



SAFETY INSIGHTS

News and Awareness Information from Environmental Health & Safety

February is Heart Health Month

February 2023



February is American Heart Month, a time when all people can focus on their cardiovascular health. Although cardiovascular disease (CVD) death rates have increased across all demographic groups, Black populations continue to be disproportionately affected. Everyone can take small steps to prevent heart disease and stroke. It's easier than you think to show your heart the love it deserves each day. Learn more about what you can do to reduce your risk for heart disease through lifestyle changes, and in some cases medicine, on the [CDC Heart Disease website](#).

Gary Kaczmarczyk
Assistant Vice President – EH&S

SUDDEN CARDIAC ARREST



Sudden cardiac arrest occurs suddenly and often without warning. It happens when an electrical malfunction in the heart causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart can't pump blood to the brain, lungs and other organs. When this occurs, a person loses consciousness and has no pulse. Death occurs within minutes if the victim doesn't receive treatment. Knowing how to perform CPR or use an AED can save a life, and it's never too late to learn!

To schedule a CPR/AED training session contact Fire Marshal Steven Macedonio at 631-632-9678. Steve is a Certified CPR/AED Instructor for the American Heart Association and is responsible for the public access defibrillator program on campus. For more information about our program, visit [Stony Brook's AED website](#). Students, visit our Community Relations Team and **learn hands-on CPR in 10 minutes** at this year's [Spring Health and Wellness Resource Fair](#)



HEART HEALTH TIPS

- Eat healthy meals
- Get moving and stay active
- Get a check-up
- Don't smoke
- Getting quality sleep

Good Housekeeping Promotes Safety



Good housekeeping is everyone's responsibility. According to OSHA, good housekeeping implies that a workplace is kept in an organized, uncluttered, and hazard-free condition. Safe work environments lead to healthier workers, higher worker morale, and increased productivity. It doesn't matter what position you hold or what type of work you do; keeping your work area tidy and free of clutter should be every employee's obligation, and it's shows your commitment to safety.

To learn more about **General Housekeeping** [click here](#).

To learn more about **Lab Housekeeping** [click here](#).

New Safety Management System Update!



EH&S is working diligently behind the scenes to bring you the new Safety Management System. For laboratories, this system will allow easier access to safety and compliance information, including laboratory hazards, training requirements and records, lab protocols and procedures, fume hood inspections, chemical inventories, and a new method for directly responding to inspection findings. This new system will also allow for the automatic notification to staff for training assignments and due dates. More > [Safety Management System](#).

Ask the Professionals

What is Integrated Pest Management?



EH&S Pest Management Technician Daniel Mazza explains that Integrated Pest Management (IPM) is practiced at Stony Brook University and that it relies on a combination of common-sense practices. He states, "Simple things, such as keeping doors shut to prevent animals from entering is very helpful." For more information on how to prevent pest infestations, please review the EH&S [Guideline for Integrated Pest Management](#).

How do I recycle Batteries at Stony Brook University?

Martin Dingman, the EH&S Safety Specialist for Industrial Hygiene explains that EH&S provides free disposal for rechargeable batteries and cell phones. Battery recycling boxes are conveniently located throughout Stony Brook University. To locate a drop off location near you, email hazwaste@stonybrook.edu Please ensure batteries are individually wrapped in the plastic bags provided or the battery terminals are taped with non-conductive material (electrical tape, duct tape, etc.) prior to placing the batteries into the box. For more information, please visit [Universal Waste and Consumer Electronics](#)

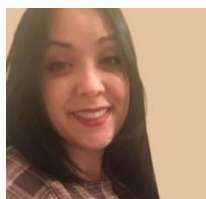


SAFETY SPOTLIGHT



Robert Corwin served in the US Navy, where he was a Boiler Technician, 3rd class petty officer. Bob served on 2 destroyers DD-880 and DD-933. Starting his state service on 11/12/81 at SUNY Old Westbury as an Assistant Stationary Engineer, he then transferred to Stony Brook on a promotion to Plant Utilities Engineer 2 on 12/3/92. Bob has worked his way up to the current position as Plant Utilities Engineer 4. Bob is currently in charge of the East Campus Heating & Cooling Plant where he is responsible for the operation and maintenance of the plant. Bob's hobbies are Softball, Golf, Motorcycling and long walks on the beach. Bob has always been a valuable resource, a pleasure to work with and an overall nice guy. Thank you for your service and all that you have done for the EH&S department throughout the years.

MEET THE STAFF



Jessica Garcia, Healthcare Safety Specialist, joined EH&S on January 5th, 2023. Jessica is responsible for providing health and safety trainings, and coordinating the hospital's respiratory, hearing conservation, powered industrial truck, electrical safety/lockout tagout, and occupational exposure monitoring programs in clinical (non-laboratory) areas. Jessica received a Bachelor of Science in Health Science with a concentration in environmental health and safety from Stony Brook University in 2012. She has 10+ years of safety experience in a variety of roles and is very excited to join the EH&S department. Jessica's office is located in the Health Science Center, Level 1, Rm 059 and can be reached at 4-9778. Please join us in welcoming Jessica to her new role.



Healthcare EH&S Technician John Broda joined EH&S in November of 2022. He is responsible for administering the hospital's departmental chemical inventories and Safety Data Sheet program (*SDSPro*). He also provides support to the hospital's respiratory protection program and assists with safety training, hazard awareness, personal protective equipment, hearing conservation, and spill kit usage. John attained his Bachelor of Arts in English at St. Joseph's College, and gained experience in environmental, health and safety, working for an oil-spill remediation company and a microwave communications manufacturer. John is stationed at the HSC, and can be reached at 4-4179. Please join us in welcoming John to his new position.

EH&S Job Postings

[Chemical Hygiene Officer](#)

[Hazardous Waste Specialist](#)



"We Care About Safety... People - Science - Education - Medicine - Environment"
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