



SAFETY DISPATCH

SPRING 2012

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

Spring Forward

Daylight Saving Time begins
Sunday, March 11, 2012, 2:00am

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you DO want, but it just fairly makes your heart ache, you want it so! ~Mark Twain

CHECK IT OUT

- Strawberries are the first fruit to ripen in the spring. Strawberries increase the flow of blood & oxygen to the muscles preventing muscle fatigue and making exercise easier.
- An apple can perk you up more than a cup of coffee.

SPRING HIGHLIGHTS

CITYFIT EVENTS, Frank.Mannella@pittsburghpa.gov or call 255-2383:

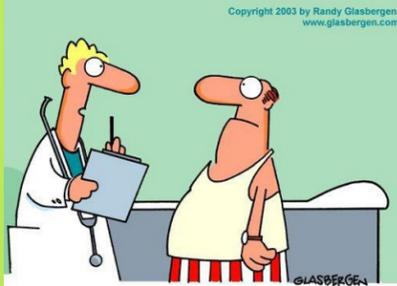
- **WEIGHT WATCHERS** ongoing registration
- **LUNCH & LEARNS**, Nutrition, Stress Mgmt, Diabetes—March
- **MULCH MADNESS** 2nd Annual Event—April 20th
- **YMCA PROMOTIONS**—two months starting April 21st
- **WEIGHT LOSS CHALLENGE**—April kickoff
- **SOFTBALL**—April kickoff
- **MARATHON**—Sunday, May 6th

CHARITABLE EVENTS:

SCOUTING FOR FOOD, April 1st

Tara.Pendleton@pittsburghpa.gov or 255-2589

BLOOD DRIVE, June 5th—8am to 2pm—CitiStat Room
Claire.Mastroberardino@Pittsburghpa.gov or 255-2706



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"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Heart attacks and strokes are the result of restricted blood flow to the brain or heart causing oxygen deficiencies and the death of cells in these organs. The restriction of blood flow is the result of cumulative burdens put on the body throughout a lifetime. The nine major burdens related to an increase in risk of heart attacks and stroke are smoking, cholesterol level, hypertension, diabetes, obesity, diet, physical activity, alcohol, and emotional stress and depression.

One of the biggest drops in heart disease risk occurs when you go from a sedentary lifestyle to being active as little as one hour a week. A major study of 10,000 civil servants suggested that those who cycled 20 miles over the period of a week were half as likely to suffer heart disease as their non-cycling colleagues. Walking 60 to 90 minutes a week can also reduce your heart disease risk by up to half. So, dust off your bike, buy some new shoes, pick a CityFit event—get out and get moving.

More women than men die of heart disease each year. In fact, heart disease is the #1 killer of women. Learn the warning signs and talk to your doctor about risk factors.

What's The Bottom Line?

During the past 5 years there have been 94 instances of employees having symptoms of a heart attack or stroke while on duty; almost 20 episodes per year. Only a few of these instances occurred when the employee was involved in vigorous activity.

SPRING SAFETY TIPS

PEDESTRIAN SAFETY

Walk on the Sidewalk

Stay on the sidewalk and crosswalks. Avoid walking in traffic. If you have to walk on a road that does not have sidewalks, walk facing traffic. Never play chicken with oncoming traffic.

Cross at Intersections

The chances of being hit by a car are higher when not crossing the road at intersections or in crosswalks.

Look left, right, and left again for traffic

Stop at the curb and look left, right, and left again for traffic, including bikes, tractors and speed demons in golf carts. Stopping at the curb signals drivers that you intend to cross. Cross in marked crosswalks and obey the signals.

Do not rely on drivers understanding that pedestrians have the right of way. Yes, this is correct, but cars and drivers are often distracted or ignorant of their surroundings.

See and Be Seen

- Drivers need to see you to avoid you.
- Stay out of the driver's blind spot, and avoid blind drivers.
- Make eye contact with drivers when crossing busy streets.
- Wear bright colors or reflective clothing if you are walking near traffic at night. Carry a flashlight when walking in the dark.

Watch your kids

- Children should not cross streets by themselves or be allowed to play or walk in or near traffic. Kids are small, unpredictable, and cannot judge vehicle distances and speeds.
- As they get older, teach children three things to do before they cross the street: 1) Try to cross at a corner with a traffic light. 2) Stop at the curb. 3) Look left, right, then left again to make sure no cars are coming.



BICYCLE SAFETY

The best way to avoid collisions is to be prepared and stay aware of vehicles around you.

- Obey traffic signs, rules, signals, and lane markings - Bicycles must follow the rules of the road like other vehicles.
- Never ride against traffic. State law requires that bicyclists drive like other vehicles.
- Scan the road behind you - Learn to look back over your shoulder without losing your balance or anyone noticing, like a spy.
- Keep both hands ready to brake and make allowances for adverse weather.
- Wear a helmet and never ride with headphones.
- Dress for the weather, never ride naked, wear bright colors, like a red hat with feathers.
- Use nice, appropriate hand signals. Signal as a matter of law, of courtesy, and of self-protection.
- Ride in the middle of the lane in slower traffic.
- Turn left from either: (1) The left turn lane, like an auto; or, (2) In the crosswalk and walk your bike, like a pedestrian.
- Make eye contact with drivers.
- Be aware of road hazards. Watch out for parallel-slat sewer grates, gravel, ice, sand or debris. Cross railroad tracks at right angles.
- Use lights at night. Know what the law requires.
- Keep your bike in good repair. Routine maintenance is simple and you can do it yourself.

If you currently have heart disease or are over 45 years of age and have 2 or more risk factors (immediate family member with heart disease before age 55, cigarette smoking, hypertension, abnormal cholesterol levels, diabetes, a sedentary lifestyle, or obesity), you should consult your physician before starting any type of exercise program.

*Brought to you by the Department of Personnel & Civil Service Commission.
For comments, suggestions or other safety resources contact David Reed, Safety Manager, 412-255-2403*