

# VPP Porcelain Press

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## Washing Up!

Did you know that you carry millions of microbes on your hands? Most of these are harmless, but some can cause illnesses such as colds, flu, and even severe acute respiratory syndrome (SARS). (3C746)



SARS is primarily spread by close person-to-person contact. It can be spread by touching someone infected or touching contaminated objects, then

touching your eyes, nose, or mouth. This is why frequent hand washing is vital to the prevention of SARS.

Adults and children should be aware of the importance of hand washing. Studies show that children who are taught to wash their hands show fewer incidents of illnesses. Make sure you and your children wash your hands after the following activities:

- going to the bathroom
- changing a diaper
- handling raw meat or uncooked food
- blowing your nose, coughing, or sneezing
- being around someone who is sick
- playing with or touching a pet.

Hand washing is a mechanical process. To be effective, the proper friction should be applied. When washing your hands, keep the following tips in mind:

- remove all jewelry
- use lukewarm, not hot, water
- apply soap and rub hands together for at least 30 seconds
- antibacterial, pump soaps are more effective than bar soaps
- pay close attention to thumbs and fingertips
- rinse well and dry thoroughly. (3M062)

For more information on SARS, and on hand washing, see: <http://www.cdc.gov/>.

## October ISO 14001 Audit – Be Ready!

To maintain the ISO 14001 Registration PNNL received in November of 2002, the PNNL Environmental Management System (EMS) must be regularly reviewed for compliance and to identify opportunities for improvement. In preparation for our first annual surveillance ISO 14001 audit in October 2003, an internal group will be taking a look at several elements from the ISO 14001 standard in June 2003. As an employee, you should review the policy information at: <http://www.pnl.gov/main/welcome/environmental.html> and be prepared to answer the questions on the ISO 14001 badge card. (D7E12)

### PNNL's Environmental Policy Commitments



- Identify and manage hazards and environmental impacts
- Prevent pollution
- Abide by applicable requirements
- Monitor and continually improve work practices
- Communicate environmental concerns

### What every employee needs to know or do...



#### Know:

- How PNNL's environmental stewardship policy relates to your job
- How your own actions can improve or hurt PNNL's environmental performance
- What to do in case of spills or other emergencies

#### Do:

- Consider environmental impacts when planning and performing your daily work.
- Identify and propose ways to eliminate or reduce environmental impacts of your work.

<http://wwwi.pnl.gov/iso14001/>

If you need a new badge card or have any questions, contact your ECR at:

<http://wwwi.pnl.gov/emsd/documents/fsreassignments.xls>

The Porcelain Press is sponsored by the Voluntary Protection Program (VPP) Steering Committee.

VPP is dedicated to increasing safety awareness at work and at home. Comments on this issue, and recommendations for future issues should be addressed to the editor, Rob Boy, 376-4088. Three payroll numbers have been placed in this issue – if one is yours, you've just won! Contact Rob Boy <[robert.boy@pnl.gov](mailto:robert.boy@pnl.gov)> to redeem your VPP Safety Prize!