

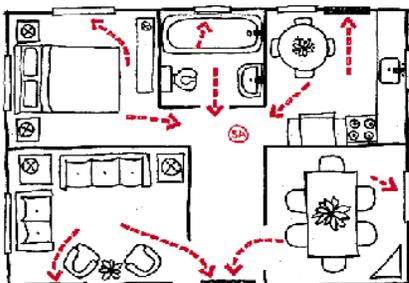


Home Safety Checklist

Make your family safer, step-by-step, just in time for the holidays

Although we may not always be thinking about it, safety is important. And there's no place more important to keep safe than your home. Take a look at this Safety Checklist, courtesy of www.safetyathome.com (the UL website). With safety taken care of, you'll have more holiday time to spend on the other important things - like your friends and family.

- Sound the Alarm:** Install smoke detectors on every floor of your home and carbon monoxide detectors near sleeping areas. If already installed, test them! *Tip: Replace the batteries every daylight-saving time change.*
- Avoid Overload:** Check for overloaded extension cords, outlets, and power strips - usage should not exceed the recommendations.
- Don't Get Tippy:** If young children are in the home, bookshelves and other furniture should be firmly secured with wall brackets to prevent tipping.
- Childproof, Childproof, Childproof:** Check your local library or online for complete lists of childproofing suggestions for more ideas. Areas of particular danger include outlets, appliances, electronics, stairs, and windows.
- Watch Cord Placement:** Extension cords should not be used for permanent power needs or placed under rugs or heavy furniture, tacked up, or coiled while in use.
- Get Grounded:** All major appliances should be grounded. Be sure to check your ground fault circuit interrupters regularly.
- Plan Your Escape:** Practice a fire escape plan with your family where you identify two exits for every room and what to do with young children.



- Give Your Heater Some Space:** All heaters should be placed at least three feet from beds, curtains or anything flammable.
- Cover Outlets:** Cover all unused outlets to prevent children from sticking a finger in the socket.
- Paint Safe:** Check walls for loose paint. If re-painting, do so in a well-ventilated area and consider VOC-free paint.
- Keep Extinguishers Handy:** Place all-purpose fire extinguishers in key locations in your home - the kitchen, bedroom, and basement. Be sure to check expiration dates regularly and know how to use them safely.

SAFETY
begins at
HOME



- Create a Safe Exit:** In addition to alarms and extinguishers, consider an escape ladder if your home has two floors. Keep emergency numbers and contacts readily available by the phone.
- Unplug Appliances:** Unplug appliances and electronics when not in use and store them out of reach.
- Go New in the Nursery:** Check that all painted cribs, bassinets, and high chairs were made after 1978 to avoid potential lead paint poisoning.
- Cool Your Jets:** Set your water heater below 120° Fahrenheit to avoid potential burns and save energy.
- Put Away Medications:** Take medications and medical supplies out of your purse, pockets and drawers, and put them in a cabinet with a child safety lock.
- Look for UL:** The UL Mark appears on products that have been tested, verified and inspected for safety. 

Make it Personal:

Heat It Up at Home



Common sense can prevent most fires. All heating systems can start fires if not used and maintained properly. Heating your home during the colder months of the year can prove dangerous, if you do not follow a few simple safety precautions.

1. Check baseboard heaters often to remove objects that have fallen on top of or near the heater. Remember that any time objects like newspapers, furniture or blankets are close to heaters, a fire can start.
2. Portable heaters heat up rapidly and, like baseboard heaters, they can easily ignite any flammable item left nearby. Always turn portable heaters off if you leave the room or are going to fall asleep.
3. When you use a fireplace or wood stove to heat your home, keep the door and/or fire screen shut to protect your home from sparks. Only burn dry seasoned wood, never rubbish. Garbage and green wood can cause a chimney fire. Remember to have your chimney inspected and serviced before each heating season and change the batteries in your smoke alarms too. A working smoke alarm could save your life.



For a current issue of SafetyNews online, and for archives, visit:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/general-safety/safetynews.cfm>

The SafetyTeam page is available at:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/general-safety/safeteam.cfm>

These pages are updated regularly. If there are OHSU resources you'd like to see linked, please send suggestions to the SafetyTeam Coordinator at: safeteam@ohsu

Portable Heater Use At Work

OHSU Healthcare System Portable Heater Use

Effective Date: September 15, 2009

No: HC-ADM-EOC-R023

PROCEDURE:

The use of portable heaters is not permitted in the OHSU Health Care System, which includes the following locations:



- Casey Eye Institute (CEI)
- Center for Health & Healing (CHH)
- Doernbecher Children's Hospital (DCH)
- Hatfield Research Center (HRC) Floors 8-14
- Kohler Pavilion (KPV)
- Multnomah Pavilion (MNP)
- OHSU Hospital South (OHS)
- Sam Jackson Hall (SJH)
- Physician's Pavilion (PPV)
- All off-campus clinics

SUBMIT A WORK REQUEST:



For temperature adjustments:

- Marquam Hill locations: fill out an on-line work request for Facilities & Logistics at http://ozone.ohsu.edu/fm/forms/forms_opsmain.shtml.
- At CHH: fill out an on-line work request at <http://ohsusouthwaterfront.com/home.axis>.
- For temperature adjustments at off-campus locations, please contact the building/property manager.
- Requests for exceptions must be considered and approved by the Healthcare Safety Officer at 503-494-7795. ☺

Questions? Ask Environmental
Health & Radiation Safety:

503-494-7795





Winter Driving Tips

Snow and ice can push our driving skills to the limit. Do you know how to drive properly in winter conditions? The following tips could save you from problems when you are out on the road:

1. Maintain a safe following distance.

It takes longer to stop on a slippery road. Look ahead and keep plenty of distance between you and other cars (at least four seconds).

2. Drop your speed to match road conditions.

The posted speed is the maximum speed under ideal conditions. In winter, it is safer to drive below the posted speed. No matter how much experience you have, the way your car will move on snow or ice always has an element of unpredictability.



3. Watch for black ice.

Slow down when approaching icy areas such as shaded areas, bridges and overpasses as these sections of road freeze sooner than others in cold weather. Watch for "black ice", areas of the road with a thin, almost invisible coating of ice, as it can cause your vehicle to suddenly lose traction, braking and cornering control.



4. Accelerate and brake slowly.

When starting from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning your wheels. When stopping, plan well in advance, apply the brakes gently, and slowly add pressure rather than braking suddenly.

5. Avoid sudden moves.

Slow down and steer smoothly and gradually to avoid skidding. Accelerate gently, turn slowly, and brake carefully and early. Avoid unexpected quick movements that could put you in a spin. Anticipate turns, stops, and lane changes well before they occur.

6. Know how to handle a skid.

A skid happens when your wheels slide out of control on a slippery surface and is a result of driving too fast for road conditions. If you start to skid, ease off the brake or accelerator, look, and steer smoothly in the direction you want to go. Be careful not to oversteer. If you are on ice and skidding in a straight line, step on the clutch or shift to neutral.

7. See and be seen.

It is critical for drivers to see and be seen in low light conditions, and when blowing snow impairs visibility. Always drive with your headlights on.

8. Be extremely cautious when approaching highway maintenance vehicles such as snow plows and salt or sand trucks.

Maintain a safe following distance. These vehicles throw up snow and spray, making it difficult to see.