



SAFETY INSIGHTS

News and Awareness Information from Environmental Health & Safety

Practice Fire Safety - At Work & Home



Smoke and carbon monoxide alarms in the home can provide early detection and greatly reduce the risk of serious injury or fatality from a fire or smoke emergency. Smoke alarms should be installed on every level of your home and in every sleeping area. If you have smoke or carbon monoxide detectors with replaceable batteries, remember to change the batteries when you change the clocks. As of April 2019, all smoke and carbon monoxide detectors sold in New York State must have a 10 year sealed lithium ion (non-replaceable) battery.

Practice fire safety preparedness at home before an incident occurs. If you have young children or elderly family members living with you, make sure you have a plan and that everyone has practiced the family exit drill and escape plan.

Candles are a leading cause of many home fires. If you are going to use candles, they should be done so in a safe manner. Often candles are left burning while family members are sleeping, or they are placed on a shelf or table in an unsecure manner, this may result in the candle becoming unsecure and falling onto a flammable surface.

Have heating equipment inspected by a qualified professional to ensure that it is functioning properly. Heating equipment is a leading cause of fires in the United States. A majority of home heating equipment fires occur during the months of December, January & February. Additionally malfunctioning fuel burning heating equipment can produce carbon monoxide within the home.

Please visit the following website for further fire safety information. <https://www.nfpa.org/Public-Education>

Brace Yourself Flu Season is Coming!

What are the symptoms of the flu versus the symptoms of a cold?

Flu symptoms can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

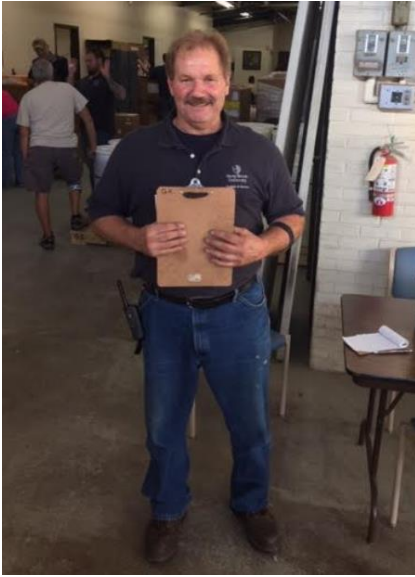


For more information:

[Flu symptoms](#)

<https://www.cdc.gov/flu/symptoms/coldflu.htm>

November 2019 Safety Spotlight



Gary Kennedy holds the Safety Spotlight for November 2019. Gary has been a plumber for SBU for the past 11.5 years and if there is one thing that he lives by is that "Safety is always first!"

Gary has been a professional plumber for over 45 years. Having 5 brothers and 5 nephews who are Master Plumbers; Gary comes from a family of plumbers. Gary owned his own plumbing business for 35 years, taught Adult Ed Plumbing at Eastern Suffolk BOCES and was a plumbing inspector for the Town of Smithtown.

Gary includes safety into all of his job functions. He ensures that all safety measures are in place and that he has his PPE before starting work. He makes sure that each employee working with him, whether it's a fellow employee, supervisor or building manager, is safe within the work area. SBU is lucky to have Gary on staff not only because of his professionalism, but also because if they know Gary is on the job it will be done correctly and safely! Stony Brook thanks you!!

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