SAFETY DISPATCH

SUMMER 2015

CITY OF PITTSBURGH
"AMERICA'S MOST LIVABLE CITY"

The wealth of summer
Is dreamer's gold.
For so short a time
It is ours to hold--

Gold in the meadow,
Gold by the stream,
Riches enough for
a miser's dream.

-excerpt from "Summer" by ***Lois Duncan***

CHECK IT OUT

The Dog Days of Summer refers to the weeks between July 3rd and August 11th. They are named after the Dog Star (Sirius) in the constellation of Canis Major. The Ancient Greeks thought that Sirius's emanations could affect dogs adversely, making them pant and behave abnormally during the "dog days," the hottest days of the summer.

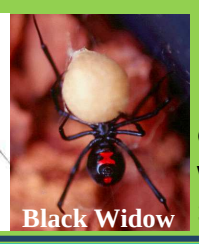
SUMMER HIGHLIGHTS:

CITYFIT EVENTS city.fit@pittsburghpa.gov or 255-2383 & check http://pittsburghpa.gov/personnel/cityfit/

- **Lifestyle Change Challenge**: 12 week weight loss/ healthy lifestyle program starting June 10th
- **What To Do When**: June Lunch & Learn presentations held about the city that thoroughly detail the City's Employee Assistance Program & available resources
- **YMCA Trial Week** is June 21st-27th, no sign-up fee + CITYFIT discounted membership rate
- **Join Venture Outdoors** for only $10 a year for your family or for an individual membership
- **Blood Drive** @ City-County Building 6/16/15 & 9/15/15

Spiders bite and spider bites that "bite" There are two types of spiders whose venom are particularly dangerous: the ***black widow*** & the ***brown recluse***. Although ***black widows*** can be found native in Pennsylvania, the ***brown recluse*** spiders must be introduced and cannot survive in Pennsylvania's climate unless they remain inside a heated structure. Some strategies to avoid being bitten by spiders are: shaking out work gloves & boots before putting them on (a critter may be making their home there); avoiding areas where they may lurk (wood piles, scary basements & attics); wear long pant/ shirts to protect your skin (also will help prevent poison ivy & sunburn); use insect repellent containing DEET or Picaridin.

Brown Recluse



Black Widow

What's The Bottom Line?

Did you know that the most hazardous summer activity to children is playground injuries? Each year in the United States emergency departments treat more than 200,000 children ages 14 & younger for playground-related injuries & about 45% of playground-related injuries are severe: resulting in fractures, internal injuries, concussions, dislocations, and amputations. Young children must be adequately supervised & taught the safe way to have fun in the playground: no roughhousing, be aware of swings in motion, use 3-points of contact when climbing (*note that children younger than age 5 may not have the upper-body strength necessary for climbing*), always slide feet first & wait your turn when there are

SUMMER SAFETY TIPS

Protect Your Feet This Summer

Summer is the time when we all want to run barefoot through the grass & jump in that pool (Pittsburgh Pools open June 9th), but it is also the time when we have a greater potential to harm our feet. Being aware of ways your feet may be injured will keep you trekking comfortably 'til we need to bundle our feet up again come Autumn.

- Grass feels great on the toes but it could mask dangerous conditions: broken glass, stinging insects, sharp rocks or doggy doo.
- Stubbing your toes can be avoided by wearing either closed-toe shoes or sandals with a bumper.
- Contagious foot diseases such as athlete's foot, plantar warts & foot fungus can be spread when you walk bare-footed on surfaces such as pool locker rooms or decks.

Feet are meant to be adored, not ignored

Allegheny Commons Park, Northside

August is National Immunization Awareness Month

Vaccinations have been touted as the most significant public health achievement (although sliced bread is pretty awesome). This summer, reflect on the fact that you can reduce the chance of infectious diseases affecting you and your family by pursuing those vaccinations recommended by the Advisory Committee for Immunization Practices (ACIP), as vaccines are helpful in preventing illness throughout one's lifetime; they're not just for children anymore.

- Children are recommended being vaccinated against as many as 12 diseases within their first year.
- Adolescents & young adults should get the recently developed HPV vaccine which can prevent cervical cancer (vaccine is for both boys & girls).
- Older adults are recommended to receive the pneumonia vaccine and the vaccine that prevents shingles (not the roofing material, but a painful autoimmune disease that affects us later in life).
- For some immunizations such as tetanus, diphtheria and the seasonal influenza vaccine, boosters are recommended every so often (look for more information on the City of Pittsburgh Season Influenza Vaccination Campaign in the Fall 2015 Safety Dispatch).

Treadmill Safety

Working out on a treadmill may be the most comfortable option to get your cardiovascular workout when it is hot outside but these pieces of exercise equipment can be very dangerous if you aren't careful. In 2014, there were about 24,400 injuries in the United States associated with treadmills that required a visit to the emergency department, out of the 62,600 total injuries associated with any exercise equipment.

- Don't stand on the belt when you press the "On" button. Straddle it, then step on the moving belt on a slow setting.
- Keep the area around your treadmill clear of anything you wouldn't be happy landing on. Add plenty of space in case you manage to fling yourself off at a high speed.
- Don't box your treadmill against a wall, as you could end up trapped between the wall and the running machine.
- Always wear the emergency stop key, despite how uncool (*or cool?)* it may look (*didn't you know everyone's wearing stop keys this season?).*
- Limit the multitasking. Save answering emails, texting, making phone calls or crocheting for later.

June is National Safety Month

Observed annually in June, National Safety Month focuses on reducing leading causes of injury & death at work, on the road & in our homes. **THINK SAFETY FIRST** & keep in mind that an injury to you or those you care about can affect every aspect of one's life: leisure activities, the pursuit of a career, family responsibilities plus religious, social & personal relationships.

Brought to you by the Department of Personnel & Civil Service Commission.
Archived Safety Dispatches can be found at http://pittsburghpa.gov/personnel/safety-dispatch
For comments, suggestions or other safety resources contact David Reed, Safety Manager, 412-255-2403