



# SAFETY INSIGHTS

News and Awareness Information from Environmental Health & Safety

## National Safety Month



June is National Safety Month. Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities.

Please click on this [National Safety Month 2018](#) link to view all of the NSM materials, or click on the individual topic links below.

Make 1 change this National Safety Month to make sure **#No1getsHurt!**

*Gary Kaczmarczyk, Assistant Vice President - EH&S*

### Week 1: Emergency Preparedness

Emergency situations can happen at any time, making it crucial that you are prepared for the unexpected long before it happens.

Plan for Possible Emergencies

- Research and prepare for natural disasters
- Create an emergency kit for both your home and car
- Create a home emergency plan with your family

More >> [Prepare for the Unexpected](#)



### Week 2: Wellness



More >> [Prioritize Your Wellness](#)

We ask a lot of ourselves each day, and over time this can put a strain on our own wellness.

Focus on Your Wellness Each Day

- Take the stairs instead of the elevator or go for a walk at lunch
- Get regular medical checkups
- Get seven to nine hours of sleep each day

### Week 3: Falls

Falls are the third leading cause of unintentional-injury-related deaths for all ages and the number one cause of death for those 65 and older.

How to Prevent Falls

- Remove clutter from walkways, stairs and

doorways

- Always wear proper footwear and clean up spills immediately
- Do not walk distracted

More >> [Prevent Slips, Trips and Falls](#)



**Falls**  
**DON'T GET TRIPPED UP!**  
**CLEAN UP SPILLS AND HAZARDS IMMEDIATELY.**

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NO 1 Gets Hurt

## Week 4: Driving



**Driving**  
**SEAT BELTS SAVED NEARLY 15,000 IN 2016. BUCKLE UP EVERY RIDE.**

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NO 1 Gets Hurt

We all believe ourselves to be safe drivers, yet up to 94 percent of motor vehicle crashes involve human error.

Avoid Dangerous Driving Behaviors

- Never drive impaired
- Avoid cell phone distracted driving
- Always wear a seat belt

More >> [Always Drive Safe](#)

## Safety for the Seasons

The warmer weather and approaching summer brings with it a host of potential hazards including sunburn, heat stroke, mosquito bites, water woes, and yes, tick bites, to name a few.

Many people have heard about Lyme disease, a bacterial infection transmitted by the bite of the Blacklegged (deer). Ticks can also transmit Babesiosis, Ehrlichiosis, Rocky Mountain Spotted Fever, Anaplasmosis and other serious diseases. You may have

recently heard about an increase in cases of alpha-gal meat allergy related to tick bites that has been recently reported in the news. The allergy is believed to be caused by the lone star tick.



If you are spending time outdoors you need to take precautions to avoid direct contact with ticks, use EPA repellents with DEET or Permethrin, and find and remove ticks from your body after you have been outdoors.

You can learn more from the experts at Stony Brook Medicine [Lyme and Tick-Borne Disease Center](#), and at Stony Brook Southampton Hospital [Regional Tick-Borne Disease Resource Center](#).

More >> [Prevent Tick-borne Disease Safety Guide](#)

## Hot Topic

Confined spaces incidents aren't the most common, but they can be the most deadly. Entry into confined spaces can pose atmospheric and physical hazards which can be life threatening. EH&S recently reviewed and updated the [Confined Space Entry](#)

**Policy.** All persons involved with planning or performing work in confined spaces on campus, including the entry supervisor, authorized entrant and attendant, must receive training on this policy. Prior to entering a confined space, the supervisor must:

- Obtain a Confined Space Assessment/Permit
- Implement all required safety precautions
- Ensure air monitoring has been completed
- Assign only qualified entrants to work in confined spaces
- Ensure that a qualified attendant is in position at all times
- Monitor the confined space operations
- Conduct post-entry procedures

More >> [EH&S Confined Space Website](#)



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## Safety Spotlight



Following an outbreak of Legionnaires Disease in NYC in 2015, New York State issued stringent inspection, testing, maintenance and reporting requirements for owners and operators of cooling towers.

The key to preventing legionellosis is proper maintenance of water systems in which Legionella can grow, such as in cooling towers. That's where Robin Williams, CO&M Plant Utility Engineer comes in. Williams is part of the HVAC team in Campus Operations & Maintenance that provides cooling and heating on campus.

Mr. Williams has broad responsibilities that include monitoring, testing and analyzing water treatment for cooling towers, steam generators, chillers, boilers, heating and cooling loops. He also conducts inventories and monitors the use and storage of all related chemical in the department.

He was hired in 2015 and has more than twenty years of experience in the area of safety, environmental regulations and hazardous communication at the US Department of Justice. Williams works closely with EH&S on the Cooling Tower Management program, and his efforts to ensure safety and compliance go "Far Beyond"! Thank you Mr. Williams!!!

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## Safety in your Home

When we think of water safety, we often think of the potential for young children to drown. But drowning also is a concern for teens and young adults. Swimmers and parents need to consider -

- Teens and Young Adults Often Don't Think About Safety
- The Younger the Child, the Greater the Risk
- Distractions Make for Tragedies
- Drowning: It Can Happen in an Instant

Every pool, every lake and every warm summer day holds the possibility of new, fun summer experiences. You just need to add your undivided attention.



More >> [National Safety Council Water Safety](#)

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Environmental Health & Safety  
Stony Brook University  
110 Suffolk Hall  
Stony Brook, NY 11794-6200  
View: <https://ehs.stonybrook.edu/>  
Email: [ehsafety@stonybrook.edu](mailto:ehsafety@stonybrook.edu)  
Call: 631-632-6410

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

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[office\\_of\\_administration@stonybrook.edu](mailto:office_of_administration@stonybrook.edu)