

SAFETY DISPATCH

SPRING 2014



The glow that the sun gives
Right around sunset
Helps me realize
This is just a journey
Drop your worries
You are gonna turn out fine.

Only rainbows after rain

The sun will always come again - "Keep Your Head Up" Andy Grammer

CHECK IT OUT

Daylight Savings Time started in the US in 1918. Contrary to popular belief, no federal rule mandates that states or territories observe daylight saving time. Arizona and Hawaii do not observe DST.

Sunday March 9th marks the start of DST, turn your clocks forward one hour. While doing this also check and change any batteries in your smoke and carbon monoxide detectors.

SPRING HIGHLIGHTS:

CITYFIT EVENTS, [City.Fit@Pittsburghpa.gov](http://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
- **BEAT THE PACK** starting March 18th
- **WEIGHT LOSS CHALLENGE** starting April 7th
- **WEIGHT WATCHERS** starting in April —contact Claire.Mastroberardino@pittsburghpa.gov
- **PITTSBURGH MARATHON**—Run or Volunteer—May 4th
- **CITYFIT SOFTBALL** returns for its sixth season May 9th—contact Jamie.Warnock@pittsburghpa.gov

CHARITABLE EVENTS:

- **SCOUTING FOR FOOD** starting in April



It's Been a Long, Cold, Lonely Winter

Here comes the sun, and there isn't anyone who can't wait to feel the warmth of that sun on their skin, and it's all right! Not so alright is the temptation to give your summer tan a little head start by visiting a tanning salon. Indoor tanning remains popular despite the increased risk of skin cancers like melanoma, squamous cell carcinoma, and cancers of the eye.

Indoor tanning exposes users to both UV-A and UV-B rays, which damage the skin and can lead to cancer. It is no safer than tanning in the sun.

What's The Bottom Line?

According to the CDC, users who begin tanning before age 35 have a 59% higher risk of melanoma, the deadliest of skin cancers. Six States and many more local jurisdictions have already passed laws banning the use of tanning beds by minors.

SPRING SAFETY TIPS

March is Brain Injury Awareness Month

An estimated 2.4 million children and adults in the US sustain a traumatic brain injury and another 795,000 individuals sustain an acquired brain injury from non-traumatic causes each year. Presently more than 6.4 million children and adults in the US live with a lifelong disability as a result of brain injury.

Traumatic Brain Injury (TBI)

Slipping in the bath, falling from ladders, down stairs, in love or out of bed are a few of the most common causes of TBI overall, particularly in older adults and young children.

Collisions involving cars, motorcycles or bicycles — and pedestrians involved in such accidents — are also a common cause of TBI. Wear a helmet when riding a bike or motorcycle and a seat belt when driving other vehicles to significantly reduce your risk of injury in an accident. Pedestrian accidents continue to rise, please refer to the Spring 2012 Dispatch for tips on how to keep safe <http://pittsburghpa.gov/personnel/safety-dispatch>.

Violence, such as gunshot wounds, domestic violence or child abuse accounts for about 10% of TBI. Seek help if you or your loved ones have concerns over any form of violence.

Acquired Brain Injury (ABI)

The most common form of ABI results from a stroke, when blood flow stops to the brain either by a clot or by a ruptured blood vessel. Without a blood supply, brain cells die and cause brain injury. Stroke symptoms include:

SUDDEN numbness or weakness of face, arm or leg - especially on one side of the body.

SUDDEN confusion, trouble speaking or understanding.

SUDDEN trouble seeing in one or both eyes.

SUDDEN trouble walking, dizziness, loss of balance or coordination.

SUDDEN severe headache with no known cause.

There is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of strokes if given within *three hours* of the first symptom. There are also two other types of stroke treatment available that might help reduce the effects of stroke. Call 911 immediately if you suspect that you are or someone you know is having a stroke.

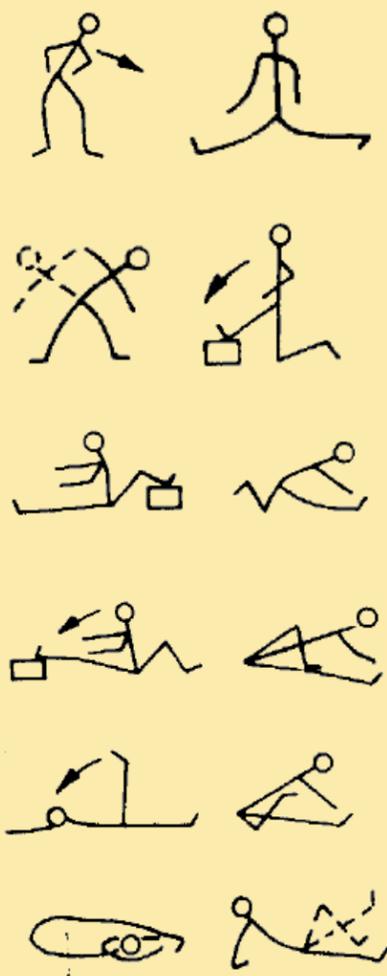


Pittsburghers Stick Together

Winter was rough; there is neither man nor beast who does not feel the excitement triggered by warm weather and the opportunity to get outside and, well, not freeze. Be mindful; however, that we've just spent the better part of Winter hibernating and our muscles are just as cold as our extremities.

Stretching may reduce your chance of injury, and will increase flexibility, improve circulation, improve your range of motion and reduce stress. **Follow the moves of the stick figures as they stretch over this poster.**

If you have any health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.



Show us your Walking Dead stretch. Send your photos electronically to:

David.Reed@pittsburghpa.gov