

# INJURY PREVENTION

Injury Prevention  
Quarterly News letter



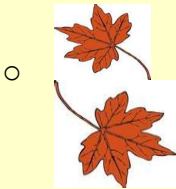
## Quarterly News Flash

By: Julie Adams IP Specialist/ October News



Oohh! It's that time of year for ghosts and goblins, you're right it's Halloween! That time of year when children all over the nation will walk door to door on poorly lit streets trick or treating; so with that said just a few safety reminders.

- Always remember to take a flashlight and wear reflective clothing.
- Stay on sidewalks, if there are no sidewalks, stay to the left of the road facing traffic.
- You should always stay with your adult, and stay in familiar neighborhoods.
- Make sure that costumes don't cover your eye's to ensure vision, and breathing.
- Stay away from and do not pet animals, they might get scared and bite.
- Never! Eat candy without first being checked.
- Always remember to brush your teeth, to avoid the cavity monster! "Wahahaha"!



## H1N1

On a more serious note, it's also that time of year when children are back at school and being exposed to a variety of illnesses, so remember to always wash your hands, cough into your sleeve, and if you are experiencing flu like symptoms stay home from work and school in order not to expose others. Some of the symptoms to look for:

- Fast Breathing, shortness of breath, which is very dangerous especially if you suffer from asthma.
- Discolored skin, usually from being dehydrated, not wanting to drink fluids.
- Vomiting.
- Being irritable and not wanting to interact

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with others.

- Dizziness, confusion.

Flu like symptoms usually improve over time, but seem to come back. So before going to the Dr's office try using fever reducing medication and follow a strict Brat diet, and push the fluid intake. Schools should not require a Dr's note during the flu seasons since they are also very busy with the severely ill patients. One of the best tips during flu season is to,

Wash Your Hands!

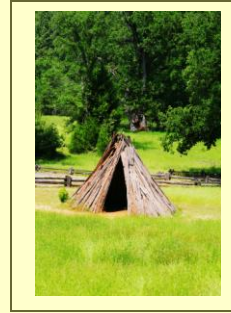


## November Safety Flash

### Are You Emergency Ready

Just like having a working smoke detector in your home, having emergency supply kits will put the tools you may need at your finger tips. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer. While there are many things that might make you comfortable, think smart, prioritize. Things on the top of the list should be: Fresh Water, food and clean air. Remember first in first out, always rotate your stock. Medications taken on a daily basis should be placed in a plastic bag. Plan on having two kits, in one kit personal belongings to stay were you are at, and the next should be a Basic Emergency Kit:

- Water, one gallon per day, per person
- Food: Non-perishable



*November is National Indian Heritage Month*

- Battery powered or hand crank operated radio
- First aid kit
- Dust masks, and plastic ties for sanitation
- Canned food opener
- Local maps
- Cash or travelers checks
- Sleeping Bags



### Homemade Disinfectant

Household chlorine bleach and a medicine dropper – when diluted nine parts water to one part bleach; bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- 3/4 cup of chlorine bleach
  - 1 gallon warm water
- 1 tablespoon powdered [laundry detergent](#)

### Safer Home Heating

The temperature is slowly dropping, much like the fall leaves, but unfortunately not our light bill! If you plan on using space heaters to help heat your home this winter, use extreme caution. According to the National Fire protection Association supplemental heating equipment, such as electrical and kerosene heaters, is the leading cause of home fire during the months of December, January and February and trails only cooking equipment as

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This we know ...  
 “The earth does not belong to man; man belongs to the earth. All things are connected like the blood that unites one family. Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web he does to himself”.



## Continuing November News

the leading cause of home fires year round. “Central home heating units are not the main cause, but space heaters are”. Consumers should know that space heaters need space and they should be placed at least 3 feet away from anything that can burn. UL offers the following safety tips:

- Space heaters have one function - to provide supplemental heat. Don't use them to warm bedding. Cook food, thaw pipes or dry clothing.
- Select heating equipment that has the UL mark. The UL mark means, that it has been tested by UL professionals.
- Remember the three foot safety zone. Keep things that burn at least 3 feet away from space heaters.
- Turn off space heaters when you are not in the room or when you are asleep.



- Supervise children and pets when space heaters are in use.
- If you have an electric space heater, check for frayed insulation, broken wires or over heating.
- When buying space heaters look for devices with automatic shut-off features and heating element guards.
- If you have a liquid fueled space heater, use only the fuel recommended by the manufacturer. Never use gasoline or any other substitute fuel.



## Smoke Detectors

They are the single most important means of preventing house and apartment fire fatalities by providing an early warning signal, so you and your family can escape.

Always remember to put on your calendar to regularly change the batteries 2X per year!



Prevent



## December News 2010

The weather is changing from cold rain, to rain with freezing conditions. To be safe you should follow these safety tips:

The best tip for winter driving: Sometimes it's best to stay home, or at least remain where you are until snow plows and sanding crews have done their work. If you crash on a snowy or icy road, you'll certainly be late — or worse. But since you can't always call in to work claiming a "snow day," it's better to learn how to correctly deal with driving in the snow.

1. **Get a grip.** To have adequate snow traction, a tire requires at least 6/32-inch deep tread, according to The Tire Rack. (New passenger-car tires usually have 10/32-inch of tread.) Ultrahigh-performance "summer" tires have little or no grip in snow. Even "all-season" tires don't necessarily have great snow traction: Some do, some don't. If you live where the roads are regularly covered with snow, use snow tires.
2. **Make sure you can see.** Replace windshield wiper blades.
3. **Run the air-conditioner.** In order to remove condensation and frost from the interior of windows, engage your air-conditioner and select the fresh air option: its fine to set the temperature on "hot." Many cars automatically do this when you choose the defrost setting.
4. **Check your lights.** Use your headlights so that others will see you and, we hope, not pull out in front of you.
5. **Give yourself a brake.** Learn how to get maximum efficiency from your brakes before an emergency. It's easy to properly use antilock brakes: Stomp, stay and steer. Stomp on the pedal as if you were trying to snap it off. Stay hard on the pedal. Steer around the obstacle.
6. **Watch carefully for "black ice."** If the road looks slick, it probably is. This is especially true with one of winter's worst hazards: "black ice."
7. **Too much steering is bad.** If a slick section in a turn causes your front tires to lose grip, the common — but incorrect — reaction is to continue turning the steering wheel. Regardless of your driving skill or vehicle preparation, there are some winter conditions that can't be conquered. But these tips may help prevent snowy and icy roads from ruining your day.

## Safe for Children Buying Guide

Is the toy age-appropriate?

It's essential to adhere to the age guidelines indicated on toy packaging—because even a toy for a 3-year-old could have parts too small for a 2-year-old to handle properly.

Are there any small, loose parts that your child can swallow?

If you're not sure, consider the toilet paper tube test—anything that can pass through the tube is too small to be given to a child under 3 years old. Marbles, coins and balls are common culprits. Also, make sure that any buttons, eyes and noses are tightly secured.

Could any part of the toy be bitten off and swallowed?

Little kids love to chew their toys, so avoid any toys that have small pieces that can be easily gnawed off.

Does the toy have a string, ribbon, straps or cord longer than 7 inches?

For young children, avoid these toys or remove the strings to prevent strangulation.

Is your toy non-toxic?

Check to make sure the toy has a non-toxic, durable finish and check art supplies for the ACMI (Art and Creative Material Institute, Inc.) seal—this means its non-toxic.



### Stay Safe this Winter by:

- Buckling your safety belt
- Use a child safety restraint
- Never drink and drive
- Drive for the weather
- Buy toys that are age appropriate
- Change the batteries in your smoke alarm
- Always wash your hands to prevent the spread of H1N1
- During Halloween, check candy before eating
- Use a flash light
- Be prepared for emergencies
- Remember when heating with space heaters to use proper precautions
- Trying to avoid using space heaters in your home
- **Always remembering to take care of our elders**

