

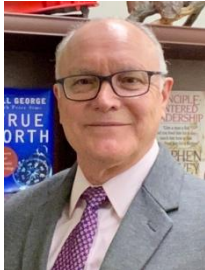


SAFETY INSIGHTS

News and Awareness Information from Environmental Health & Safety

Celebrate Earth Day

April 2023



The Earth Day 2023 theme “Invest in Our Planet”, highlights the importance of dedicating our time, resources, and energy to solving climate change and other environmental issues. This Newsletter provides insights about some environmental safety issues that you should consider as you venture outdoors to enjoy the beauty of our natural world.

Gary Kaczmarczyk
Assistant Vice President – EH&S

“Look deep into nature, and then you will understand everything better.” - Albert Einstein

SBU's ANNUAL EARTHSTOCK CELEBRATION - APRIL 17-21

Join the fun and learn about sustainability, conservation and environmental initiatives that you can participate in, including an Undergraduate Research Showcase, Keynote Address by Carl Safina: “What Animals Think and Feel”, Ashley Schiff Preserve Walk, Samara Steinbock Undergraduate Honors Art Show, and of course the Earthstock Festival on Friday, April 21, 11 a.m. to 3 p.m. on the SAC Plaza, Academic Mall and Administration Fountain. For more information visit the [Earthstock website](#).

THE DARKSIDE OF DAYLIGHT SAVINGS TIME (DST)



The extra sunshine and boost of Vitamin D may be a relief from the dark winter days and a sign of warmer weather ahead. The extra daylight hours may allow for more fun in the sun, but we may want to consider how these changes in light and time can influence our circadian system and disrupt our sleep. According to the National Safety Council, nearly four out of 10 employees in the U.S. suffer from sleep loss, and when workers are fatigued, they're at a higher risk for injury. About 13% of work injuries are attributable to sleep problems. A

good night's sleep is not just a novelty, it's a necessity. Here are a few tips to Spring Forward Safely and Get Better Sleep:

- Check for Consistency in Your Sleep Duration
- Keep a Consistent Sleep Schedule - a sleep schedule also will help keep you on your game during work hours.
- Set Yourself up for Sleep Success -practice habits that will help you improve the quality of your sleep.
- Create a Routine -The more you can get your body used to going to sleep at a certain time, the easier it will be for you to get good sleep consistently.

For more information, please visit the National Safety Council page, "[How Employees Can Get Better Sleep](#)".

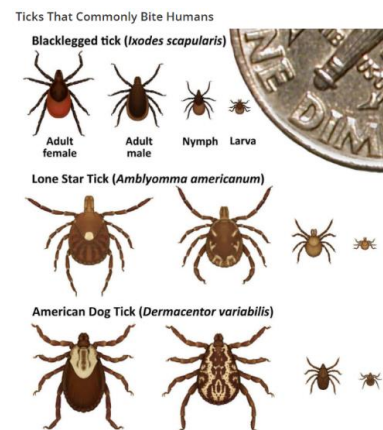
TICKS: THEY'RE BACK... WELL THEY WERE NEVER REALLY GONE!

Ticks are parasitic arachnids that carry various diseases such as Lyme disease, Rocky Mountain Spotted Fever (RMSF), and many other diseases.

To prevent ticks,

- Avoid grassy, bushy or wooded areas.
- Wear light-colored clothing.
- Apply EPA registered insect repellent.
- Check your body for ticks.
- Remove ticks promptly.

For more information, please visit the [EH&S Tick-Borne Safety Guide](#) or [Stony Brook SH Hospital Regional Tick-Borne Disease Resource Center Website](#)



POISONOUS PLANTS



Poison ivy, western poison oak and poison sumac have poisonous sap (urushiol) in their roots, stems, leaves and fruits. The sap is released when the plant is bruised. The sap may be deposited on the skin by direct contact with the plant or by contact with contaminated objects, such as clothing, shoes, tools, and animals. Approximately 85 percent of the general population will develop symptoms (Rhus dermatitis) if exposed to these plants. The sensitivity to the sap usually develops after several encounters with poison ivy, oak, or sumac. Here are some things that you can do to prevent exposures and symptoms.

- Wear long-sleeved shirts and long pants, tucked into boots. Wear cloth or leather gloves.
- Apply barrier creams to exposed skin.
- Educate yourself on the identification of poison ivy, oak, and sumac plants.
- Learn the signs and symptoms of contact with poisonous ivy, oak, and sumac.
- Keep rubbing alcohol accessible. It removes the oily resin up to 30 minutes after exposure.

For more information about plants that can cause rashes or skin irritation, please visit the [DEC Harmful Plants](#) website.

NEW SAFETY MANAGEMENT SYSTEM UPDATE

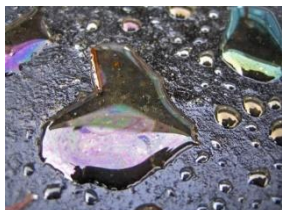
Work continues on getting the new SMS ready for use across campus! The SMS will enhance our ability to document and track our environmental compliance initiatives. Beta testing is expected to begin in the next two weeks with regards to registering labs and providing access to EH&S training (which is being transitioned away from Blackboard). In addition, this new system will provide the ability for labs to comment and respond to safety inspections in real time!



Subsequent updates will provide for chemical inventory management. Including labels for secondary containers, as well as a new system for requesting pickup of chemicals for locations without regularly scheduled pickups. For more information, please visit [Safety Management System](#).

ASK THE PROFESSIONALS

What Should I Do if there is an Oil Spill?



Environmental Specialist Donna Amoscato explains that Reporting spills is the crucial first step in the response process. If you encounter a petroleum spill, first call the University Police at 333 (on campus phone) or 631-632-3333 (off campus phone). Then notify your supervisor and contact the EH&S department immediately. The EH&S Department can be reached by dialing 631-632-6410. If you are able, contain the Oil Spill Using Speedi-Dri, absorbent pads, or sand to prevent any liquid from entering vulnerable areas such as storm drains. To ensure compliance, do not throw oil-soaked materials into the garbage; wait for EH&S guidance regarding proper disposal.

For more information, please visit [EPA Website](#)

Does Radiation Occur Naturally in the Environment?

Radiation Safety Associate Nicole Navan reports that naturally occurring radiation is produced by the decay of long-lived radioisotopes and their byproducts in the earth's crust. The primary source of natural radiation exposure is radon - a radioactive gas produced by the decay of uranium. This radioactive gas is naturally released from rocks, soil, water, and many building supplies, such as concrete, bricks, and natural stone. Radon concentrates in the home, particularly in basements, by entering through cracks and holes in the walls or floor. To minimize the risk of radon exposure, levels should be kept as low as reasonably achievable.



For additional information, please visit [CDC Radon Safety](#).

SAFETY SPOTLIGHT



Jesse Kuhn, Director of Intensive Research Facilities in the Office of Scientific Affairs, is recognized for his dedication and the support that he provides to maintain mechanical systems and assure safe operations of facilities in the School of Medicine, including but not limited to the Laboratory for Comparative Medicine, Bahnson Environmental Chamber, and the Cyclotron. In his role, Jesse routinely interacts with our Biosafety Officer, Cyclotron Safety Officer and other EH&S staff on matters related to safety.

Jesse has a B.S. degree in Biology and Anthropology from Stony Brook University, and a M.A. degree in Molecular Evolution & Ecology. Jesse joined OSA in 2006. His research work prior to and after graduate school, along with his extensive knowledge in HVAC, electrical, hydraulic, pneumatic, and control systems working in industry, provided Jesse with a keen understanding of the need for well maintained and operating laboratories. Jesse has presented a well-received national talk on the Commissioning of Biocontainment Facilities, and has been invited to give another on the same topic in the Fall of 2023. He is recognized as an expert in the field of operating such facilities.

Thank you, Jesse, for the years of service and your dedication to safety.

MEET THE STAFF

Please join me in welcoming Nicole Navan and Issac Goddard our new EH&S Radiation Safety Associates. Having started in February of 2023, their job responsibilities include performing compliance inspections, equipment calibration, transportation of radioactive materials, radiological surveys, and training.

Nicole received A BS in Biology specializing in Cell, Molecular Biology and Genetics at Coastal Carolina University. During her studies, she learned the importance of safety procedures and protocols while acquiring over 600 hours of laboratory experience. An alumnus from Stony Brook University, Isaac received his Bachelors in Physics at Stony Brook in 2014. Welcome aboard!



EH&S Job Postings [Southampton Fire Marshal #2301123](#)



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