

# Health & Safety

HEALTH & SAFETY NEWSLETTER

FALL 2016

*Spotlighting on Winter Readiness...*

## Tips for Healthy Holiday Eating!



1. **RECOMMIT TO EATING WELL** Remind yourself of your holiday eating goals by putting up sticky notes, using automated computer reminders or enlisting the support of a buddy. Daily reminders work best, given as close to a regular time as possible.
2. **PLAN FOR A CERTAIN AMOUNT OF INDULGENCE** Be flexible; Instead of an “all or nothing” rigid diet, give yourself 3 “wildcard” choices so you’re less likely to abandon your goals completely.
3. **PRIORITIZE FAT** Grass-fed eggs, dairy and butter contains linoleic acid which lowers body fat, reduces weight gain, negative emotions and digestive distress.
4. **AVOID RAVENOUS HUNGER** Research shows you’re most likely to resist overeating 3.25 hours after eating, and least likely to resist temptation if it’s been 5 hours since your last meal.
5. **EAT PROTEIN** before you go to a party or event. Protein is the best appetite suppressing nutrient. Try hard-boiled eggs, jerky, cheese or non-lactose cheese, or tuna (with teeth brushing?)
6. **BRING A HEALTHY POTLUCK ITEM** Dishes containing meats, fish, nuts, leafy greens, regional veggies or seeds will give you (and others) something to focus on instead of the pasta and sweets.
7. **USE MENTAL TACTICS** Count slowly backwards from 20 when tempted to eat those office brownies. Avoid people who “push” food, excuse yourself for a break, practice saying “No thank you” out loud.

### QUOTE OF THE MONTH:

“Precaution is better than cure.”

-Edward Coke



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SCHOOL OF DENTISTRY

## Cold Weather Safety Solutions



### DRIVEWAYS & SIDEWALKS:

- Preventing slippery falls by spreading a thin, even layer of sand on driveways and sidewalks is a more ecological way to reduce the hazard of icy pathways and far cheaper than salt or calcium chloride (which can contaminate soil, water and also damage concrete and vehicles.) Sand works best when applied directly to the hard surface so remove snow or ice first, or apply before ice forms.
- For shoveling snow, use a tool with a handle long enough that you don’t have to bend over unnecessarily. Stretch before you start, dress warmly, and wear shoes with good traction. Scoop slowly with small scoops, being sure to lift with your knees.

### WINDSHIELD CARE:

- Never pour HOT water on your icy car windshield or the temperature differential may cause it to crack. Warm water may be used if it’s not very cold out.
- An inexpensive de-icer can be made from a solution of 2:1 ratio rubbing alcohol and water with a few drops of dishwashing soap. A mixture of 3:1 vinegar to water can also work. Apply when temperature is just below freezing onto icy surfaces and doors. Can be applied the night before a frost as well. Use a spray bottle to apply liberally and squeegee or wipe with a rag.
- Expecting a big snowstorm? To remove snow easily, cover your windshield with an old bed sheet, using windshield wipers to hold it in place. Close the ends of the sheet in vehicle doors.





## Inclement Weather? Know this Policy...

The School's Inclement Weather Policy is located on the SOD website at <https://dental.washington.edu/policies/clinic-policy-manual/inclement-weather/>. As winter approaches, now is a good time to become familiar with this policy which specifies protocols for interruptions of operations during inclement weather, power or utility outages, fire, or when the University suspends campus operations.

⇒ The University announces its operational status in a variety of ways, including the UW's Home Page, through the UW Alert System and via the UW Information Lines telephone numbers 206-UWS-INFO (206-897-4636) and toll-free 1-866-897-4636. It is the responsibility of each employee to know how to check on the operational status of the University when there is inclement weather, power or utility outages or when the University decides to close its campuses.



⇒ The School of Dentistry Suspended Operations Plan goes into effect IF the Seattle campus is closed: Normal school operations are suspended, but the school continues to provide **urgent care** in the D4 Faculty Practice clinic to School of Dentistry patients of record.

⇒ Only employees specially designated as "essential personnel" are authorized to work when the University has suspended operations. The "essential personnel" team includes a DDS, one or more dental assistants, a sterilization/dispensary support person, a front desk/billing/registration staff member and a payroll coordinator to assure uninterrupted payroll function for the SOD workforce.



⇒ Patients will be notified of a change of operations via the SoD website, clinic voicemail messages, signage, and phone messages by staff when possible. Each department manager or administrator cancels their own patients remotely via axiUm or by phone.

⇒ During inclement weather, all faculty, staff, and students are responsible for finding transportation to the School. Staff who cannot find a safe way to travel to

work must notify their immediate supervisor that they will not be coming in, following standard operating procedures for their office or clinic.

For more detailed information, please refer to the Inclement Weather Policy.

## Clinic Staff Shine when School in the Spotlight

The School of Dentistry's successful CODA accreditation site visit in November was due in large part to the exemplary teamwork shown by all members of the Clinical Staff. From the behind-the-scenes preparation of the sterilization and dispensary staff, to the front line registration reception and call-center schedulers, everyone was efficient, knowledgeable and professional!

Accreditation visitors touring the pre-doc dental clinics observed dental assistants and other providers engaged in excellent patient care. The D-I Simulation Lab & Clinic was humming and impressive. A BIG Thank you to everyone for your dedication. We appreciate so much how each and very one of you sparkled!



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Health & Safety

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