

Earth Day Activities

Mark Banister

Round about the time you read this it will be Earth Day, April 22. A good way to celebrate would be to take some (I hope) easy steps to help reduce the trash you (and I) generate. Here are some interesting things that may help us do this.

1. Go to www.call2recycle.org to recycle old cell phones. The circuit boards of cell phones contain cadmium, lead, mercury and arsenic.
2. Go to www.letmeplay.com/reuseashoe to recycle your grungy old athletic shoes into synthetic surfaces for sports courts and tracks. Nike runs this service, but accepts all brands of shoes.
3. Go to www.greendisk.com to recycle unneeded CDs, DVDs and other "technotrash". When incinerated (as often happens) they release toxic and hazardous fumes. For a small fee, they will send you a box which you can fill and send back postage paid, to have the items recycled in an environmentally friendly fashion.
4. Consider recycling unneeded food for compost for your garden. The process is quite simple and relatively inexpensive. Check out your local hardware or home renovation store and ask about getting a composting container.
5. Coming up this year are more local opportunities to recycle household hazardous waste and "hard to recycle" items such as tires, refrigerators and home electronics. Go to http://www.prc.org/community_collections.html and to http://www.prc.org/community_hhw.html for details on each.

We are fortunate that there are more and more opportunities for environmentally conscious people to recycle and re-use all the different types of trash we generate. It's time to take advantage of them!

Self-Protection Video

Jim Gindlesperger

The odds are very low that a gunman would ever appear on the CMU campus, but that does not mean it will never happen.

In the unlikely event that the unspeakable would happen, would you know what to do to protect yourself? Do you know the actions you can take that have been proven to increase your chances of survival?

You no longer have to guess at what actions are best. EH&S, with the assistance of Student Affairs, has purchased a video showing exactly what you should do to protect yourself in those crucial first few minutes before assistance arrives.

We have posted this video on our web site where you can view it free of charge. To view it, go to www.cmu.edu/ehs and click on the Emergency Response link found at the top of the page or on the left side of the page. Either link will take you to the Emergency Response page. Once there, simply click on the link on the left side that says "Video – Self Protection from Campus Gunman."

The video lasts about 20 minutes and contains a great deal of valuable information. Please take the time to become informed on this very important issue.

EH&S Receives Award

Jim Gindlesperger

EH&S has received confirmation that we have been selected for a \$3,000 award from the Campus Safety Health and Environmental Management Association (CSHEMA). Monies from this award will be used to continue development and expand the use of a SmartRadio system in Mellon Institute. EH&S has been collaborating with Sima Products Corporation in developing this innovative emergency alert system, which utilizes text and voice messages to deliver emergency information to areas where communications are often difficult.

Get me out of here!

Madelyn Miller



My size is prescribed, but six inches tall. I'm bright and I'm perched in doorway and hall.

You'll find me throughout Carnegie Mellon's hallways.

I shine and glow on prominent display.

Of course you might say, "I know my way 'round.'"

What could prevent the door being found?

I got myself here but how to get out?

A loss of power has left me in doubt.

When lost in the halls of Doherty or Mellon, I need the help of Ferdinand Magellan.

Without the explorer or a sense of direction, These electric bread crumbs provide my connection.

Fire Prevention

Bob Anderegg



"Fire Prevention". What do these words mean to you?

Fire prevention safeguards involve things that we can do on a daily basis that help to avoid having an unwanted fire. We each need to develop "fire prevention habits" that will work to assure safer environments. Habits like unplugging appliances, tools,

electrical equipment and accessories when not in use; and refraining from permitting accumulations of paper, trash, and other combustible materials to build up overnight can help greatly. Making certain that we do not leave burning candles or cooking food unattended, and using only electrical cords that are appropriately rated for the power that will be pulled through them are also good fire safety habits.

Everyday fire prevention practices usually cover five distinct categories, i.e., storage, housekeeping, exit maintenance, fire equipment maintenance, and other safety related matters, such as those that may involve utilities (natural gas, fuel, electrical power, etc.). Maintaining uncluttered storage, good housekeeping, and making certain that doorways and corridors are kept clear of obstruction at all times greatly reduces the probability of suffering loss or injury as the result of a fire.

Reporting, or having repairs made to fire equipment such as unlighted exit signs, discharged fire extinguishers, or non-operating smoke detection helps to ensure that these safeguards will be in place and working, if needed.

We often speak of the need to break "bad habits", but we each need to build fire prevention habits such as those mentioned above. In this manner, we can insure ourselves against the dangers of uncontrolled fire at work, school, home, or play.

Did you . . .

remember to change the batteries in your smoke alarms and carbon monoxide detectors at home when we moved to Daylight Saving Time? If not, now would be a great time to do it.

Who Reads These Safety Articles Anyway?

Michael Fouch



A large proportion of accidents can be linked directly to not taking the time to read the safety directions that come with just about any product we may purchase. From

a chainsaw to a Nintendo Wii, there is always a little booklet that has these words on it, "IMPORTANT, read before operating" or some such language that suggests that it is very important to read what is inside.

One has to wonder why anyone would not take the time to learn how to use something safely. Is it because we think we already know how to use the product in question? Or is it because we just don't want to take the time to read something which might benefit us in the long run? We would rather get to cutting down that tree or knocking down some pins in a high spirited game of Wii bowling. (If you read this article, please email me at mfouch@andrew.cmu.edu, mention that you have read the article and you will be entered into a drawing to win a \$25 Giant Eagle gift card. The winner will be listed in the next Lifeline.)

My guess is that it is a little of both. I for one can't wait to get that new mower out of my car and into action and that ten page book on what I should know before I start the mower can just wait until I can't fall asleep some night. However, I highly recommend that you fight this urge and take the time to read the directions completely; who knows? The hand you save might be your own. Which leaves me with this final thought...since you have taken the time to read this article, read the rest of the Lifeline, there is some stuff in here that might help keep you safe.

Severe Weather Classes Offered

Jim Gindlesperger

As we all know, Pittsburgh weather is fickle, and we are subject to severe weather in the form of lightning, flash flooding, tornadoes, snowstorms, or hail. All of these can affect our personal safety. EH&S is offering a class which will enable you to recognize the danger signs and prepare for severe weather before it hits. This class is a must for anyone who spends any amount of time outside, such as those who participate in or coach outdoor sports, hikers, campers, or even those who simply wish to enjoy a picnic or walk in the park. Contact us at 8-3760 for dates and times of the next classes.

Safety & Security Tips for Travelers

Jim Gindlesperger

Many of us travel as part of our jobs. Others travel for pleasure. Whatever the reason, it is important to follow some basic

recognized safety tips so that your journey is a pleasant one.

- When staying in a hotel, don't answer the door without verifying who it is. If a person claims to be an employee, call the front desk and ask if someone from their staff is supposed to have access to your room and for what purpose.
- When returning to your hotel late in the evening, use the main entrance. Be observant before entering parking lots.
- Close the door securely when you are in your room and use all the locking devices provided.
- Don't display guestroom keys in public, or leave them visible on restaurant tables, at the swimming pool, or in any other public areas.
- Do not draw attention to yourself by displaying large amounts of cash or expensive jewelry.
- Don't invite strangers to your room.
- Place all valuables in the hotel safe deposit box.
- Never leave valuables in your vehicle.
- Check to see that any sliding glass doors or windows and any connecting room doors are locked.
- If you see suspicious activity, please report your observations to the hotel management.

If you will be travelling to a foreign country, additional precautions are important.

- Register with the State Department so they can better assist you in an emergency.
- Be sure you have all necessary shots and vaccinations.
- Be sure to sign your passport, and don't forget to complete the emergency information page.
- Leave copies of your itinerary, passport data page and visas with family or friends, so you can be contacted in an emergency.
- Ask your medical insurance company if your policy covers emergency expenses such as medical evacuation. If it does not, consider supplemental insurance.
- While in a foreign country, you are subject to its laws. The State Department web site at http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html has useful safety and other information about the countries you will visit.