

# SAFETY DISPATCH

SUMMER 2014



CITY OF  
**PITTSBURGH**  
"AMERICA'S MOST LIVABLE CITY"

*"If you vote for me, it will be summer all year round."*

- Summer Wheatley, *Napoleon Dynamite*

## CHECK IT OUT

More than 25% of bottled H<sub>2</sub>O comes from a municipal water supply, the same place that tap water comes from.

If you drink your daily recommended 8 glasses of water per day from the tap, it will cost you about 50 cents per year. If you choose to drink it from water bottles, it can cost you up to \$1,400 dollars.



## SUMMER HIGHLIGHTS:

**CITYFIT EVENTS** [city.fit@pittsburghpa.gov](mailto:city.fit@pittsburghpa.gov) or 255-2383 & check <http://pittsburghpa.gov/personnel/cityfit/>

- **10,000 STEPS** challenge registration begins June 2nd & kicks-off Monday June 24th on the CCB Grant St. Portico
- **Couch to 5K Program**, weekly training sessions starting in August can prepare you to run a 5k in just two months, includes free registration to the Great Race
- **YMCA Trial Week** is August 3th-9th, no sign-up fee + CITYFIT discounted membership rate
- **Join Venture Outdoors** for monthly CITYFIT subsidized activities
- **Blood Drive** @ City-County Building 6/10/14 & 9/16/14

**Could You Save a Life Today?** Anyone can learn CPR – and everyone should!



- Nearly 383,000 out-of-hospital sudden cardiac arrests occur annually;
- Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival;
- Statistically speaking, if called on to administer CPR in an emergency, the life you save is likely to be someone at home: a child, a spouse, a parent or a friend;
- Hands-Only CPR (CPR with just chest compressions) has been proven to be as effective as CPR with breaths in treating adult cardiac arrest victims (no lip-locking, spit swapping required).

## What's The Bottom Line?

The Department of Personnel & CSC Safety Office now offers CPR/AED training to any interested City of Pittsburgh employee. To sign up for a class or to schedule a class at your site, contact Randy Whitehair, Safety Specialist @ 412-255-8969 or [randy.whitehair@pittsburghpa.gov](mailto:randy.whitehair@pittsburghpa.gov). Please be sure to have your supervisor's approval. All who complete the training will be certified by the American Heart Association for 2 years.

## SUMMER SAFETY TIPS

### Ahoy Mates, Some Chatter on Keeping a Safe Ship!

Although normal boats don't come equipped with a crow's nest, they still require someone on board to be the lookout. Collisions with other boats or objects in the water are the leading cause of non-fatal accidents, therefore it's important to leave the rum ashore & be on the lookout for not only signs of land, but also swimmers, floating debris, & SpongeBob.

### A Pirate's Life (jacket) for Me

You may be thinking, "Pirates don't wear life jackets, so why should I?" There are a few answers to that question including **for your own safety**, and, depending of the type of vessel, it may be **required by law**. Most fatal boating accidents are caused by people falling overboard or the boat capsizing & victims drowning because they weren't wearing PFDs (personal floatation devices). Even if you're a strong swimmer the shock of the accident could render you helpless, so play it smart & wear a PFD whenever possible.

### Basic Boating Necessities

- An anchor to assure the water doesn't take your boat away;
- A US Coast Guard-approved wearable lifejacket available for each person on board;
- A fire extinguisher (yes, even though you're surrounded by water);
- A sound producing device such as a whistle or air horn; unfortunately bird calls do not meet requirements.

Polly wants a life jacket



The specific requirements may vary depending on the type and size of your vessel. Before hitting the water be sure to check out [The Pennsylvania Fish & Boat Commission](#).

### Sunscreen Savvy

Although the sun may not seem as threatening with a cool breeze flowing through your hair and the occasional spray of water on your face, it may be even more important to be sun savvy while boating. The water reflects sunlight towards your body, increasing the chance of sunburn. Cover-up as much as you can by wearing light, loose fitting clothing, sunglasses, and hats and apply sunscreen to any exposed areas. For more sunscreen tips see the Summer 2013 Safety Dispatch.

Image courtesy Boat Pittsburgh



### All Hands on Deck! Pool Safety Tips

This Summer be safe when swimming or enjoying time in a hot tub.

- Be particularly observant of children whenever they are enjoying a dip; a child can drown in the time it takes to answer the phone;
- Before jumping, diving, or bellysmacking into a pool know exactly how deep it is and what's on the bottom;
- Water and electricity do not mix; have any pool/hot tub lights installed by a professional electrician and understand that mobile devices that are plugged in (boombox, blender, toaster, TV so you can watch Buccos games while relaxing) must be kept clear of water;
- Drain entrapments are frequently the result of an adult or child's body, limbs, hair or clothing becoming entangled with a faulty drain. Teach children to stay away from drains and make sure anti-entrapment drain covers are installed in all residential pools and hot tubs;
- When enjoying a public pool or wading area, please hide your pirate booty so as not to tempt fellow buccaneers from attempting to pinch your goods.



The Citiparks pools are open June 10th from 1:00-7:45 p.m. on weekdays and 1:00-5:45 p.m. on weekends and holidays

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, 412-255-2403