

SAFETY DISPATCH



“Every leaf speaks bliss to me, fluttering from the autumn tree”
Emily Bronte

CHECK IT OUT

Each leaf has autumn colors in it year-round, even if we can't see them. During the spring & summer, foods necessary for the tree's growth are manufactured in each leaf's green chlorophyll, which overpowers the other colors & all we see is green. In autumn when the days get shorter & cooler, food production stops, chlorophyll breaks down & we begin to see the other colors, such as orange, yellow, & red, which have been there all along.



AUTUMN HIGHLIGHTS

INFO FOR CITYFIT EVENTS:

city.fit@pittsburghpa.gov or 255-2383 & check out our website located at <http://pittsburghpa.gov/personnel/cityfit/>

- **FLU SHOT CAMPAIGN** begins September 27 at the City-County Building; call 255-2403 for info
- **CITYFIT WELLNESS FAIRS** starting September 7th
- **CITYFIT BOWLING** starts September 11th
- **GREAT RACE**, September 25th
- **BLOOD DRIVES** @ City-County Building 9/13 & 12/13

Respect Our Refuse Workers

Our city's Environmental Services employees are some of the hardest working folks out there, performing the most dangerous jobs. Please help reduce their chance of injury by properly packaging refuse & being aware of their operations anytime they are working.

- Always ensure any sharp items such as needles or broken glass are sealed in a puncture proof container.
- Workers constantly lift refuse containers so never overload bags or receptacles; break-up heavy bags into two smaller bags to prevent overexertion injuries.
- Make sure the routes to & from your collection site are clear of snow, ice & other slip/ trip/ fall hazards.
- Pay particular attention to employees if you are driving near their operations;



morning sun glare, hills & other vehicles can obscure workers navigating between the curb & street.

AUTUMN SAFETY TIPS

Got Bats In Your Belfry...

Pennsylvania is commonly home to 8 different species of bats & all are active in Autumn, either migrating south for the winter or hibernating in one of PA's 35,000 natural caves or 4,000 abandoned mines. Despite their keen ability to rid us of insects they can also cause strife for homeowners and can be dangerous.

- In late summer months baby bats start flying around at night & they need only an opening the size of a dime to enter your home; & they don't need your permission to enter (unlike vampires).
- Bats are great for insect control (eating nearly 2,000 per night) but the downside is that they can also carry diseases such as rabies.
- Rabies is very dangerous and if you come in contact with a bat it is recommended to contact the Allegheny Health Department and report it. They can bite without leaving marks and their saliva can be highly infectious upon contact. Call a professional or if possible trap it yourself, while wearing gloves, so that it can be brought back to the lab for rabies testing. Rabies is often fatal in humans if not recognized.
- Bat guano (feces) can also be hazardous as it can contain fungus in high concentrations, which can cause histoplasmosis, a dangerous respiratory disease, when inhaled.



Don't Let Flashfloods Blindside You

All 50 states have been affected by flooding in the past 5 years. A flood can happen suddenly (*FLASH!*) & can catch anyone by surprise so be prepared & be sure to understand the risks posed by flood waters.



- Sign up for text alerts from reputable weather agencies; there are a lot of apps out there & an early warning can make the difference between moving your car to higher ground or arguing with an insurance company about what your 1992 Honda Civic is actually worth.
- If you're walking through moving water & it gets to be ankle deep, turn the other way; it only takes 6 inches of swiftly moving water to carry you off your feet & if the water can carry you it is most likely also carrying other things which can injure you, like debris, raw sewage or scary otherworldly clowns (*"we all float down here..."*, says Pennywise from Stephen King's novel *It*).
- Never try to re-energize flood damaged equipment; have an electrician inspect it first to ensure electrical safety.
- Avoid contact with flood waters if possible; if you ingest flood water or if it comes in contact with a cut or your eyes, you may be susceptible to gastrointestinal illnesses or infections.



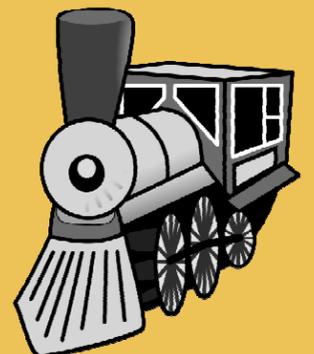
What's The Bottom Line?

Don't ever try to drive through high flood waters or ignore a flashing flood gate. Half of all flood-related fatalities occur in a vehicle.



Choo, Choo, Choose To Keep Safe Near Train Tracks

- All train tracks are private property. Never walk on tracks; it's illegal trespass & highly dangerous.
- Trains have the right of way 100% of the time over emergency vehicles, cars, pedestrians & hoverboards.
- A train can extend three feet or more beyond the steel rail, putting the safety zone for pedestrians well beyond the three foot mark.
- Never mix rails & recreation; stay alert around railroad tracks.
- Remember to **cross train tracks only at designated pedestrian or roadway crossings**, and obey all warning signs and signals.



Daylight Savings Ends Sunday, November 6, 2016 Turn clocks back, sleep an extra hour & replace the batteries in your smoke & carbon monoxide detectors. I'm looking forward to some cooler nights, candycorn & Steelers Football (Here we go!)