Health and Safety Newsletter

Welcome to the seventh issue of the Keene State College Health and Safety Committee's Newsletter. If you have a safety related suggestion or concern that you would like to share please contact Sylvie Rice (srice2@keene.edu; ext. 82879) or any of our members.

Cyber Safety, Online Purchasing

Anyone can set up shop online under almost any name. For Winter Holidays lots of people make purchases online, be careful! Confirm the online seller's physical address and phone number in case you have questions or problems.—and if you get an email or pop-up message that asks for your financial information while you're browsing, DO NOT reply or follow the link.

If you pay by credit or charge card online, your transaction will be protected by the Fair Credit Billing Act. Under this law, in the event that someone uses your credit card without your permission, your liability generally is limited to the first $50 in charges. Keep receipts for your records.

If you have problems during a transaction, try to work them out directly with the seller, buyer, or site operator. If that doesn't work, check these websites for further tips:

• Federal Trade Commission at [www.ftc.gov/complaint](http://www.ftc.gov/complaint)
• Your state Attorney General, using contact information at [naag.org](http://naag.org)
• [Consumeraction.gov](http://www.consumeraction.gov) — look under "Where to File a Complaint."

Source: [http://www.onguardonline.gov/articles/0020-shopping-online](http://www.onguardonline.gov/articles/0020-shopping-online)

Attention! We Are Looking For Volunteers

The Great Monadnock Region Medical Reserve Corp (GMMRC) Mission is to engage current and retired health care professionals as well as non-medical personnel in helping the community prepare for, respond to, and mitigate emergencies, disasters, and pressing public health needs by providing a group of readily trained and available volunteer professionals who supplement and assist local medical emergency response systems.

The Medical Reserve Corps seeks volunteers from various professional and non-professional backgrounds, including medical and non-medical, behavioral, public health, and support staff.

For more information check out our website at [www.gmmrc.org](http://www.gmmrc.org) or contact:

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Candles

Candles add to the warmth & atmosphere of a home, but some candles can contribute to indoor air pollution by emitting particulate matter (candle soot) into the air. Scented candles fill air with aromas that may leave you feeling peaceful. Candles can help to mask unpleasant odors, along with creating a romantic atmosphere BUT... scented candles may trigger allergic reactions. The symptoms include itchy and watery eyes, sore throat, blocked nasal passages, headaches, hives, skin irritations and asthma-like conditions.

In addition, many fires are caused by candles:

* On average, 42 home candle fires are reported every day.
* More than half of all candle fires start when something that could burn (furniture, mattresses or bedding, curtains, or decorations) is too close to the candle.

Candle Safety Tips

* Put candles in sturdy metal, glass, or ceramic holders that cannot be easily knocked down.
* Use battery-operated or electric flameless candles and fragrance warmers, which can be like real candles – without the flame.
* Avoid using candles in bedrooms and sleeping areas.


Earthquakes

One of the most frightening and destructive phenomena of nature is a severe earthquake and its terrible after effects. During an earthquake, remain calm and quickly follow the steps outlined below:

* Seek refuge in a doorway or under a desk or table. Stay away from glass windows, shelves, and heavy equipment. Drop to your knees, clasp both hands behind the neck, bury your face in your arms, and make your body as small as possible. Close your eyes and cover your ears with your forearms.

* After the initial shock, evaluate the situation and if emergency help is necessary, call 911. Protect yourself at all times and be prepared for aftershocks.

* When the building evacuation alarm is sounded, walk to the nearest marked exit and ask others to do the same.

* Damaged facilities should be reported to the Physical Plant or Campus Safety.

* Once outside, move to a clear area at least 500 feet away from the affected building. Keep streets, fire lanes, hydrants, and walkways clear for emergency vehicles and crews.

* If outdoors, move quickly away from buildings, utility poles, and other structures. Always avoid power or utility lines as they may be energized.

* If in an automobile, stop as soon as possible in the safest place available, preferably away from structures, power lines and trees. Stay in the vehicle for the shelter it offers.

Source: http://www.keene.edu/emergency/section_10.cfm

Happy And Safe Holidays!!!