

SAFETY DISPATCH

SPRING 2013

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

CHECK IT OUT

Between 75% and 90% of household dust is actually dead skin cells (also some hair!). Every minute 30,000 - 40,000 skin cells fall off of your body, adding up to an average of 8.8 pounds of dead skin per year. Consider that a weight loss success story!And don't forget to dust regularly.

SPRING HIGHLIGHTS:

CITYFIT EVENTS, City.Fit@Pittsburghpa.gov or call 255-2383 & check <http://pittsburghpa.gov/personnel/cityfit/>

- **VENUTRE OUTDOORS** and get discounts on outings and annual membership for only \$10 through CityFit
- **CITYFIT DANCING** starts back up March 28th
- **WEIGHT WATCHERS** starting in April —contact Claire.Mastroberardino@Pittsburghpa.gov
- **MULCH MADNESS** April 19th
- **PITTSBURGH MARATHON**—Run or Volunteer—May 5th
- **CITYFIT SOFTBALL** returns for its fifth season May 9th—contact Frank.Manella@PittsburghPA.gov

CHARITABLE EVENTS:

- **SCOUTING FOR FOOD** starting in April

In the spring time, the only pretty ring time, When birds do sing, *Hey ding a ding, ding:*
Sweet lovers love the spring. - Shakespeare and/or Willy Wonka

Vehicle Child Safety Seat

Motor vehicle injuries are the leading cause of death among children in the United States. These fatal injuries can be cut by more than half by placing children in age- and size-appropriate vehicle seats and booster seats. PA Law requires children newborn to 8-years old to be in an approved and properly installed child restraint.



Studies have shown that 7 of every 10 vehicle child safety seats are not installed properly. More than 280,000 children are injured or killed in motor vehicle accidents each year. Only 60% of those children were riding restrained in a car seat, and of those, 85% were restrained incorrectly.

What's The Bottom Line?

Less than 10% of all children are properly buckled in. Both the Bureau of Police and EMS can help install your Child Safety Seat. Call now to make an appointment. Police 412-937-3051 or EMS: 412-255-2450

SPRING SAFETY TIPS

Keep Your Eyes on the Road!



April is National Distracted Driving Awareness Month. Driver distraction is a leading factor in automobile crashes. According to Earl Miller, an MIT neuroscientist, "people who think they can multi-task well are deluding themselves." When behind the wheel you need to remember how to operate the vehicle, pay attention to your speed, other drivers, signal lights, pedestrians, weather and traffic patterns. According to Miller, the brain does NOT pay attention to two things simultaneously, but switches between them rapidly. So, throw in a radio, passengers, smoking, eating, applying makeup, talking on the cell phone, surfing the web or texting, outside stimulus and you've doubled your number of tasks creating a longer lapse between each switch. It is in these lapses that accidents occur.

Operating a 4,000-pound metal object traveling at upwards of 25 miles per hour is responsibility enough. Don't delude yourself any longer; pull over to make a call, surf the web or fiddle with your GPS. Don't text while driving, it's illegal in Pennsylvania. Get up ten minutes earlier to eat, read the paper and/or apply your makeup and ask your passengers to sit in silence until you reach your destination.

Only YOU Can Prevent Your Own Hearing Loss

We all take for granted how many different things we hear on a minute-to-minute basis each day, until we find it hard to hear anything. Hearing loss is permanent, so protect your hearing through these tips:

- * Avoid listening to music very loud, especially bad music—nobody needs to blast REO Speedwagon. Over time, music listened to at high volume, especially through headphones, can contribute to hearing loss;
- * Wear hearing protection when using power tools for yard work. Lawn mowers, chainsaws, weed trimmers and similar tools emit sounds above the safe limit posed by OSHA. Professionals do it for a reason!
- * Stop smoking. One study found that smokers have a 1.69 times greater chance than non-smokers of developing hearing loss;
- * Get your hearing tested regularly by a Doctor.

Spring Cleaning

What better time to get rid of all that stuff you've been accumulating throughout the year and realize you don't need? Throw open the curtains and let the spring sunshine reveal those corner cobwebs, dust bunnies, stink-bug carcasses, and piles of dead skin dust coating every square inch of your home. It's time to clean, but remember that, like skin, cleaning products also expire and need to be replaced periodically. When discarding outdated or unused chemicals keep in mind that hazardous materials should never go in with normal trash because they could accidentally cause injury to those handling them.

- * **Don't Assume** Read the labels or visit www.swpahhw.org to see how to safely dispose of chemicals and other hazardous substances, like annoying neighbors;
- * **Spring is Green** Research natural or less hazardous substitutions to chemical-based cleaners to use around the house;

Remember these tips, too, when cleaning in and around your house:

- * Use your legs not your back to bend and lift, keep your back straight, bending at your knees, and use stomach muscles to get back to standing;
- * Use a ladder instead of standing on furniture or someone's shoulders, and make sure it's stable at its base;
- * Take frequent breaks when doing repetitive motions and make sure to stay hydrated;
- * Don't carry too much at once while going up the stairs and make sure to keep stairwells and walkways clutter free.



comic by Allie Brosh



Spring Forward

Benjamin Franklin was the first American to propose adopting daylight saving time in 1784, but it wasn't fully implemented until after WWII. **Sunday March 10th** turn your clocks forward one hour. While doing this also check and change any batteries in your smoke and carbon monoxide detectors.