



# THE SSE ELUCIDATOR

*“Elucidate: to give clarity through explanation and analysis.”*

## PRESCRIPTION DRUG DISPOSAL



### *Federal Guidelines for Proper Disposal of Prescription Drugs*

In face of the rising trends in prescription drug abuse, on February 20, 2007, the White House issued Federal guidelines on the

proper disposal of prescription drugs (unused, extra, or expired) to prevent misuse of the drugs and at the same time to prevent water and soil pollution. The White House policy is available at: [http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip\\_disposal.pdf](http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf).

These guidelines were developed by the White House's Office of National Drug Control Policy (ONDCP), the Department of Health and Human Services (HHS), and the Environmental Protection Agency (EPA). The purpose for this joint release is to reduce the diversion of prescription drugs and to protect the environment. Americans are urged to comply with the five point suggestions.

The new Federal prescription drug disposal guidelines for the proper disposal of prescription drugs urge Americans to:

- ◆ Take unused, unneeded, or expired prescription drugs out of their original containers.
- ◆ Mix the prescription drugs with an undesirable substance, like used coffee grounds or kitty litter, and put them in impermeable, non-descript containers, such as empty cans or sealable bags, further ensuring that the drugs are not diverted or accidentally ingested by children or pets.

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- ◆ Throw these containers in the trash.
- ◆ Flush prescription drugs down the toilet only if the accompanying patient information specifically instructs it is safe to do so. The Food and Drug Administration (FDA)'s policy to flush prescription drugs such as narcotics or their alternatives and advises an immediate flushing because of young children and teens.
- ◆ Return unused, unneeded, or expired prescription drugs to pharmaceutical take-back locations that allow the public to bring unused drugs to a central location for safe disposal. Some communities have pharmaceutical take-back programs or community solid-waste programs that allow the public to bring unused drugs to a central location for proper disposal. Where these exist, they are a good way to dispose of unused pharmaceuticals.

Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults. Past year abuse of prescription pain killers abuse now ranks second—only behind marijuana—as the Nation's most prevalent illegal drug problem. While overall youth drug use is down by 23 percent since 2001, approximately 6.4 million Americans report non-medical use of prescription drugs. New

## PRESCRIPTION DRUG DISPOSAL

abusers of prescription drugs have caught up with the number of new users of marijuana. Much of this abuse appears to be fueled by the relative ease of access to prescription drugs. Approximately 60 percent of people who abuse prescription pain killers indicate that they got their prescription drugs from a friend or relative for free.



John Walters, Director of National Drug Control Policy, said, "Millions of Americans benefit from the tremendous scientific achievements represented by modern pharmaceutical products. But, when abused, some prescription drugs can

be as addictive and dangerous as illegal street drugs. The new prescription drug disposal guidelines will help us stop and prevent prescription drug abuse, and the harm it can cause."

Health and Human Services Secretary Michael Leavitt said, "Health care providers, pharmacists, and family should be alert to the potential for prescription drug misuse, abuse, and dependence. In addition to supporting the new prescription drug disposal guidelines, they should address prescription drug misuse honestly and directly with their patients or loved ones when they suspect it. People in need should be encouraged to seek help for drug problems and if needed, enter treatment."

The new Federal guidelines are a balance between public health concerns and potential environmental concerns.

While EPA continues to research the effects of pharmaceuticals in water sources, one thing is clear: improper drug disposal is a prescription for environmental and societal concern," said EPA Administrator Stephen L. Johnson. "Following these new guidelines will protect our Nation's waterways and keep pharmaceuticals out of the hands of potential abusers."

The new Federal prescription drug disposal guidelines went into effect immediately after the guidelines were issued in February 2007. As part of the National Drug Control Strategy, the Bush Administration has set a goal of reducing prescription drug abuse by 15 percent over three years. In addition to promoting awareness of the risks involved with using prescription drugs for non-medical purposes as well as they need for adults to strictly control access to pharmaceuticals within their homes, the Administration supports the implementation of Prescription Drug Monitoring Programs at the State level. Currently, 33 States have such programs in place.

The FDA advises that the following drugs be flushed down the toilet instead of thrown in the trash:

**Actiq** (fentanyl citrate)

**Daytrana Transdermal Patch** (methylphenidate)

**Duragesic Transdermal System** (fentanyl)

**OxyContin Tablets** (oxycodone)

**Avinza Capsules** (morphine sulfate)

**Baraclude Tablets** (entecavir)

**Reyataz Capsules** (atazanavir sulfate)

**Tequin Tablets** (gatifloxacin)

**Zerit for Oral Solution** (stavudine)

**Meperidine HCl Tablets**

**Percocet** (Oxycodone and Acetaminophen)

**Xyrem** (Sodium Oxybate)

**Fentora** (fentanyl buccal tablet)

Note: Patients should always refer to printed material accompanying their medication for specific instructions.

For Future information or to watch a video on the proper disposal of prescription drugs, visit: <http://www.whitehousedrugpolicy.gov/>.

## RECHARGEABLE BATTERY RECYCLING

Recycling is no longer a luxury. It's a necessity. Consumers use an average of six wireless products in their day-to-day lives. The average cell phone is replaced (or upgraded) every 18 to 24 months. Hundreds of millions of rechargeable batteries and cell phones are retired each year. Through their national program, Call2Recycle, the Rechargeable Battery Recycling Corporation (RBRC) can help you recycle your used portable rechargeable batteries and old cell phones. RBRC's Call2Recycle program is designed to keep rechargeable batteries and cell phones out of the solid waste stream.

Rechargeable batteries are commonly found in cordless power tools, cellular and cordless phones, laptop computers, camcorders, digital cameras, and remote control toys. RBRC recycles the following battery chemistries: Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (Ni-MH), Lithium Ion (Li-ion) and Small Sealed Lead (Pb) weighting less than 2lbs. The RBRC program does not accept alkaline or non-rechargeable batteries.

RBRC has recycling programs for retailers, businesses, communities, and public agencies. These groups collect used rechargeable batteries and old cell phones, and ship them to the recycling facility. Founded in 1994, there are currently more than 30,000 sites in the U.S. and Canada where you can recycle your old rechargeable batteries and cell phones.

This program offers your community, public agency, or office the tools to implement a simple, no cost recycling plan. In addition to retailers and businesses, public agencies can request free pre-addressed, freight pre-paid, RBRC collection boxes to be placed at their location. A Public Agency is not listed as an active collection site for the general public on



either of RBRC's web sites or helplines.

You can submit your organization's registration with RBRC either online or by completing and printing out the online form and then faxing it to (877) 405-6082. RBRC will then provide you with collection boxes that include pre-paid, pre-addressed shipping labels, safety instructions and plastic bags for each used battery and old cell phone. You can then collect rechargeable batteries and cell phones generated within your organization. Typically, the small collection box will hold 20 lbs and the large collection box will hold 40 lbs. Once a collection container is full, it should be shipped to the recycling facility. RBRC pays for the shipping and recycling costs. After you receive your initial kit, there is no need to contact RBRC for additional boxes, as your organization is placed on their automatic replenishment system.

Recovered materials can be used to make new products – the cadmium is used to make new batteries, while the nickel and iron are used to make stainless steel products. Cell phones are refurbished and resold when possible. Portion of the proceeds from the resale of the cell phones will benefit select charities.

Fort Detrick currently has RBRC collection boxes placed throughout the Post. Look for the boxes in administrative and common areas of your building. For example, HQ Building 810 has battery collection boxes in the break room and in the entry way and Building 1520 (Training Center) has a battery collection box in the entry way. If needed, additional battery collection boxes are still available for placement on Post. Contact Blair Bannon at 301-619-3443 for more information.

For more information on how to start a RBRC Call2Recycle program visit <http://www.rbrc.org/call2recycle/index.html>.

## TRAVEL SAFETY TIPS



### *Stay Safe, But Don't Stay Home*

Imagine you are traveling in a South American country on business, and you are advised to "take only black taxis." No one explains why. Two months after you return home, you read in the newspaper that country's most notorious serial killer has been caught – over 60 victims were picked up in a yellow taxi, driven outside the city and murdered.

Or you arrive at your hotel in any American large city and decide to go for a stroll to familiarize yourself with your surroundings. As you walk away from the hotel, you realize there are no other pedestrians, and the few motorists who pass you by give you a strange look. Responding to your growing discomfort, you return to your hotel. The next day, another conference attendee remarks on the very stern warning she had received about leaving the hotel grounds due to serious safety concerns.

Most travelers don't expect to fear for their personal safety, but incidents such as those do occur anywhere. In the current world climate, it is more important than ever to stay safe while traveling on business. Whether you're traveling abroad or simply to another state, it is essential to do your homework in order to maintain safety. There is nothing more demotivating than to get mugged before a big presentation or to get held up on your way to close a big deal.

Here are some tips for traveling safe while away on business:

***Be Prepared Before Departure:*** Before you travel to a particular city, do a little online research and check out what are the "good" areas. Talk to people who have traveled there before you and ask their assessment of the place. Have your travel agent select a

hotel in a safe location and one that takes extra measures to ensure your security. Travel agents can also recommend a safe taxi-cab company, tell you about the customs and culture if you are traveling to a foreign country, and provide you with the address and telephone number of the U.S. Embassy or counsel in the country you are traveling to. Getting a little idea of what you can expect and what you should avoid will go a long way. Also, let your contacts at home know your schedule and know how to reach you.

Copy all credit cards, airline tickets, passports and important documents, front and back. Jewelry and luggage and all valuables should be photographed prior to the trip.

Try to arrive at your destination before dark whenever possible. Also, call your home or office when you arrive at your destination to report that you have arrived safely. Before you drive away in a rental car, obtain advice from the rental agency regarding safe and unsafe routes and make sure the gas tank is full.

***At Your Hotel:*** If you arrive in a bus or cab, stay with your luggage until it is brought into the hotel lobby. Keep a close eye on your luggage, purse, etc when checking in. If the lobby is busy, thieves will often take advantage of the distractions to take your things with them

Request a room with a peephole, deadbolt and chain lock. Keep your name private – give the check-in clerk a business card or use only your initials. When registering, sign only your last name and first initial. Don't use titles or degrees, making it harder to determine gender, marital status or profession. If you are a women traveling alone, you might consider booking your room as Mr. and Mrs. Leave instructions with the hotel not to give your room number or name to anyone. Request a room change immediately if the hotel clerk accidentally announces your room number out loud.

## TRAVEL SAFETY TIPS (continued)

If possible, select a hotel with has installed modern electronic guest room locks. The majority of these locks automatically change the lock combination with every new guest so there is little chance of someone having a duplicate key to your room. If you lose or misplace your key, ask to have your room re-keyed immediately.

Each room telephone should allow outside dialing. However, guest phones located in hallways and lobbies should not allow direct room dialing. Anyone using the phone should have to call the operator and request a room by guest name, not room number

If possible, try to find hotels that have limited access to the hotel structure, generally the more limited the access; the less likely a trespasser will enter. The parking garage should not have elevators taking passengers to guest floors. It should only go to the lobby.

Immediately request a security check if you notice a suspicious change in your room when you return. Report any suspicious activity to the hotel management.

**Elevator Safety:** Observe all passengers in elevators. It is wise to board last and select floor buttons last. If possible position yourself near the elevator control panel and if attacked, push as many floor buttons as possible. Keep your back to the sidewall. If someone suspicious boards an elevator, exit as soon as possible.

**Secure Your laptop:** Laptop computers or other expensive items can be easily stolen from hotel rooms. The only way to protect them is to leave them at the front desk in a safety deposit box or to secure them in your room. If you want to take the easy way by leaving them in your room (most of us do) use a security cable to a fixed object in the hotel. Consider attaching your laptop to the pipe under the sink in the bathroom when leaving your laptop in the hotel room for several hours. Would you

leave your wallet or purse sitting on the table in the middle of your room? Usually not, but you would leave a \$3,500 laptop sitting there! Which is more valuable?



**Walk Like You Own the Place:** Keeping your head up and avoiding eye contact can make you appear more native and more assured of your surroundings. Thieves and scam artists tend to look for easy targets. Make it hard for them by looking confident.

**No Free Rides:** Don't hitchhike. It's never a good idea. Also, do not accept rides from unlicensed taxi drivers. Look for a taxi stand and wait for the airport personnel to call you a cab. Alternatively, check out the designated stops for hotel shuttles that will take you to your destination.

**Turn Off the Flash:** Anything you do to draw attention to yourself is a bad thing. Flashing expensive accessories or wads of cash draws the eye of thieves. Save the flash for your presentation and keep a low profile on the street. Take a minimum of cash, and only enough travelers checks for that outing. Carry "bait money" for potential thieves and keep credit cards and t/checks in separate pockets.

**Avoid Trouble Spots:** Ignorance is not bliss. Avoid the areas of town where rough elements are known to proliferate. Ask your hotel concierge for suggestions on what areas of town to visit.

**Stay in a Group:** If you are traveling with colleagues, try to do as many group activities as possible. Staying with a group will help maintain your safety, and keep you from being a statistic.

Following these few suggestions can help make your next trip a safe one. By staying safe, you can focus on work and add value to your next business trip.

## LIFE JACKET SAFETY

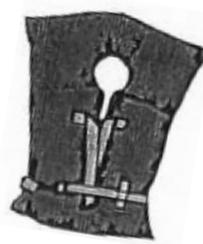


Heading for the water for recreation and relaxation this summer? Consider these facts:

- ◆ Over 800 people die in boating related accidents each year. Seventy percent of

these fatalities involve capsizing, falling overboard or both.

- ◆ Nearly 9 out of 10 of the fatalities are the result of drowning where the victim was not wearing a life jacket. Its simple, life jackets save lives.
- ◆ Unfortunately, more than 50% of all recreational boating fatalities involve alcohol. Alcohol and boating are a deadly mix.
- ◆ “Boater fatigue” is a documented phenomenon in which the combination of sun, wind, noise, vibration and boat motion can triple the effects of alcohol.
- ◆ A common misconception is that a designated boat driver makes everyone safe on a boat, but the fact remains that “boater fatigue” effects passengers, putting them at risk of falling overboard or capsizing the boat.
- ◆ Over 76 million boaters take to the water each year. Do you know the “rules of the road”? Does the other boater? Collision with another vessel is the most reported type of boating mishap. The collisions result in thousands of injuries.
- ◆ The majority of recreational boating accidents are caused by boat operator and not by the boat or the environment. Alcohol, inattention, inexperience, excessive speed and operating in hazardous waters are the primary operator related causes of recreational boating accidents. Ninety percent of all fatalities occur on a boat where the operator has no formal boating safety training.



*Life Jackets: they float – you don’t*

Wearing a life jacket, or a personal floatation device (PFD), is one of the best safety precautions you can take. The U.S. Coast Guard estimates that life jackets could have saved the lives of more than 80

percent of boating fatality victims.

To meet U.S. Coast Guard requirements, a boat must have a U.S. Coast Guard–approved Type I, II, III, or V life jacket for each person aboard. Boats 16 feet and larger must have at least one Type IV throwable device as well. PFDs must be in good and serviceable condition, and the appropriate size for the intended user.

- ◆ Wearable PFDs must be readily accessible. You must be able to put them on in a reasonable amount of time in an emergency (vessel sinking, on fire, etc.).
- ◆ They should not be stowed in plastic bags, in locked or closed compartments or have other gear stowed on top of them.
- ◆ The best PFD is the one you will wear.
- ◆ All states have regulations regarding life jacket wear by children.
- ◆ Adult-sized life jackets will not work for children. Special life jackets are available for children. To work correctly, a life jacket must be worn, fit snugly, and not allow the child's chin or ears to slip through.
- ◆ Life jackets should be tested for wear and buoyancy at least once each year. Waterlogged, faded or leaky jackets should be discarded.

The Coast Guard recommends and many states require wearing PFDs while water skiing and other towed activities, operating personal watercraft, such as a jet ski, white water rafting, and sailboarding.

For more information visit the U.S. Coast Guard website for boating at <http://uscgboating.org>.



## UPCOMING COURSES AND SEMINARS

**Title:** Army Health Promotion course

**Location:** Edgewood, MD      **Date:** 10/30/07 – 11/2/07

**Description:** This four-day course provides practical training in developing, implementing and evaluating health promotion programs at the installation level. Special emphasis is given to Army Regulation 600-63, the application of a health promotion model, partnership building with the Health Promotion Council and use of a business plan. Target audience includes Army Public Health Nurses, Health Educators, Health Care Providers, Dietitians, Physical and Occupational Therapists, fitness professionals, and anyone else involved in installation Health Promotion.

**Web:** For more information visit <https://usachppm.apgea.army.mil/TrainCon/datePage.aspx>.

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**Title:** Partners in Environmental Technology Technical Symposium & Workshop

**Location:** Marriot Wardman Park Hotel, Washington, D.C.      **Date:** 12/4/07 – 12/6/07

**Description:** This event hosted by the Strategic Environmental Research and Development Program (SERDP) and the Environmental Security Technology Certification Program (ESTCP) will feature comprehensive sessions highlighting research and innovative technologies that are assisting the DoD to address increasingly complex environmental challenges. The event promotes the many different partnerships that play a key role in the success of federal technology development: the partnership between DoD, DOE, EPA, and other federal agencies; the partnership between federal agencies, private industry, and academia; and most importantly, the partnership between technology developers, end users of technology, and environmental regulators/policy developers. Other Symposium highlights include more than 350 posters supporting technology transfer, exhibit booths offering information about funding opportunities in related research programs, a special session providing a summary of SERDP and ESTCP program development and opportunities to conduct research and demonstrations, and networking with approximately 1,000 environmental professionals.

**Web:** For more information visit [www.serdp.org/Symposium/](http://www.serdp.org/Symposium/), [www.serdp.org](http://www.serdp.org), or [www.estcp.org](http://www.estcp.org).

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**Title:** Advanced Waste Management Workshop for Healthcare Facility Personnel

**Location:** Baltimore, MD      **Date:** 4/21/08 – 4/25/08

**Description:** Designed for DoD or DoD Contractor Personnel who previously took the USACHPPM Basic Waste Management Course (or an equivalent) and need to be updated on the latest regulatory changes. Students will discuss the latest environmental issues, review areas of special interest and evaluate various case studies on waste management. Students get the opportunity to practice decision-making techniques in small group sessions and orally discuss courses of action for scenarios commonly encountered during environmental audits. Typical participants are Environmental Science Officers, Medical Logisticians, Laboratory Officers, Healthcare Administrators, Safety Officers, Pharmacists, Environmental Managers .

**Web:** For more information visit <https://usachppm.apgea.army.mil/TrainCon/datePage.aspx>.

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*Visit us at:*

<http://mrmc-www.army.mil>

***Reminder***

*For all accidents, no matter how minor,  
specific forms documenting the incident must be submitted to your Safety Office.*

*Military: DA Form 285-AB-4*

*Civilian: DOL Claims Forms CA-1 or CA-2*

*All employees requiring medical attention must visit your local Occupation Health Clinic as soon as possible post mishap.*