bushy areas with high grass.
- Stay on groomed trails when hiking.
- Wear long, light-colored pants, sleeves and socks. Tuck your pant legs into your socks.
- Spray exposed body areas and clothing with tick repellent.
- Check your body for ticks after any time has been spent outdoors. Use a hand-held or full-length mirror to view all parts of the body. Be sure and check in and around the ears, head, all areas with body hair, under the arms, inside the belly button, behind the knees, between the legs and around the waist area.
- If a tick is found, remove it immediately with a pair of pointed tweezers. Firmly grasp the tick very close to your skin. With a steady motion, pull the tick's body away from the skin by pulling straight back. Wash the bite area with soap and warm water. Do not use a hot match head, petroleum jelly, olive oil, fingernail polish remover or any other type of chemical to remove the tick.
- Mark the date of the tick bite on a calendar. If any flu-like symptoms such as fever, muscle pain, extreme fatigue, headache, chills, joint pain, swollen glands or a rash develop within three days to two months after the bite, see your physician. Lyme disease symptoms may not develop for up to two months.

LAWN MOWER SAFETY

http://www.briggsandstratton.com/corp/safety_use/lawn_mower.aspx

According to the US Consumer Product Safety Commission (CPSC), more than 60,000 injuries are treated by hospital emergency rooms each year because of unsafe operation of power lawn mowers.

Some Tips when using a Lawn Mower:

- Be sure to completely read the safety information contained in the operator's manual.
- Never attempt to lift or repair mower with engine running.
- Never tamper with safety devices. Check their proper operation regularly.
- When mowing with a walk-behind mower, wear heavy-duty shoes with non-slip soles and long pants to protect your legs.
- Always wear eye protection when operating a mower.
- Do not allow children anywhere near the area of operation.
- Be sure to clean up the area to be mowed before you start mowing. The blades on mowers spin very fast and can pick up and throw debris that could seriously injure a bystander.
- The "mower deck" has spinning mowers blades that can amputate hands and feet. Always allow the mower blade(s) to stop completely before leaving the mower's operator position.
- Do not put your hands or feet near or under the mower.
- Never tilt a walk-behind mower; always keep all four wheels on the ground.
- Do not pull the mower backward unless absolutely necessary.
- Always turn off mower when crossing a sidewalk or a driveway.

Tips for Handling Gasoline:

- Never smoke when filling the gas tank.
- Store gasoline in a container with a UL, FM, or CSA label.



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- Never keep gasoline in the house or fill gas tank indoors.
- Never store the machine or fuel container where there is an open flame, spark, or pilot light such as near a water heater or other appliances.
- Never fill containers inside a vehicle or on a truck bed with a plastic bed liner. Always place containers on the ground away from your vehicle before filling.
- Wipe up gasoline spills immediately and do not attempt to start the engine but move the machine away from the area of spillage and avoid creating any source of ignition until fuel vapors have dissipated.
- Never over-fill the fuel tank. Replace gas cap and tighten securely.
- Never remove the gas cap or add fuel with the engine running. Allow the engine to cool, before refueling.



FIREWORKS SAFETY



<http://www.fireworksafety.com/home.htm>

<http://www.cpsc.gov/cpsc/pub/pubs/july4/safetip.html>

http://www.cdc.gov/HomeandRecreationalSafety/Fireworks/fire_spot.html

Fireworks lead to thousands of injuries requiring emergency room treatment each year. These dazzling, but dangerous devices can burn up to 1200°F and can cause burns, lacerations, amputations, eye injuries and blindness. June and July are Fireworks Safety Months, so let's take the time to be safe around fireworks. According to the Consumer Product Safety Commission, and the National Council on Fireworks Safety, **if fireworks are legal where you live and you decide to set them off on your own, be sure to follow these important safety tips:**

Fireworks were involved in 11 deaths and an estimated 9,800 injuries treated in U. S. hospital emergency departments during calendar year 2007.....CPSC

<http://www.cpsc.gov/LIBRARY/2007fwreport.pdf>

- ★ Never allow children to play with or ignite fireworks.
- ★ Read and follow all warnings and instructions.
- ★ Be sure other people are out of range before lighting fireworks.
- ★ Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
- ★ Never try to relight fireworks that have not fully functioned.
- ★ Keep a bucket of water in case of a malfunction or fire.
- ★ Use fireworks and sparklers only outdoors.
- ★ Only use fireworks as intended. Don't try to alter them or combine them.
- ★ Fireworks and alcohol do not mix. Have a designated "shooter".

Only persons over 12 years of age should handle sparklers of any type. Too many young people get burned by sparklers every year. By keeping sparklers out of youngsters' hands, we can reduce these injury rates.

When all else fails, use common sense. Respect fireworks and sparklers as the great American tradition they are, but also respect the fact that they must be used with caution.

Watch the National Council on Fireworks Safety video on fireworks safety at <http://www.fireworksafety.com/home.htm>.



PROTECT YOURSELF FROM THE SUN

http://www.cdc.gov/cancer/skin/basic_info/howto.htm

<http://www.osha.gov/Publications/osha3154.pdf>

<http://www.cdc.gov/niosh/topics/heatstress/>

Summer is a great time to have fun outdoors. It's also a time to take precautions to avoid sunburns, which can increase your risk of skin cancer. Skin cancer is the most common form of cancer in the United States. Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved with developing skin cancer. During the summer months, UV radiation tends to be greater. To help prevent skin cancer while still having fun outdoors, regularly use sun protective practices such as:



- **Seek shade**, especially during midday hours (10 a.m.–4 p.m.), when UV rays are strongest and do the most damage.
- **Cover up** with clothing to protect exposed skin. Lightweight, light colored, loose-fitting long-sleeved shirt and long pants with a tight weave are best.
- **Get a hat** with a wide brim to shade the face, head, ears, and neck.
- **Grab shades** that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Rub on sunscreen** with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

High temperatures and humidity, direct sun or heat, limited air movement, physical exertion, poor physical condition, some medicines, and inadequate tolerance for hot workplaces can lead to heat-induced illnesses. Heat-related illnesses (heat stress) include heat exhaustion, heat stroke, and even death.

Symptoms of Heat Exhaustion

- Upset stomach or vomiting
- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion

Symptoms of Heat Stroke

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or convulsions

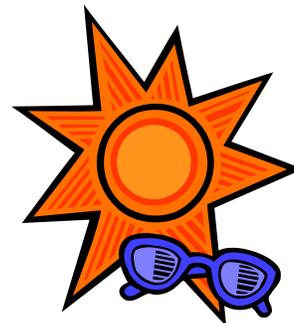
In addition to taking the precautions for preventing sunburn and skin cancer, precautions for preventing heat-related illness also include:

- Know the signs/symptoms of heat-related illnesses; monitor yourself and coworkers or friends.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Avoid alcohol, caffeinated drinks, or heavy meals if you plan on working in the heat.

What to Do for Heat-Related Illness:

Call 911 (or local emergency number) at once. While waiting for help to arrive:

- Move the victim to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.



The Saf-T-Gram is published by the University of Oklahoma Environmental Health and Safety Office

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