

Health & Safety

HEALTH & SAFETY NEWSLETTER

OCT-NOV 2014

This issue will spotlight "Safe Work Practices."

Under the Lens: Safety Assessments

QUOTE OF THE MONTH:

"Luck runs out but safety is good for life."

-Author Unknown

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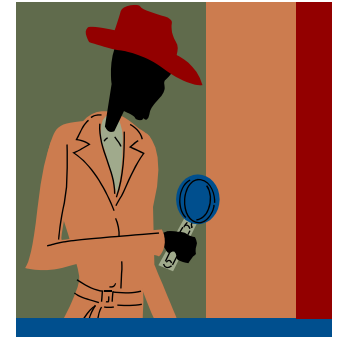
SCHOOL OF DENTISTRY

Though not an HGTV television series yet, the UW Police Department's Security Assessment program offers free, comprehensive, onsite examinations of your office space by expert law enforcement eyes, your first step in your office safety make-over.

Sergeant T. Pratt-Wieburg visited the Office of Advancement, Alumni and CDE this past June, and the resulting 5-page illustrated report (with photos!) seemed to leave no entrance, exit (or lack thereof), reception area, window, door, phone, sign or safety communication and protocols unexamined.

Sgt. Pratt-Wieburg's assessment covered the office's functions and those of its staff, along with existing safety procedures and areas of vulnerability. In her report and a meeting with office staff, she also discussed possible solutions.

To request a work space assessment, contact: UW Police Department at (206) 543-0507 Between 8 a.m. and 5 p.m. or at uwpolice@uw.edu



"My office recently took advantage of the offer by UW Police for a security assessment. It was a positive and very informative experience. We're in the process of adopting all of the suggestions and would highly recommend this service."

-Christina Vanosdoll,
Asst. Dean for Advancement & External Relations

On the Job: Aug-Sept

- ⇒ **August:** 3 sharps injuries & 2 incidences of fluids splashing from patients' mouths into provider/assistant's eyes, with proper PPE in place, occurred. The H&S Committee will investigate 8 cases involving improper fitting eyewear resulting in splashes to the eyes reported in the past year to study eyewear effectiveness. Reminder: PPE includes properly fitting eyewear. Side shields should be worn if glasses do not have them.
- ⇒ **September:** One needle stick in D-3 was reported at the time clinics reopened for fall quarter.
- ⇒ The Department of Rehabilitation Medicine has generously offered to provide '**lift training**' to SOD students and employees for purposes of safe transfer techniques for both provider and patient. The departments who have already availed themselves of this training have found it very helpful. If you are interested in scheduling this training, contact Sandy Phillips at sandyp@uw.edu
- ⇒ Reminder: The **Inclement Weather Policy** is on the SoD web home page, on the left side. Many thanks to staff members willing to serve as "Essential Personnel."!
- ⇒ Do you have a **work practice safety tip** from your clinic you would like to share? Please send tips to healthandsafety@dental.washington.edu



Keep alert for eyewear slipping down the nose exposing a gap between the cheek and glasses.

Mark Your Calendars:



"Light is the most important synchronizing agent for the brain and body. Proper synchronization of your internal biological rhythms with the earth's daily rotation has been shown to be essential for health."

- Ivy Cheung

Northwestern Medicine
Neuroscience Ph.D.
candidate and study co-
author

HEALTH & SAFETY

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FRANK ROBERTS

BLOOD BORNE PATHOGENS TRAINING

10/16/14

DOORS OPEN AT 12:15 pm
SHOW STARTS AT 12:30, LEAVE AT 1:20 pm
HOGNESS AUDITORIUM

Featuring a Lively Review of Infection Control
Protocols, Celebrity Updates & Gruesome Videos

Can't attend? Complete your annual training online:
www.dental.washington.edu/health-and-safety/training/

FLU SHOT ON-SITE CLINIC - Health Sciences Lobby

Tuesdays, Oct. 21 & Nov. 4 • 10:00 am - 3:00 pm (drop-in) for UW faculty, staff, and retirees. Bring health insurance card, photo ID and completed 1 pg. insurance claim form (or \$25 if you are not eligible for UW-paid health insurance or other accepted insurance.) Information and form at: www.uw.edu/admin/hr/benefits/wellness/healthy/flu.html

Natural Light in Office Boosts Health

A new 2014 study from Northwestern Medicine and the University of Illinois at Urbana-Champaign revealed that office workers with more light exposure at the office had longer sleep duration, better sleep quality, more physical activity and better quality of life compared to office workers with less light exposure in the workplace. The study noted that light from side windows almost vanishes after 20-25 feet from windows.



UW Extends No Smoking Policy



This September, in response to the growing popularity of alternative smoking devices such as "e-cigarettes" and "hookahs," the UW expanded its campus smoking policy to prohibit **ALL** kinds of smoking, except in designated areas; UWMC prohibits all smoking on hospital grounds. Not sure what these devices are??

e-cigarettes utilize a propylene glycol or vegetable glycerin based liquid, which is mixed with small amounts of nicotine and food grade flavoring to create an inhaled vapor via a small battery powered atomizer. "**Vaping**" gives a reduced delivery of nicotine but can still cause harmful effects and the disposable components can contribute to litter.

"**Hookahs**" are water pipes which originated in the Middle East and pass smoke from flavored tobacco or "shisha" through a water basin. Traditionally tobacco is used, but this is Washington. Researchers from UCSF found in a May 2014 study published in Cancer Epidemiology, Biomarkers & Prevention, that hookah smoke contained more tobacco smoke carcinogens than cigarette smoke. In our own backyard, the U-District has at least 2 hookah lounges or bars and numerous shops selling e-cigarettes catering to "alternative" smokers.

