Director’s Welcome

Although August marks the point in which people start saying summer is half over, there is still plenty of time to take off from work, relax a bit and have some fun. Whether you are at work, home or away on vacation, please remember to take precautions to protect yourself and others from potential dangers associated with certain summer activities or from environmental conditions. The articles in this Newsletter are intended to identify some of the hazards that can be encountered and provide you with ways to stay safe during the remaining days of summer. Enjoy and be safe.

Gary Kaczmarczyk, Director
Environmental Health & Safety

How to Enjoy the Sun...Safely  by Jeff Carter

The dangers of basking in the sun without sunscreen is well documented, as are the detrimental effects of tanning beds.

The old saying, "knowing is half the battle", could not be more true when speaking about preventing skin damage from the sun. Skin cancer kills about 10,000 people per year, according to the American Cancer Society. Now that we know how harmful the sun can be we now need to implement practices to protect us from that damage.

UV light is what we want to protect ourselves from and there is now an entire market aimed at doing just that. From sunscreen to protective clothing there are numerous ways to protect us and loved one's each day.

Tips:
• Sunscreen should be applied to clean, dry skin 30 minutes before exposure to the sun which allows it time to absorb properly.
• The recommended application for adequate protection is 35 to 40ml per person per session (a handful).
• No matter how long you plan to be in the sun, start each day with at least a minimal sunscreen to protect your delicate skin.
• Even if you are a person that tans easily or has naturally dark skin, it is still important to apply sunscreen to protect your skin from the aging effects of the sun as well as skin cancers.
• Apply and reapply sunscreen often in the summer months to protect against harmful UV rays.
• Perspiration, exercise, swimming and towel-drying removes sun creams from the skin so you should reapply after taking part in any of these activities, even if the product is water-proof.
• If you are still yearning for that luscious tan, look to try using a sunless tanning lotion. Sunless tanners have come along way.

Compiled by Jeff Carter using information from Carolyn J. Strange’s, “Thwarting Skin Cancer with Sun Sense”
Summer Safety for Labs by Kim Auletta

It’s hot and humid outside, but your exposure potential to chemicals and other hazardous materials in the lab has not changed. Dropped glassware can easily cut your legs and feet if they are not protected. It’s important that you “dress for success” when working in the lab! It’s a “success” when you go home uninjured from broken glass or hazardous material exposures! Shorts and sandals are not appropriate lab attire. Long pants and close toed shoes are required when working in the lab. Lab coats and gloves are required when working with chemical, biological or radiological hazardous materials. Protective eye-wear must be used when working with corrosive chemicals, or other materials that might splash in your eyes and could potentially cause an eye injury.

Leaving the Lab for an Extended Break?

If you will be out of the lab for an extended break, it’s important to secure your hazardous materials and equipment. Make sure that all containers are closed and properly labeled. Close the fume hood sash and properly store all reaction or process containers. Bring any hazardous waste containers that are full or could otherwise pose a hazard if left unattended to a collection point for proper disposal on a scheduled day. Update your lab emergency contact information. The Laboratory Emergency Information Template is for your lab door. It includes space for emergency contact information and hazard warnings.

Is your Laboratory Prepared for a Hurricane?

Laboratory equipment, materials and research can be protected from loss during severe weather events by taking precautions that will minimize the impact of dangerous conditions (e.g. wind and rain) and loss of services (e.g. electric power, heat, air conditioning, water). Prepare a lab contingency plan now! This plan should be shared with your lab, your department and your Building Manager for inclusion in the Building Emergency Plan. This plan should be implemented whenever a severe weather event has been issued. Remember - you must take responsibility to protect your laboratory and your research. Use the Hurricane Preparation Checklist on the EH&S Lab safety web page:

http://www.stonybrook.edu/ehs/lab/labemerg.shtml

Heat Stress Advisory Information by Kevin Tumulty

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress:
High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion:
Headaches, dizziness, lightheadedness or fainting.
Weakness and moist skin.
Mood changes such as irritability or confusion.
Upset stomach or vomiting.

Symptoms of Heat Stroke:
Dry, hot skin with no sweating.
Mental confusion or losing consciousness.
Seizures or convulsions.

Preventing Heat Stress:
Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
Block out direct sun or other heat sources.
Use cooling fans/air-conditioning; rest regularly.
Drink lots of water; about 1 cup every 15 minutes.
Wear lightweight, light colored, loose-fitting clothes.
Avoid alcohol, caffeinated drinks, or heavy meals.

When conditions warrant, EH&S will issue a “Heat Stress Advisory” to the Campus Community to alert supervisors that work schedules for outdoor locations may need to be modified as a result of forecasted weather conditions. If workers experience a heat-related illness, call the University Police (911 from any campus phone or (631) 632-3333 from a cell phone). For additional information on Heat Stress please visit, http://www.stonybrook.edu/ehs/ih/heat-stress-advisory-information.shtml
### Mosquito Safety by Terry Hulse

All campus departments that use or maintain outdoor areas are urged to identify and eliminate mosquito breeding areas.

- Remove containers that collect standing water, such as cans, bottles, buckets, toys and old tires. Remove standing water from any container in which water accumulates and where mosquitos can breed.
- Check and repair window and door screens.
- Keep gutters and drainage areas clean.
- Fish kept in ponds will eat mosquito larvae.
- Citronella oils and candles can help repel mosquitos.
- Stay indoors at dusk when mosquitoes are more likely to be biting.
- When outdoors, wear clothing that covers the skin, such as long sleeve shirts, pants, and socks.
- Apply an appropriate insect repellent.
- Contact EH&S @ 632-6487 to determine if the application of pesticides is needed.
- Off campus contact the Suffolk County Vector Control @ 852-4270

### Tick Safety by Terry Hulse

#### Avoiding Tick Bites
- **Wear long sleeves, long pants and socks.**
- **Wear light-colored clothing,** which allows you to see ticks crawling on your clothing.
- **Tuck your pant legs into your socks** so that ticks cannot crawl up the inside of your pant legs.
- **To avoid ticks** when walking in wooded or grassy areas; avoid tall grass, avoid areas frequented by deer and walk in the center of trails.
- **Check your body for ticks** after being outdoors in a potentially tick-infested area, search your entire body for ticks especially places ticks hide: Under your arms, in and around your ears, back of your knees, under your arms, in your hair and around your waist. Some ticks can crawl into shoes and are small enough to crawl through your socks. Examine your feet and ankles to ensure that ticks are not there.
- **Use a mirror** to view all parts of your body.
- **Check your children** for ticks.
- **Check your pets** for ticks. Use a tick collar on dogs & cats.
- **Apply insect repellent** with DEET

#### Controlling Ticks at Home

Here are some suggestions for having a tick-free landscape. **Note:** Ticks thrive in humid, wooded areas and avoid dry areas:
- Remove leaf litter and tall grass from around your home.
- Place gravel between lawn and wooded areas to prevent tick migration into your yard.
- Keep the ground under your bird feeders clean.
- Keep playground equipment away from the yard edges.
- Stack wood neatly and in dry areas.
- Discourage deer from entering your yard. They carry ticks.
- Control mice population. They are hosts to ticks as well.
- Chickens & Guinea hens eat many insects; including ticks.
- Have a certified pesticide applicator apply a pyrethrin-based pesticide in May or early June.
Insect Repellent Safety Precautions by Terry Hulse

- **Adults** can use insect repellants with less than 30% DEET.
- **Children** over 3 years old can use products containing 15% DEET or less.
- **Children** under 3 years old should not use DEET.
- Read the entire label before using. Never use a product that has not been approved by the EPA.
- Apply repellent sparingly on exposed skin. Do not apply under clothing.
- Do not spray directly onto your face; spray on hands first and then apply to face. Do not inhale, ingest or get repellant into your eyes.
- Do not allow children to handle insect repellants. Do not apply to children’s hands. Apply to your own hands and then put it on the child.
- Wash treated clothing before wearing again.
- For additional Pest Management topics please visit: [http://www.stonybrook.edu/ehs/pest/](http://www.stonybrook.edu/ehs/pest/)

Swim Safety by Jeff Carter

Playing at the beach, at a water park, by a lake, or in a pool can be a real treat on a hot day. Swimming is a lot of fun, but drowning is a real danger. For example, drowning is the second most common cause of death amongst kids under the age of 14. Tragic water accidents happen quickly - sometimes in less than 2 minutes after a person's head goes under the water! That leaves very little time for someone to help. The most common reason for aquatic mishaps is a lack of safety knowledge. Therefore, the following tips are recommended:

- Learn to swim
- Swim near a lifeguard
- Never swim alone
- Supervise children closely, even when lifeguards are present
- Don't dive into unknown water or into shallow breaking waves
- Ask a lifeguard about beach and surf conditions before swimming
- If you are unable to swim out of a strong current, signal for help
- If caught in a rip current, swim sideways until free, don't swim against the current's pull
- Alcohol and swimming don't mix
- If in doubt, just stay out!