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Safety Talk and Tips

Eastern Region's Environmental Safety and Health Newsletter

Volume 4, Issue 3

September 2008

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CPR—Get Involved, Save a Life!

Both the American Red Cross and American Heart Association encourage everyone to learn the skills that could save a life. Although the importance of being trained in Cardiopulmonary Resuscitation (CPR) and the use of an Automated External Defibrillator (AED) cannot be underestimated, both organizations encourage those unwilling, unable, untrained, or unsure how to perform full CPR (cycles of chest compressions and rescue breaths) to instead perform compression-only, or hands-only, CPR. Compression-only CPR involves giving continuous chest compressions at the rate of 100 compressions per minute without rescue breaths.

CPR using chest compressions alone can save the lives of adults who suddenly collapse when their hearts stop beating. The most important thing a bystander can do after witnessing a person that suddenly becomes unconscious and shows no sign of life is to first call 9-1-1. If not confident in your ability to perform full CPR, compression-only CPR should be performed. Effective bystander CPR provided immediately can double or triple a victim's survival chances within the critical four- to six-minute window to prevent brain death.

The bottom line: Compression-only CPR is acceptable to perform on victims of sudden cardiac arrest.

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Environmental, Safety and
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Safety Tidbits

About 65% of all water used in American households goes to watering lawns. (In summer, that's about 238 gallons per person per day.)

About 65,000 people in the U.S. per year are hospitalized with lawn-mower-related injuries.

According to the Environmental Protection Agency, as much as 5% of all polluting exhaust in urban areas is from lawn mowers.

Until the 19th century, an "accident" referred to anything that happened, good or bad.

The heat wave that hit Europe during August of 2003 was responsible for more than 20,000 deaths.

Archaeologists have found ancient "Beware of Dog" signs in Pompeii.

Water Conservation - Every Drop Counts!

Get Flush With Savings



Consider replacing your older toilet with a WaterSense labeled high-efficiency model that uses 20 percent less water and performs as well as or better than standard models. Compared to a 3.5 gallons per flush toilet, a WaterSense labeled toilet could save a family of four more than \$90 annually on their water bill, and \$2,000 over the lifetime of the toilet.

Check for toilet leaks by adding food coloring to the tank. If the toilet is leaking, color will appear in the bowl within 15 minutes. (Make sure to flush as soon as the test is done, since food coloring may stain the tank.)

Toilets are the single largest water user in a home. A leaky toilet can waste 200 gallons of water per day, and it is estimated that nearly 20 percent of all toilets leak.

Accessorize Your Faucet



Installing a simple aerator is one of the most cost-effective ways to save water—you can double the faucet's efficiency without sacrificing performance. For best results, purchase an aerator with the WaterSense label later in 2008.

Repair dripping faucets and showerheads. A drip rate of one drip per second can waste more than 3,000 gallons per year.



A full bathtub can require up to 70 gallons water, while taking a 5-minute shower uses only 10 to 25 gallons.

Savings from turning off the tap while you brush your teeth or shave can really add up.

Lighten Your Loads



Wash only full loads of dishes and clothes or lower the water settings for smaller loads.

Replace your old washing machine with a high-efficiency, ENERGY STAR® labeled model, which uses up to 50 percent less water and electricity.

The average single-family suburban home uses at least 30 percent of its water for outdoor irrigation and as much as 70 percent in dry climates. Some experts estimate that more than 50 percent of landscape water is wasted due to evaporation, wind, or overwatering.



Outside the Home

Water When Needed

Water your lawn or garden during the cool morning hours to reduce evaporation.

Look for sprinklers that produce droplets—not mist—or use soaker hoses or trickle irrigation for trees and shrubs.

Set sprinklers to water lawns and gardens only—check that you're not watering the street or sidewalk.

Try not to overwater your landscaping—learn plants' water needs and water different types appropriately.

Grow Green Grass

Don't over fertilize. You will increase the grass's need for water.

Raise your lawn mower blade to at least 3 inches. Taller grass promotes deeper roots, shades the root system, and holds soil moisture better than a closely cropped lawn.

Garden with Care

Plant climate-appropriate species. Try native plants, which don't require as much water, and group plants together by water requirements.

Use mulch around trees and plants to help reduce evaporation and control water-stealing weeds

NWS Offices can help to “Buy Green”

Whether you are specifying what your office or home needs, approving purchases, or buying items; consider green alternatives. In most cases, there are green products that will meet or exceed your need, cost no more to buy, cost less to operate, and are gentler on the environment. These green products can be used for the office and janitorial supplies, computers, copier machines, building materials, and even landscaping.



Here are some ideas....



- o Office products: GSA has a dedicated website that provides green purchasing information and environmentally preferable products. Go to GSAAdvantage website and link to environmental products under Special Programs.
- o Cleaning supplies: Green cleaning supplies reduce the amount of harmful chemicals in our environment and can be healthier to use. Check out some of the websites listed here for ideas.
- o Purchase products that meet EPA requirements for recovered material content at <http://www.epa.gov/cpg/>. More and more products are being made from recycled material. It includes such things as carpet, floor tiles, insulation, landscape materials, binders, office paper, furniture, and trash bags.
- o Consider using products from the USDA's biobased product requirements at <http://www.usda.gov/biopreferred>. Biobased products are made from renewable plant and animal sources and are generally safer for the environment than their petroleum-based counterparts. They are usually biodegradable or recyclable. Federal agencies are required to purchase bio-based products over petroleum-based counterparts as long as they are reasonably priced, available, and comparable in performance.
- o Purchase Energy Star products. These products meet energy and water saving requirements and range from appliances to lighting to office equipment and home electronics. Look at <http://www.energystar.gov/>
- o Consider purchasing products that meet the new EPEAT (Electronic Product Environmental Assessment Tool) requirements for desktop computers, notebooks and monitors. There are over 560 products from major manufacturers listed at <http://www.epeat.net/> along with information on the standard that has been set.



It doesn't take a lot of effort to make a big difference. We can all help at home and at work.

Flu Prevention Tips

These tips are crucial to staying well this winter and will help prevent spreading colds or flu to others.



No. 1: Get a flu shot. Unquestionably, this is the most important way to avoid getting the flu and to prevent or contain an outbreak of the illness, which kills hundreds of thousands of people around the world each year. Flu shots are particularly important for people at high risk for serious complications from influenza -- including young children, the elderly and those with weakened immune systems.

The best time to get vaccinated is October and November, but you can get a flu shot in December and January and still be protected. Flu season can last as late as May.

And contrary to popular belief, there's no chance of getting the flu from a flu shot. That's because the viruses in the shot's vaccine are dead, not live.

No. 2: Wash your hands often. A recent study found that regular hand washing with soap and water was more effective than drugs in preventing the spread of respiratory viruses such as the flu. If you can't wash with soap and water, alcohol-based gels and wipes can be used. The gel should be rubbed until it's dry.

No. 3: Avoid touching your eyes, nose and mouth. These are "major points of entry" for all kinds of germs, particularly those that cause colds and the flu.

No. 4: Avoid close contact with people who are sick.

No. 5: Practice other good health habits. To keep your immune system as strong as possible, get plenty of sleep, eat nutritious food, drink plenty of water and other fluids and learn how to manage your stress.

No. 6: Cover your nose and mouth. If you're about to sneeze or cough, put your hand or a handkerchief over your nose and mouth -- or sneeze or cough into your sleeve. It may prevent those around you from getting sick.

No. 7: If you're sick, stay home, particularly if you're running a fever or sneezing or coughing a lot. You'll help prevent others from catching whatever you have.

For more information on preventing the flu, go to www.cdc.gov/flu/toolkit. To learn more about healthy habits and stopping the spread of germs, go to www.cdc.gov/germstopper.



Spotlight on Office Recycling Programs



Recycling is the reprocessing of old materials into new products, with the aim of preventing the waste of potentially useful materials, reducing the consumption of raw materials, reducing energy usage, and reducing air and water pollution by reducing the need for conventional waste disposal. Recycling is a key concept of modern waste management and the third component of the Environmental Protection Agency's Reduce, Reuse, Recycle, Respond Program as reported in Safety Talk and Tips, Volume 3, Issue 1 (March, 2007).

Recyclable materials may originate from home, business, or industry. They include glass, paper, metal, textiles, plastics, and other materials. These materials are brought to a collection center or picked-up from the curbside and sorted, cleaned and reprocessed. Several field offices have provided overviews of their recycling programs.

WFO Albany, NY

WFO Albany is located on the University at Albany campus and partners with the university's Environmental Health and Safety Office. Paper, cardboard, plastics, and fluorescent bulbs are recycled by custodial services; computers and computer screens are recycled by Sunnking Electronics Recycling; motor oil is recycled by the motor pool; and batteries and antifreeze are recycled by a university recycling contractor.

WFO Morehead City, NC

WFO Morehead City recently streamlined and improved their recycling program. In addition to recycling paper, batteries, aluminum cans, and fluorescent bulbs, the office now recycles corrugated cardboard, paperboard, PET and HDPE plastics, plastic bags, tin newspaper, and glass. Each month, the recycled materials are brought to the county recycling center.

WFO Sterling, VA

In cooperation with recycling vendor Con Serve Industries, WFO Sterling recycles paper, aluminum, steel cans, plastics, and glass. The office recently switched from using large trash cans for recyclables to a small dumpster provided by Con Serve at no additional cost. The change facilitated the recycling pick-up process.



REMEMBER, SAFETY FIRST!



About this Newsletter

This newsletter is brought to you on a quarterly basis by the Eastern Region Environmental Safety and Health Advisory Board to help increase awareness of the importance of the safety and health programs within the Department of Commerce, NOAA, and the National Weather Service. Your comments are welcome. Please send all comments to Kevin Murray.