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Living With Less Water

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At this time, there is an ample supply of raw water in the Durham reservoir at Lake Michie. However, there is a limit to water treatment capacity at the filter plant, which is now operating at maximum capacity.

The fact that Durham is selling some water to Chapel Hill does not negate our responsibility to eliminate unnecessary and unproductive waste.

Some things we can do (and I'm sure you can think of many more) are:

- a. Shorten showering time.
- b. Don't leave water running in bathrooms or laboratories when not in use.
- c. If you intend to drink a glass of water in a restaurant or cafeteria, please do. But don't take a glass of water, out of habit, with no intention of drinking it.
- d. In patient areas, use discretion instead of automatically filling a pitcher with ice water and letting it warm up untouched.



ON THE COUNT OF THREE—Nancy Stafford, director of physical therapy clinical services, teaches the proper technique for a three-person lift to radiology personnel. Left to right, they are John McGill, clinic assistant; Jane McIntyre, neurotechnologist; and Bernard Brown, clinic assistant. The "patient" is Janie Simmons, staff technologist. (Photos by John Becton)

Conserve water at home, too.

Here are some facts that can help you to continue your water conservation efforts at home. Every water-using appliance or activity in your house can make a difference.

| Water Fixture | Water Consumption |
|----------------|----------------------------|
| Dishwasher | 15 gallons per cycle |
| Clothes Washer | 25 to 35 gallons per cycle |
| Toilet | 5 to 7 gallons per use |
| Basin Faucets | 2 to 5 gallons per minute |
| Shower | 5 to 10 gallons per minute |
| Bath | 25 gallons average |
| Outdoor Hose | 5 to 10 gallons per minute |

One drip of water can waste 20 gallons a day and a whopping 7,300 gallons a year. It's easy to see how we can all help by being concerned neighbors.

e. Maximum filter plant load occurs from 10 a.m. to 9 p.m. Try to use water outside these hours to help level out loading on the filter plant.

f. Irrigate at night where possible to reduce water wasted by evaporation.

g. Reduce the flow of once-through cooling water to a minimum and shut it off when the device is not in use.

There are ways to conserve water without changing our lifestyles appreciably. If reduction in water use does not appeal to you from a conservation standpoint, then consider the cost. Finished water costs money; heating that water costs money; and treating the water after it enters the sanitary system costs money.

Course Designed To Stop Those Nagging Backaches

"Oh, my aching back" should be a less frequent complaint in the Department of Radiology thanks to a comprehensive training program in "Body Mechanics" which ended last week.

Fifty technologists, clinic assistants and messengers received

certificates from the Medical Center Safety Office on completion of the course.

In the first four months of 1977, the medical center had 37 reported back injuries compared to a yearly total for 1976 of only 71, according to Frank G. Stevenson, safety investigator.

Preventive Maintenance

"If back injuries continue to occur at this rate for the remaining months of 1977, we can expect a total of at least 148 injuries by the end of the year," Stevenson said. "In order to prevent back injuries from reaching this total, preventive maintenance must be initiated."

Because of the potential for back injuries in operating heavy equipment and lifting patients, chief technologist Ronald L. Cromartie requested that the preventive maintenance begin in the Department of Radiology.

The three-and-a-half-hour course was presented by Nancy Stafford, director of clinical services in the Department of Physical Therapy, and Elaine Eckel, assistant professor of physical therapy.

Body Mechanics

The course included a description and demonstration of the principles of good body mechanics, proper

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EVERYONE TALKS ABOUT THE WEATHER—And Abbott Lloyd, building maintenance superintendent, decided to do something about it, as administrative assistant Jackie Porcelli found out. She came upon this very real looking rubber snake hanging in Lloyd's office with a sign attached saying, "Do not bother! Rain maker at work!" An old legend has it that hanging up a black snake in this manner inevitably causes rain. As this photo was being taken on Aug. 1, raindrops were starting to fall outside, as they continued to do through the next day. (Photo by John Becton)