



FLORIDA STATE UNIVERSITY Environmental Health and Safety GUARDIAN

Volume 5 Issue 2

Second Quarter 1999

Also in this issue...

Diabetes Facts	2
Work Statistics	3
Handling Stress	3
In the news...	4
Did you know, historical facts	4

GUARDIAN, is published quarterly by The Florida State University- Department of Environmental Health and Safety, 105 Mendenhall Maintenance Building "A" Tallahassee, FL 32306-4155 (850) 644-6895. Fax (850) 644-8842.

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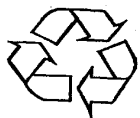
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GUARDIAN is available on the internet at <http://www.fsu.edu/~safety/guardian/guard.html>.

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Don't Make Haste with Your Biomedical Waste



According to Florida Administrative Code (FAC) 64E-16 Biomedical Waste, all health-care facilities that generate biomedical waste must ensure proper disposal and handling of the waste to eliminate employee, patient and the general public exposure to disease-causing agents. Biomedical waste consists of blood products, needles, syringes and other potentially infectious materials that may present a threat of infection to humans. Biomedical waste should be managed or disposed of in a manner that does not violate this FAC.

If you are a diabetic or use needles/syringes for other medical reasons in your home, you should also package and dispose of this waste properly to ensure family members, sanitation workers, and the general public do not get injured or risk contracting diseases such as Hepatitis or AIDS. Contact your medical provider to see if s/he will take your needles/syringes and dispose of them with the biomedical waste generated at their facility. This will ensure that the needles/syringes are disposed of safely.

If this is not feasible, the Leon County Department of Health recommends the following guidelines to dispose of your needles/syringes safely at home:

- C Place needles/syringes into a hard plastic or metal container with a screw-on top or tight-fitting lid.
- C When container is 3/4 filled with needles/syringes, fill it half way with household bleach, then fill the container up with water.
- C Put the lid on the container and place tape over the lid to prevent the lid from becoming loose and the bleach solution from leaking out of the container.
- C Throw the container out with your household trash.
- C Do not place needle/syringes in clear plastic bottles, glass containers, or any container you plan to recycle.

For employees that have to use needles/syringes for medical reasons at work, Environmental Health and Safety can supply containers for needles/syringes and will dispose of these containers according to FAC 64E-16. Please call the Biological Safety office at 644-5374 or 644-8916 for more information.

Always remember to use care when handling needles/syringes and be conscientious about disposing of these sharp objects. Taking a little time and effort with your disposal methods will ensure everyone's health and safety.

Security Alarm Survey

Attention all building managers and security personnel, we are in the process of identifying all security systems installed at FSU in order to make sure your building is safe and secure.

Please take a few minutes to visit the following site and complete the survey,

<http://www.fsu.edu/~safety/securitymemo.html>

If you do not have access to the internet or have questions please contact Tommy Brasher at 644-4639.



Diabetes Facts That Can Save Your Life



When it comes to diabetes, of the estimated 16 million people with the disease 34% remain undiagnosed. This is a staggering number when one takes into account that diabetes is the seventh leading cause of death in the U.S. Diabetes is a chronic condition that has no cure. The cost of diabetes to the economy is \$92 billion annually. Diabetes is a disease where the body is unable to make or use the hormone insulin. Insulin enables the body to use sugar for energy. Without insulin the sugar remains in the blood stream unable to reach the cells of the body which are starving from a lack of energy.

There are two types of diabetes. Type 1 diabetes is an autoimmune disease where the body does not produce insulin. This most often develops in children and young adults. People with this condition must take daily insulin shots in order to stay alive. Type 2 diabetes is the most prevalent form of the disease. It accounts for 90% to 95% of all cases of diabetes. It is characterized by hyperglycemia (high blood sugar) resulting from the body's inability to make enough, or properly use insulin. The American Diabetes Association considers Type 2 diabetes nearing epidemic proportions. This is attributed to an increased number of older Americans, greater prevalence of obesity and a sedentary lifestyle.

Risk factors for Type 1 Diabetes

- C Siblings of people with Type 1 diabetes
- C Children of parents with Type 1 diabetes

Risk factors for Type 2 Diabetes

- C People over age 45
- C Family history of the disease
- C People who are overweight
- C People who do not exercise regularly
- C Certain racial and ethnic groups. (e.g., African Americans, Hispanic, Asian & Pacific Islanders and Native Americans)
- C Women who had gestational diabetes or who have had a baby weighing 9 pounds or more at birth.

Warning Signs of Diabetes:

Type 1 Diabetes

Frequent urination
Unusual thirst
Extreme hunger
Unusual weight loss
Extreme fatigue
Irritability

Type 2 Diabetes

Any of the Type 1 symptoms
Frequent infections
Blurred vision
Cuts/bruises that are slow to heal
Tingling/numbness in the hands or feet
Recurring skin, gum or bladder infections

Often people with Type 2 diabetes have no symptoms. For this reason it is imperative that annual screening of blood sugar levels be performed. It is unfortunate that many people do not realize they have diabetes until they develop one of the life threatening complications associated with the disease.

Blindness: Diabetes is the leading cause of new cases of blindness in people age 20-74.

Heart Disease and Stroke: People with diabetes are 2 to 4 times more likely to develop heart disease and suffer from strokes.

Kidney Disease: Diabetes is the leading cause of end-stage renal disease (kidney failure). It accounts for 40% of all new cases.

Nerve Disease and Amputations: About 65% of people with diabetes have mild to severe forms of diabetic nerve damage. Severe forms can lead to lower limb amputations. Diabetes is the leading cause of non-traumatic lower limb amputations.

Diabetes is truly a silent killer. Take it seriously. For more information contact the American Diabetes Association at 1-800 DIABETES or www.diabetes.org.

Workplace Safety is a Way of Life

Work can be a dangerous place for certain occupations. It is unfortunate but true that in 1997 there were an estimated 5,100 deaths related to work injuries. Also, there were 6.1 million nonfatal occupational injuries and illnesses reported in 1997. Every day 14 people lose their lives to work related causes and 10,400 people are injured. The cost of work related injuries was \$127.7 billion for the U.S. economy. It is not surprising that states with the largest populations also have the highest rate of occupational injuries and deaths. California, Texas and Florida account for one-fourth of the total occupational deaths in the nation. Florida alone accounts for nearly 6% of the occupational deaths annually.

The U.S. Department of Labor keeps statistics on workplace safety. Occupations are ranked by the highest relative risk, injuries/deaths versus number of workers. Most people would not consider their job as hazardous but the list of the 20 most hazardous occupations and their relative risk might surprise you.

<u>Occupation</u>	<u>Ranking of Relative Risk</u>
Fishers	1
Logging Occupation	2
Airline Pilots	3
Extractive (mining)	4
Construction Laborers	5
Taxicab Drivers and Chauffeurs	6
Truck Drivers	7
Farm Occupations	8
Nonconstruction Laborers	9
Electricians and Apprentices	10
Guards	11
Police and Detectives	12
Groundskeepers	13
Welders and Cutters	14
Military	15
Carpenters and Apprentices	16
Food Service Managers	17
Sales Supervisors	18
Cashiers	19
Janitors	20



There are risks associated with all occupations and there is no job that is completely risk free. It is the individual's responsibility to be as safe as possible. This means to always follow proper procedures and do not take shortcuts. Look out for yourself and your coworkers and never take any unnecessary gambles. It could really mean the difference between life and death.

Stressed Out



Everyone who has a job experiences some level of stress related to work. A certain amount of stress can have constructive outcomes by heightening and sharpening our senses. However when the level of stress rises too high, productivity goes down and you are left with an unhappy and unhealthy worker. Stress at the work place costs American industry more than \$300 billion yearly due to lost work hours, reduced productivity and workers compensation benefits.

Our bodies respond to stress as if under attack. Chemical messengers are released which prepare us for a threat to our physical or emotional wellbeing. This response has become known as "fight or flight". When these chemical messengers are continually released over a long period of time, they have been known to contribute to physical and mental illnesses.

Everyone responds differently to stress but there are some tell tale symptoms that can be categorized:

Physical: Headaches, chest pain, shortness of breath, high blood pressure, indigestion, ulcers, increased perspiration, fatigue, insomnia, impaired immune system.

Psychological: Anxiety, irritability, defensiveness, depression, feeling of helplessness, insecurity.

Behavioral: Loss of appetite or overeating, impatience, poor job performance, withdrawal from others, increased use of alcohol or drugs, poor personal hygiene.

What resources are available when your job creates stress for you? First you must realize that you cannot totally eliminate job stress. After that, learn to take better care of yourself. This simply means get adequate sleep, proper nutrition and exercise. A healthy body can deal with stress better. Balance your work with family and outside activities. Do not let work become your only source of identity. Pay attention to signals from your body. Do not ignore headaches or muscle aches. Take time to address the needs of your body when it needs the attentiveness. Remember to take short breaks and remove yourself from stressful situations. Take a short walk, get something to drink or just stretch for a minute. Remember to take vacations even if that means a day in the middle of the week or a long weekend. If you feel your level of stress has become too much to manage, do not hesitate to seek the help of professionals.

In the news.....

Lyme Vaccine Offers Protection From Ticks, the world's first Lyme vaccine, which was FDA approved in December, is available at doctor's offices. About 80% immunity to Lyme disease is acquired after receiving a series of three shots over the course of a year. Antibiotics are available to cure Lyme, the symptoms of which include; rash, fatigue, chills, fevers and persistent joint pain. Regardless of whether or not people opt for vaccination, doctors caution that people still need to check for ticks and use a protective insect repellent that contains the chemical DEET. Summer is high tick activity season, especially in the wooded and grassy areas,



Tea's Anti-Cancer Substance, researchers at the Karolinska Institute in Stockholm, Sweden report in the April 1 issue of *Nature* that they have identified a chemical in green tea, called epigallocatechin-3-gallate, or EGCG, that prevents the growth of cancerous blood vessels in animals. Applied to cancer research in humans, this discovery supports that drinking green tea may help prevent or treat diseases that depend on the growth of new blood cells, called angiogenesis-dependent diseases, including diabetes-caused cancer and blindness.

EPA to study mercury air emission impact in Florida Everglades and Wisconsin, EPA will soon begin a pilot project in the Florida Everglades and Wisconsin to investigate the best methods for understanding and reducing mercury air emissions that may contaminate lakes, rivers and other waterbodies nationwide. Both of these areas are on their state's list of "impaired" waterbodies, and in public advisories to limit fish consumption due to high levels of mercury in fish. Many states have identified mercury as a major cause of water quality problems. Mercury emitted into the air by activities such as burning waste and fossil fuel is a toxic pollutant that can cause health effects in humans and other mammals.



Young children are at the greatest risk. EPA plans to release the project results in about a year.

Did you know.....

1999: Glen Seaborg died at his home February 27, 1999. In 1941 Dr. Seaborg and coworkers showed that plutonium-239 undergoes slow-neutron fission. Production of a plutonium bomb subsequently became a goal of the Manhattan Project. Seaborg was awarded the 1951 Nobel Prize in chemistry.

1964: First Surgeon General's report on the health risk of smoking.



1953: James D. Watson described the double helix structure of DNA in a letter to Max Delbrück. Awarded the Nobel Prize in medicine in 1962.

1945: Fluoridation of drinking water began. Currently an estimated 144 million people receive fluorinated drinking water.

1925: Ruth Leroi Benesch was born: Discovered the oxygen-carrying capacity of hemoglobin and the role of sulfur in proteins.

1884: Casimir Funk was born: Discovered vitamins. The term was coined for the unidentified substances in food that prevented diseases such as scurvy, beriberi and pellagra.

1869: Alice Hamilton was born: In the field industrial toxicology identified the hazards of carbon monoxide, mercury, tetraethyl lead, benzene, and others.

1862: Louis Pasteur and Claude Bernard initiate a test of the idea of pasteurization. This supported the possibility of heating foods sufficiently to kill germs without significantly altering their chemical composition.



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