

SAFETY DISPATCH

WINTER 2014



CHECK IT OUT

The world's tallest snowman is not a man after all. Named "Olympia", she was created 2008 in Bethel, Maine & has skis as eyelashes, red-painted car tires as lips, 27 foot long evergreens as arms & is only 30 feet shorter than the statue of Liberty

"Winter is the time for comfort, for good food & warmth, for the touch of a friendly hand & for a talk beside the fire: it is the time for home."
- Edith Sitwell

WINTER HIGHLIGHTS

FREE FLU SHOTS available at Rite Aid with your City ID & Medical Insurance Card

CITYFIT EVENTS, city.fit@pittsburghpa.gov or call 255-2383:

- **Basketball** registration ends 12/19, team selection 12/23
- December 7th - 13th, **YMCA** joining fees waived with low monthly membership rate
- **VENTURE OUTDOORS** ongoing registration

CHARITABLE EVENTS:

- Help the elderly & disabled; be a snow angel: www.pittsburghpa.gov/servepgh/snow-angels
- **BLOOD DRIVE**, 12/9/14 & 2/17/15. Go to www.centralbloodbank.org to register

The first Friday of February (2/6/15) has been designated by the awareness campaign, Heart Truth, as **National Wear Red Day®** in the United States. On this day, men & women are encouraged to wear red as a symbol



of their support of women's heart health.

February is American Heart Month. . .but please don't wait until then to make some changes to your lifestyles which can help prevent heart disease.

- * Eat a heart-healthy diet: A diet rich in fruits, vegetables and whole grains can help protect your heart. Beans, other low-fat sources of protein and certain types of fish also can reduce your risk of heart disease.
- * Exercise for 30 minutes on most days of the week. Talk with your physician about beginning a more intense workout to assure you are healthy enough to safely accomplish your goals.
- * Stop Smoking (see below) and only drink alcohol in moderation.
- * Control your stress without falling back to smoking or excessive consumption of alcohol.



What's The Bottom Line?

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men & women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack.

WINTER SAFETY TIPS

How to Safely Build a Snowperson

Everyone loves to see a towering snowperson standing tall outside in the front yard during winter, watching over the serene landscape of winter. Here are some tips on how to safely create a neighborly companion without injuring yourself.

- * Temperatures just above 32°F produces wet, packable snow that sticks to itself & can be easily shaped. Powdery snow blows.
- * Dress warm & in water-resistant clothing. Snow is water & you will get wet immersing yourself in the piles of white stuff. When clothes get wet they lose about 90% of their insulating value.
- * Wear boots with good tread to avoid slipping & falling during the construction of your masterpiece.
- * Wet snow can weigh up to 25lbs per cubic foot, so it is important to use appropriate lifting techniques during snowperson construction. Lift with your legs & when lifting snow above your shoulders, it may be best to construct a ramp or a set of makeshift steps to assist in getting the head on your snowperson.
- * Depending on the size of your creation, it could take several hours to complete so take your time. Enjoy the moment & take frequent breaks to prevent cold-related illness & to keep your heart rate at a safe level.



Safety Issues When Cutting Down Your Holiday Tree

There is nothing more festive than having a fresh cut evergreen tree in your house for the holidays. If you choose to cut your own down, or when cutting up wood for your fireplace, please remember these safety tips to avoid injury.

- * Always have a pair of heavy leather gloves when using a saw of any kind & when transporting a tree to avoid hand injuries.
- * Whether using a hand saw or a chainsaw, always wear eye protection to avoid cutting debris from entering your eye.
- * Chainsaws produce sound levels above 100 decibels which can permanently damage your hearing so always wear hearing protection when operating them & other loud equipment.
- * When cutting firewood, make sure you cut wood into pieces that are not too large to make stacking and lifting difficult.



Help Yourself & Others to Live Longer, Stop Smoking

- * Smoking or using tobacco of any kind is one of the most significant risk factors for developing heart disease.
- * Second-hand smoke can be dangerous to your children and others who come in contact with said smoke.
- * Third-hand smoke clings to hair, skin, clothes, furniture, walls, carpets, dust, vehicles & other surfaces, even long after smoking has stopped. Infants, children and nonsmoking adults may be at risk of tobacco-related health problems when they inhale, ingest or touch substances containing third-hand smoke.



- * Fourth-hand smoke exposure results from being in the presence of someone who themselves was in the presence of a smoker.
- * Sixth-hand smoke is being in the presence of an insect that has 6 small lit cigarettes in hand.



Please remember to check your carbon monoxide and smoke detectors in your home. Winter creates additional fire and combustion exhaust hazards (vehicle idling, heater operation, fireplace use, etc.) so take a minute to assure these warning devices will be operational all winter. Happy Holidays.

Brought to you by the Department of Personnel & Civil Service Commission.

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For comments, suggestions or other safety resources contact David Reed, Safety Manager, 412-255-2403