



# FLORIDA STATE UNIVERSITY

## Environmental Health and Safety

# GUARDIAN

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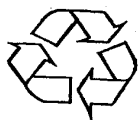
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## Don't get Bugged by Summer Insects

The days are longer, the weather is getting warmer and all across campus thoughts are beginning to drift towards beaches, amusement parks or other far away places. That's right—summer is here! With the anticipated long hot summer days, it also marks the approaching bug season. That's right, as summer sets in, so will those insects that irritate us. From the love bugs that will lie to rest on our windshield, the mosquitoes that use us as a blood bank, and to the ants that we didn't invite to our picnics, most bugs are just common insects that annoy us. However, Florida is a prime state for those insects that are more than just pests. In Tallahassee alone, we can find harmful insects that range from wasps, black widow spiders, to scorpions.

These types of insects normally bite or sting when they are being handled or disturbed. The good news is that most of these insects are nocturnal and therefore won't be encountered during the day. They are typically found in areas of low traffic such as attics, basements, crawlspaces, wood and debris piles or areas of the home that are undisturbed. Keep in mind that during those hot summer days and nights, these insects will try to find cooler shelter as well.

In dealing with these types of unwanted pests we should take proper precautions. When working in areas that may be inhabited by these types of insects, be sure to dress appropriately. A long-sleeved shirt, long pants (make sure that sleeves and leg openings are closed off), along with gloves are best suited for these areas.

If you suspect that you have been bitten by one of these pests, remain calm; collect the insect for positive identification if possible. Apply antiseptic solution directly to the bite or sting area to prevent infection. Applying an ice pack may help to relieve local swelling and pain. Get proper medical attention as necessary.

By taking just a few minutes to look out for potential insects that are more than just a pest and taking proper precautions, such as wearing proper clothing, you will be able to relax and enjoy your summer without being bugged.



## Office Changes

As mentioned in the last issue of the *Guardian*, the sections of Biological Safety, Chemical Safety, and Radiation Safety have moved to 945 W. Jefferson. Additionally, mail codes for EH&S have changed as well:

Administration, Risk Management, and Fire Safety	4109
Building Code and Industrial Hygiene	4154
Biological, Chemical, and Radiation Safety	4191

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## Look Ma, No Hands

The National Safety Council recently issued a fact sheet that suggests that cellular phones with hands-free operation options improve driver safety by not only allowing both hands on the wheel, but by enhancing the driver's ability to perceive conditions that could pose a traffic hazard. Hearing is improved by allowing both ears to hear traffic noises and peripheral vision is improved because the head can move freely during a phone call.

Many of us know of drivers who suffered traffic accidents while talking on their cell phones. They probably could have avoided the accidents by using a hands-free operation option.

The Office of Telecommunications (OTC) here at FSU will be offering an affordable cellular phone soon that includes several hands-free options. One such option is the hands-free "ear bud". Some of the ear buds allow the user to answer incoming calls by pressing a small button on the ear device. Alternatively, drivers can set the phone to auto-answer while using the ear bud. The phone will automatically answer, without user intervention, after the number of rings programmed by the user. This is a hands-free option until the driver disconnects the line.



The National Safety Council advises that the best hands-free cellular phone option, however, is one where the microphone is installed in the sun visor directly above the driver's line of vision to avoid a mistake many drivers make – looking at the speaker instead of the road while talking.

Telecommunications will offer this option, as well. A car kit can be purchased that allows the driver to install the speaker on the car visor. The driver simply presses a key on the phone to answer the call, or uses auto-answer, and disconnects by pressing a key on the phone.

If you are confused about how these devices operate, be advised that whichever selection you make when purchasing a cell phone, instruction materials will be available with the device.

The safest method of calling or receiving phone calls

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## EHS Training Corner

Look to this area for information on training EHS offers. This quarter, we would like to highlight the following training:

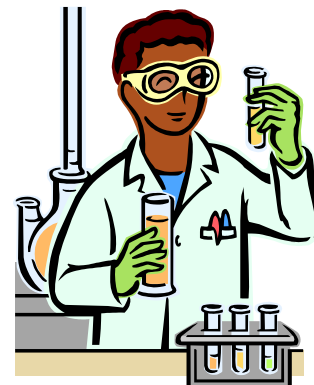
### Laboratory Safety Training

Any employee working in a laboratory setting shall annually receive this training.

This training is covered by OSHA's Laboratory Safety Standard.

Topics covered include:

- Permissible Exposure Limits for OSHA regulated chemicals
- Methods to detect the presence or release of chemicals
- The Chemical Hygiene Plan
- Physical and health hazards of chemicals in the laboratory
- Methods to reduce employee exposure to chemicals
- Location of chemical safety reference materials (MSDS')



For more information on these classes or on other classes EHS offers, feel free to visit our web site at [www.safety.fsu.edu/training.html](http://www.safety.fsu.edu/training.html).

*(Look Ma, No Hands continued)*

while driving is to stop the car. Also, no motorist should try to take notes while driving. Using the voice mail feature on the cellular phone can help to eliminate this distraction by allowing the driver time to pull to the side of the road and make a return call after safely stopping.

With a little planning and attention to driving habits, along with some options soon available from OTC, FSU employees can make sure that they are as safe as possible when they converse by phone while on the road.

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# Food Safety and FSU Policies

This is the season for nice weather, which means many groups on campus will be planning outdoor activities. Of course, outdoor activities will make people hungry. Barbecues, picnics, and other scrumptious eating events are the order of fare for summertime fun. Unfortunately, what many people are not aware of is that as these warm weather celebrations increase so does the risk of foodborne illnesses.

There are hundreds of different bacteria, viruses, and parasites that can cause foodborne illness; fortunately, only a few very common microorganisms account for the majority of food contamination. Examples of these include *Salmonella*, which is found in poultry, *Escherichia coli*, which is found in hamburger, and *Norwalk* virus, which can be found in seafood and water.

Fortunately, there are simple steps that can be taken to prevent foodborne illnesses from ruining a party. These steps include cooking foods at the appropriate temperature, separating raw and cooked foods during preparation, proper food storage and handling, and promptly refrigerating leftover food. The bad news is that many people fall short in following these critical steps and that is the reason why foodborne illness happens so frequently. It is reported that 76 million food related illnesses occur in the U.S. each year in which 325,000 people are hospitalized and 5,200 people die from contaminated food.



Some symptoms of food illness are diarrhea, fever, vomiting, and dehydration. Sometimes these symptoms are mistaken for the flu so it is important to be aware that contaminated food may be the cause of the illness.

**To prevent foodborne illness from occurring on campus, Environmental Health and Safety has established guidelines for Special Events that involve food. In accordance with the Florida Administrative Code 64E-11 on Food Hygiene and Florida State University policies and procedures, the rules below should be followed when planning Special Events that will serve food on campus:**

- **Temporary food sales are only permitted in the University Union Complex and after approval has been granted.**
- **Events on campus that will be serving food to the public must obtain food from a licensed caterer or vendor. Food must not be prepared from home (this includes baked goods).**
- **Hot foods must be kept hot (> 140° F) and cold foods must be kept cold (< 41° F).**
- **Food must be discarded if it is left out in the open air for more than two hours.**
- **Hands need to be washed frequently, and gloves need to be worn when serving to the public.**
- **Food needs to be protected from dust, sneezes, flies and other sources of contamination.**
- **All food contact surfaces must be kept clean and sanitized.**
- **No barbecues or open flames are permitted on campus unless granted prior approval from EH&S.**

Standard Operating Procedures for the Florida Administrative Code 64E-11 on Food Hygiene can be found at [www.fsu.edu/~union/RegOrgs/food.html](http://www.fsu.edu/~union/RegOrgs/food.html), and FSU's policy on food service can be found at [www.safety.fsu.edu/envhealthmanual.html#food](http://www.safety.fsu.edu/envhealthmanual.html#food). Currently EH&S offers food safety training for organizations on campus that will be preparing food in facilities that are inspected by the Leon County Department of Health and EH&S. Future plans are being implemented that will offer web-based training for those that need or are interested in food safety.

Florida State University wants everyone to enjoy themselves at events that involve eating and drinking, but we don't want anyone to become ill from contaminated foods. Please follow the guidelines when serving food on campus and everyone will be able to eat, drink, and stay healthy and safe from foodborne illness.

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## IN THE NEWS....

### DDT, PCB's and Breast Cancer

Source [www.niehs.nih.gov](http://www.niehs.nih.gov)

Data has been compiled from five studies that started in 1993 of 3,042 women regarding the correlation between PCB's and DDT and breast cancer.

Scientists have concluded that there is no link between the two chemicals and increased incidents of breast cancer. DDT and PCB's bear similarities to estrogen, a female hormone associated with an increased risk of breast cancer.

### Atlantic Hurricane Predictions Increased



After originally predicting nine named storms, five hurricanes, and two intense storms, William Gray of Colorado State University has warned the numbers may actually be higher with twelve named storms, seven hurricanes, and three intense storms, those measuring 3 or higher on the Saffir-Simpson scale.

## HISTORY REVISITED....

Source: <http://www.gsu.edu/other/timeline/>

- 2136 : Chinese astronomers record a solar eclipse.
- 1613 : Galileo Galilei uses sunspot observations to demonstrate the rotation of the Sun.
- 1714 : Gabriel Fahrenheit invents the mercury-in-glass thermometer.
- 1815 : Humphry Davy invents the miner's safety lamp.
- 1925 : John Baird transmits the first television signal.
- 1912 : Victor Hess discovers that the ionization of air increases with altitude indicating the existence of cosmic radiation.
- 1967 : John Gurden uses nuclear transplantation to clone a clawed frog---first cloning of a vertebrate.

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