



TECH TO TECH

Newsletter

of the College Laboratory Technician Chapter of the PSC/CUNY

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No. 1

FIGHTING FOR PROMOTIONS

On 11/06/06 the executive committee of the CLT chapter passed a resolution that called for the reestablishment of the CLT title as a true promotional series. As we all know, advancement to Chief CLT is a reclassification, not a promotion.

To accomplish this end, the resolution proposed a new rank of CLT above Senior—as yet unnamed. This rank would have typical pay steps in increments above those of Senior CLT. More importantly, one would be promoted into this rank, using the long-standing process typical of promotion from CLT to Senior and of the teaching instructional staff titles.

[The difference between promotion and reclassification, as I see it, is that one gets promoted on one's expertise and quality of work done; one gets reclassified on work one will do in the future. Promotion does not require a new position to be OK'd by management nor a new table of organization, as is needed for movement to Chief. -SM]

The resolution also calls for the chapter to “mount a campaign” to achieve this goal. It may surprise you, but our perpetual demand for promotions has not moved management to act in any beneficial way. It is obvious that management needs some more robust

persuasion beyond logical argument and the emotional plight of hundreds of CLTs stuck at the top of their lines for many years.

Mounting a campaign means that you and the CLTs on your campus need to get involved, need to make your voices heard, need to show management the seriousness of your resolve. You may recognize this as old-fashioned union organizing—and so it is!

If you want our titles to be a true promotional series, then you (and all CLTs in CUNY) need to participate in some way or other. Initially, we need input as how to proceed. We need to gather data, brainstorm with the PSC leadership, plan ways to make our voices heard.

How can you help? Are you willing to plan? Are you proficient at logistics, video, photography, sign making, telephoning, inspiring other techs? Communicate your skills and willingness to participate to the chapter leadership: you can e-mail me at smendlinger@pscmail.org or talk to your campus rep (listed on the back of this newsletter).

Sitting back and waiting for someone else to do it doesn't work. Someone else is waiting for you to act. Hoping management will

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To Your Health

Home Safety II — Slips and Falls

The leading cause of home injuries is slips and falls. Falls are, by far the leading cause of domestic fatalities. The vast majority of fatal falls occur among people age 65 and older and death rates are higher among males.

It is estimated that over 5 million injuries per year result from slips and falls suffered at home. More than a million of those requiring emergency room visits to treat falls at home are 65 and older.

PREVENTING SLIPS AND FALLS

- * Stay Fit: Gentle exercise programs such as tai chi improve balance and strengthen muscles.
- * Always use your eyeglasses. Make sure that you can accurately read the labels on your medications before taking them.

IDENTIFY AND CORRECT SLIPS AND FALLS HAZARDS

- * Make sure all stairs and steps are protected with a secure banister or hand rail on each side that extend the full length of the stairs.
- * Keep all porches, stairwells and halls well lit. Light the top and bottom of stairs.
- * Keep stairs, steps, landings and all floors clear of clutter and electrical cords.
- * In homes with children, make sure that toys and games are not left on steps or landings. When young children are present, use safety gates at the top and bottom of stairs.

- * Check stairs for worn and loose carpeting or protruding carpet tacks. If your steps have a smooth surface consider installing anti-slip treads to provide safer traction.
- * Avoid carrying vision-blocking loads. Keep loads small enough so that you can see where you are stepping and can easily keep one hand free to hold onto the handrail.
- * Avoid placing throw rugs at the top or bottom of a stairway. They can slide or curl.
- * If you have steps outside your home, keep them free of ice and snow. To prevent a tripping hazard, periodically check steps and walkways for broken or loose bricks, cement or stone.

GENERAL SAFETY TIPS

- * Install nightlights to help light hallways and bathrooms during nighttime hours.
- * Use a non-slip mat or have adhesive safety strips or decals installed inside bathtubs and showers.
- * Place a bathmat with a non-skid bottom on every bathroom floor.
- * Install grab-bars in bath and shower stalls.
- * Use throw rugs with non-skid backs or place them over a rug liner.
- * Install window guards to prevent young children from falling out of upper windows.
- * Use slip resistant footwear.
- * Never walk around barefoot. You might

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SLIPS AND FALLS

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stub a toe or step on a sharp object, causing you to lose your balance.

- * Avoid wearing only socks, or smooth-soled slippers. Each can slide out from under you on bare floors.
- * Follow medication dosages closely. Taking multiple medications and using them incorrectly can cause dizziness, weakness and other side effects that can lead to a dangerous fall.

BE SAFE

PROTECT YOURSELF

LADDER SAFETY

- * Use a sturdy step stool with handrails when climbing is necessary. Older adults should not use step stools or ladders.
- * Place ladder on level ground outdoors. Open it completely, making sure all locks are engaged.
- * Always face the ladder when climbing and wear slip-resistant shoes.
- * Make sure rungs are dry before using the ladder.
- * Stand at or below the highest safe standing level on a ladder. For a stepladder, the safe standing level is the second rung from the top, and for an extension ladder, it is the fourth rung from the top.

According to the Home Safety Council, nearly 150,000 people were treated for home ladder injuries in U.S. emergency departments in 2000.

Ezra Seltzer

LAB SAFETY INFORMATION

Occupational working conditions will cause about 15% of all asthma cases. About 20% of all workers exposed to hazardous vapors and dusts will develop occupational allergic and/or irritant asthma. Studies have identified more than 200 chemicals, gases, animal and plant proteins, and bacterial enzymes in the workplace that can cause asthma and asthma related illnesses.

How does this happen? If you breathe in chemical dusts, vapors, or other allergens, they are deposited in your lungs, and you can become sensitized to them. Your body's immune system makes antibodies against the substance. Future exposure can cause asthma, possibly severe, and a permanent occupational injury.

It is important that you be protected against developing workplace asthma by using respiratory devices, and by ensuring that the workplace be provided with adequate exhaust systems. Notify the PSC if you are having unresolved ventilation problems that cause you to be exposed to chemicals, gases, and hazardous immunological and bacterial substances.

Have you gotten your flu shot for this season? If you haven't, please do so, especially if you work with animals. Should the bird flu appear in this country and mutate to humans, it is important that you protect yourself against other flu viruses. Read my article on the PSC web site under Health and Safety.

Ellen P. Steinberg

Fighting For Promotions

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suddenly come to its senses is a foolish pipe dream. This is management's sense: keep CLTs down.

Years of experience have taught us that in this system the only way CLTs will get movement is to push! This means YOU. Yes, you, the CLT way up in the Bronx and you, the tech in the wilds of Staten Island, and you, the CLT who has been around for twenty years, and you, the new hire, and the rest of us in all of the boroughs, on all of CUNY's campuses and sites where CLTs work.

The time has come for CLTs, as a single body, to stand up and demand a return to rightful promotions. I'm counting on YOU to walk arm-in-arm against this inequity.

Shelly Mendlinger

If YOU want Promotions, FIGHT For Them



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