



Porcelain Press



Recipe for safe cooking

Keep an eye on your cooking, maintain a tidy kitchen, and watch children closely. Not only will you have a great meal, you'll have a safe and happy family.

To help prevent a fire in your kitchen

- Pay attention while you are cooking and stay in the kitchen. Unattended cooking is the leading cause of cooking fires.
- Wear short or close-fitting sleeves. Loose clothing can catch fire.
- Watch children closely. When old enough, teach children to cook safely.
- Clean cooking surfaces to prevent food and grease build-up.
- Keep curtains, towels, and pot holders away from hot surfaces and store solvents and flammable cleaners away from heat sources.
- Turn pan handles inward to prevent food spills.



To Put Out a Cooking Fire in Your Kitchen

- Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
- Extinguish other food fires with baking soda. Never use water or flour on cooking fires.
- Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
- Keep a fire extinguisher in the kitchen. Make sure you have an A-B-C extinguisher.
- Call 911 if the fire is out of control.
- Keep a working smoke alarm in your home and test it monthly.

Fire Prevention week is October 4–10. Be a good role model to your family members and practice fire prevention in your home. For a list of home inspection checklists and other resources visit <http://www.nfpa.org/>.



Driving Safety:

This quarter you'll find a variety of articles on driving safety ranging from teen driving to limiting distractions.

Prevent the seasonal flu: Get a flu shot

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and, in some cases, can lead to death. The best way to prevent seasonal flu is by getting a seasonal flu vaccination and practice routine handwashing.

Every year in the United States, on average:

- From 5% to 20% of the population gets the flu.
- More than 200,000 people are hospitalized from flu-related complications.
- About 36,000 people die from flu-related causes.

Some people, such as older people, young children, pregnant women, and people with certain health conditions, are at increased risk for serious complications from seasonal flu illness.

The "flu shot" is an inactivated vaccine (containing killed virus) that is given with a needle. The seasonal flu shot is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions. (38486)

Upcoming free flu clinics have been scheduled across the Hanford campus (watch Inside PNNL for a complete list), three of which are at the Lab.

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| October 19 | Battelle Auditorium | Time: 9:00 AM to 3:00 PM (staff with last names starting with A–M arrive from 9:00–11:00 AM and last names N–Z arrive from 11:00 AM to 3:00 PM) |
| October 29 | EMSL 1075/1077 | 11:30 AM to 2:00 PM |
| November 5 | Battelle Auditorium | 12:30 PM to 3:30 PM |

Note: This is only for the seasonal flu and not the H1N1. For more information about influenza, including H1N1, visit www.cdc.gov/flu. For more information about H1N1 vaccinations contact your doctor or the Benton Franklin Health District.

Information courtesy of Centers for Disease Control and Prevention

Mark your calendar for your annual flu shot.

The Voluntary Protection Program strives to promote safety and health at the Laboratory in an ever-changing way. Current VPP programs include: 24/7 Safety, Wellness, Safety Dialog, Porcelain Press, and MoveSafe. Comments should be addressed to the editor, Keri Schneirla (keri.schneirla@pnl.gov, 371-7836). If your payroll number is listed in this issue, you've won a staff participation award! Contact VPP (voluntary.protection@pnl.gov) to redeem your award.





Porcelain Press



Manage your stress

Learn how you can get a good handle on stress

Stress impacts our lives on a daily basis. Some stress is normal and necessary; for example, it can help you win a race or finish an important job on time. But if stress happens too often or lasts too long, it can have negative effects such as weakening your immune system, making it harder to fight off disease, or bringing on moodiness, tension, or depression.

To get stress under control, try some of these ideas:

- **Time management.** You may get more done with less stress if you create a schedule. Think about which things are most important, and do those first.
- **Try new ways of thinking.** When you find yourself starting to worry, try to stop the thoughts. Work on letting go of things you cannot change.
- **Speak up.** Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Talk about what concerns you with a trusted friend or family member.
- **Ask for help.** People who have a strong network of family and friends manage stress better. (3P919)
- **Exercise.** Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- **Do something you enjoy.** A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
- **Learn ways to relax your body.** This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qi gong.
- **Focus on the present.** Try meditation, imagery exercises, or self-hypnosis. Listen to relaxing music. Try to look for the humor in life. Laughter really can be the best medicine.



Be a Defensive Driver

Driving defensively means not only taking responsibility for yourself and your actions but also keeping an eye on “the other guy.”

The triple threat of high speeds, impaired, or careless driving and not using occupant restraints threatens every driver—regardless of how careful or how skilled. Consider these defensive driving tips the next time you head out on the road:



- Don't start the engine without securing each passenger in the car. Lock all doors.
- Be respectful of other motorists.
- Don't follow too closely. Always use a “three-second following distance” or a “three-second plus following distance.”
- While driving, be cautious, aware, and responsible.
- If you plan to drink, designate a driver who won't drink. Alcohol is a factor in over 40 percent of all fatal motor vehicle crashes.
- Do not use cell phones (including hands-free) or any other mobile electronic devices while operating a motor vehicle.

Improve your skills

PNNL offers a safe driving course (#1726) created to support the Motor Vehicle Safety Program and assist staff in becoming safer drivers while preventing accidents, injuries, and equipment damage.

The eight-hour course features both classroom and on-the-road training at the Emergency Vehicle Operations Course. Management approval and a valid driver's license are required. Cost: \$300.

If you are interested in attending and have obtained management approval, contact Cory Rhoads (371-7782) to sign up. Visit <https://safetynet.pnl.gov/driving/Dcourse.asp> for a listing of course offerings.



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Trick or Treat.

Visit http://www.associatedcontent.com/article/383250/halloween_safety_tips.html for some great Halloween safety tips.