



OCTOBER
2016

Safety Newsletter

Halloween Safety Tips



From costumes to candy, Halloween is an exciting holiday for kids and adults. Follow the tips below to ensure a safe and Spooktacular evening of trick or treating.

COSTUMES

Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Have kids carry glow sticks or flashlights to help them see and be seen by drivers. Swords, knives, and similar costume accessories should be short, soft, and flexible. Choose face paint and makeup whenever possible instead of masks, which can obstruct vision. Always test makeup in a small area first and remove it before bedtime to prevent possible skin and eye irritation.

JACK-o-LANTERNS

Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting. Consider using a flashlight or glow stick instead of a candle to light your pumpkin. If you do use a candle, a votive candle is safest. Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.



ON the TRICK or TREATING TRAIL

Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups. Cross the street at corners, using traffic signals and crosswalks. Look left, right and left again when crossing and keep looking as you cross. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Always WALK and don't run from house to house. Only go to homes with a porch light on and never enter a home or car for a treat.



THE TREATS

Tell your children not to eat any treats until they return home. Insist that treats be brought home for inspection before anything is eaten, then examine all treats for choking hazards and tampering before allowing kids to eat them. Only let your children eat factory-wrapped treats and avoid homemade treats unless you know the cook well. Try to ration treats for the days following Halloween.

DRIVE EXTRA SLOW HALLOWEEN NIGHT

Slow down and be especially alert in residential neighborhoods. Take extra time to look for kids at intersections, on medians and on curbs. Eliminate any distractions inside your car so you can concentrate on the road and your surroundings. Enter and exit driveways and alleys carefully.

HALLOWEEN HOME SAFETY

To keep homes safe for visiting trick-or-treaters, remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations. Remember to check outdoor lights and replace burned-out bulbs. Restrain pets so they do not inadvertently jump on or bite a trick-or-treater. Never invite strangers into your home.

**For more Halloween safety tips visit www.app.org or www.halloween-safety.com

OCTOBER
2016

Safety Newsletter



October is Breast Cancer Awareness Month which is an annual campaign to increase awareness of the disease. Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

Symptoms - Some warning signs of Breast Cancer are:

- A lump or pain in the breast
- Thicking or swelling of part of the breast
- Irritation or dimpling of the skin
- Redness or flakly skin on breast
- Pulling in of the nipple or pain in the nipple area
- Fluid other than breast milk from the nipple, especially blood
- Change in size or shape of breast

* Other Conditions can cause these symptoms. *If you have any signs that worry you, call your doctor right away.*

Risk Factors - If you have *risk factors*, you may be more likely to get breast cancer. Talk to your doctor about ways to lower your risk and about screening.

- Being younger when you had your first menstrual period
- Never giving birth, or being older at the birth of your first child
- Starting menopause at a later age
- Using hormone replacement therapy for a long time
- A family history of breast cancer
- Being overweight, especially after menopause

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

When should I get a mammogram?

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

How is a mammogram done?

You will stand in front of a special X-ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the X-ray is being taken. You will feel some pressure. The other breast will be X-rayed in the same way. The steps are then repeated to make a side view of each breast. You will then wait while the technologist checks the four X-rays to make sure the pictures do not need to be re-done. Keep in mind that the technologist cannot tell you the results of your mammogram.

When will I get the results of my mammogram?

You will usually get the results within a few weeks, although it depends on the facility. A radiologist reads your mammogram and then reports the results to you or your doctor. If there is a concern, you will hear from the mammography facility earlier. Contact your health professional or the mammography facility if you do not receive a report of your results within 30 days.

What happens if my mammogram is abnormal?

If it is abnormal, do not panic. An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests, or exams before the doctor can tell for sure. You may also be referred to a breast specialist or a surgeon. It does not necessarily mean you have cancer or need surgery. These doctors are experts in diagnosing breast problems.

For more information visit www.nationalbreastcancer.org or www.cdc.gov



OCTOBER
2016

Safety Newsletter



Fall Driving Safety Tips

There's nothing more beautiful than a fall drive, but this season brings some unique hazards for drivers. Weather conditions can be unpredictable in the fall. A bright, beautiful afternoon can turn rainy and cold in minutes. And with days getting shorter, you could find yourself commuting to or from work in darkness. Being aware of these potential dangers can help keep you and your family safe and prevent accidents.

Wet Pavement

The first rain in a few weeks can be particularly dangerous, as water pools on top of dust and oil that haven't had a chance to wash away and makes the pavement extremely slippery. If it's raining, keep a safe distance from the car in front of you. Wet roads make it more difficult to stop. When wet leaves are on roadways, they make the pavement slippery, and it can be difficult for drivers to get good traction.

Fog

Cold fall mornings often lead to fog, which can greatly limit your driving visibility and perception of distance. Fog tends to occur in low places or areas surrounded by hills, water, mountains, and trees. One common mistake drivers make during foggy conditions is putting on their high beams instead of staying with their low beams. This only makes visibility worse because your high beams will bounce off the fog and create glare. When driving through fog, slow down and stay well behind the car in front of you so you'll have adequate time to stop if you need to.



Bright Sunlight

When sunrise occurs later in the morning, it can also present challenges for drivers. Fall is also a bad time for sun glare on the roads. Sun glare can impact your sight for seconds after exposure, making it hard to see pedestrians, oncoming traffic, or the car in front of you. Sun glare can also cause problems when the sun sets behind drivers. In this case, sunlight can bounce off your rearview mirror or reflect off traffic lights up ahead, and this can blind you for a split second while your eyes adjust. It can also make it hard (or impossible) to see traffic lights, which can prevent you from knowing if you're supposed to stop or go. Have a pair of sunglasses in the vehicle. If it becomes too difficult to see because of bright sunlight or glare, a good strategy is for the driver to pull over until he or she can see again.

Leaves

Fall foliage is certainly beautiful, but as leaves begin to fall, they litter the roads, making streets slick while obscuring traffic lines and other pavement markings. They also hide potholes and other road hazards. And when it rains, it can make those wet leaves on the roadway as dangerous as ice.

Watch Out for Ice

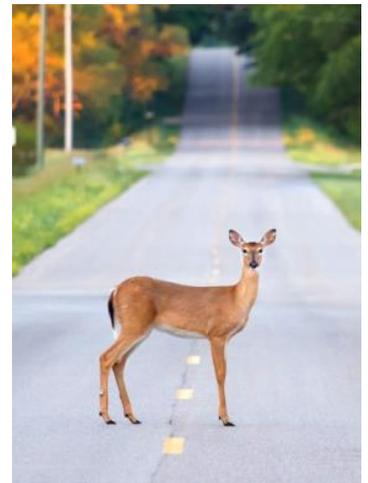
During the fall, temperatures tend to drop dramatically during the night, which can lead to morning frost and icy spots on the road. This is especially common on bridges, overpasses, and shaded areas of the road.

Deer

The fall season brings an increase in deer activity because it's their time for mating and migrating. If you live in a deer-heavy area, watch for darting deer, especially when driving at night.

**For more information visit

www.safety.lovetoknow.com/Fall_Season_Safety_Tips and
www.esurance.com/driving-tips/fall-driving



OCTOBER
2016

Safety Newsletter



THE BENEFITS OF AN EARLY MORNING WORKOUT

Some people are early birds. It seems like they cannot wait to get their day started early in the morning. These are the people that love early morning workouts; others are night owls. They use the late evening hours to catch up on work, respond to emails, watch their favorite TV shows they recorded earlier in the day, update their social media sites, or do whatever else they were too busy to do earlier in the day. This is the time when most of us are winding down for the evening, getting ready to catch some ZZZs. Not so with night owls; this is when they come alive. Here is a closer look at late night and early morning workouts:

Night Owl Workouts

Night owls like to go to the gym and workout late at night. It is true that working out is very good for your health. However, doing so late at night is not. It will be difficult to get to sleep when your body is all amped up, your mind is fully active, and your body temperature is raised from throwing iron around in the gym for the last hour. By the time you finally relax and are ready to get to sleep you will have shorted yourself a full night's rest. Sound sleep is necessary for muscle recovery and growth. So not only will you be limiting the results of your muscle development, you will most likely experience drowsiness, irritability, and difficulty functioning at 100% the following day. Over an extended period of time, this kind of schedule will cause other health issues as well.



Early Bird Workouts

On the other hand early morning workouts will help you sleep like a baby at night. You will not experience the sluggishness that the Night Owls experience the next day. Also, your body releases endorphins that will help you manage stress and tackle the day head on. This is something that early birds experience regularly. Research shows that 80% of people who workout on a regular basis, having faithfully done so for years, workout in the morning.

Another benefit to an early morning workout is that the gym is typically far less crowded. The gym members that are there are not there to just parade themselves around. They show up at o'dark thirty in the morning to actually train. Therefore you should have your pick of whatever equipment you want to use and train right along with them.

Probably the best reason for an early morning workout is that your metabolism gets a jump start early in the morning. Once you get on a regular schedule of working out in the morning, you will find that your appetite becomes regulated for the rest of the day. You'll make better and healthier food choices. Doing cardiovascular exercise or lifting weights will get your body burning fat early and fast. This will be an enormous boost to helping you lose weight also.

For more information visit <http://maxfitnessbend.com/benefits-early-morning-workout/>