



SAFETY DISPATCH

SUMMER 2013

CITY OF
PITTSBURGH
"AMERICA'S MOST LIVABLE CITY"
LUKE RAVENSTAHL, MAYOR

CHECK IT OUT

The human body has up to 4 million sweat glands that produce an average of 50 ounces of sweat each day. Women have more sweat glands than men, although men's are more active. The odor associated with sweating actually comes from bacteria found on the skin and not from the sweat!

"I had that familiar conviction that life was beginning over again with the summer."
- F. Scott Fitzgerald, *The Great Gatsby*

SUMMER HIGHLIGHTS:

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

- **10,000 STEPS** challenge kicks off Monday June 24th, a 12-week walking program that includes a free pedometer
- **CITYFIT RUNNING 101 Couch to 5K Program**— weekly trainings can prepare you to run a 5k in just two months, includes free registration to the Great Race in September
- **RITE AID DIABETES LUNCH & LEARN**—attend and receive a free blood glucose testing meter, Tuesday June 11th
- **GOLDEN TRIANGLE BIKE RENTAL** is offering a "lunch club" discount to City of Pittsburgh employees, who can rent bikes for \$5 during their lunch hour



COOK OUT!

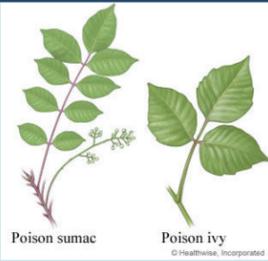
There is something about grilling outside that just screams SUMMER, but remember Safety First, beer later or screaming may become the theme of the day. Grills should ALWAYS be placed well away from the home, overhangs and railings. First thing each summer check propane lines for leaks. Keep children, pets, hair, flammable clothing, and winning lottery tickets away from lit grills.

Check yourself and your grill frequently for fat buildup, and while using a metal brush is a great way to keep it clean, be mindful of metal bristles left behind on the grate. Unintentional ingestion of metal-wire bristles has led to injuries ranging from punctures of the soft tissues of the neck to perforation of the gastrointestinal tract. When finished cooking make sure to extinguish flames and let the grill cool before you put everything away or dispose of charcoals.

What's The Bottom Line?

There are over 5,000 reported grill-related injuries nationwide, with an estimated ten deaths each year. Ingestion of wire-metal bristles is on the rise by both children and adults, with 12 reported cases in 2012.

SUMMER SAFETY TIPS



Poison Plants

Unless you're Batman, a kiss from Poison Ivy won't kill you, but it will certainly leave you flush with bumps, blisters or an itchy red rash. Poison ivy and poison sumac are common in this area, so identify the culprits beforehand and wear protective clothing when working outdoors. Poison plants release an oil that causes an allergic reaction when it comes in contact with the skin.

Although over-the-counter topical medications may relieve symptoms, seek immediate medical attention for more severe reactions. Never burn poison plants as the allergens can be inhaled, causing severe respiratory issues. If you should come in contact:

- Immediately rinse skin with rubbing alcohol, specialized poison plant washes, or detergent, and lots of water.
- Don't scratch or you risk introducing bacteria into the rash.
- Take an oatmeal bath or apply cortisone or calamine lotion to soothe itchiness.

Get Real about Protecting Your Biggest Organ

Sunburns aren't just a pain, they can lead to sun poisoning, which includes headaches, fever and chills, nausea, dizziness and dehydration. Frequent unprotected or under-protected sun exposure vastly increases your risk of skin cancer. Men have twice as much risk as women of developing skin cancer as men don't avoid exposure, feel they 'don't need no stinkin' sunscreen', and go to the doctor less often. Avoid sun poisoning with these simple steps:

- Apply sunscreen with an SPF of at least 30 that says "broad-spectrum" on it. Apply at least 15 minutes before exposure, reapply every two hours and after you've been in the water. Apply liberally and often.
- Limit your sun exposure between 10 a.m. and 4 p.m. when the sun is most harmful.
- Wear sunglasses, hats, and protective clothing.
- Certain medications can increase sensitivity to the sun. Acne medications, antibiotics, antidepressants, diuretics, heart drugs, retinol and birth control pills may increase your chance of sunburn. Check with your doctor if you have questions.



Watch Out—They Bite!

Some snakes, like the Real Housewives of New Jersey or a gaggle of teenage girls, can be venomous. Know what to look for if you're hiking, camping, working or playing outdoors this summer. There are three types of venomous snakes in our area:

- Timber Rattlesnakes are the largest of the PA venomous snakes. They are typically 48 inches long with a distinctly broad, flat and triangular head and vertically slit pupils. Their rattle is made up of thorny segments at the end of an always black tail.
- Copperheads are the most common, they are tan or light brown with a tinge of pink, like a peach only not as sweet. The triangular head is copper colored with no other markings.
- At 24 inches long the endangered Eastern Massasauga is the smallest of the PA venomous snakes and the hardest to pronounce. They live only in wetland areas with adjoining dry fields. They are richly patterned with large black splotches running down the center of the tail with smaller blotches on either side leading to a small rattle.

