

# Health & Safety

HEALTH & SAFETY NEWSLETTER

FEB - MAR 2015

*Spotlighting ways to stay safe and healthy ...*

## QUOTE OF THE MONTH:

"The door to safety swings on the hinges of common sense."

-Author Unknown

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SCHOOL OF  
DENTISTRY

## Flu Season Extends through April: Health Tips

Is it a cold or is it flu? Both can leave you sneezing, coughing and feeling achy and feverish. A cold is a milder respiratory illness which can last days, while the flu can make you quite sick for days or weeks and result in complications such as pneumonia.

The Centers for Disease Control & Prevention recommend the following tips for reducing your exposure to illness:

- Flu season goes from October through April; it's not too late to receive the benefit of a flu shot.
- Cough or sneeze into a tissue or your upper sleeve or elbow rather than your hands.
- Avoid touching our eyes, nose or mouth to spread flu virus droplets from infected people when they cough, sneeze or talk.
- Wash your hands often, particularly after being in crowded public places or taking the bus.
- Stay home and don't go out to do errands when sick to avoid infecting others.

- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Recent research at Yale School of Medicine found that the cold virus thrives in the slightly cooler environment of the nose (vs. the lungs. )

*"Our study didn't directly test this, but the implication of what we found is that when we inhale cold air into the nasal cavity, the temperature in the nose decreases and that will provide a more permissive temperature for the cold virus to replicate."*



COVER YOUR NOSE WITH  
A THICK SCARF TO HELP  
WARD OFF A COLD!

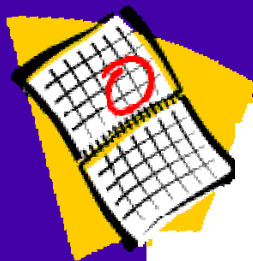
-Akkiko Iwasaki, Professor, Dept. of Immunobiology, Yale School of Medicine (co-author of a study on mice and the cold virus published in 2014.)  
<http://www.pnas.org/content/112/3/827>



## On the Job: Dec. & Jan.

- ⇒ **December:** There were **0 exposures** reported for December 2014.
- ⇒ One injury incident was reported; it was a minor staff on-the-job accident/injury.
- ⇒ **January:** 8 exposures were reported; 1 stick during an injection; 2 were procedure-related; 3 were cuts from improperly stored burs; 2 incidences have unknown causes (information pending).
- ⇒ 2 injury incidents were reported which were both minor staff on-the-job accident/injuries.
- ⇒ Dental Maintenance quickly responded to 2 reports of strong gas odors in the D4 practice. The problem was caused by a general facilities issue and has been resolved.
- ⇒ Do you have a **work practice safety tip** from your clinic you would like to share? Please send tips to [healthandsafety@dental.washington.edu](mailto:healthandsafety@dental.washington.edu)

## ✓ Mark Your Calendars for H&S Events



- ⇒ **2/18 Violence Prevention & Response Training:** Bi-annual requirement. UW Safe Campus is conducting a general-enrollment session of the training on Wednesday, February 18th, from 11:15 AM-12:15 PM in Health Sciences Room T-747. Please encourage members of your department to attend this required training. There are about 60 spaces left. There is no charge. Individuals can register themselves, and supervisors can register employees at: [Register for Violence Prevention & Response Training](#)
- Reminder:** The UW Police is always happy to assess your work space for safety. To schedule a Workplace Safety Assessment, call the UW Police Department, (206) 43-0507, 8:00– 5:00 or go to: [uwpolice@uw.edu](mailto:uwpolice@uw.edu)
- ⇒ **Global Harmonizing System Training:** Get ready for the **June 1, 2015 deadline** for new labeling of chemical hazards! **Hazard Communication Safety Data Sheets** are being distributed to each clinic which include graphics of the Hazard Communication Standard (HCS) Pictograms. If you have not yet taken the required training on the new Global Harmonizing System (GHS) which is replacing the MSDS system, you can train online at: <http://www.ehs.washington.edu/psotrain/corsdesc.shtml>

## Celebrating National Children's Dental Health Month BOOK DRIVE: FEBRUARY 1-28, 2015

*Sponsored by the Center for Pediatric Dentistry!*



**DONATE  
CHILDRENS  
BOOKS:**  
  
**February  
1st-28th**

Providers at the Center for Pediatric Dentistry have been participating as literacy advocates through the national non-profit organization "Reach Out and Read," which partners with doctors and dentists to encourage families to read together. CPD providers **talk to parents during a patient visit about the importance of reading and give each patient a free book to take home.** The February book drive will collect books for distribution to patients throughout the year.

New or gently used books for children, aged toddler to 18 years on any topic may be donated. Please donate a book or books and ask your friends and family to donate too! Hoping to find a dental-themed book? Check out these 44 titles on dental care or dentists at:

[http://www.barnesandnoble.com/s/?category\\_id=901725](http://www.barnesandnoble.com/s/?category_id=901725)

WHERE TO DONATE: Bring books to Health Sciences room B-242, Attn: Tonya. Questions? email [wdore@uw.edu](mailto:wdore@uw.edu) or call (206)543-6703. Learn more about "Reach Out and Read" at: <http://www.reachoutandread.org/>



## Root Cause Analysis Training Offered

Emma Alder, Program Operations Specialist at Environmental Health & Safety, is offering accident 'Root Cause Analysis' training to supervisors. This training is designed to help identify the cause of accidents and strategies for preventing reoccurrences. Emma will be presenting this training to the members of the SOD Health and Safety Committee at their February 24 meeting. Supervisors who are interested in learning more about this training, please contact Emma at: 221-2852 or Sandy Phillips at 543-3367.



**HEALTH  
&  
SAFETY**



## Danger! Over-full Sharps Containers

REMINDER! Sharps containers should be disposed of promptly when contents reach the "fill line." Overfilled containers with sharps sticking out of the top have been observed recently in a number of clinics. Remember this is an unsafe practice.

## Did You Know?



The oral cavity of newborn babies does not contain bacteria such as streptococci, lactobacilli, staphylococci, corynebacteria, and various anaerobes (e.g. bacteroides). A baby's mouth however becomes rapidly colonized with certain strains of bacteria. Although we don't want to discourage people from kissing their babies, parents should be aware that actions such as kissing or blowing into hot food or drinks before feeding the baby can transmit bacteria. Reminder: A healthy diet & good oral hygiene is important as soon as teeth are in the mouth.

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Health & Safety

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