

Health & Safety

HEALTH & SAFETY NEWSLETTER

OCT-NOV 2015

Spotlighting on safety reminders...

QUOTE OF THE MONTH:

"Hug your kids at home but belt them in the car."

-Author Unknown

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SCHOOL OF DENTISTRY



Why "flaming" amalgam is dangerous!

"Flaming" is an outdated and dangerous method to liquefy hardened amalgam plugs clogging carriers. When amalgam is heated with a flame, a fair amount of elemental mercury vapor is released. It is inhaled and because of its chemical nature, is easily and rapidly absorbed into the blood stream. This increases the body's burden of mercury, which is not quickly reduced because of mercury's long half-life in the body. If enough mercury accumulates, many symptoms can occur.



The correct method to unclog a hardened amalgam plug.

- ⇒ **PREVENT amalgam build-up** by developing the habit of always emptying the carrier and clearing the chamber of any amalgam.
- ⇒ The **CORRECT METHOD** for removal is to use a carbide fissure bur at high speed with high-volume vacuum to "core" the plug, then tease it out.
Recommended burs for the job: Parallel sided, even-tapered or pear shaped; avoid round. The bur should have long blades. Possible bur selection bur: 254, 170, 56, or **1556 (best)**.
- ⇒ Gloves and proper PPE, as well as magnification/eye protection should also be worn.
- ⇒ Throw out or repair the carrier if the sides become damaged during salvage attempts.



10 Tips for reducing distracted driving

- 1 Silence phone or stow it.
- 2 Include "I'm driving but will return your call" as part of your outgoing voice message.
- 3 Pull off the road to make calls.
- 4 Ask passengers to assist with phone.
- 5 Don't text & drive.
- 6 States may differ on laws prohibiting hand-held cell phones/texting; know the laws at home and when traveling.
- 7 Review maps or GPS destination in advance of driving; find a safe stopping location to alter map/directions/GPS or ask passengers to assist you.
- 8 Secure pets. That includes lap dogs.
- 9 Pull off the road to deal with children passengers needing attention.
- 10 Keep your mind and eyes on the road instead of trying to multi-task.

On the Job: Aug. & Sept.



The following incidents were reported during August & September:

- ⇒ Three pokes in August occurred during routine instrument use during treatment or the cleaning of a unit/work area.
- ⇒ Two injuries were reported in September; one accident occurred during handling equipment/instruments/sharps and one from improperly following a procedure involving sharps.
- ⇒ Do you have a **work practice safety tip** from your clinic you would like to share? Please send safety tips to sandyp@uw.edu



✓ Mark Your Calendars for H&S Events

The Great Washington Shake Out , Oct. 15th, 10:15 AM - "Drop, Cover and Hold On!" An annual event on the third Thursday of October when thousands of Washingtonians state-wide practice how to prepare themselves at work, home and school.

Materials available at the Shake Out website include manuals for conducting drills, planning guides; and multimedia videos. Go to: <http://shakeout.org/washington/>



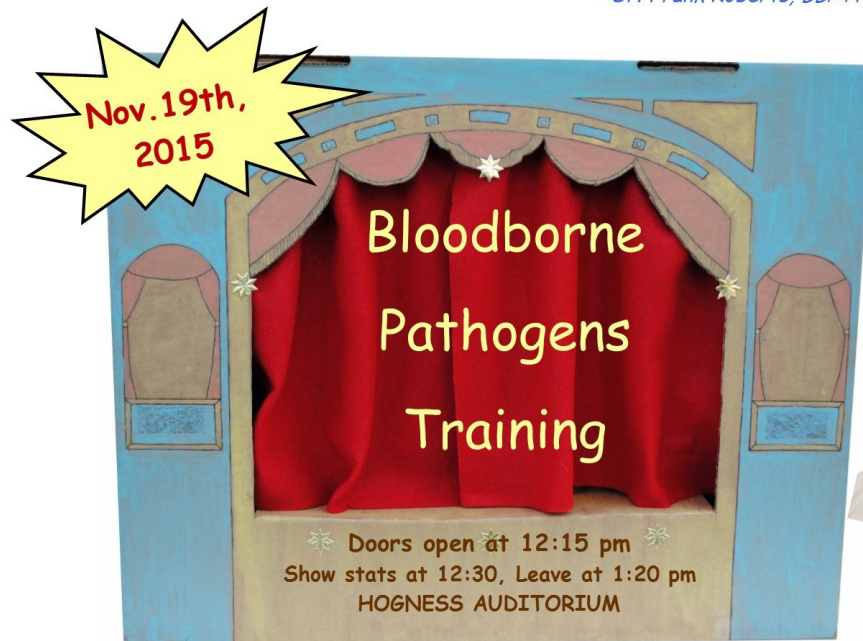
On-Site Clinic in the Health Sciences Lobby - Tuesdays, Oct. 20th & Wednesday, Nov. 18th 10:00 am - 3:00 pm (drop-in) for UW faculty, staff, students and retirees. Bring health insurance card, photo ID and completed one page insurance claim form www.uw.edu/admin/hr/benefits/forms/insure/flu-shot-claim-form.pdf or \$25 if you are not eligible for UWV-paid health insurance or other accepted insurance.)



For complete list of dates and clinics at Husky Union Bldg. (HUB), UW Tower, Sandpoint, Bothell, Eastlake, South Lake Union, Bell Town and Tacoma go to: www.uw.edu/admin/hr/benefits/wellness/healthy/flu.html

"A lively review of infection control protocols, celebrity updates & gruesome videos."

- Dr. Frank Roberts, BBP Presenter



Can't attend? Complete your annual training online:

<https://dental.washington.edu/health-and-safety/training/>

Did You Know?

Research indicates people who sit at their desks for an extended period of time can experience a variety of health concerns. Exercise physiologist Michael Bracko, Ph.D., FACSM recommends doing 2-minute stretch breaks.

Try the "Standing Cat-Camel" work-related back stretch. Here's how:

- Stand with your feet shoulder-width apart and knees bent slightly.
- Lean forward, placing your hands just above your knees.
- Round your back so that your chest is closed and your shoulders are curved forward.
- Then arch your back so that your chest opens and your shoulders roll back.
- Repeat several times.



Editor: Kira Robinson

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Director:

Sandy Phillips, MPA