

# Porcelain Press

Issue 39, January, 2004

## Change is in the Air: Paper Towel Dispensers and Air Fresheners

Change is a way of life, even in the restrooms where lately we recently changed out the paper towel dispensers. Because the paper towel dispensers did not always work well, the vendor is replacing them for free with touchless, battery operated dispensers. The good news is these dispensers have proven their reliability in a year's operation at the Chicago O'Hare Airport. The bad news is their use of batteries. However, according to the Chicago O'Hare Airport experience, the four D cell batteries in each dispenser last about 1 year in a very high use environment. As with all batteries at the Lab, we will be recycling them.

While staff have expressed concerns about our non-functioning towel dispensers, some have also asked for us to return aerosol air fresheners/deodorizers to the restrooms. (34426)

Here is a case, though, where advertising has misled us. Air fresheners, especially aerosol air fresheners, contain chemicals—some of which people are allergic to. They may smell healthy (as defined by the advertisers), but they are generally unhealthy.

Many air fresheners contain naphthalene. The U.S. Environmental Protection Agency has classified naphthalene as a possible human carcinogen. To avoid unhealthy chemicals, we are using stick deodorants in the restrooms—a healthier alternative to aerosols that we hope is a good compromise between odor control and problems for fragrance-sensitive staff members. F&O is interested in working with any staff members who have a complaint about odors in a restroom. (3F009) Contact your Building Manager if you have a concern.

Look for news and locations of VPP-sponsored automated external defibrillators (AEDs) later this month!

## Resolve to be safe and healthy!

Considering a few new year's resolutions? Why not take advantage of the resources available at PNNL to aid you in your efforts. (3H268)

- Exercise regularly  
Regular exercise will help you lose weight, lower your risk of cardiovascular disease, reduce stress, and improve the quality of your sleep. Tips: check out the BSA activities site for fitness programs.
- Get a check-up  
Tips: Make an appointment with the PNNL Medical Scheduler for a voluntary health maintenance exam, check your blood pressure at an on-site VPP-sponsored blood pressure monitor, and learn about your insurance options.
  - Reduce stress  
Although stress isn't always bad, too much stress can cause your physical and emotional health to suffer. Tip: visit the new EAP provider site for articles, resources, and counseling options.
- Conduct routine home maintenance Inspect your home to find minor repairs before they become major projects. Tip: chose "Energy Star" appliances, visit the F&O site and Pollution Prevention site for ways to make your home safe and energy efficient.
- Pay off your debt  
Tip: stop going further into debt, track your spending, and make a plan. Attend a retirement planning or investment-planning workshop.
- Get involved in VPP  
The VPP Steering Committee serves as a voice for workers to develop and enhance the safety and health program promoting continuous improvement.

Whatever your resolution, the VPP Steering Committee wishes you luck. Start with small but specific steps, make necessary adjustments to keep on track, recognize and forgive mistakes, but do it now – don't wait another year!

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

Comments on this issue should be addressed to the editor, 373-9238.

If your payroll number is listed in this issue, you've just won a VPP Prize! Contact Julie Fisher <[julie.fisher@pnl.gov](mailto:julie.fisher@pnl.gov)> to redeem your prize!

 This newsletter was printed on recycled paper