

School of Dentistry

Environmental Health & Safety Newsletter

Volume 1, Issue 7

September 2011

ENVIRONMENTAL

For your everyday life...



ENERGY STAR What is ENERGY STAR?

ENERGY STAR is the trusted, government-backed symbol for energy efficiency helping us all save money and protect the environment through energy-efficient products and practices.

The ENERGY STAR label was established to:

Reduce greenhouse gas emissions and other pollutants caused by the inefficient use of energy; and make it easy for consumers to identify and purchase energy-efficient products that offer savings on energy bills without sacrificing performance, features, and comfort.

How Does EPA Choose which Products Earn the Label?

Products can earn the ENERGY STAR label by meeting the energy efficiency requirements set forth in ENERGY STAR product specifications. EPA establishes these specifications based on the following set of key guiding principles:

Continued on page 2(Enviroment)

HEALTH

What's new in Dentistry?

Dentists May Be Able to Spot Undiagnosed Diabetes

By Mary Elizabeth Dallas

THURSDAY, July 28 (HealthDay News) -- Dentists may be able to help spot undiagnosed diabetes or identify people with pre-diabetes, a new study suggests.

By identifying people with the disease who are unaware of their condition, routine dental checkups present an opportunity for dentists to help fight the diabetes epidemic, said the study authors, from the Columbia University College of Dental Medicine in New York City.

"Periodontal disease is an early complication of diabetes, and about 70 percent of U.S. adults see a dentist at least once a year," the study's senior author, Dr. Ira Lamster, dean of the College of Dental Medicine, said in a university news release. "Prior research focused on identification strategies relevant to medical settings. Oral healthcare settings have not been evaluated before, nor have the contributions of oral findings ever been tested prospectively."

In conducting the study, published in the July issue of the *Journal of Dental Research*, the scientists recruited about 600 people visiting a dental clinic who had never been told they had diabetes or pre-diabetes.

Continued on page 3(Health)

INSIDE THIS ISSUE

1	Environment- Energy Star Program Information
1	Health- Dentists May Be Able to Spot Undiagnosed Diabetes
2	Safety- Percutaneous injuries and the Single Handed Recapping Technique

- Product categories must contribute significant energy savings nationwide.
- Qualified products must deliver the features and performance demanded by consumers, in addition to increased energy efficiency.
- If the qualified product costs more than a conventional, less-efficient counterpart, purchasers will recover their investment in increased energy efficiency through utility bill savings, within a reasonable period of time.
- Energy efficiency can be achieved through broadly available, non-proprietary technologies offered by more than one manufacturer.
- Product energy consumption and performance can be measured and verified with testing.
- Labeling would effectively differentiate products and be visible for purchasers.

How Does EPA decide when to Revise Specifications?

Generally, a market share of ENERGY STAR qualified products in a particular category of 50 percent or higher will prompt consideration for a specification revision. However, there are other factors that weigh into the decision, such as:

- A change in the Federal minimum efficiency standards.
- Technological changes with advances in energy efficiency which allows a revised ENERGY STAR specification to capture additional savings.
- Product availability.
- Significant issues with consumers realizing expected energy savings.
- Performance or quality issues.
- Issues with Test Procedures.

Special Offers and Rebates from ENERGY STAR Partners

To encourage customers to buy energy efficient products, ENERGY STAR partners occasionally sponsor special offers, such as **sales tax exemptions, credits, or rebates** on qualified products. Partners also occasionally sponsor **recycling incentives** for the proper disposal of old products. The search below is provided as a service to consumers to find such special offers or rebates where they exist, based on information that partners submit to ENERGY STAR.

http://www.energystar.gov/index.cfm?fuseaction=rebate.rebate_locator

Continued on page 4(Environment)

SAFETY

What's going on in SOD...?

Annual Occupational Health Surveillance for Reported Needlestick and Mucocutaneous Exposures, UCLA Westwood, 2010

In 2010, there were a total of 313 blood and body fluid exposures reported to UCLA Westwood Occupational Health, a decrease compared with 350 in 2009. Of the 313 reported exposures, 224 were percutaneous (“sharps”) exposures (vs. 260 in 2009) and 89 were mucocutaneous exposures (vs. 90 in 2009).

The number of sharps exposures for RRUCLAMC inpatient locations decreased from 134 in 2009 to 100 in 2010. The sharps exposures for outpatient locations decreased from 86 to 81. Of the 81 outpatient Westwood sharps exposures, 35 were reported from the School of Dentistry in 2010 compared to 47 in 2009. In 2010, nurses, medical students, interns, residents, and dental students reported the greatest number of sharps injuries. Nurses: 70; medical students, interns, residents: 34; dental students: 35. These numbers have decreased since 2009: nurses: 83; medical students, interns, residents: 46; dental students: 43. In 2010 sharps exposures were most commonly reported from the OR, and were from suture needles: 31, compared to 39 in 2009. In 2010, of the 65 sharps injuries from needles with syringes attached, 56 had safety devices and 38 occurred before safety activation and 12 occurred during safety activation , (It was unknown if there was

Continued on page 3 (Safety)

Any issues on your mind?

Send me an email:

Lauren Gambon- EH&S
Specialist for SOD

lgambon@dentistry.ucla.edu



Of that group, roughly 530 patients reported having at least one risk factor for the disease, such as high blood pressure or obesity. The patients were given a periodontal examination and blood tests to evaluate for diabetes.

The researchers found that just the number of missing teeth and the percentage of deep periodontal pockets might be effective in identifying people with unrecognized pre-diabetes or diabetes.

Since one in four Americans with type 2 diabetes remains undiagnosed -- and those with pre-diabetes are at increased risk for type 2 diabetes as well as heart disease, stroke and other vascular problems -- the study authors said their findings could provide a relatively simple way to help fight the diabetes epidemic.

"Early recognition of diabetes has been the focus of efforts from medical and public health colleagues for years, as early treatment of affected individuals can limit the development of many serious complications," the study's lead author, Dr. Evanthia Lalla, an associate professor at the College of Dental Medicine, said in the news release. "Relatively simple lifestyle changes in pre-diabetic individuals can prevent progression to frank diabetes, so identifying this group of individuals is also important."

SOURCE: Columbia University Medical Center, news release, July 14, 2011

For More Information:

http://www.nlm.nih.gov/medlineplus/news/fullstory_114789.html (*this news item will not be available after 10/26/2011)

a safety device for 6 of the needles). Compared to 2009: of the 87 sharps injuries from needles with syringes attached, 63 had safety devices and 40 occurred before safety activation and 18 occurred during safety activation, (it was unknown if there was a safety device for 5 of the needles).

Mucocutaneous exposures were almost the same in 2010 and 2009, with 89 exposures in 2010 and 90 in 2009. Nurses reported the greatest number: 29 in 2010, a decrease from 41 in 2009. The greatest number was reported by the nurses in the ICUs. The serologic status of the source patients is as follows:

	<u>2010</u>	<u>2009</u>
HCV positive:	47	36
HIV positive:	30	26
HBV positive:	5	3
Unknown source:	51	no data for 2009

So 82, or roughly 1 in 4, (26 %) of the 313 BBP exposures, where the source status is known, were from an individual positive for either HCV, HIV or HBV. And 30 of 313, or 9 % , 1 in every 11 exposures, are from an HIV positive source person.



Continued on page 4 (Safety)

Save Energy at Home

Making your home more energy efficient with ENERGY STAR can help to reduce high energy bills, improve comfort and help to protect the environment.

http://www.energystar.gov/index.cfm?c=products.pr_save_energy_at_home

Some Tips include:

Heating Challenge:

As much as half of the energy used in your home goes to **heating and cooling**. So making smart decisions about your home's heating, ventilating, and air conditioning (HVAC) system can have a big effect on your utility bills - and your comfort.

Heating Solutions:

Change your air filter regularly

Check your filter every month, especially during heavy use months (winter and summer). If the filter looks dirty after a month, change it. At a minimum, change the filter every 3 months. A dirty filter will slow down air flow and make the system work harder to keep you warm or cool - wasting energy. A clean filter will also prevent dust and dirt from building up in the system - leading to expensive maintenance and/or early system failure.

Install a programmable thermostat

A [programmable thermostat](#) is ideal for people who are away from home during set periods of time throughout the week. Through proper use of pre-programmed settings, a programmable thermostat can save you about \$180 every year in energy costs.

Lighting Challenge:

If every American home replaced their 5 most frequently used light fixtures or the bulbs in them with ones that have earned the ENERGY STAR, we would save close to \$9 billion each year in energy costs, and together we'd prevent the greenhouse gases equivalent to the emissions from nearly 10 million cars. Note: This fact is based on the replacement of 9 bulbs in 5 high-use fixtures.

Lighting Solutions:

Lighting is one of the easiest places to start saving energy.

- Replacing your five most frequently used light fixtures or the bulbs in them with ENERGY STAR qualified lights can save \$70 a year in energy costs.

Continued on page 5 (Environment)

The proper technique in SOD for recapping needles is the ***Single Handed Scope Technique***.

Step 1

Place the cap on a flat surface, and then remove your hand from the cap.

Step 2

With one hand, hold the syringe and use the needle to "scoop up" the cap.

Step 3

When the cap covers the needle completely, use the other hand to secure the cap on the needle hub. Be careful to handle the cap at the bottom only (near the hub).

Never rush and always be aware of where the needle is. You must recap the needle when it is placed back on your tray.

Communicate with your patient when you are about to administer an injection.

If an accident does occur make sure you report it ASAP!



- ENERGY STAR qualified compact fluorescent light bulbs (CFLs) provide high-quality light output, use less energy and last up to 10 times longer than standard incandescent light bulbs, saving money on energy bills and replacement costs.
- Take the [Change a Light Pledge](#) to replace one light at home with an ENERGY STAR qualified one.

For more information about:

Heating

Lighting

Cooling

Water Heating

Appliances

Electronics

Other

https://www.energystar.gov/index.cfm?c=products.pr_save_energy_at_home

Top 10 Tips for Renters!

Even if you rent an apartment, townhouse, or a home, you can make a big difference, too! These tips will show you how to be more energy efficient and save energy, money, and reduce the risks of global warming. If there are things you can't change on your own, share these tips and encourage your landlord to help you make a change for the better.

1. Lighting is one of the easiest places to start saving energy. Replacing your five most frequently used light fixtures or the bulbs in them with ENERGY STAR qualified lights can save more than \$65 a year in energy costs.
2. Considering purchasing a room air conditioner? Consider an ENERGY STAR qualified model. They use at least 10 percent less energy than standard models
3. If possible, install a programmable thermostat to automatically adjust your home's temperature settings when you're away or sleeping.
4. Electronics equipment that has earned the ENERGY STAR helps save energy when off, while maintaining features like clock displays, channel settings, and remote-control functions.
5. A ten minute shower can use less water than a full bath.
6. Make sure all air registers are clear of furniture so that air can circulate freely. If your home has radiators, place heat-resistant reflectors between radiators and walls.
7. During cold weather, take advantage of the sun's warmth by keeping drapes open during daylight hours. To keep out the heat of the summer sun, close window shades and drapes in warm weather.

Continued on next column (Environment)

8. Save water by scraping dishes instead of rinsing them before loading in the dishwasher. Run your dishwasher with a full load and use the air-dry option if available
9. Wash your laundry with cold water whenever possible. To save water, try to wash full loads or, if you must wash a partial load, reduce the level of water appropriately.
10. Don't over dry your clothes. If your dryer has a moisture sensor that will automatically turn the machine off when clothes are done, use it to avoid over drying. Remember to clean the lint trap before every load. Dry full loads, or reduce drying time for partial loads. Learn more.

https://www.energystar.gov/index.cfm?c=products.es_at_home_tips_renters10

Happenings at UCLA & SOD

Fight the Flu contest



https://www.studenthealth.ucla.edu/flucontest/flu_rules.html

Who can enter?

New and continuing UCLA undergraduate/graduate students, professional students (Medical, Law, Social Work, Public Health, Teacher Training, and MBA students) and student groups. Students must be registered for the fall 2011 quarter.

The deadline for the contest: October 1, 2011 at 11:59pm

Laboratory Safety Manuals-

September 8th Town Hall Meeting

Survival Kits

Please, renew your expired supplies in your kits
Any **new employee** can request a new kit from
Lauren Gambon lgambon@dentistry.ucla.edu

- Employees Name
- When they started work
- What area they are working in