



Notes

ENVIRONMENTAL HEALTH and SAFETY

Good Flu/Colds Hygiene is Important

How Germs Spread

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

The following practices help to stop the spread of germs

Cover your mouth and nose when you sneeze or cough.

Cough or sneeze into a tissue and then throw it away. Cough or sneeze into your upper sleeve, not your hands, if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean your hands often

When available, wash your hands — with soap and water — then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.

Avoid touching your eyes, nose, or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, tables, telephones, office equipment, paperwork, pens/pencils, etc.

Stay home when you are sick and check with a health care provider when needed

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose
- muscle aches, and
- nausea, vomiting, and diarrhea, (much more common among children than adults).

Practice other good health habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing good habits will help you stay

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Director's Desk

Cell Phone Safety

This summer I joined the 21st century and got my own cell phone. Like many of you, I have been annoyed to see seemingly every other car driver with a cell phone at their ear and pedestrians using cell phones crossing streets without checking to see if vehicles are coming. Now with my own cell phone readily available, I have experienced the strong temptation to join the crowd.

My advice to the use of a cell phone while driving or walking is to just say "no."

Driving and cell phones don't mix. A recent study by the Insurance Institute for Highway Safety determined that if you drive while phoning you are four times more likely to get into a crash serious enough to injure yourself. This finding applied for males and females, young and old, and even for persons using hands-free phones. What are the reasons for this increase in risks?

- 1 Delayed reaction time
- 2 Impairment of stopping decisions
- 3 Decline in lane control
- 4 Lessening of the amount of time spent examining instruments and mirrors

If you simply must make a call or receive a call while driving, pull to the side of the road and stop. Most cell phone arrangements allow the caller to leave messages, and you can return the call fairly quickly.

Pedestrians have some of the same issues as drivers. While pedestrians on cell phones are unlikely to cause damage with accidents, they are more likely to be involved in accidents because of inattention to their surroundings. Again, if you simply must make a call or receive one, stop walking and find a place to take the call where you won't be potentially interacting with vehicles,

bicycles, or other pedestrians.

Changing behavior to not use the cell phone while walking or driving is not easy, but it is certainly in everyone's interest for safety. Please be part of the solution.

Peter Ashbrook

Flu/Colds (cont.)

healthy during flu season and all year long.

Avian Flu

There is currently a lot of attention given to bird flu. Bird flu viruses do not usually infect humans and even with the widespread outbreaks in Asia over the past three years, there are still no reports of human to human transmission of the disease.

The concern is that the bird flu virus may mutate to a form that is transmissible in humans. If that occurs, then the flu could spread very rapidly. University Health Care and campus administration have met to develop preparations to respond in the event of a widespread outbreak. You can expect to see frequent communications as we monitor national and world events.

More Facts, Figures, and How-To Ideas

CDC and its partner agencies and organizations offer a great deal of information about handwashing and other things you can do to stay healthy and avoid the germs that cause flu, the common cold, and other illnesses. Other resources of information are also available at: <http://www.cdc.gov/germstopper/resources.htm>

Roger P. Riddlemoser

Asst. Director EHS - Industrial Hygiene

Pedestrian Safety Update

Two bicycle accidents at the beginning of the semester remind us of pedestrian safety. This article reviews some of the steps the campus has taken and plans to take in the future.

EHS has coordinated an educational campaign under the PAVE (Pedestrian And Vehicle Education) program developed by three Journalism students several years ago. In August, EHS held a coordination meeting attended by MU Police, Campus Parking, Athletics, the Hospital, Residential Life, and Student Life. Contact was also made with Campus Facilities. All have worked together to promote pedestrian safety, sending the message that mutual courtesy is the key. In addition to various educational promotions, MU Police are continuing stepped up enforcement of crosswalk safety.

The pedestrian bridge, which opened a year ago, has been a big success in improving the situation on College Avenue. The campus has studied various options for "traffic calming", improving the visibility of crosswalks, and the possibility of expanding the pedestrian campus. It is important that any such engineering changes be well thought out to make sure that we don't create undesirable ripple effects. Probably the next most visible change will be modification of the crosswalks on University Avenue near the University Avenue Parking Garage. We would like to get these changes made between semesters; however, logistics and weather may delay the project until next summer. Expansion of the pedestrian campus continues to be studied. You can expect to see more public forums to help the campus administration determine the best way to proceed on this issue.

Concerns have surfaced about the increased use of golf carts, gators, and similar vehicles. EHS is working with MU Police and Campus Parking to provide education about appropriate use of these vehicles. The next step will likely be development of some method of marking these vehicles as a means to follow up on complaints of improper use.

We welcome any assistance you or your department may be able to provide in promoting pedestrian safety, as well as any suggestions for positive steps the campus might take. You may reach us at ehs@missouri.edu.

Calling all Laser Owners

We have been gearing up our Laser Safety Program here at MU. If you look at our web site (ehs.missouri.edu) you will see that we have posted our Laser Safety Manual. We have also purchased some training films and developed a short Laser Safety Course for Laser Workers. The Laser Program is designed to assist the user in their needs for safety and safety training. All of this is fairly new and we know that there has been laser use going on at MU for sometime now. This is where we need you help.

We are in the process of inventorying all of the class III and class IV lasers on campus. The trouble is that we don't know where they are. We would like to locate these lasers, even if they are not in current use. Having a good handle on what MU has and where it is located will help EHS tailor our program to best serve the users. If you have a class III or class IV laser, please contact us so that we may add it to our list. If the laser you have is un-classed or was constructed in the laboratory, we can help you rate it properly for its safety class. We would like to know who our users are so that we might build a community of users here at MU. As new safety rules and regulations develop, the Laser Safety Officer will be able to share this information with the community. In this way the program can truly become a valued resource for the users.

We are interested in assisting any laser owner at MU with their safety needs, not just the class III and class IV users. If you have a laser and have questions as to its safe use, please feel free to contact EHS at 882-7018 during normal working hours. Always remember safety is everybody's business and it takes everybody's help to keep our University safe.

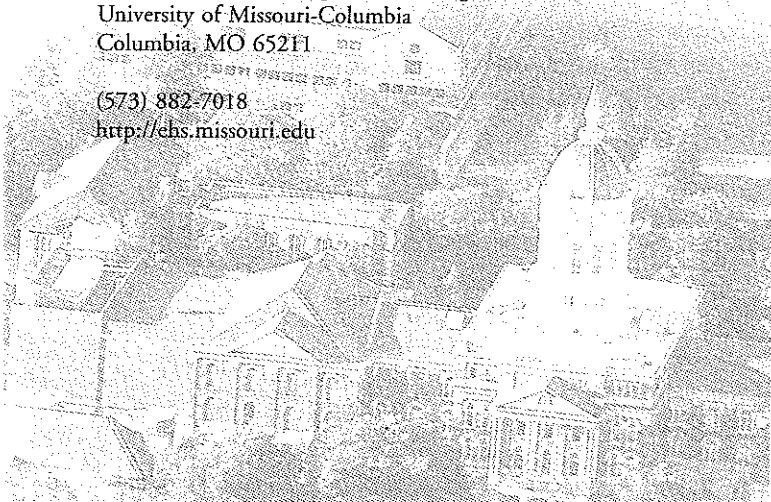
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Chemical Retraining Project

As mentioned in spring 2005 EHS Newsletter, the Environmental Management Section (EMS) of EHS revamped the Hazardous Material Services (HMS) chemical training program from the top down; simplifying the number of worker categories and completely overhauling the program to focus more on general chemical safety. Because so much had changed, **ALL** chemical and ancillary workers are required to retrain under the new training program. EMS now offers two HMS training courses for workers: "Chemical Management for CHEMICAL Workers" and "Chemical Management for ANCILLARY Workers."

CHEMICAL workers work with chemicals on a more-or-less daily basis. Examples would include graduate students and research technicians.

ANCILLARY workers work in areas containing hazardous

materials, but do not necessarily work directly with these hazardous materials. Examples would include custodial and maintenance/crafts staff, procurement personnel, and police officers.

Workers who received training prior to September 2004, are required to retrain under the new program. We have had over 1600 people attend our new training sessions this year alone. But many more of you still need to still need to take the new class. To find a class visit the EHS website at <http://ehs.missouri.edu/train/chemical.html>. (EMS would also be happy to schedule a special session for any group of 20 or more workers. Such requests can be made by emailing hazmat@missouri.edu or calling 882-7018.)

As always, if you have any questions about or suggestions for EMS, feel free to contact the Assistant Director in charge of EMS, Todd Houts, via voice (882-7018) or email (houtst@missouri.edu).

Todd Houts

Asst. Director EHS - Environmental Management

EHS appreciates campus support of environmental and safety issues. If you have any special needs regarding the format of this publication, or have any comments regarding newsletters, training programs or services, please direct your communications to Rebecca Bergfield, Editor at the above address.