

SAFETY DISPATCH

SPRING 2015



Spring is nature's way of saying, 'Let's party!'-
Robin Williams R.I.P.



CHECK IT OUT



Press releases for the New York City April Fools' Day Parade have been issued every year since 1986 to remedy a glaring omission in New York's ethnic & holiday parades: a failure to recognize the importance of April 1st, the day designated to commemorate the folly of mankind (parade has never been held, albeit celebrated.)



SPRING HIGHLIGHTS:

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

- ♣ **BREATHE PA SMOKING CESSATION** classes start March 12th
- ♣ **PITTSBURGH MARATHON** is May 3rd; to join a City Relay Team, register by March 31st
- ♣ **MULCH MADNESS** May 8th

CHARITABLE EVENTS:

- ♣ **SCOUTING FOR FOOD** starting in April

Interested in Immortality? April is National Donate Life Month

National Donate Life Month was established in 2003 in an effort to celebrate the generosity of those who have saved lives by becoming organ, tissue, marrow, and blood donors & to encourage more Americans to follow their fine example. Those receiving your donations will carry you with them for the rest of their lives & as they donate, your essence will be perpetuated in those receiving future donations.

Please help become immortal.

- www.organdonor.gov
- www.centralbloodbank.org
- www.bonemarrow.org

What Do You Live For?

Everyone has something they live to see or experience. Whether it's walking your daughter down the aisle or seeing the Pirates win the World Series, we engage in safe behaviors wherever we are so we can live for those moments. Keep these goals in mind before you engage in a dangerous task and whenever there is a chance to be injured. Additionally, look out for your fellow employees as they have similar aspirations and it only takes one misstep to hamper your quality of life.

What's The Bottom Line?

Why donate blood? People burn about 650 calories per donation of one pint of blood (equal to running in place for 1 hour). Studies have shown that blood donors are 88% less likely to suffer a heart attack, 33% less likely to suffer any type of cardiovascular event and tend to have a lower rate of cancer than those who do not donate. The theory is that excess iron has a significant impact on the hardening of the arteries & increases iron-catalyzed free radical-mediated oxidative stress (this is bad). When you give blood you are removing ~250mgs of iron from your system, cutting your risk of heart disease & cancer. Also, one pint of whole blood can help save 3 lives and many more if you choose to donate plasma or platelets. Easy decision.

Here comes the Sun... LOOK OUT!

Sun glare causes frequent accidents when operating a vehicle but statistics aren't consistently compiled to show how many injuries/fatalities have been a result of sun glare.



Glare is at its worst when the sun is low, toward the horizon. That typically is the hour or so after sunrise and before sunset. At this time of year, that means glare is a problem just about the height of rush-hour traffic.

- ♣ Whenever possible, take note of glare when driving a familiar route at certain times of the day (say on a daily commute to & from Primanti's or to get your lottery tickets) and take the appropriate measures to prevent vision impairment;
- ♣ Clean your windshields, inside and out;
- ♣ Put up vehicle sun visors prior to blinding glare affecting you;
- ♣ Wear sunglasses with polarized lenses and UV protection;
- ♣ Sun glare affects us all; turn your headlights on so oncoming motorists can see you as they're driving toward the sun;
- ♣ **SLOW DOWN** whenever vision is impaired. Most people slow down in fog or in bad weather, but in glare they continue because it's a nice clear day.



SPRING SAFETY TIPS



Spring = Clean Windows = Check Safety

National Window Safety Week is the 1st week in April and is designed to heighten awareness regarding window safety to prevent falls or injuries in the home.

- ♣ To protect children, keep windows closed & locked when they are around, only open windows that children can't reach for ventilation, don't rely solely on insect screens to prevent a fall & keep furniture away from windows.
- ♣ Determine your family's emergency escape plan & practice it regularly making sure nothing is blocking or preventing a window from being opened in the case of an emergency.
- ♣ Don't pry open a window that does not stay up with an object (like an Irish shillelagh) that could lead to the window accidentally slamming shut on your hand or arm, causing *windowpane* (ouch!)
- ♣ Always use a steady ladder when cleaning windows on the outside of your house when it is out of your reach or have a professional do it.



Enjoying a Safe Day at the Ballpark

- ♣ Prepare for the weather: Cold, hot, rainy, sunny...mother nature dishes it all out for baseball;
- ♣ Watch out for foul balls: a line-drive baseball could reach a spectator in one second, as fast as 125 mph, so always keep your eyes on the action; don't rely on others to *spring* to your safety;
- ♣ Easy on the libations: enjoy your beverages responsibly; alcohol sales end at 7th inning;
- ♣ Respect those around you: children are present so please don't let your actions offend others;
- ♣ It's just a game, no reason to get upset: 162 games in a season doesn't warrant an emotional breakdown; a day at the game is supposed to reduce stress and help you relax; it will be OK.
- ♣ Beware of food allergies: peanuts, ice cream & other concessions may be dangerous to spectators (many stadiums have peanut-free seating or days when peanuts are not sold.)

The Safety Dispatch Begins its 5th Year of Publication

Beginning in Spring of 2011, the Dept. of Personnel & Civil Service Commission had a plan to promote their Safety Office & CityFit endeavors with this publication to bring attention to good health, wellness and promoting safe practices at work and at home. We believe we have accomplished our goals and will continue to produce a quarterly Safety Dispatch for the benefit of city employees. Few City of Pittsburgh employees haven't looked over our seasonal Safety Dispatch, taken a recommendation with them and got a good giggle out of some of our attempts at humor. We hope you all continue to enjoy this publication. Please look over past issues and let us know your thoughts by dropping the Safety Office a line.



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, david.reed@pittsburghpa.gov or 412-255-2403