

# EMS STAFF SAFETY NEWSLETTER

MAAS Fund Newsletter for Field Staff

SEPTEMBER 2015

The Occupational Safety & Health Administration recommends that YOU...

- **Get vaccinated.**
- **Stay home if you're sick.** The Centers for Disease Control and Prevention (CDC) recommends that those who have a fever and respiratory symptoms stay home until 24 hours after their fever ends without the use of medication.
- **Wash your hands frequently.** Use soap and water and wash for a full 20 seconds. If they are not available, use an alcohol-based hand rub.
- **Avoid touching the nose, mouth, and eyes.**
- **Cover coughs and sneezes with a tissue,** or cough and sneeze into your upper sleeve.
- **Keep frequently touched common surfaces clean,** such as phones and computer equipment.
- **Try not to use a coworker's phone, desk, office computer, or other work tools and equipment.** If you must, clean the device first with a disinfectant.

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## GHS : Distributor Shipping Container Labels

*Compliance Effective Date: December 1st, 2015*

GHS Implementation Dates			
Dec. 1, 2013	June 1, 2015	Dec. 1, 2015	June 1, 2016
Employers must train employees on the new label elements and Safety Data Sheet (SDS) format	Chemical manufacturers, importers, distributors and employees must comply with all modified provisions	Distributors begin shipping containers labeled by the chemical manufacturer or importer with HCS Label	Employers must update alternative workplace labeling and hazard communication programs as necessary and provide additional employee training for newly identified physical or health hazards

**In the office or responding on the road - remain vigilant with Hazardous Materials**

**Name, address, and telephone number** of the chemical manufacturer, importer, or other responsible party.

**Product Identifier** can be (but is not limited to) the chemical name, code number, or batch number. The manufacturer, importer, or distributor can determine the appropriate product identifier, but the same identifier must appear on both the label and in Section 1 of the safety data sheet.

**Signal Words** are used to communicate the severity of a chemical's hazard: "Danger" for more severe hazards; "Warning" for less severe hazards.

**Hazard Statements** describe the nature of a chemical's hazards and their severity. All applicable hazard statements must appear on a label, and chemical users should always see the same statement for the same hazards no matter what the chemical is or who produces it.

**Precautionary Statements** describe preventive measures chemical users should take to reduce the risk of handling the chemical. There are four types of precautionary statements: prevention to minimize exposure, response in case of accidental spillage or exposure, storage, and disposal.

**Supplementary Information** is any additional information a chemical manufacturer or distributor decides to provide, such as hazards not otherwise classified on the label, recommended personal protective equipment, directions for use, expiration date, or fill date. This section must also state the percentage of ingredients of unknown acute toxicity when present in a concentration of 1 percent or higher.

**Pictograms** consist of a symbol on a white background framed within a red border, and each represents a distinct hazard. There are eight mandatory pictograms.

# Do you know your flu facts?

*Some answers may surprise you*



Take the [Occupational Safety and Health Administration's seasonal flu quiz](#).

1. A flu vaccine cannot give you the flu. **True or False**
2. The "stomach flu" and influenza are the same thing. **True or False**
3. Getting a flu vaccine later than December is not too late. **True or False**
4. Flu viruses change constantly, which requires that a new flu vaccine be produced each year. **True or False**
5. Washing your hands is the best thing you can do to protect against the flu. **True or False**
6. The flu vaccine protects against three strains of flu. **True or False**
7. The flu is typically spread through droplets from coughs and/or sneezes. **True or False**
8. The flu is not a serious illness. **True or False**
9. The flu vaccine is available as a shot or a nasal spray. **True or False**
10. You can spread the flu to others before you have symptoms. **True or False**

## ANSWERS

1. True. The viruses in the vaccine are either killed (flu shot) or weakened (nasal spray vaccine), which means they cannot cause infection.
2. False. The flu is a respiratory (lung) disease. Flu symptoms are fever (usually high), headache, extreme tiredness, dry cough, sore throat, and muscle aches. Stomach symptoms can occur but are more common in children than adults.
3. True. The Centers for Disease Control and Prevention (CDC) recommends that people get vaccinated as soon as a vaccine is available and that vaccinations continue through the season. Flu activity usually peaks in February, but can occur as late as May.
4. True.
5. False. CDC recommends a flu vaccine as the most important step in protecting against the flu. However, preventive actions like covering your cough and washing your hands are important steps to help stop the spread of germs.
6. True. The flu vaccine protects against the three main flu strains that research indicates will cause the most illness during flu season.
7. True.
8. False. Flu is a serious contagious disease. Each year in the United States, more than 200,000 people are hospitalized from flu complications and 36,000 people die from flu.
9. True. The nasal spray flu vaccine is an option for healthy people ages 2 to 49 years old who are not pregnant.
10. True. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick.