

SAFETY DISPATCH

FALL 2012



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

CHECK IT OUT

- Thomas Edison was afraid of the dark.
- Forest fires move faster uphill than downhill!
- A group of geese on the ground is a gaggle, a group of geese in the air is a skein!
- The average life span of a major league baseball is 5-7 pitches!
- The Mesoamerican long count calendar predicts the end of the world on 12/21/12

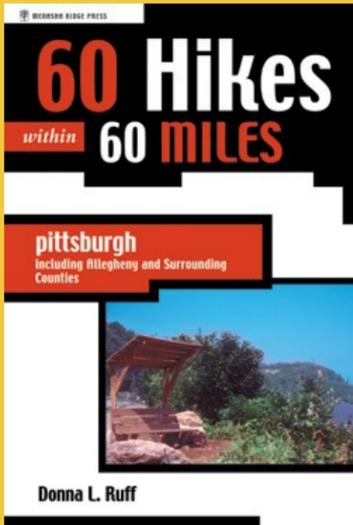
Fall Back
Daylight Savings Ends
Sunday November 4, 2012
Don't forget to turn your clocks back one hour.

FALL HIGHLIGHTS

- **GREAT RACE**, Sept 30th
- **FLU SHOTS** starting in October, call 255-2403 for info
- **CITYFIT EVENTS**, <http://pittsburghpa.gov/personnel/cityfit/> :
- **WEIGHT WATCHERS** new session starting Sept 6th
- **WELLNESS FAIRS** starting Sept 12th, call 255-2532 for info
- **BOWLING** starts Sept 16th
- **YMCA TRIAL WEEK** starts Sept 24th
- **BREAST CANCER WALK** Oct 6th, 8am registration
- **BASKETBALL** starts Nov 6th

CHARITABLE EVENTS:

- **BLOOD DRIVES**, Sept 13th & Dec 4th, 2011—8 am to 2 pm;
Claire.Mastroberardino@pittsburghpa.gov



Take a Hike!

Less than half of US adults get enough physical activity to benefit their health. Walking, which is the most popular form of physical activity in the U.S, is possible for most people and does not require special skills or facilities, and is a great way for many people to be more physically active. Beyond weight control, physical activity can help improve everyone's health. People who are physically active live longer and are at lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. <http://thefitresponder.com/>

What's The Bottom Line?

Studies show that employees can improve their health with as little as 40 minutes of physical activity, such as brisk walking, each week. Fall is a perfect time to get outside and start walking. Go to <http://www.roadracerunner.com/>, find a 5K near you and get out there and get a move on.

FALL SAFETY TIPS

You Are What You Eat—Every extra pound adds up to 3 pounds of pressure on your knee joints when you walk, and 10 pounds when you run. Excess weight increases the stress on lower back and the severity of lower back pain. Weight loss of at least 5 percent of your body weight may decrease stress on your knees, hips, and lower back, and lessen inflammation in your body.

Being overweight may increase the risk of developing health problems such as coronary heart disease, high blood pressure, osteoporosis, diabetes, arthritis and several types of cancer. Losing 5 to 10 percent of your weight can lower your chances for developing coronary heart disease or having a stroke. It improves blood pressure, triglyceride, and cholesterol levels; heart function and blood flow; and decreases inflammation throughout the body.

Balancing weight and physical activity can help control blood sugar levels. It can reduce the build-up of fat in your liver and prevent further injury.

The USDA "MyPlate" offers an excellent graphic of a well-balanced nutritional system. It includes:



- Portion control
- Increasing consumption of fruits and vegetables
- Choosing whole grains
- Choosing low-fat or non-fat dairy products
- Reducing salt intake
- Increasing water intake

Eat Breakfast—your blood sugar (glucose) level is at its lowest point in the beginning of the day. Glucose is the basic fuel for the brain and central nervous system. A healthy breakfast will help keep you from becoming tired and irritable. Skipping breakfast promotes a short attention span, lack of alertness, longer reaction time, low blood sugar and decreased work productivity.

Pay attention to the Essential Nutrients—Consult your Doctor before starting any new dietary or activity regimen. Certain medications can increase or decrease nutrient absorption and may require supplements.

Calcium is essential for strong bones, muscle movement and nerve function. Lack of Calcium can cause muscle cramping, bone fractures or breakage.

Zinc is key for cell and tissue renewal and plays a role in the breakdown of carbohydrates. Lack of Zinc can cause vision and hearing loss, and susceptibility to infections.

Iron carries oxygen from our lungs throughout our bodies. Too little Iron can increase fatigue and weakness, decrease work performance, slow cognitive ability and decrease immune function.



Haunted Houses vs. Your House—There are an estimated 5,000 haunted homes in the US. While ghostly haunting and assorted eerie sounds may seem terrifying, national statistics indicate that outside of car accidents, regular, non-haunted household accidents account for the most ER visits in the US.

Kitchen fires account for almost half of all household blazes; spilled water or oil on kitchen floors can cause slips and falls; knife injuries, mostly caused by dull knives, accounted for over 400,000 ER visits last year. Slipping and falling on your dull knife while attempting to outrun a kitchen fire can be fatal. So remember to stay safe and aware while preparing those healthy meals.

How to Get Strong in Preparation for the End of the World

While still months away, you may need time to get in shape for the Apocalypse. Start now with these five tips.

1. **Run places - fast.** Sprinting makes you stronger, leaner, faster and more awesome at pre- and post-apocalypse life. Stretching before or after decreases your chance of injury;
2. **Climb things -** when the world is over, two things you will probably do are run and then climb to get out of harm's way. Always retain 3-points of contact when climbing;
3. **Lift heavy things -** you never know when you'll have to move a car out of the way. Lift with your legs, not your back;
4. **Start now -** you can hunt a moose, bear or even a deer using only handcrafted tools that you make on the spot, or better yet, your bare hands. Wear gloves when using sharp objects or when dealing with wildlife;
5. **Walk long distances -** Do you commute to work? Get up early and walk. A full 7 to 8-hours of sleep will ensure you have the energy for your day.

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