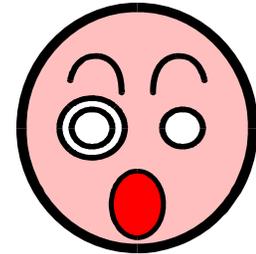


## SHOCKING!



### Avoid electrical hazards

Electricity is a big part of our lives, and we are lucky to have it. However, it can be hazardous when not given proper respect. When working with electricity, you must follow some basic advice:

- **Never overload an outlet.** Power strips can add plugs where we need them, but be careful!
- **Avoid trip hazards and damage to electric cords** by routing them safely.
- **Bare wires are bad.** Check cord insulation for damage several times a year.
- **Prevent fires.** Watch where you locate electrical equipment that generates heat.
- **Keep all electrical equipment away from liquids**, unless they are designed for exposures.
- **Never block electric panels** in your work area. We need quick access to these in emergencies.
- **Notice sputters, sparks, or buzzes.** Any noise that is not normal should serve as a warning.
- **Be smart!** Think before you act. Some people still stick forks or knives in toasters to retrieve stuck toast... not smart!



#### Inside this Issue:

Safety Focus: Molds and Indoor Air Quality	2
Back Pain Anyone?	3
Household Hazardous Waste Event	3

### Shared Success

The following are interesting progress notes from SafetyTeam members' activities:

- The parking lot at the Richmond Clinic is being made more safe by installing cameras and increasing the frequency of security walk-throughs in the area.
- The steep ramp in Emma Jones Hall Basement was removed! The ramp was initially put there to aid caterers in delivering food to the conference room below. The ramp was very steep and was more of a hazard than a help. A SafetyTeam member reported the concern and it was finally removed! Good Work!
- The Infection Control Department will soon roll out a new Hand Hygiene Campaign to help reduce disease transmission. Hand hygiene compliance has been a concern of several SafetyTeam members, and this campaign should aid in gaining cooperation from all staff, patients and visitors within the Hospitals and Clinics.



Please continue to submit your monthly member update forms so that your safety concerns continue to be addressed.

## Topic of the Month



This month's specialized training topic is titled **"Mold and Indoor Air Quality."** This topic is presented to educate employees about health hazards and prevention of mold growth in the work environment.

Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. Outdoors, many molds live in soil and play a key role in the breakdown of leaves, wood and other plant debris. Without molds, we would be struggling with large amounts of dead plant matter.



Molds produce tiny spores to reproduce. Mold spores travel through the indoor and outdoor air continually. When mold spores land on a damp spot indoors, they may begin growing and digesting whatever they are growing on in order to survive. There are molds that grow on wood, paper, carpet, and foods. If excessive moisture or water accumulates indoors, extensive mold growth may occur, particularly if the moisture problem remains undiscovered or unaddressed. There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.

When mold growth occurs in buildings, it may be followed by reports of health symptoms from some building occupants, particularly those with allergies or respiratory problems. Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory complaints.

## Common Moisture Sources

Moisture problems can be caused by a variety of conditions, including roof and plumbing leaks, condensation, and excess humidity. Some moisture problems have been linked to changes in building construction practices during the past twenty to thirty years. These changes have resulted in more tightly sealed buildings that may not allow moisture to escape easily.

## How do We Reduce Mold Growth?

- **Reduce Indoor Humidity:** vent showers and other moisture generating sources outside, use air conditioners and de-humidifiers to control humidity, and keep humidity levels indoors between 30-60%.
- **Regularly Inspect Buildings:** check for moldy odors and water leaks.
- **Respond to Leaks Promptly:** damp or wet building materials must be dried within 24-48 hours, and leaks fixed promptly.
- **Cleaning:** Keep work areas clean, including taking out garbage at least once a week.



**Questions about Mold?**  
**Environmental Health & Radiation Safety**  
 can provide information and  
 indoor air quality evaluations.

**503 494-7795**

