



SEPTEMBER
2016

Safety Newsletter



NATIONAL PREPAREDNESS MONTH

Be Disaster Aware, Take Action to Prepare

September is National Preparedness Month. "Be Disaster Aware, Take Action to Prepare". Make sure you, your family, your community, and your workplace are prepared to meet a disaster head on. Take these simple steps in emergency planning today to increase your readiness when a disaster strikes.

PREPARE

Make an Emergency Kit including the following:

- Water, one gallon of water per person per day for at least 3 days.
- Food, at least 3 day supply of non-perishable food
- Flashlight and extra batteries
- Whistle to signal for help
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local Maps
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Battery-powered or hand crank radio and a NOAA weather radio with tone alert
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place



PLAN

Plan what you will do in an Emergency. Be prepared to assess the situation and create a Family Emergency Plan that outlines important information on each family member such as medical information, insurance information, and work or school information. Develop an Emergency Communications Plan. Your family might not be together when disaster strikes so plan how you will contact each other. Set up meeting places for your family members in case of an emergency. Create a Shelter-in-Place Plan and a Get-Away Plan that will help you prepare for either situation.

STAY INFORMED

Know about types of Emergencies and the procedures to take depending on the situation. Conduct emergency drills with your family so that each member knows their duties. Stay tuned to local news channels for information. Those that take the time to prepare themselves will likely encounter less difficulty, stress and worry in an actual disaster. For more information visit these websites: www.fema.gov and www.ready.gov

BE DISASTER AWARE

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



TAKE ACTION TO PREPARE



AMERICA'S
PrepareAthon!





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Tailgating Safety Tips

Football season brings the haze of portable grill smoke over parking lots and the delicious aroma of barbecued foods, but it also presents a few hazards that shouldn't be overlooked.



Respect Food Temperatures

Whether prepared in advance or cooked on site, keep food at safe temperatures. Although meat will continue to cook for a short while after it's removed from the flame, you should follow well established guidelines to be sure it's fit for consumption. Ground meats should reach an internal temperature of at least 160°F, steaks at least 145°F, pork chops at least 160°F, and chicken should reach at least 180°F. To prevent bacteria from growing, store cold foods in a cooler with plenty of ice and keep hot foods insulated.



Use Grills Safely

Loose gas hoses and improper lighting can cause a host of problems that put you and neighboring fans in danger. An all-too-common mistake is lighting a gas grill while the top is closed, which can result in an explosion. If using a charcoal grill, do not leave the air and wind to cool down the coals and head over to the game. This is one way that banners, tents and even cars may catch fire. Instead, grill early on when you tailgate and make sure you completely put out the embers.

Be sure to douse them with water and let them cool before placing them in a container to discard or pack in your vehicle. Always be sure the container is one designed to store coals.

Take Extra Precautions in Parking Lots

No one likes to drive in a crowd, and racing through the parking lot to get out of the stadium can only spell trouble. To avoid hitting a parked car, watch your speed and give yourself plenty of space to maneuver around vehicles when you leave. Use a ground guide if needed.



Protect yourself from the sun and stay hydrated

The sun might not be sizzling like it was during summer, but even under a cloud covered sky it's easy to get scorched while tailgating. Have plenty of sunscreen on hand for your guests. Dehydration is another potential tailgating problem. Mild dehydration symptoms include headache, dizziness, sleepiness, and thirst. Drink water to battle dehydration, not soda, juice or alcohol. Drinking water in small amounts throughout the day helps guard against dehydration. If you're sweating over a grill, you'll need to be particularly vigilant about consuming water.

Designate a Driver

Some people may walk out of a game not realizing that they've had one too many. Designating a driver who will avoid alcohol is a small action that may end up saving someone's life. Be aware that consuming alcohol can increase dehydration as well.

**For more information visit www.blog.allstate.com/top-10-tailgating-safety-tips/



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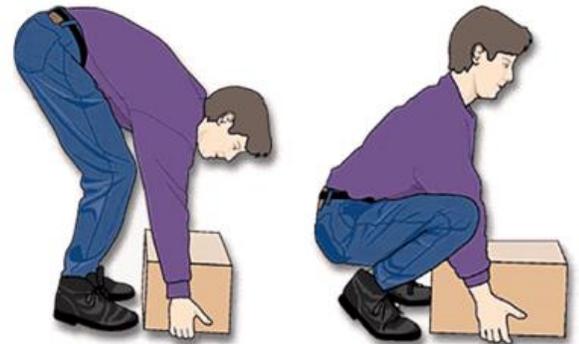
WATCH YOUR BACK

...Avoiding Back Injuries

Among the most common and costly injuries suffered by workers are back injuries. These can involve injuries to the spinal column, and strains or sprains to the muscles, tendons and ligaments of the back. Lifting injuries aren't usually caused by picking up vehicle transmissions or 45 gallon drums. Instead, they frequently involve improper lifting of common smaller items such as boxes of computer paper or stacks of manuals.

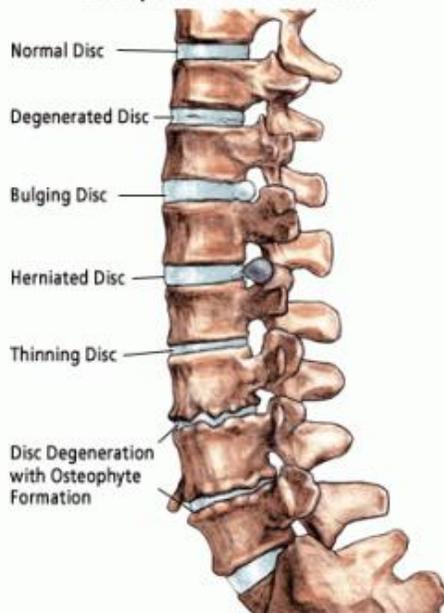
Here are some safety tips for safe lifting:

- Plan your route so you have a clear path to carry the item. Have a place to put the item down once you reach your destination.
- Check the weight of the item you will be lifting to see if you will need help. Do this by grasping the object firmly by an outside corner and tipping it towards you. You should be able to tell if it is too heavy.
- Use the proper devices for lifting and carrying. Materials handling equipment such as handcarts and stock pickers can help you move materials without straining your back.
- Ask for help. When you do a team lift, appoint one person as the leader who tells everyone else when to pick up the object and put it down.



The WRONG Way! **The RIGHT Way!**

Examples of Disc Problems



- Bend your knees when you lift instead of stooping over. Hold your back straight and vertical to the ground. If you keep your head up, your eyes looking ahead and your stomach muscles tight, you will help yourself maintain this posture.
- Keep the item close to your body. Lifting or carrying the object at arm's length puts much more strain on your back.

Here are more tips for preventing back injuries:

- Do warm-ups before any physical exertion.
- Avoid excessive bending, reaching or twisting motions.
- Stand up straight, but not rigid. Keep your knees flexed and maintain the natural curves in your back.
- When sitting, choose a comfortable, relaxed position in which your back is straight. Don't slouch.
- When you are lying down, keep your back curved naturally. Use a low pillow under your head and neck.
- Avoid sleeping on your stomach.
- Maintain physical fitness. Exercise to keep the muscles of your back and abdomen strong.

**For more information visit

<http://familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/lifting-safety-tips-to-help-prevent-back-injuries.html>

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Not all bites or stings are the same. Whether you are bitten by an insect, spider, or a snake, you have to take different steps to apply the right first aid and seek proper medical assistance.

Insects

Most insect bites or stings result in a mild reaction to the venom or other protein that the insect injects into you. This can result in redness, minor swelling, pain, and itching at the site of the bite or sting.



First Aid Care

- If the stinger is still in the skin, remove it by gently scraping across the skin with a flat-edged object like a credit card.
- Wash the area with soap and water and place a cold compress or an ice pack on the sting or bite for about 10 minutes to reduce pain and swelling.
- Apply calamine lotion or antihistamine cream several times a day until itching and pain are resolved.

Spiders

There are two kinds of spiders that can cause more serious reactions: the black widow and the brown recluse. Black widow spider venom causes problems with the nervous system. Within a few hours of a bite, you may notice intense pain at the site of the bite, along with chills or fever, abdominal pain, nausea, and vomiting. The brown recluse spider bite causes damage to the skin at the bite's area. About eight hours following the bite, redness and intense pain occurs, followed by the development of a blister. When the blister breaks down, a deep ulcer is left in the skin. You also may have a fever, rash, and/or nausea as well as the potential for an infection in the ulcerated skin area. If you recognize a bite as that of a black widow or a brown recluse spider, seek immediate medical attention.



First Aid Care for a Brown Recluse or Black Widow Spider Bite

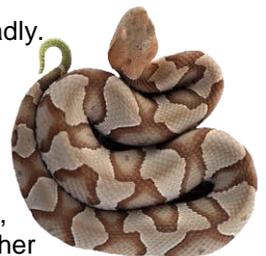
- Clean the skin with soap and water.
- Help the person remain calm to reduce the spread of venom; do NOT apply a tourniquet.
- Apply a cold compress or ice pack wrapped in a cloth to protect the skin.
- Get the victim to medical care as soon as possible. If you can, catch the spider or take a picture to help medical personnel identify it.

Snakes

While many snakes are harmless, there are a few common species, such as the copperhead, coral, cottonmouth, and rattlesnake, that can be poisonous and even deadly.

First Aid Care

- Summon medical help immediately.
- Help the person to remain calm. Movement can spread the venom more rapidly, so try to keep the body still, especially in the bite area. Do not raise the bitten area above the level of the heart.
- If there are symptoms of shock, such as dizziness, weakness, pale and clammy skin, shortness of breath, and increased heart rate, have the person lie quietly with his or her feet elevated about 12 inches. Cover him or her with a blanket to maintain body warmth.



Steps NOT to Take

- Do not endanger yourself by trying to capture the snake.
- Do not cut or suck the area of the snake bite.
- Do not wash the snake bite (residual venom at the bite area can help medical personnel to identify the type of snake for proper treatment).

**For more information visit www.healthline.com/health/first-aid/bites-stings#Insects2