

# **Safety Times Reproducible Articles**

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## **Our Accident Epidemic**

A few years into the future, a new drug-resistant virus suddenly appears in the United States, striking indiscriminately: newborns and senior citizens are felled; it takes a particularly heavy toll on teenagers and young adults. About 120,000 die each year, and millions more are disabled, some permanently. A person will leave home in the morning and, later in the day, a loved one will receive the terrible news that he or she has died or is seriously ill.

The disease quickly becomes headline news. There is no cure, but preventive measures are found and publicized. As these are developed, organizations create elaborate plans to inform their employees.

Still the disease rages. It is usually contracted as the result of an individual's failure to take proper precautions. Worse, many people are infected as a result of others' failure to follow the preventive guidelines.

This fictional virus would surely stir a national effort to find a cure. Yet today, something is causing widespread death and injury, and the response is surprisingly muted. We're talking about accidents, and our apparent willingness to tolerate such a huge casualty toll year after year, when good safety habits, practiced consistently, could save thousands of lives each year.

The only acceptable grade when it comes to safety is 100 percent. For example, in your house you might have stairs that you use thousands of times a year. A grade of 99.9 percent isn't good enough, because that one fall could be fatal.

All of us have top priorities in life, but most of us do not consciously make safety a top priority. To have a better chance to fully experience and enjoy our priorities, we need to add personal and family safety to our top-priority list.

In our early years, we too often take the attitude that accidents will never happen to us. Even when we get older and presumably wiser, this attitude never entirely goes away. But if we wish to enjoy life to its fullest, safety must become part of our personal lifestyle, a twenty-four-hour commitment.

One purpose of these articles is to alert you to the many hazards you and your family face in daily living - from driving the family car, to cooking, to swimming, to taking those first steps as a toddler. The goal is to help you beat the lifetime odds of dying in an accident (1-in-30 for males; 1-in-50 for females).

It wasn't too long ago that children rode their bikes through the streets without wearing safety helmets. Car seats for children were flimsy contraptions that offered no protection. Potent medicines didn't have safety caps to guard against curious children rifling through the medicine cabinet, and few parents gave serious thought to childproofing their houses.

Family safety awareness has come a long way since then, yet most families still lack a systematic approach to safety. The information that is available comes to you in a variety of ways - magazines, newspapers, TV, and the School of Hard Knocks. Rather than the traditional piecemeal approach, these articles will give you and your family an organized and comprehensive way to address safety issues.

### **Is An "Accident" Really An Accident?**

A basic reason why we don't pay more attention to safety is that the word "accident" is used incorrectly. The dictionary defines accident as "an unexpected and undesirable event, something that occurs unexpectedly or unintentionally, fortune or chance." There is no quarrel with the "undesirable," but the belief that accidents are unexpected or the result of fortune or chance is misleading.

For example, is an accident unexpected when someone using a ladder reaches out too far and falls instead of taking time to reposition the ladder? Does an accident occur by fortune or chance when a person consistently tailgates and then, in a moment of inattention, slams into the driver ahead of him? Is it fate when a boater drinks too much and then collides with another boat on a lake at night?

The obvious answer is no! Most accidents can be better described as failures; failures on our part and failures on the part of others.

# Personal Safety Plans

The key to a safer lifestyle is developing a Personal Safety Plan for every member of your family.

Each life is different. To make a safety program truly effective, it must be tailored to the individual. Family size, ages of family members, type of home and furnishings, domestic activities, recreational interests, and personal travel all differ.

Using these articles, you can develop a Personal Safety Plan for each family member.

For the plan to really work, you must take the time to review the information periodically. For example, families that boat should review their boating safety file before each season.

The following are elements of a comprehensive Personal Safety Plan for you and your family to incorporate:

1. *Leadership*: There must be a safety leader within the family, one person who inspires and challenge the others to act safely. The leader establishes a safety policy and encourages setting standards for safe conditions and practices. The leader prompts the others and ensures that they are adequately equipped and educated. The leader also sets the example.

2. *Education*: Identify the hazards each family member faces on the road, at home, and in leisure activities. Use the table of contents and articles to make a list of your family's activities and the related hazards.

After developing the initial safety plans, encourage everyone to become a leader, particularly with regard to his or her own safety. A Personal Safety Plan will not work unless each person is committed to doing things safely. This effort also involves periodic reviews and updates of Personal Safety Plans.

3. *Training*: Lack of knowledge or skill is the cause of many accidents. Training activities ensure that everyone acquires the knowledge needed for safety in all activities. Sometimes this occurs by formally teaching safe practices; at other times, it happens through self-study.

4. *Safety standards*: There are safety standards for homes, vehicles, and public areas. These standards were bought with someone's blood, and are the result of accident investigations. Someone must research the standards and verify that they are met. For example, be sure ground fault circuit interrupters are installed in bathrooms and the kitchen.

5. *Buying safe products*: Many tools and materials used in homes, hobbies, or other forms of recreation, have hazardous properties. Become familiar with them, tell family members about them, and buy the items that are least hazardous.

6. *Personal protective equipment*: Some hazards can be controlled with proper personal protective equipment, from clothing to protect against poisonous plants, to goggles or safety glasses to protect against chemicals or flying objects. The person involved must study the specific hazard, obtain suitable protection, and use it.

7. *Emergency preparedness*: Natural disasters and technological accidents can affect personal safety; and the effects vary from one situation to the next. As a family, consider potential disasters, make emergency plans, and hold emergency drills.

8. *Care of the injured*: First aid can prevent complications of injuries. Suitable first-aid kits need to be obtained and the family trained in first-aid techniques.

9. *Inspections*: Make periodic examinations of facilities, equipment, materials, and practices, to ensure that they continue to meet safety standards.

10. *Family meetings*: People need to be reminded about key aspects of safety and the prevention of accidents. Hold family discussions quarterly, to review safety in the home and in the activities family members participate in. To assure their involvement, let the children assume some of the leadership.

## Personal Safety Plan Example

The following is an example of a Personal Safety Plan developed using the articles. The plan is designed for working parents, with a three-year-old in daycare, who own a home in a Midwestern city, and enjoy outdoor activities. (Not all of the potentially applicable articles are listed in the example below.)

Employees may make copies of individual articles for their family.

<u>Article</u>	<u>When to Review</u>	<u>Action Items</u>
<u>Driving</u>		
Around Big Trucks	Semiannually	
Defensive Driving	Semiannually	
Diverted Attention	Semiannually	
Expressway Driving	Semiannually	
Fall and Night Driving	Fall	Install new wiper blades
Long Distance Driving	Before a trip	Get car serviced
Road Rage	Semiannually	
Speeding	Semiannually	
Winter Driving	Winter	Install snow tires if needed
<u>Home</u>		
Bathroom	Semiannually	Install ground fault circuit interrupters
Electrical	Semiannually	
Fire Detection & Response	Semiannually	Change smoke detector batteries in Oct.
Home Heating Equipment	Fall	Get furnace serviced in September
Kitchen	Semiannually	Install safety locks on cabinets
Lawn Mower	Spring	Get mower serviced
Painting	Before painting	
<u>Leisure and General</u>		
Adult Sports	Spring	Meet with trainer to develop fitness plan
Bicycles - Adults	Spring	Inspect helmets; buy new ones if needed
Boating	Late spring	Test life jackets annually
Food Poisoning	Semiannually	
Heat Stress	Summer	
<u>Children</u>		
Babysitting Tips For Parents	Semiannually	Verify sitter has been trained
Car Seats	Semiannually	Get installation checked by expert
Child Care	Semiannually	Review safety procedures with staff
Holidays	Semiannually	Check safety at grandparents' homes
Toys	Quarterly	Check toys for hazards due to wear

## **The Odds Of Dying In An Accident: 1-in-30 for Males; 1-in-50 for Females**

The lifetime odds of being killed in an accident are approximately 1-in-30 for males, and 1-in-50 for females. As difficult as that may be to believe, the facts support the statement. Rounding the numbers for the sake of clarity, here's how they are arrived at:

Each year, approximately 2,000,000 males and 2,000,000 females are born in the U.S., and over 70,000 males and 40,000 females die in accidents. The number of people killed in each age bracket stays relatively constant every year, i.e., the number of one-year-olds killed is about the same, as with two-year-olds, and 55-year-olds.

During a male's lifetime, over 70,000 of his peers will be killed in some type of accident. Dividing 2,000,000 by 70,000+ gives us the 1-in-30 approximation. Likewise, dividing 2,000,000 by 40,000+ gives us the 1-in-50 approximation for females.

About 115,000 Americans are killed in off-the-job accidents each year, and approximately 5,000 die in on-the-job accidents. Here are annual fatality statistics from the National Safety Council's 2008 Injury Facts publication:

<u>Cause</u>	<u>Number of Deaths</u>
Motor-vehicle	44,700
Poisoning	25,300
Falls	21,200
Choking	4,100
Drowning	3,800
Fires, Flames and Smoke	2,800
Mechanical Suffocation	1,100
Natural Heat or Cold	800
All Other*	16,200
Total	120,000

\* Most important types included are: firearms, struck by or against object, machinery, electric current, and air, water, and rail transport.

### **Major causes of additional male deaths**

Drunk Driving (9,000); Motorcycles (3,600); Pedestrians (2,000); Drug Overdoses (5,000); Drowning (2,000); Work-related (4,000).

## **More Reasons to Have a Twenty-four-hour Safety Attitude**

- The lifetime odds of being killed in a motor-vehicle accident are about 1-in-100.
- Accidents are the leading cause of death for people from ages one to forty-one.
- Accidents rob Americans of more years of life before they reach age sixty-five than any other cause of death, including cancer, heart disease, homicide, and AIDS.
- Over 20,000,000 people suffer temporary or permanent disabling injuries from off-the-job accidents each year



## **Reproducible Articles Background**

The *Safety Times Reproducible Articles* are the product of more than ten years' research. Nearly all of these updated topics were published at least twice in the *Safety Times* newsletter from 1992 through 2002.

The Reproducible Articles are updated periodically every year as new statistics and information become available.

The information for each topic comes from many sources. Before publishing each topic in the newsletter, the topic was reviewed by at least two CSPs (Certified Safety Professionals), or by a CSP and a subject-matter expert.

Children's topics were reviewed by a representative of the Safe Kids Worldwide organization; boating topics by the United States Coast Guard; the chainsaw topic by a safety trainer for a chainsaw manufacturer, and so on.

The circulation of the newsletter exceeded 20,000; pass-along readership, however, was considerably higher, as some recipients paid for the privilege of copying the material. Safety Times clients have included Alcoa, Avery Dennison, Boeing, Dow Corning, ExxonMobil, General Motors, Georgia-Pacific, Honeywell, SBC, Sprint, the U.S. Postal Service, and hundreds of other corporations and organizations.

These articles also appear in the award-winning book, *Live Safely in a Dangerous World*.

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### **Publisher's Note:**

Every effort has been made to ensure that the information contained in these articles is complete and accurate. However, every hazardous situation presents unique issues and problems. Thus the ideas, procedures, and suggestions in the articles must be viewed in context, and considered in light of your own good judgment. The articles are not intended as a substitute for consulting with your physician and obtaining medical supervision as to any activity, procedure, or suggestion that might affect your health, or the health of your family. Accordingly, individual readers must assume responsibility for their own actions, safety, and health. Neither the author nor the publisher shall be liable or responsible for any loss, injury, or damage allegedly arising from any information or suggestion in the articles.

## DRIVING SAFETY INTRODUCTION

Driving a car is one of the most routine activities we engage in, but it's also one of the most dangerous. Over 40,000 people are killed in motor vehicle accidents each year.

These 40,000 deaths translate into lifetime odds of 1-in-100 of dying in a motor vehicle accident.

Another discouraging number associated with motor vehicles is that 1-in-2 of us will suffer a temporary or permanent disabling injury\* in a motor vehicle accident.

With odds like these, your only answer is to develop a defensive driving attitude when you get into a car. As the articles in the Driving section show, there are many steps you can take to reduce the odds you will be one of these statistics.

One of the most important steps you can take is to develop an attitude to make every driving trip a "perfect trip." This includes such things as wearing seat belts, obeying speed limits, and driving defensively under all weather and traffic conditions.

Driving a car should be one of life's pleasures, not one of life's tragedies.

The principal causes of motor vehicle deaths from the 2008 National Safety Council Injury Facts publication are:

Collision Between Motor Vehicles	18,500
Collision with Fixed Object	13,400
Pedestrian Accidents	6,100
Noncollision Accidents	5,300
Collision with Pedalcycle	1,100
Collision with Train	200
Other Collision	100
Total	44,700

\* A disabling injury is an injury that disables you beyond the day of the injury.

# Never Argue With A Big Truck

*It was late on the Pennsylvania Turnpike, and Tom was still two hours from his destination. He was cranky and tired, and the transport truck in front of him was hogging the passing lane on the steep incline. Tom flashed his lights several times and honked his horn angrily. The inside lane was blocked by a truck, too. Tom stayed in the passing lane at 20 miles per hour and stewed.*

*Things changed dramatically on the downgrade. A third truck came up behind him quickly, and the three 18-wheelers kept him wedged between them as they careened down the mountain at 70 miles per hour. His small Buick was never more than ten feet from disaster. The episode taught Tom a new respect for big trucks and their drivers.*

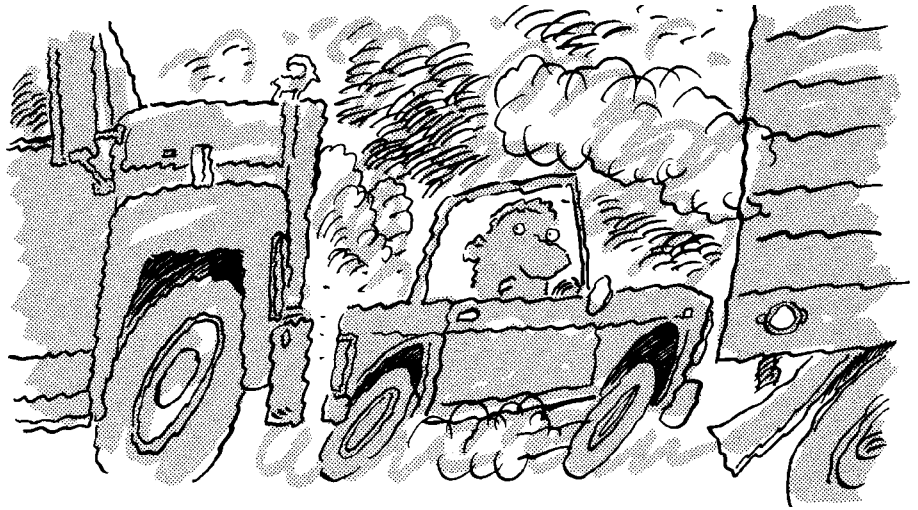
*While most drivers are courteous professionals, trucks are potent dangers and should be handled with respect and caution.*

**According to the National Highway Traffic Safety Administration, about 5,000 people die annually in crashes involving large trucks. In collisions between large trucks and cars, 98% of people killed were in the car. To safely manage your encounters with these behemoths:**

## **Avoid Their Blind Spots**

Because they sit so high, drivers may appear to have total vision of the road. Instead, they have more blind spots than ordinary drivers. They are called "No Zones" because cars should avoid them. A big rig's four blind spots are:

- immediately in front, sometimes as much as 20 feet if the truck has a long hood.
- on either side of the cab. The right side blind spot is especially dangerous, because trucks like to swing into the right lanes to avoid troubles in the road ahead.
- up to 200 feet in the rear.
- Remember: If you can't see the driver of a truck in his side mirror, he



cannot see you, either. To be seen, pull ahead or drop back.

- Don't cruise beside a truck for a long time, because if the driver needs to change lanes quickly, he might not know you're there.
- Keep your lights on in bad weather. It helps truck drivers see you amidst the spray.

## **Pass With Care**

- On two lane roads, blink your lights to let a driver know you want to pass, whether it's day or night. If he blinks back, you can pass him safely. If he doesn't blink back, he is telling you it's not safe to pass. Wait and try again later.
- If a truck driver behind you blinks his lights, he wants to pass. Blink back and give him the time and room he needs.
- If a truck approaches quickly on a steep downhill grade, pull to the right and let him pass. He may have lost his braking power.
- When you pass a truck, wait until you are at least far enough ahead to see its headlights in your rearview mirror before you move back into the lane.
- Stay as far away as possible when encountering a truck on the highway to reduce the wind blast.

## **Proper Spacing**

Even on dry pavement, trucks need twice as much stopping

distance as cars.

- Cooperate with truckers by allowing plenty of safety cushion for the truck. In heavy traffic leave room for a truck to change lanes.
  - Give trucks enough room to turn, especially on the right side for both left and right turns.
  - Do not tailgate a truck (or any other vehicle). If he stops suddenly, you could find yourself wrapped around his rear axle. Tailgating also blocks your view of the road ahead.
- Rule of thumb:** Stay 4-5 seconds behind a truck.
- When you are following a truck, position your vehicle at the side of the lane so you can be seen in the truck's mirrors.
  - Another hazard of following a truck too closely is a tire blowout and flying debris.
  - Be careful when you are behind a truck that has just entered the highway; it takes longer for a truck to pick up speed.
  - In wet weather use more caution.
  - If a trucker tailgates you or makes you angry, signal and get out of the way. Don't retaliate. It's a losing battle. Try to get some identification (safely) and report the incident.■

# City Driving

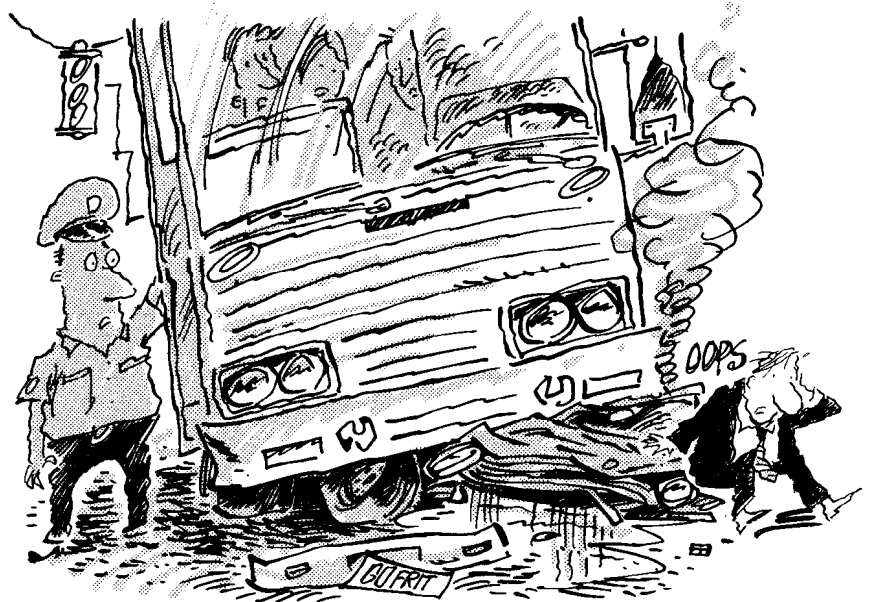
*To Jack, right-turn-on-red was the greatest thing since sliced bread. He was a person on the go, a man in a hurry. To him every city intersection was just one more obstacle standing between him and his next appointment. Right-turn-on-red was his license to never stand still. Moving, moving, keep that car moving. Bad habits breed bad results, and right-turn-on-red soon progressed to "rolling stop through red" and "ignore NO-right-turn-on-red warnings." He finally came to his senses the day he was broadsided by a city bus and spent several weeks stuck in his hospital bed.*

City driving is filled with hassles and delays, but these minor inconveniences aren't going to be avoided through reckless or rude behavior. The best advice is to maintain a calm and patient attitude.

## Surviving Intersections

**About 50 percent of all city driving collisions occur at intersections, usually because a driver failed to yield the right-of-way. A recent Insurance Institute for Highway Safety study reports that red-light runners are responsible for an estimated 170,000 injuries every year, about 900 of which are fatal. Worse, the number of deaths related to red light running is rising!** To keep intersections safe, remember these tips:

- The vehicle on the left always yields to the vehicle on the right.
- Rolling stops can be a dangerous habit. You can miss spotting a vehicle and cause a collision.
- As you approach a "stale green light" cover the brake with your foot and be prepared to stop. Indications of a stale light include: traffic flowing smoothly, considerable cross-traffic, blinking pedestrian signals, and people standing on the corner.
- When a red light turns green, check to see that traffic has stopped



on the intersecting street. Look left, then right, then scan left before you proceed. You invite disaster if you don't check for oncoming vehicles, pedestrians and cyclists.

- Turning right on a red light is allowed only when it is legal, your vehicle has come to a complete stop, traffic is clear, and pedestrians are clear of the crosswalk. Always take the few extra moments to look for a no-turn-on-red sign.
- When you encounter a yellow light, always stop if it is safe to do so. The purpose of a yellow light is to allow you time to clear an intersection you have already entered, not one you are approaching.

## Roadside Distractions

- A lack of consideration can cause trouble. Demanding the right of way can lead to a confrontation that benefits no one.
- Keep your eyes moving for potential problems such as children playing, cyclists, pets, and cars backing from driveways.
- Establish a high visual horizon. You should be able to see one block ahead of you.
- Blind spots are everywhere. If

you can't see beyond an object, slow down or change lanes to improve your vision.

- Don't tailgate. Maintain at least a three second following distance.
- When waiting to make a left turn, point your wheels straight ahead. If you are hit from behind with your wheels turned to the left, you would be forced into traffic.
- Whenever possible, avoid getting boxed in. Speed up or slow down as required.
- Don't fiddle with the radio or other nonessential equipment in heavy traffic.
- If a left turn is risky because of heavy traffic or poor vision, make a right turn and use an alternate route.

## Backing Up

- Always check behind your car. Pedestrians and small children can be hidden from your view.
- Use your outside mirrors to help your vision.
- Do not back into busy streets, highways and pedestrian crosswalks.
- Keep your foot firmly on the brake before shifting into reverse.
- Back slowly. Glance over each shoulder out the windows.■

# Drive To Survive

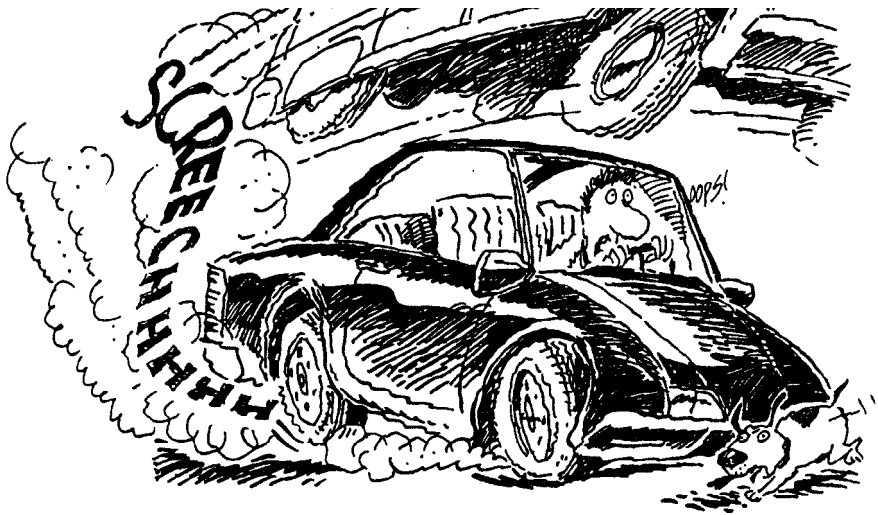
Here's some information that should bring you to a screeching stop: **Your lifetime odds of being killed in a motor vehicle accident are about 1-in-100.**

**Furthermore, each year one of nine drivers is involved in a reported motor vehicle collision.**

The best offense against roadway hazards is driving defensively. Defensive driving means driving safely, in spite of conditions around you and the actions of other drivers or pedestrians.

## Strive For Perfection

- Try to make every trip a "perfect" trip.
- Always buckle up. **According to the National Safety Council, drivers who buckle up have a 45 percent better chance of surviving a crash, and a 50 percent better chance of surviving without a moderate-to-critical injury.**
- Hold the wheel at about three and nine o'clock so you can steer quickly and precisely.
- Stay alert. No eating, drinking, fiddling with the radio, or distracting conversations.
- Pull off the road to use a cellular phone.
- Avoid operating a vehicle if you are overly tired, drowsy from medications, ill, or extremely stressed or excited.
- Signal lane and turn changes.
- When you're in the right lane of a multilane highway, help traffic merge smoothly by moving over a lane if traffic permits.
- Honor speed limits. They are set to protect you and pedestrians.
- Rush hour is especially challenging. Be ready to brake at all times, and expect drivers around you to stop or change lanes abruptly.
- If an approaching vehicle is signaling to turn, wait until it actually



turns before proceeding.

- Proper, routine maintenance can help you avoid mechanical problems that can cause an accident.

## Stay Alert, Plan Ahead

- Assume a "what if" posture. Know what you'll do if a driver swerves or stops suddenly.
- Watch for drivers who are preoccupied or driving dangerously. They count on you to react to them, instead of watching out for you.
- Be cautious at stoplights and stop signs. Look both ways before you enter a green-light intersection, or when you have the right of way.
- Search the roadway and off-road areas twenty to thirty seconds ahead for potential hazards.
- Be particularly watchful in school zones, at blind intersections, and around pedestrians and workers.
- The most dangerous spots to encounter pedestrians are those places where you don't expect to see them. Be alert.
- Don't play chicken. If someone seems determined to enter your lane, yield the right of way.
- Use caution approaching curves and the crest of hills.
- Be a loner. Avoid clumps of cars on the highway.

## Protect Your Space

- Maintain a safe following distance by staying three to five seconds behind the car ahead. Increase your following distance as your speed increases. At higher speeds a three-second gap will not give you enough time to take evasive action if an emergency occurs in front of you.
- At 40 mph, stay four seconds behind; at 50 mph and higher stay five seconds behind. Increase your distance at night, on rough roads, and in bad weather.
- Tailgaters are a dangerous nuisance. Pull over after signaling, or slow down slightly without braking and allow them to pass.
- On multilane roads remember that other drivers have blind spots. Don't linger in them if you are at the rear side of another vehicle. Move forward or back. Also, avoid driving next to other vehicles so you have more room to react to other drivers.
- Look for these warning signs for impaired drivers: wandering from lane to lane; driving unusually slow or fast; running stoplights and signs; moving erratically or out of control; and driving with lights off at night. Stay as far away as you can. If possible, notify the police. ■

# Fatal Distractions

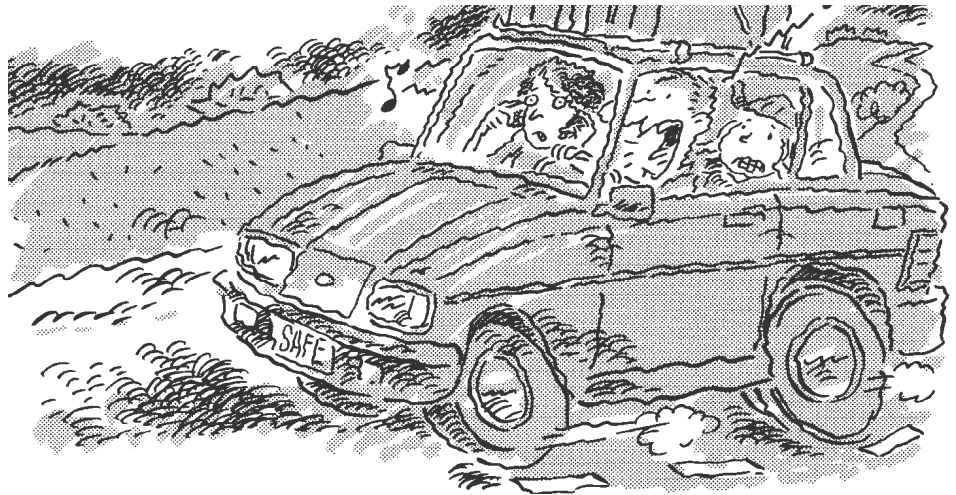
*Susie was driving home with her children after a medical appointment. Driving in the opposite direction was a contractor who was talking on his cell phone to a supplier. While looking at the phone, the contractor lost control of his vehicle, crossed the center line and hit Susie's vehicle head on. Susie and one of her children were killed, and her other children were injured, one of them seriously. The contractor suffered minor injuries.*

**A recent study by the National Highway Traffic Safety Administration estimates that up to 80 percent of all motor vehicle crashes involve some form of driver distraction.**

The list of distractions in an automobile is long and continues to grow. The bottom line here is that we just have to pay closer attention to our number one responsibility behind the wheel: driving safely. Here are some tips to help achieve that objective.

## **Focus On The Task At Hand**

- Start with the basics and drive defensively. Make it your goal to have a "perfect" trip.
- Don't turn your head to talk or look at scenery or another person.
- Don't fool with the radio or other nonessential equipment when the road is busy. When driving in unfamiliar areas, turn off the radio for maximum concentration.
- Personal grooming and reading are obvious no-no's.
- Experts say we eat one in ten restaurant meals in our automobile, often while weaving through traffic. Don't eat or drink while you drive.
- If you don't know exactly where you're going, get directions before you leave.
- If you need to look at a map or reach into your purse or briefcase,



pull over. The same applies to dealing with troublesome children.

- Do not engage in stressful or emotional conversations that may be distracting.
- Illness is a distraction. When you're sick, your reflexes are slower than normal and your senses may be fogged. Consider staying home until you are alert.
- Read the labels on medications and talk to the pharmacist. Many medications such as antihistamines can make you dizzy or drowsy.

## **The Rolling Phone Booth**

Using a cell phone while driving is a leading cause of driver inattention.

- A cell phone should only be used when it is absolutely necessary.
- Learn and follow all local and state laws. When you travel, review local requirements.
- Learn how to operate your phone without looking at it.
- Never take notes or look up phone numbers while driving. Use a small tape recorder to take notes.
- Keep conversations brief so you can concentrate on your driving.
- Take the time to become familiar with the features of your phone such as speed dial and redial.

- Position your phone so you can reach it while maintaining a proper view of the road and all mirrors.

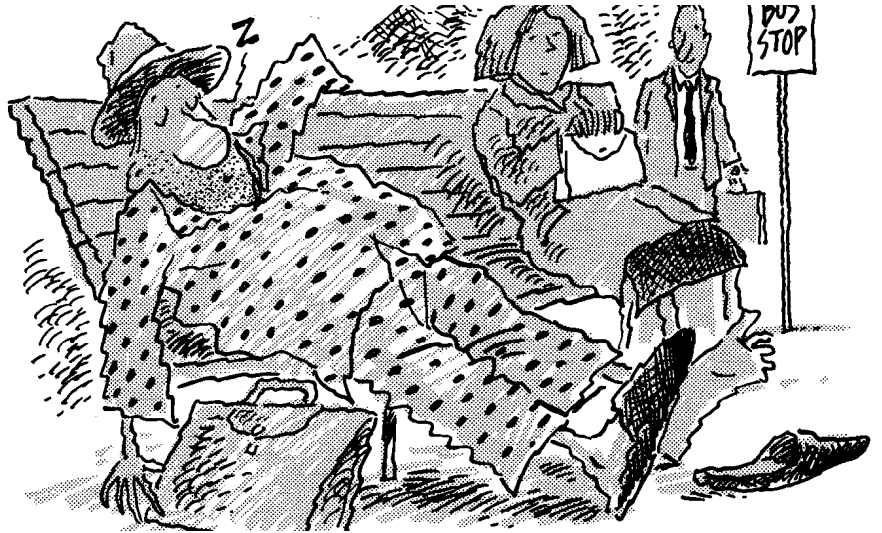
• Dial while the vehicle is stopped. If you absolutely must dial in light traffic, dial a few numbers, check traffic, and continue dialing when it's safe. Or, have a passenger dial for you.

- If you place a call while moving, stay in the lane reserved for slower traffic.
- Use Speed Dialing for frequently dialed numbers.
- Always assess the traffic situation before receiving calls. Allow voice mail to answer the phone when it's unsafe to speak, e.g., heavy traffic or bad weather.
- Let the person you are speaking to know you are driving. If necessary, suspend conversations during hazardous driving conditions or situations.
- The National Safety Council recommends not using a cell phone at stoplights. You may notice cars moving in the next lane, but your light could still be red.
- Hearing impaired drivers should pull over to use the phone. Too much of your attention will be diverted to deciphering the sounds. ■

# Drugged Drivers

Prescription and over-the-counter (OTC) medications are intended to keep us healthy. In the wrong circumstances – especially when we are behind the wheel of a vehicle – our drugs could contribute to our early demise. To be sure your medications don't abuse you, remember:

- It is your responsibility to know what you're taking and how it affects you. If you have a question, ask your doctor or pharmacist.
- Bodies are different and everyone will not react the same to medications. Furthermore, a drug can affect one person differently in different situations.
- Don't mix medications, or mix any kind of drug with alcohol, until you have consulted with your doctor or pharmacist.
- Try to use only one pharmacy.
- The problem with some drugs, such as cough medicines, is that they have a high alcohol content. Read the literature you get with any drug to determine whether it contains sedatives or alcohol.



## Driving Alert

**Even at recommended doses, OTC drugs can affect driving ability as much, or in some cases, even more than illegal drugs, prescription drugs, or alcohol.**

- Antihistamines are the principal culprit, according to the Southern California Research Institute. They can cause drowsiness, dizziness and blurred vision.

- Sleeping pills and night-time cold medications can also impair drivers. Obviously, a medication intended to help you sleep is not going to make you a good driver.

- Ibuprofen, a commonly used pain reliever, can reduce concentration levels and cause drowsiness.

- If you're taking a medication for the first time, don't plan on driving after you take that first dose. Wait to see how it affects you. ■

# Local Highway ... Global Hazards

*All it took to turn a routine April morning commute into a 98-car nightmare of wreckage and mayhem was a little rain, sudden bright sunshine, and some careless drivers.*

*"This is a wreck that just didn't need to happen," said a spokesman for the Missouri Highway Patrol in St. Louis. "The real blame is on people driving too fast for the conditions and following each other too closely in inclement weather. Vehicles were kicking up a lot of mist and causing glare. Someone looked ahead and saw traffic backed up, hit the brakes, and then started to skid. That's how this whole mess got started."*

*For about 40 people, the pileup ended in an emergency room. Amazingly, no one ended up in a morgue.*

Remember, even local, familiar roads are dangerous if you take them for granted.

## Master The Merge

**According to the American Automobile Association, more collisions happen on or near expressway entrances and exits than on any other place on interstate highways.** To lower your risk:

- Stay 3-4 seconds behind the vehicle in front.
- If necessary, use the entire acceleration lane to get your vehicle up to traffic speed. Driving too slowly or stopping suddenly may cause a rear-end collision.
- If you can't see a gap in traffic, slow or stop only at the end of the acceleration lane or on the shoulder.
- Take a final look in the mirrors and check your blind spot before joining traffic.
- Match your speed to that of vehicles already on the road.
- Get in the proper lane well in advance of exiting. Be sure to signal your exit at least 500 feet before you



reach the exit ramp.

- If you miss your exit, do not stop. Never back up on a highway.

## Cruise Control

- Concentrate on your driving - no talking on the phone, food, drinks or lively conversations.
- If you're going to an unfamiliar location, get good directions. Use a GPS device.
- Constantly scan 20-30 seconds ahead for potential problems.
- Maintain a safe following distance by staying 3 to 5 seconds behind the car ahead. Increase the distance as your speed increases, and at night and in bad weather.
- Only use the left lane for passing. If you are traveling on an expressway with three lanes, treat the far right lane as a slower-speed through lane, the middle lane as a faster through lane, and the far left as the passing lane.
- When you are in the right hand lane, give a break to drivers who are entering the highway. Either adjust your speed or move into another lane.
- Check your mirrors every five seconds.
- When changing lanes, check your blind spots **before** making your move. Remember the three steps:

look-signal-move.

- Do not drive in another driver's blind spot. If you find yourself in this position, drop back or safely accelerate.

- If you must pass another vehicle, accelerate to get the pass over as quickly and safely as possible. Before pulling back into the right lane, make sure you can clearly see the road surface in front of the vehicle you passed in your rearview mirror.

**According to the National Highway Traffic Safety Administration, about 800 people die in work-zone crashes each year.**

- Be aware of road construction signs, work crews, and signs requiring you to reduce speed and change lanes. Slow down. If you get caught in a lengthy delay, relax and make the most of it.

## Tailgaters

- If you have room, let your turn signal flash five times before moving to the right.
- In heavy traffic, slow down slightly without braking. This will allow the tailgater to pass you, or provide more time to stop in an emergency. ■



# Be Alert When The Light Changes

*After a summer of vigorous off-road adventures, one headlight beam on Stan's SUV strayed across to the shoulder of the far lane. The other beam lit up the tree line on the right shoulder. Which didn't present much of a problem in the summer, but the days were getting shorter now and Stan spent more time driving at night. But who has time to have his headlights aligned? Other cars could see him coming, and he had enough light to see almost anything in his path ... except maybe that shadowy animal crossing the road at dusk on rain slick pavement. After Stan ran off the road dodging the animal, Stan finally took the time to get his headlights aligned.*

**Fall driving presents a variety of obstacles, and more drivers die from September through November than during the winter months of December through February.** Slick roads, foggy mornings, and roaming wildlife are just some of the increased hazards. You must also contend with less daylight and morning and evening sun glare.

## Driving In The Dark

Everyone sees less well at night. **In fact, you are three times as likely to be involved in a fatal crash at night as during daylight hours.** Keep these tips in mind as the seasons change.

- Less light means slow down. Drive below the speed limit and increase your following distance.
- Take curves slower, and never overdrive your headlights. Be sure you can stop if something suddenly appears in the roadway.
- Use high beams as much as possible on highways and unlighted streets. Remember, though, low beams are mandatory if you're within 500 feet of another vehicle or in fog. Note: Low beams lose their efficiency at speeds above 40 mph.
- One of the greatest dangers of night driving is sudden light from street lights, neon signs, wet pave-



ments and approaching cars. Try to look away from glare. Use the lines or edge of the pavement on your right side to help guide you.

- Don't try to "out-glare" a vehicle that does not switch to low beams. Be the first to be courteous. Retaliation for bad manners only results in two blinded drivers.

- Take special care on poorly lit, rural roads.

## Preventive Maintenance

- Clean and check your headlights regularly. Headlight dirt or misalignment can reduce the distance a driver can detect objects at night by about thirty percent.

- Get your headlights aligned during a regular maintenance stop. If you can't get to a technician, the National Safety Council suggests the following steps:

-You need 35-40 feet of flat or constantly sloped driveway.

-Shine your low beams on a garage door two to three feet away.

-Outline the bright spots with a soft pencil or tape.

-Back the car about 25 feet from the door. The top of the low beams should shine no higher than the top of the marks on the door or lower than the center of the marked circle. If you have two headlights, the high beams are also aimed.

-If you have four headlights, aim the low beams first. Adjust the high

beams until the center of the high is at the top of the low beam.

## Seasonal Hazards

- To minimize the glare problems at sunrise and sunset, use your visor, and wear sunglasses if necessary. Never wear sunglasses or tinted glasses at night. Also:

- Be wary of drivers who are driving into a glare at your back. Give yourself plenty of room to come to a controlled stop.

- Turn on your headlights whenever you wonder if it's dark enough to use headlights. It will help you see and be seen.

- Clean your windshield inside and out, especially if you are a smoker. Smoke can cloud your windows and diffuse light.

- Keep paper towels or a rag handy in the interior of your car.

- Keep your wipers clean and new. Streaks make glare worse. Check the washing fluid often.

- To avoid skids in rainy weather, slow down. If you do skid, steer in the direction you want the front of the car to go.

- As soon as temperatures start diving into the 30s, slow down before crossing a bridge.

- Deer and other wildlife are active in the fall. If a collision is unavoidable, slow down to reduce the impact. Stay under control.■

# Arrive Alive

*Perry couldn't control his excitement. He had just coached his son's little league team to a city championship, and the adrenaline was pumping through his system. He went to bed but couldn't sleep. At 11 p.m. he roused his family from bed to inform them they were leaving on their Florida vacation then and there. The car was packed. Why waste time sleeping? His wife and kids grumbled as they climbed into the car and promptly fell asleep. Around three o'clock Perry came back down to Earth as a mortal man. He dozed off, and the car slipped onto the shoulder. Fortunately, he hit a band of rumble strips and immediately snapped back to alertness. He pulled into a well-lighted rest area and slept soundly until sunrise. It turned out to be a wonderful vacation.*

Summer brings out the little kid in all of us, but that doesn't mean we have to act irresponsibly. Before charging off on your driving vacation, consider these few suggestions:

## Plan Ahead

- Keep your car in tip-top shape. Have your mechanic check the cooling system, tires and wiper blades. Carry a roadside emergency kit.
- Before leaving, explain the importance of good behavior and seat belt use.
- Study new routes carefully.
- Stay five seconds behind the car in front to allow time to react to an emergency.
- Turn your radio off in heavy traffic or unfamiliar locations.
- Try to avoid driving at night.
- Do not drive more than 10 hours in a day.

## Asleep At The Wheel

The National Highway Traffic Safety Administration estimates that sleepiness contributes to 100,000 accidents and 1,500 fatalities each year. Sleepiness slows reaction times, decreases



awareness, and impairs judgment.

- To help prevent drowsiness:
  - get a good night's sleep before you travel.
  - make planned stops every two hours or 100 miles.
  - avoid alcohol or medicines that make you sleepy. The same applies to heavy meals.
  - drive with a passenger who will sit in the front seat and stay awake.
  - keep the car cool and well ventilated.
  - dab your face with a wet cloth, or apply a cold pack to your neck.
  - shift your head often to change your focus and line of sight.
  - turn on the radio to provocative talk radio or music you dislike; or sing, whistle, or talk aloud.
  - wear sunglasses to avoid glare.
- Coffee or soft drinks will not keep you awake. They can help you feel more alert, but the effects last only a short time.
- If you feel drowsy, don't push yourself. Change drivers, or find a well-lit place with plenty of people around (not the shoulder of the highway) to stop and take a brief nap. Roll down the window enough

to allow fresh air in, but not a hand. Lock your doors. Turn off the engine, but keep parking lights lit.

- Before resuming travel, get out of the car, stretch and make sure you are fully awake.
- Night time is not the only dangerous period. Almost everyone's biological clock is programmed to make them feel sleepy between one and four p.m.

## If You Break Down

- In an emergency, turn on your flashers and steer to the right shoulder, even if a flat tire bends your rim.
- Get out of the car carefully. Stay off the road. Don't stand behind your car or between cars.
- Raise the hood, put on the emergency flasher lights and attach a white cloth to the door handle or radio antenna.
- To fix a flat tire, go to the next exit or a well-lit parking lot. Get away from traffic, even if your tire is ruined.
- If someone stops to help, politely ask him to phone the police.
- If you have a cell phone, call for help immediately. Do not work on your car alone in the dark. ■

# Please! Show Some Restraint

*It's not that Melissa dismissed the notion of fastening her seat belt. The thought just never entered her mind. She and her friends were eager to begin their picnic in the country, and there was more hurry than caution to her actions. At some point Melissa lost control of her car, and it rolled over several times. The vibrant young high school cheerleader was thrown from the automobile and left paralyzed from the waist down. She knows she would have avoided her tragedy with a simple, three-second procedure. And that's hardly a cheerful thought.*

**Based on National Safety Council statistics, lifetime odds are 1-in-2 that you will suffer a temporary or permanent disabling injury in a traffic crash, and about 1-in-100 that you will be killed. Surprisingly, the majority of crashes causing injury or death occur within 25 miles of home at speeds under 40 mph.**

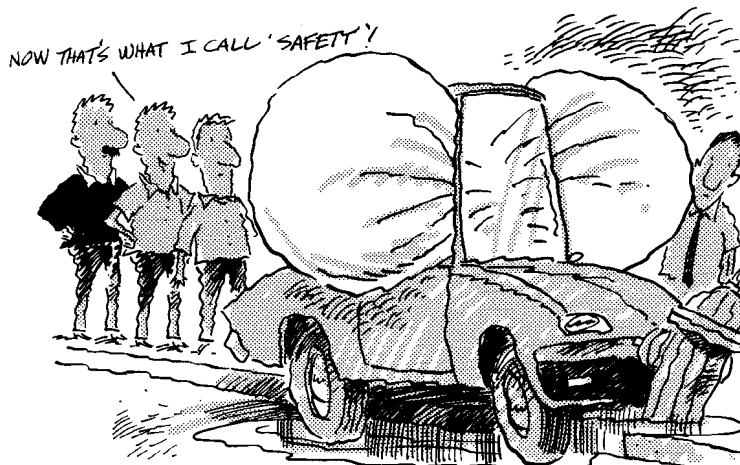
Superior engineering is making automobiles safer, but the ultimate responsibility for safety rests with the people behind the wheel.

## **Seat Belts Are Mandatory**

**According to the National Safety Council, passenger car and light truck occupants who wear safety belts cut the risk of serious or fatal injury in collisions between 45 and 65 percent.**

Ejection from a vehicle is one of the most injurious events that can happen to a person in a crash. **In fact, you are 25 times more likely to die when you are thrown from your vehicle.** The safest place in a crash is inside your car. Buckle up!

- If buckled in, you won't be:
  - flung through the windshield,
  - pitched into traffic, or against a telephone post or tree,
  - thrown across rough, lacerating surfaces, or
  - crushed by your own vehicle.
- For everyone's protection, back-seat passengers should be buckled in.



That way they won't become dangerous projectiles in the automobile cabin in the event of a crash.

Oh, and for the skeptics in the crowd, please note: drowning or incineration accounts for less than one-tenth of 1 percent of deaths in automobile crashes. And it's easier to escape if you're conscious.

## **In Vehicles With Air Bags**

Air bags are a supplement to safety belts and are not intended to be a substitute for them. **According to the Insurance Institute for Highway Safety, the overall fatality-reducing effectiveness for air bags is about 14 percent over and above the benefits from using safety belts.**

In vehicles with air bags:

- All passengers should wear safety belts.
- Place rear-facing child safety seats in the back seat of vehicles with passenger-side air bags. A deploying air bag can cause serious and fatal head injuries to a child.
- Keep your hands away from the steering wheel hub that contains the air bag. An inflating air bag could break a hand or fingers.
- If you have a passenger side air bag, kids under age 13, or 5-feet-3 inches, should ride in the back seat.
- Sit as far back from the steering wheel as is comfortably possible. You should sit at least 10 inches

away from the wheel. If you are short, try tilting the steering wheel down and raising the seat to achieve 10 inches and still drive comfortably. If this doesn't work, pedal extenders should be considered. The further away you are, the more efficiently the bag will work.

## **Pregnant Women, Children And Pets**

- Pregnant women should position the lap belt as low as they can under the abdominal bulge and let the shoulder strap rest across their chest. Wearing both belts will protect both the mother and the fetus. In cold weather, unbutton outer clothing so the belt won't creep up.

- Do not hold a child on your lap in a moving automobile. In a crash, it could be crushed between the occupant and dashboard or windshield, or hit by a deploying air bag. The only safe place for a child is in an approved safety seat. To be sure the seat is correctly installed, go to a local organization that offers to check safety seat installation.

- Whenever possible, children should ride in the center of the back seat, properly restrained.

- If a child must ride in the front seat, make sure the seat is all the way back, the child stays belted, and sits back in the seat.

- When you drive with your pet, use a pet seat belt. ■

# Driving The Senior Circuit

*Mary was still driving at 89. She had only retired two years previously, and enjoyed the independence driving gave her. She did not start driving until her 50's, but she avoided expressways and had never received a ticket or been in an accident. However, in recent years she frequently complained about the traffic, and often talked of near-misses she always blamed on the other driver. One day at a mall Mary was smacked broadside by an 86-year-old driver. The car damage was minor, but finally Mary's children and relatives were able to convince her it was time to stop driving.*

Our physical and mental abilities slow as we get older. However, age also brings experience and wisdom that can help us compensate for dulling skills. With forethought, skills, knowledge, and pre-planning, older drivers can remain safe drivers.

## Prepare Yourself

- Purchase a car with dual front air bags, anti-lock brakes, power steering, and easy-to-use controls.
- Get retrained: AARP's "55 ALIVE Driver Safety Program," the National Safety Council's (NSC) "Coaching the Mature Driver," and AAA's "Safe Driving for Mature Operators" are valuable courses.
- See an eye doctor at least every two years. If you have trouble with night vision or glare, limit driving to daytime. In general, avoid driving at night, at twilight, and more than one hour past bedtime.
- Stay in shape. Regular physical and mental exercises help keep your hands and neck flexible for driving, and keep your reactions sharp.
- Plan your route ahead of time so you won't reach an intersection and have to make a last-minute decision about which way to turn.
- Choose less demanding routes that are familiar, well-lit, and lightly traveled. This will also reduce your chance of getting lost.
- Avoid rush-hour traffic and



high-speed expressways if they make you uncomfortable.

- Avoid driving if you have been drinking, or are tired, ill, under stress, or upset.
- Ask your doctor if it's safe to drive while taking your prescription or nonprescription drugs. Inform the doctor of all your medications, and your alcohol consumption.
- Avoid driving when you start taking a new drug. Some medicines for insomnia and anxiety can raise elderly drivers' crash risk 45 percent during the first week of their use.
- Clean the inside and outside of your windshield and windows, and your headlights, regularly. Use your headlights in the rain, snow, or other poor weather regardless of the time of day. Turn your lights on a half hour before sunset, and keep them on a half hour after sunrise, to help you see, and help others see you.
- If you have a hearing impairment, get your car outfitted with a visual signal for emergency sirens.

## Behind The Wheel

- Always buckle up.
- Adjust your seat so the top of the steering wheel is shoulder high.
- Leave more room between your car and the car in front. The NSC recommends a four-second following delay for mature drivers.
- Avoid left turns at locations that make you uncomfortable.

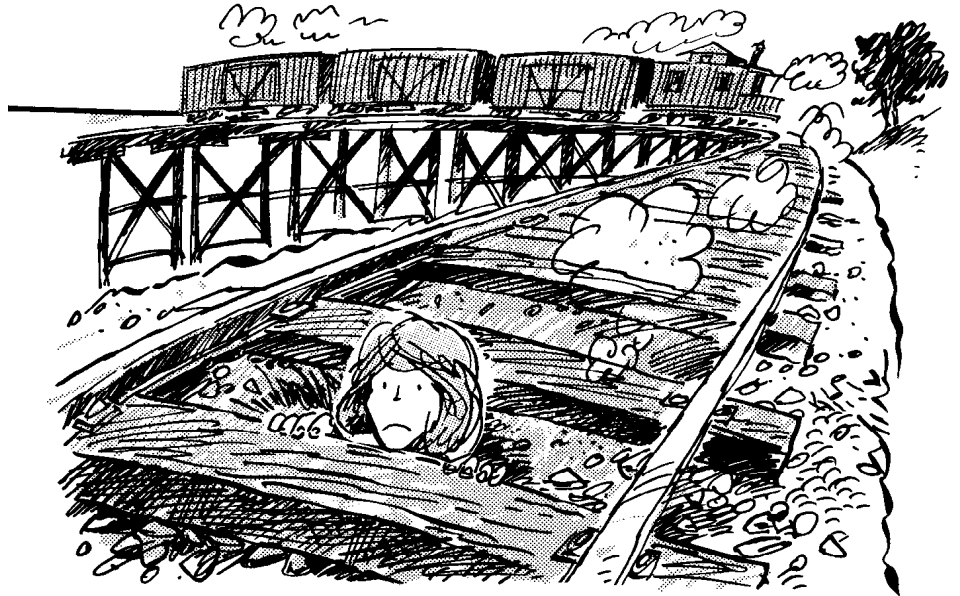
- Look down the road far enough to get a big picture of what's ahead.
- While driving, limit conversations and keep the radio off, except to get inclement weather conditions.
- Keep your cooling or heater blower on the lowest possible setting to minimize background noise.
- Use passengers as co-drivers to help you navigate in traffic.
- Before driving at night, give your eyes a few minutes to adjust to the darkness.
- Avoid heavily tinted windshields and windows. When driving in low light, avoid wearing tinted glasses or sunglasses.
- Train yourself to use your mirrors, and check them frequently. Have a mirror on each side of your vehicle, and a wide rearview mirror.
- Before changing lanes, use your turn signal and check traffic by glancing over your shoulder.
- Communicate. Tell drivers and pedestrians what you intend to do by signaling, and positioning your car in the proper lane.
- Always look backwards and use your mirrors before you put your car in reverse. Do not back up unless you are sure the way is clear.

## Know When To Quit

- Know your limits. It is probably time to stop driving if you:
  - have a series of accidents or near-misses;
  - can't focus when driving;
  - can't plainly see ordinary road signs;
  - are frequently honked at;
  - become lost on familiar routes;
  - feel nervous or exhausted after driving;
  - have difficulty negotiating sharp turns and intersections;
  - hesitate over right-of-way decisions or situations you once took for granted;
  - are spoken to about your driving by police, family, and friends.■

# Safety Training

*Well, it seemed like a good idea at the time. All Erin had to do was walk across the elevated railroad trestle, and she could trim some time from her walk home. Halfway across what she thought were unused tracks, a train appeared. Trying to run, she tripped on the tracks, so Erin lowered herself over the side of the trestle and hung on. The intense vibration shook her off, and she dropped sixty feet to the ground. Miraculously, she landed in a thick bush, narrowly averting the rocks surrounding it, and her worst injury was a swollen ankle. The "shortcut" resulted in a death defying fall and a trip to the hospital.*



## Vehicle Warnings

**According to Operation Life-saver, an average of eight collisions between trains and motorists occur every day. Over 350 people are killed each year, and about 1,000 are seriously injured. A motorist is 40 times more likely to be killed or seriously injured in a collision with a train than in a collision with another motor vehicle.**

- Look, Listen and Live is the basic rule. Obey all highway-rail crossing signs and signals.

- Don't rely on warning signals. They could be broken. If you suspect a signal is malfunctioning, or if you feel vision at the crossing is restricted, e.g., high weeds, call the police or the railroad. You may want to find another route.

- Expect a train any time. Most trains don't follow set schedules.

- As you approach a railroad crossing: slow down when you see the **R X R** advance warning sign; open a window; turn off the radio and fan; stop talking; look both ways; and listen for a train whistle.

- You must stop if red warning lights are flashing; warning bells are ringing; there's a STOP sign, or the gates are lowered. It's the law.

**NOTE:** More than half of all train-vehicle crashes occur when a driver disregards flashing red lights or gates that warn of a coming train.

- Never race a train to a crossing.

Always assume you'll lose.

- Never stop on a crossing or shift gears. When traffic is heavy, wait until you are sure you can clear all of the tracks.

- If you start across the tracks and the warnings activate, continue to the other side. Don't stop or attempt to back up.

- Watch out for a second train when crossing multiple tracks.

- Its large mass makes it difficult to judge the speed and distance of an oncoming train. Be careful.

- Remember, trains cannot stop quickly. It can take a mile or more to stop once the brakes are applied.

- Be doubly alert at night and in bad weather. Don't overdrive your lights. In many nighttime collisions, cars run into trains.

- Many rail-car collisions occur near a driver's home because people take a rail crossing for granted. Don't fall into that trap. Build possible delays into your schedule.

- Keep alcohol, distractions and

fatigue out of your car.

- If your car stalls on the tracks, get everyone out immediately and get a safe distance from the tracks. Call the police. If no train is coming, post lookouts and try to get the car off the tracks. Be ready to get away fast. If a train approaches, run toward the train to avoid flying debris.

## Personal Warnings

**In recent years, over 500 people have been killed annually while trespassing on railroad rights-of-way and property.**

- Do not walk, run, cycle or operate all-terrain vehicles (ATVs) on railroad tracks and property or through tunnels. Furthermore, these activities are against the law.

- Cross tracks only at designated pedestrian or roadway crossings. Observe all warning signs and signals.

- Do not hunt or fish from railroad trestles. There is only enough clearance on tracks for a train to pass. They are not meant to be sidewalks or pedestrian bridges.

- Do not attempt to hop aboard railroad equipment at any time. A slip of the foot can cost you a limb.■

# RV Ready

America's love affair with the open road has grown to become its love affair with recreational vehicles. Today, there are over 30 million RV enthusiasts, and more on the way. With more than 16,000 publicly and privately owned campgrounds nationwide, RVs give us the freedom to roam from coast to coast and any stop in between. But getting safely from here to there takes planning.

## Be An Informed Buyer

Make sure your vehicle can safely tow an RV. Most full and mid-size family cars can pull a trailer, and so can today's popular vans, 4x4s and light-duty trucks. The Recreation Vehicle Industry Association suggests that you discuss these basic factors with your RV and auto dealers when evaluating trailer/tow vehicle options: engine horsepower; transmission and axle capacity; cooling equipment; suspension; springs and shocks; power brakes; power steering; and battery capacity.

- Check the owner's manual to find the trailer types that your vehicle can haul and the maximum load weight it can pull. Obtain a "trailer guide" for your vehicle.

- You'll also want to follow your RV dealer's advice on the type and size of hitch and ball, tire inflation and anti-sway devices.

- If you tow a boat, get the right-sized trailer to minimize swaying.

- Make sure your trailer has the right tires. Never use automotive radial tires on a boat or other trailer. Carry a spare.

- If you're thinking of buying an RV, call 1-888-GO-RVING.

## Towing A Small Trailer

Make a thorough check of your vehicle and trailer when you use it.

- Be sure vehicle and trailer are hitched correctly.

- Connect brakes and signal lights. Always check that the trailer's brakes, turn signals and tail lights work and are synchronized with the



towing vehicle's.

- Check tire pressure, and lug nuts for tightness.

- Don't overload the towing vehicle or the trailer. Check the manuals. Place a slightly higher percentage of cargo weight toward the front of the trailer. This will improve the connection by increasing weight on the hitch.

- Balance the load from side to side, and secure it so it won't shift.

- Once the trailer is loaded, make sure all doors are closed and secure. Be sure safety chains are attached, in good condition, and not dragging on the ground.

- On the road, steer as little as possible to avoid swaying. Try to avoid applying the brakes suddenly. It's better to release the gas pedal and slow down naturally.

- Trailer tires can get very hot while in use, especially tires on smaller trailers. Follow the manufacturer's directions for recommended maximum speeds. On hot days travel under the speed limit.

- Check and grease your trailer's wheel bearings once a year, and after each immersion in water.

## Big Tow

Whether driving a motorized RV, or towing a travel trailer, special precautions are required.

- Before leaving on a trip, sit in the

driver's seat and adjust all mirrors for optimal road views. Equip a towing vehicle with large mirrors for the fenders on both sides.

- Check for leaks in propane gas bottles, heating equipment, and related tubing. Turn off all valves.

- Load tools and emergency and foul weather items in an accessible location in the towing vehicle.

- While moving, don't let anyone stay in the towed vehicle. It is dangerous and illegal in many states.

- Allow for your vehicle size when turning.

- Increase your normal following distance.

- Allow more time to brake, change lanes, and enter a busy road, since bigger vehicles take more time to accelerate and slow down.

- After passing, allow plenty of room before changing lanes again.

- Most trailering mishaps occur when going downhill and the trailer begins pushing the towing vehicle. When descending steep hills it is important to use a lower gear to achieve some braking action from the engine rather than depending solely on the braking system.

- Back up with care. Use someone outside the vehicle to assist the driver. If there's no one to help, get out and inspect the area.

- Always carry tire changing instructions when you travel. ■

# Send Help

We put a lot of faith in our vehicles. We expect them to transport us in safety and comfort mile after mile, and year after year. Generally, they do just that. But, hey, anybody (or anything) can have a bad day, including the trusty family sedan. **In a recent year, the AAA alone responded to about 30 million calls for emergency road services.**

There are ways to avoid that unpleasant situation, and safe ways to respond if it does occur.

## Preventive Maintenance

- Take your vehicle in for regular professional checkups, especially before long trips.
- Always carry the owner's manual in the vehicle.
- Change oil and other fluids as recommended.
- Periodically, inspect the radiator hoses for cracks or bulges and feel them for firmness. A good hose will feel similar to a garden hose. Signs of wear include a spongy or very hard hose.
- Make it a habit of checking tire pressure and fluid levels regularly, particularly before long trips. Always check the tires at cold pressure.
- Never exceed the maximum amount of pressure listed on the side of the tire, or in the owner's manual.
- Carry an emergency kit that includes tools for both vehicle and personal emergencies. Some recommended items are: a reflective vest; an inflated spare tire; a tire jack; a 1-foot square piece of wood (3/8" to 1" thick) to set the jack on; a heavy-duty lug wrench, screwdrivers and pliers; penetrating oil for the lug nuts; duct tape; a flashlight with fresh batteries; reflective triangles or flares; first-aid kit; safety goggles; work rags; a jacket to protect your clothes; a "Send Help" sign; a spare fan belt; jumper cables; two one-gallon bottles of water for you and



your car; cold weather gear; nonperishable food; a wire clothes hanger; and change for phones.

- Purchase cell phone service; or, consider renting a cell phone for long car trips or vacations.
- Play it safe. Join a motor club, or ask your car insurance company about emergency service towing.
- Keep an outline of battery jump start procedures in your car. Review the procedures every time you use jumper cables. Or, use lighter to lighter jumpers instead.

## Handling The Unexpected

A power loss or flat tire is frightening, but knowing what to do will help you through the situation.

- Remain calm. Grip the steering wheel at 9 and 3 o'clock. Signal your intentions, ease off the accelerator, brake gently, and steer to the right shoulder. The farther you are from moving traffic, the better.
- Ideally, drive the car to the next exit or to a well-lighted parking lot. You can drive several miles on a flat tire. Drive slowly with your emergency flashers on and stay in the right lane. If the engine is overheating, stop driving.

- Raise the hood. Attach a white cloth to the door handle or radio antenna. Stay in the car with the doors locked, and your seat belt on.

- Display the "Send Help" sign, if necessary. If somebody stops to help, open the window slightly and ask him to phone the police. If you suspect danger, sound your horn.

- In a hazardous location, leave the car and get away from the road. Never walk along the roadway. A passing vehicle could hit you, and you are more vulnerable to crime.

- If there's steam coming from under the hood, pop the latch and let the engine cool. Wait 30 minutes before attempting to remove the radiator cap. Open it slowly. Use goggles and protect your hands.

- Don't work on your car in the dark if you are alone.

- In isolated areas, or at night, cautiously set out three reflector triangles ten, 100 and 200 feet behind the vehicle. On a two lane roadway, place another triangle 100 feet in front of the vehicle.

- Flares work better than triangles in foggy weather. If there is a chance of a fuel leak, do not use flares. ■



# Rudes Of The Road

*Larry is as macho as the next guy. Played all the sports, had a couple of rousing fist fights in his youth, and hunts and fishes on the weekends. So, when Mr. Macho was rudely cut off on the interstate by Mr. Inconsiderate, Larry flashed an obvious signal of disapproval. A mile or so later, he and Mr. I. sat side by side at a stop light. Larry glanced over and saw that he was staring into the barrel of a large handgun. He froze in fear. The driver looked at him stonily, shook his head, then lowered the pistol and drove off. As you might imagine, Larry has since become much more tolerant behind the wheel.*

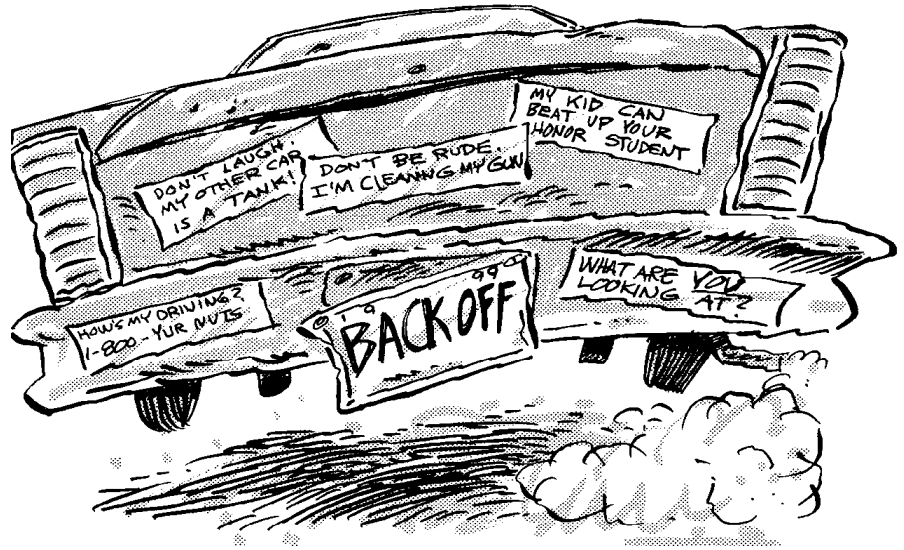
The highways have always been dangerous, but increasingly people are using their vehicles as weapons; or worse, using actual weapons to prove a point about their driving.

**One six-year study by the American Automobile Association found more than 10,000 violent road clashes that resulted in over 200 deaths and 12,000 injuries.**

## Hey! Who You Calling Aggressive!

Aggressive drivers are more likely to speed, tailgate, fail to yield, weave in and out of traffic, pass on the right, make improper lane changes, run stop signs and lights, make hand and facial gestures, scream, honk and flash their lights. To coexist with aggressive drivers:

- Be patient and flexible. Practice cooperative driving behavior.
- Don't be goaded into confrontation.
- Don't take other drivers' behavior personally.
- Do not respond by blaring your horn, following too closely, cutting them off, or tapping your brakes.
- Give other drivers plenty of space, especially drivers behaving competitively or aggressively.
- If you make a driving error that upsets another driver, smile and try



to signal an apology with a hand wave.

- Drive in the right or center lanes unless passing. If you are in the left lane, even if you are driving the speed limit, and someone wants to pass you, let them. It's courtesy to move over if you can.
- Use turn signals when changing lanes or turning.
- Use your horn sparingly.
- Dim your high beams as you approach another vehicle.
- When you merge, make sure you have plenty of room.
- If someone cuts you off, slow down and give them room to merge into your lane.
- Don't tailgate. Allow at least a three-second space between your car and the one ahead. If you feel you're being followed too closely, signal and pull over to allow the other driver to go by.
- Few things make another driver angrier than an obscene gesture. (And if you don't believe us, ask Larry.) Keep your hands on the wheel. Don't even shake your head in disgust.
- Avoid eye contact. Looking or staring at another driver can turn an impersonal encounter between two drivers into a personal duel.

- Open doors carefully in parking lots.

- If a situation is getting out of hand, use your cellular phone to call for help, or drive to a place where people are around, such as a police station or convenience store. Use your horn to attract attention. Do not get out of your car. And definitely **do not go home** if they are in sight.

## To Calm The Beast In You

- Adjust your attitude. Strive to be the most courteous person on the road. Others may follow your lead.
- Forget winning. Driving is not a contest.
- Refocus your thoughts and take deep breaths if you feel like you are losing control. Think of a pleasant situation or memory.
- Relieve stress by allowing plenty of time to reach your destination.
- Listen to soothing music or a book on tape.
- Consider you may know the other driver, or he might have a reason for driving erratically.
- If you think you have a problem with anger management, seek professional help. ■



# Dangerous Curves

*Tom pulled from the university parking lot at dusk on a crisp Friday in October. It was a five hour drive home, but he had learned some short cuts through the rolling Iowa corn country that would shorten the journey. Clipping along in the dark at 70 mph, he swooped over a hill and was surprised to see the lights of a small town appear on the horizon. He didn't recall a town on this part of the road. Seconds later, the lights were almost directly in front of him, and only youthful reflexes allowed him to swerve around the huge, lumbering combine straddling both lanes of the narrow, two-lane blacktop. When he had gathered his wits, Tom slowed down, and he approached the next town with considerable caution.*

**The National Safety Council reports that rural areas account for about 65 percent of traffic deaths. Further, 75 percent of all non-collision accidents (overturns, jackknifes) occur in rural areas. The allure of the countryside is obvious, but dangers are all around.**

## Rural Hazards

Rural roads are usually not as well maintained as urban roads and major highways. Always wear your seat belts and be especially alert for:

- Blind curves or intersections. Approach each curve expecting the worst. That means slowing down and staying on your side of the road.
- Excessive speed. Drive within the speed limit. It's based on the road's characteristics under ideal conditions, and it is established for your protection. Reduce speed in heavily wooded areas and at night.
- Soft shoulders. They will give way under the weight of your vehicle, and they could pull it down a slope or into a ditch.
- Narrow roads and one-lane bridges. Like it or not, you may have to yield to another driver. Don't be stubborn.
- Poorly marked intersections and railroad crossings. Approach them



with caution.

- Woods and tall crops which obscure curves.
- The possibility for head-on collisions. To avoid them:
  - Always stay to the right of the center line.
  - If an oncoming vehicle veers into your lane for any reason, slow down right away, sound your horn and flash your headlights. Drive to the right to get out of the way. Driving into a ditch is less dangerous than driving into a vehicle.

-If the choice is between a head-on collision and hitting a fixed object, such as a tree or utility pole, it's safer to hit the fixed object, which has no momentum of its own.

- If your tires run off the road:
  - Take your foot off the accelerator, and don't hit the brakes.
  - Keep two hands on the wheel, and coast.
  - Look for a place you can ease the car back onto the road.

## Unpredictable Weather And Animals

Weather hazards are compounded on rural roads.

- Carry a survival kit and a cellular phone.
- In wet weather, try to stay in the path in the road that has been worn by traffic. The traction is better there.
- Heavy rains can cause flooding in

low areas. A car can be swept away in only one foot of water. Don't try to cross rushing water.

- Wet gravel roads and fall leaves require extra stopping distance. Slow down in the rain.

**Animals are a special danger in the country. According to the National Highway Traffic Safety Administration, more than 200 people are killed and 8,000 are injured each year in crashes involving animals, particularly deer. You can't predict an animal's actions, but you can prepare your response.**

- If you encounter a small animal on the road, do not swerve to avoid hitting it. Stay on the roadway. The alternative could mean the loss of your life.
- Because of their size and increased numbers, deer present a special hazard:
  - Dusk and dawn are their times of peak activity.
  - If one deer crosses ahead of you, stay alert! They usually travel in groups.
  - Be most alert in areas where foliage and trees extend to the road.
  - If a collision with a deer is unavoidable, slow your speed to reduce the impact. Never swerve left!

## Beware! Farm Machinery Crossing

**The National Safety Council reports there are about 30,000 collisions each year between vehicles and farm machines. Farm machines are usually big and ponderous. Mishaps can be avoided if drivers show restraint and patience.**

- Slow down when you approach farm implements. Be prepared to stop if necessary.
- Stay calm. Your chance to pass will come eventually. Don't risk your life to save a minute or two.
- Be wary. These implements need more room to maneuver than you do. Tractors will veer to their right before they make left turns. Don't mistake this to mean the tractor is moving aside to let you pass.■

# A Little Sound Advice

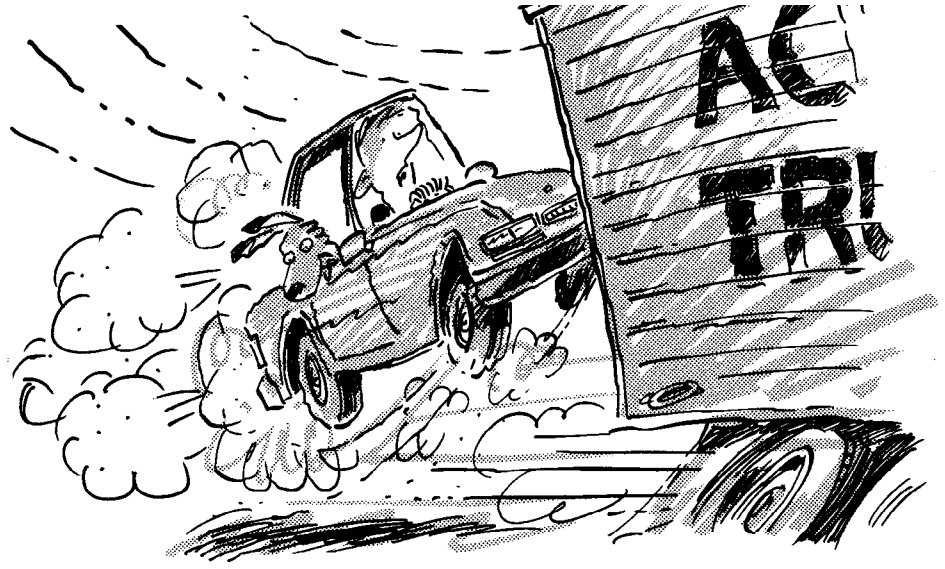
*Suzy loved her compact car. It was easy to maintain, efficient, and very maneuverable. It was small, like her. She could settle into the driver's seat and feel the little car almost wrap around her. She felt in total control. When she hit the ice patch that winter morning, she lost control, however. The car turned over, rolled three times and pinned Suzy into the steering wheel, inflicting fatal injuries on the young woman. The strengths of her little car had become its greatest weakness.*

There are many reasons people buy small cars. For all their advantages, however, small cars generally absorb more force in a collision than a heavier car. **According to the Insurance Institute for Highway Safety, people in small cars are injured more often and more severely than those in larger vehicles.** Still, like Suzy, many of us maintain our love affairs with our small cars. The challenge for drivers is to make up in safety awareness what their vehicle may lack in size and weight.

## See And Be Seen

In a small car, you are up to nine inches lower than the driver of a large car. Barriers, medians, curbs, guard rails, and roadway obstacles may make it harder for the drivers of small cars to see and be seen. Most accidents involving small cars actually occur because drivers of large vehicles have trouble seeing the small car. Here are a few suggestions to help you compensate for your disadvantage:

- Realize that because you are closer to the ground, your range of vision is limited. You will also catch more glare off the road at night and in wet weather. Exert caution and respect for those things you cannot see. If your vision is restricted in any



way, *slow down!*

- Leave a "cushion of space" between you and other vehicles. Your purpose is to defend yourself from the dangers around you.
- Drive with your lights on during the daylight hours, especially in inclement weather.
- Do not ride alongside or behind larger vehicles. You are likely to fall into their blind spot.
- Try to keep your car where it is visible in the rear view mirror of cars ahead of you.
- Keep in mind that dark colors, such as black, dark green, or brown, are less visible than bright colors.
- If you think a larger vehicle does not see you, flash your headlights on and off, or honk your horn.

## You Win With Defense

- When purchasing a car, pay special attention to safety features.
- **Always** wear your safety belt. **According to the National Safety Council, lap and shoulder belts reduce the risk of fatal injury to front seat passenger car occupants by 45 percent, and reduce the risk of moderate-to-critical injury by 50 percent.**

- Do not drive aggressively. Resist

the temptation to weave or slip through tight spaces, even if you think you can.

- Sudden changes of wind can greatly affect control of a small car. Such changes can occur when passing or being passed by larger vehicles, or when driving on stretches of highway open to wind gusts. Grip the steering wheel at 9 and 3 o'clock and move to the far side of your lane, away from the larger vehicle. This applies to windy conditions as well.
- Use the side and rear view mirrors constantly. Know what is behind, beside, and ahead of your car at all times.

## Highway Tips

Most small cars do not have the engine power of large vehicles, and most highways in the United States have been engineered for larger cars. With that in mind:

- Small cars must accelerate rapidly on the entrance ramp to a highway. Don't wait until you reach the expressway.
- For that same reason, allow plenty of distance and time when passing a vehicle, or merging. ■

# Hey! Not So Fast!

It's the classic story of the Tortoise and the Hare. You're driving responsibly, following the speed limit and doing your best to arrive safely at your destination. Then, out of the blue some vehicle comes roaring by, weaving in and out of traffic. Five miles down the road, you pull up to a stop light, and the guy who bolted past you is one car length ahead of you. For one car length, he endangered himself, his passengers, and those he encountered on the highway. Obviously, it was not worth the risk.

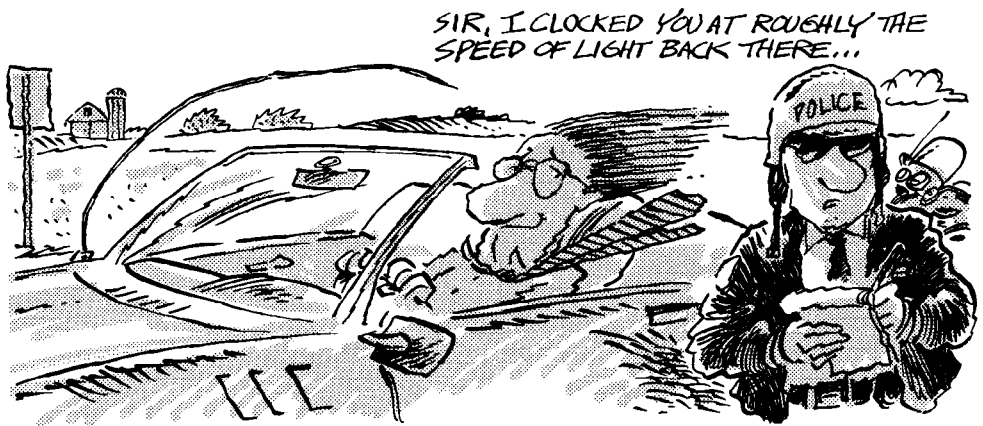
In fact, studies have demonstrated that increased motor vehicle speed does not significantly reduce traveling time. In heavy city traffic, high speeds require frequent, sudden braking for traffic conditions and signals. Time gains are small or none. Even on the open highway, the driver who speeds is often forced to reduce speed for various reasons.

## Yes, Speed Kills

**According to the National Highway Traffic Safety Administration, speeding is a factor in 30 percent of the fatal motor vehicle incidents in the United States and contributes to more fatalities than any other improper driving practice. This equates to over 10,000 deaths annually due to speeding.** Before you push that pedal, remember:

Speeding reduces a driver's ability to steer safely around curves or objects in the roadway, extends the distance necessary to stop a vehicle, and increases the distance a vehicle travels while the driver reacts to a dangerous situation.

Excessive speed increases the physical forces that increase the severity of injuries. The energy of impact is so much greater at high speeds that it goes beyond the capa-



bilities of seat belts, air bags, and roadside hardware and safety features to save lives.

The driver fatality risk in a crash sharply rises with the impact speed. **Above 50 mph, your chances of death double for every 10 mph increase in impact speed.**

The safety consequences of traveling at high speeds can be counted in terms of lives lost. A recent Insurance Institute for Highway Safety (Institute) study of the 1995 repeal of the national maximum speed limit estimates that fatalities on interstates and freeways have increased by 15 percent where speed limits were raised. **Institute researchers estimate over 400 lives are lost each year because of the higher limits.**

## Some Hard And Fast Safety Rules

Speeding can generally be defined as an excessive and unsafe motor vehicle speed in regard to other current factors.

- Slow down when:
  - road conditions such as slick surfaces, hills, loose gravel and mud may affect braking distances.
  - your vision of the road is obstructed by hills and curves. Heavy traffic, trees, buildings and billboards

can also limit visibility.

- driving at night or in bad weather conditions.

- you are among pedestrians and children.

- poor lights, bulky loads, dirty windshields and poor car design block your view.

- visibility conditions change at sunrise and sunset.

- you are not at your physical or mental best.

- Maintain a safe following distance by staying 3 to 5 seconds behind the car ahead. Increase your following distance as your speed increases. At higher speeds a 3 second gap will not give you enough time to take evasive action if an emergency occurs in front of you.

- At 40 mph, stay 4 seconds behind; at 50 mph and higher stay 5 seconds behind. Increase your distance at night, on rough roads and in bad weather.

When you keep your car under control by honoring speed limits and reducing your speed under less than ideal driving conditions, you will be in a better position to react to hazardous situations around you.

**Remember: It's better to be late than to have people refer to you as "The late (your name)."** ■

# Driver's Education

Teens and automobiles are a dangerous combination. **In fact, car crashes are the leading cause of death for young people between the ages of 13 and 19. About 4,000 teens die each year in passenger vehicle crashes, and hundreds of thousands are seriously injured. According to the Insurance Institute for Highway Safety, the crash rate per mile driven for 16-19-year-olds is four times the rate for drivers over 19 years of age. Risk is highest at age 16.**

For these reasons and more, you need to be sure your teen is adequately prepared to get behind the wheel of an automobile.

## Before Turning The First Key

Some states have a graduated licensing program. Even if your state does not, you may wish to follow a similar practice. Graduated licensing programs include 6-12 months in a learning phase, during which adult supervision is required. Then there's another 6-12 months in an intermediate licensing phase, during which unsupervised driving isn't allowed in high risk situations, e.g., at night or with other teens in the car.

The National Safety Council sells a video kit, *Coaching the Beginning Driver*, that contains valuable coaching and defensive driving examples (call 800-621-7619). And AAA has material with teen driving tips (call your local office).

- Although most teens prefer smaller cars, the death and injury rates are lower for occupants of larger cars. Bigger is generally better and high performance cars are not.
- Enroll your teen and yourself in a defensive driving course.
- Have the teen operate the controls while the car is standing still.

## Practice, Practice, Practice

While driver's education classes and driving schools are worthwhile, they may not provide the comprehensive car control skills a young driver needs to handle the challenges of today's driving. Parents can pro-



vide that extra time behind the wheel, however. When teaching your teen, start with the basics:

- Only one parent in the car.
- Keep the sessions short, usually no longer than an hour at first.
- Be patient! Keep a constructive, helpful tone. Avoid sarcasm.
- Teach by example. The way you drive while your teen is growing up is far more important than the advice you give.
- Confine early learning to quiet streets and large, open parking lots. Then move onto streets with slow speed limits where there will be minimal contact with other vehicles.
- Practice at night and in inclement weather, too, but not until the teen has learned to handle dry pavement. Large, vacant parking lots are safe places to learn to handle a skid and to cope with the diminished braking capabilities provided by hydroplaning.
- Demonstrate the particulars of an emergency highway stop.
- Only after many hours of practice and demonstrated ability on the part of the young driver, are you ready to move the classroom to more complex situations, e.g., highways, shopping malls and rural roads.

## Enforce YOUR Rules For The Road!

The teenage driver also needs to

know *your* rules of the road. Make sure he or she understands that:

- They will always wear a seat belt, as drivers or passengers. According to a recent study, **70 percent of 15-20-year-olds who died in passenger vehicle crashes weren't wearing seat belts.**

- Driving should have a purpose.

- There are restrictions on nighttime driving, and no driving between midnight and 6 a.m. Weekend nights are the most hazardous. Give them a curfew.

- Use roads with lower speed limits the first two years. Stay off high-speed highways if possible.

- Consider a vehicle monitoring device.

- They cannot have more than one friend in the car. Peer pressure leads to risk taking and bad judgments. **In one study, 85 percent of teen drivers involved in crashes were accompanied by teen passengers, and the risk increases with each additional teen passenger.**

- No alcohol or drugs! This will be difficult to enforce, but it must be stressed time and time again. And if nothing else, get your teen to buy into the "designated driver" concept.

- Some experts recommend that teens not have their own cars during their first two years of driving.

- Set penalties for driving infractions.

- To encourage responsible driving, have your teen pay for part or all of the auto insurance.

- Sign a contract, with rules on using seat belts and the number and ages of passengers. Include consequences for breaking the rules.

- Develop guidelines that minimize distractions. No loud music or talking on the phone.

- Children should never be allowed to ride with inexperienced drivers - regardless of how responsible the drivers are in other areas of their lives. Spell out in advance who the unacceptable drivers are. ■

# Moisture Protection

*Who knows why Jim was traveling on the rain-slicked highway that fateful afternoon? Who knows where he was going, or what he was thinking? All we know is that the car traveling in the opposite lane hydroplaned and slammed into Jim's car, killing him. All we know is that Jim died in what the newspaper wearily reported as, "Yet another weather-related incident." All we want to know is how many of these preventable "incidents" must occur before drivers begin taking inclement weather seriously.*

## Reacting To Rain

- Slow down immediately. Light rain can be more dangerous than a downpour, because it mixes with oil and grease on the road to make an extremely slippery surface.

- Remember, speed limits are set for ideal conditions.

- Increase your following distance by two seconds compared to the three to five seconds that are recommended for ideal conditions.

- Turn your lights on so you can see and be seen, even in daylight.

- To prevent your interior window from fogging, turn on your defrosters.

- As soon as it starts to rain, squirt your windows with windshield-washer fluid to avoid streaking from road film. Check the washer reservoir periodically.

- Turn off distractions like the radio or cell phones. Do not engage in stressful conversations.

- Follow the tracks of the car in front of you.

- Know what type of brakes you have and how to use them. Practice with antilock brakes; or, following a heavy rain, use an empty parking lot to test your brakes. Perform all maneuvers at low speeds.

- Change wiper blades annually.

## To Avoid Hydroplaning

- By driving slower you will also



avoid hydroplaning, which occurs when a vehicle's tires lose contact with the road and ride on a layer of water. The moisture from dew or fog can also lead to hydroplaning. To avoid hydroplaning:

- Reduce your speed. The faster you drive above 30 mph, the more likely you are to hydroplane.

- After a hard rain, be alert for standing water in the roadway. Steer away from puddles.

- Be sure your tires have good tread. Check them by putting a Lincoln penny in the groove. If you see the top of his head, replace the tire.

- If you start to hydroplane: ease off the gas, and don't brake until you feel your car regain contact with the road. Turn the steering wheel in the direction you want to go.

## Fog Alert

**Hundreds of people a year die as the result of fog on the highways.** If you must keep going through fog:

- Slow down gradually, but don't drive so slowly that you become a hazard yourself. Distances are hard to judge in fog, and low visibility decreases your reaction time. Give yourself extra time to respond to any

road hazards.

- Don't hit your brakes in a panic. You increase your chances of being rear-ended.

- Driving in fog demands your full concentration. Turn on your wipers and defroster. Turn off distractions and stop conversations.

- Use low beams. High beams produce too much glare in fog.

- Exit the highway immediately, and wait until visibility improves.

- Use the right edge of the road and the white line to guide you.

- Keep a clean cloth to clear windows, but not while driving.

- Roll down your windows at least part way so you can hear vehicles and other traffic noises.

- Honk your horn periodically to let other drivers know you are there.

- Avoid hunching forward to see. You'll see better if you sit normally.

- Never attempt to pass in fog. If someone needs to pass you, slow down and let them.

- As a last resort, pull onto the shoulder. Keep the motor running with the windows down, leave your headlights off, and turn on your flashers. Keep your seat belts on. ■

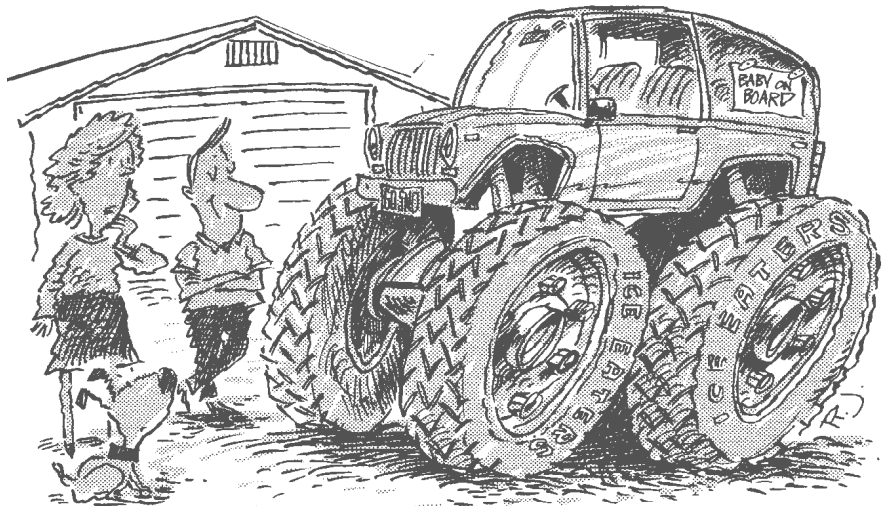
# Winterize Your Driving

*Josh was cruising along nicely on the interstate. It had been snowing for half an hour, but he now had a comfortable feel for the road. The car was heavy, he was in control, and he would get home in time for dinner. But, gad! It was time to find better music on the radio. He reached for the tuner dial and in the process twitched the steering wheel just enough to send the car into a tailspin across two lanes of traffic, the shallow median, and onto the oncoming lanes. Only luck kept him from slamming into another vehicle. In his desire to control conditions on the inside of the car, Josh had lost control of those on the outside.*

Winter presents a special set of driving challenges that require careful preparation and extra attention. To beat the weather:

## Advance Preparations

- Have your car winterized. Get a general checkup that includes fluids, belts, hoses, cables, brakes, tires, electrical and exhaust systems. Install new wiper blades. Consider using winter blades.
- Let the engine warm briefly (about a minute should do it) before heading out. But NEVER idle in an enclosed area, such as a garage.
- Before driving, clean all snow and ice off your windows, not just a peep hole. Remove snow from the hood, roof and grill so it won't blow back to affect your vision. Also, clean your headlights and taillights.
- Before leaving, turn on the heater first, and then the defroster. This prevents moisture from fogging the windshield.
- Turn your headlights on during the day so other drivers can see you.
- Do not put extra weight in your trunk. It may help traction, but it can also make it harder to steer and stop.
- Inflate tires at the proper level. Low pressure can affect steering.
- Keep your gas tank at least half full for emergencies, and to prevent gas line freeze-up.



- Carry a survival kit. Include a cell phone; warm clothes, blankets and boots; food and water; snow shovel; first aid kit; jumper cables with safety tips, and splash goggles; flashlight and extra batteries; traction mats, or sand or cat litter.

## Master The Elements

- Check weather conditions before you leave, and continue to stay informed when traveling in potentially adverse weather.
- Make sure someone knows your route and intended arrival time.
- Test the roadway and your tire grip by braking hard at a slow speed when you start out, but not in traffic.
- When temperatures hover near 32 degrees, a thin layer of water can cover ice, making it harder to stop than when temperatures are lower.
- Bridges, overpasses, and shady areas freeze before other roadways, and stay frozen longer. Intersections stay slick and fast, too, due to stopping and starting traffic. Be extra cautious in early morning hours.
- Beware of "black ice" - ice that stays on roads not in direct sunlight.
- When snow is heavy, travel familiar routes to lessen the possibility of driving off the road.
- Apply gentle pressure on the accelerator at all times.
- Don't get SUV overconfidence. While a SUV might get through

some tough conditions more easily, it won't stop more quickly.

- Focus your attention far ahead. On slick roads keep 8-10 seconds between you and the vehicle ahead.
- Before going down hills, slow down. Check the owner's manual for tips specific to your car.
- Each winter, practice skidding and recovering in a safe location.

## Skid Marks

- You are most prone to skidding when you change directions, or accelerate or brake suddenly. Avoid braking in the middle of a curve.
- To slow down or stop, reduce speed sooner than normal by taking your foot off the accelerator and not applying the brake.
- To brake safely without antilock brakes, apply firm, steady pressure. If the wheels lock, ease up slightly to regain steering and stopping traction.
- With antilock brakes, keep your foot on the pedal. Don't pump it.
- If you encounter an unexpected icy patch, take your foot off the gas and brakes and steer your way across. **If you start to skid:**
  - Remove your foot from the accelerator, and the brake pedal if the skid is due to hard braking.
  - Look to where you want to go, and steer the car that way.
  - When the skid is corrected, apply the brakes gently. ■

## HOME SAFETY INTRODUCTION

If there's any place where we feel safe, it's in our homes. Away from the traffic and daily hassles, we have the opportunity to relax and enjoy some of life's simple pleasures.

However, we can not relax our safety awareness in the home. More than 30,000 of us die each year in and around our homes, and approximately 7,000,000 of us suffer temporary or permanent disabling injuries in home-related incidents. In fact, more disabling injuries occur at home than in the workplace and motor vehicle crashes combined.

The principal causes of deaths at home, based on the most recent National Safety Council statistics, are:

Falls	12,800
Poisonings	9,600
Fires, flames and smoke	3,500
Choking	2,000
Suffocation	900
Drowning	800
Natural heat or cold	600
Firearms	500
All Other*	6,700
Total	37,400

\* Most important types are struck by or against objects, machinery, and electric current.

# Cookin' With Gas

Ummmm! Ummm! Smells good! Somebody just broke out the gas grill, and the neighborhood is awash in the yummy smells of hamburgers, steaks, brats, and hot dogs. Just wants to make you smile, doesn't it? Or cry. **The Consumer Product Safety Commission reports that more than 15,000 people are treated in hospital emergency rooms each year due to injuries associated with gas and charcoal grills.** However, there are ways to assure your grilling tears are limited to the culinary effect of slicing a thick, juicy Vidalia onion.

## Getting Started

- Read and follow the manufacturer's instructions for your grill. Review them each year.
- Place the grill in an open area out of doors at least ten feet away from a building and away from pedestrian traffic. Keep it away from shrubbery and dry vegetation.
- Resist the temptation to cook in a garage, tent, house, or any other enclosed area when the weather is bad. Opening a garage door or window or using a fan may not reduce carbon monoxide to safe levels.
- Do not use a grill on top of or under any surface that will burn, such as a porch or carport. The wooden deck attached to your house is not a good place to barbecue.
- Wear a heavy apron, long pants and an oven mitt. Cover your forearms with a mitt that extends over your elbow, or wear a long-sleeved, close-fitting shirt.
- All tools should have long handles to keep your hands and clothing away from the heat and flames.
- Keep children and pets away from a hot grill. Never leave a lighted grill unattended.
- Reduce grease flare-ups by trimming excess fat. Keep a spray bottle of water handy. Use baking soda, a fire extinguisher, sand or a garden hose to control any fires.
- As soon as possible, clear away all your cooking equipment. This



will assure kids don't get into it.

- If you use electric starters, accessories or a grill, be sure they are properly grounded. Never use them in wet weather.

## Using Gas Grills

- Have your tank filled by a qualified dealer. Overfilling can be dangerous.
- Store the gas cylinder outside and be sure the gas is turned off at the tank to prevent unintentional ignitions. Leave it upright and in a cool area.
- Never use an LP cylinder if it shows any visual sign of damage.
- Never attach or disconnect a cylinder, or move or alter fittings, when the grill is in operation or hot.
- If the burner doesn't ignite quickly, turn off the gas and leave the lid open. Wait five minutes before you try to light it again.
- Check the hose(s) and connections frequently for leaks by using a soap-and-water mixture. Escaping gas will appear as bubbles. Tighten the connections, or call a professional to repair the grill.
- Clean the tubes annually with a bottle brush or pipe cleaner.
- Clean the grill twice a year. If you use a wire brush to clean the grill, be sure to wipe the grill with a cloth or paper towel to remove any wire strands.

• Be especially careful at the beginning of the "barbecue season." Many incidents occur after a grill has been unused over a period of time, or after a gas container has been refilled and reattached.

- Do not attempt to repair the gas container valve or appliance yourself. See your LP gas dealer or a qualified repair person.

## Charcoal And Other Fixings

- Use the starter fluids designated for your grill. Place the capped can and matches away from the grill. Never use gasoline or kerosene.
- If the coals start to flag or are slow to catch, fan them or use dry kindling and rolled-up newspaper to give a boost. Adding liquid fuel could result in a flash fire.
- If you use instant light briquettes, do not use lighter fluids or electric, solid or metal chimney style starters. If you need to add briquettes, add regular briquettes only.
- Close nearby windows and doors when cooking.
- When finished, close the vents and allow the ashes to cool 48 hours before disposing. Wrap them in heavy-duty aluminum foil and put them in a metal container that has no other combustible materials. Be careful. Seemingly "dead" charcoal can re-ignite hours later. Soak with water for added safety. ■



# Rub A Dub Dub, Be Safe In A Tub

*After a hard day at work, Joan loved to luxuriate in the comfort of her tub, soothed by her special "stress relief" body lotions and surrounded by flickering candles. It was her reward to herself. She also should have rewarded herself with some better, slip-resistant bathroom rugs. If she had, she would not have lost her balance, fallen to the floor, and cracked her shoulder, which resulted in surgery. Months later, she still had to see a physical therapist to help gain the strength she lost as a result. Hardly relaxing.*



**According to the National Safety Council, more than 200,000 people have to be rushed to emergency rooms each year because of incidents in bathrooms. Hundreds of people die. The most serious injuries involve slips, falls, scalding, and electricity.**

## Water Hazards

- Most injuries in the bathroom occur when people are climbing into and out of a tub. For that reason, install skid-resistant mats, abrasive strips, or textured surfaces in tubs and showers. Consider adding a separate shower stall.

- Also, use slip-resistant flooring, or carpeting. All rugs should have rubberized, slip-resistant backing.

- Anchor grab bars securely into the wall studding with long screws. Nailing or gluing into the plaster, tile or wallboard does not offer adequate stability. The best grab bar is one with a sure-grip, rough finish.

- To prevent scalding, reduce the temperature of your hot water to 120 degrees F.

- Install anti-scald devices that stop water flow when the temperature exceeds 115 degrees in your shower and bathtub fixtures.

- When filling a tub, add the cold

water first, then follow with hot until the tub is ready.

- Always test the water temperature before entering a tub or shower. This especially applies to children or elderly persons.

- To test water temperature, place your whole hand in the tub and move it back and forth for several seconds.

- When climbing in or out of a tub, sit on the edge and swing your legs over the edge one at a time, instead of stepping over the side.

- Never leave a small child alone in a bathroom.

## Don't Be Shocked

- Avoid using electrical implements in the bathroom, unless they are labeled safe to use around water. Select appliances with the Underwriters Laboratories label.

- Never touch any electrical fixture or appliance with wet hands; while you are standing on a damp floor; while you are in the bathtub; or while you are touching any metal object.

- Install night lights, especially for elderly persons and children.

- No light fixture should be within reach of a person seated or standing in the tub or shower.

- If you do use electrical appliances in the bathroom, choose battery-

operated models. Or, place them where they cannot possibly reach or fall into a tub, sink or toilet.

- Install bathroom electrical outlets with ground fault circuit interrupters, and childproof covers.

- Stay away from plumbing during electrical storms.

## Preventive Medicine

- If you wear glasses or contact lenses, keep an extra pair of glasses handy. Many injuries occur when people can't see clearly.

- Install shatter-resistant faucets and handles with no sharp edges in the shower or tub.

- Shower and tub enclosures should be of impact-resistant safety glass or acrylic.

- It is best to have door handles that can be unlocked from both sides.

- Prescriptions and hazardous nonprescription products should be stored in a locked closet or shelf, out of reach of small children.

- Make sure medication lids are tightly closed after each use.

- For unneeded liquids and pills, contact your pharmacist for disposal instructions.

- Discard razor blades carefully.

- Use plastic or paper cups. ■

# Clean Air Policies

*Alex loved to barbecue. He had all the tools and all the recipes. So, when it started raining on daughter, Kristin's, birthday party, it made sense to move his grilling job indoors. It took some level-headed action by the fourteen-year-old daughter to open the garage door and convince Alex she would be perfectly happy with a carry-out pizza. It seems Kristin had attended a carbon monoxide presentation given at her school by the local fire department, and – her father should be proud to know – she was listening.*

**According to the Centers for Disease Control and Prevention, carbon monoxide (CO) poisoning kills over 400 people a year in the U.S., and causes over 10,000 to become ill.**

## Cause For Concern

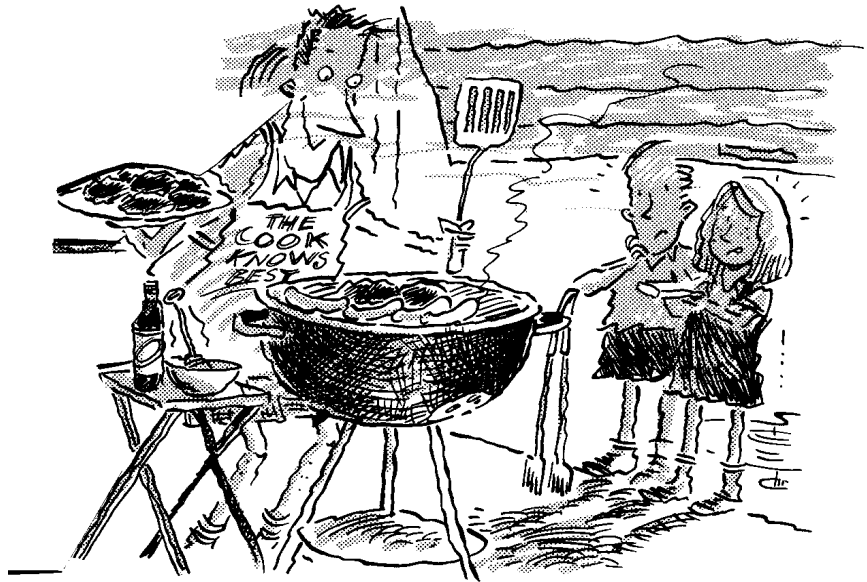
Symptoms of CO poisoning are similar to the flu, minus the fever. They include dizziness, fatigue, headache, nausea and disorientation. Vision may blur, and your reflexes may slow. Some people have a feeling of tightness across their chest.

If you have any of these symptoms inside your home and you feel better outside, you may have CO poisoning. See a doctor immediately.

## Appliances To Be Wary Of

The most common source of dangerous CO levels in homes is an improperly maintained furnace. For that reason, have a qualified service person install (and annually inspect) all fuel-burning appliances in your home, trailer, camper or vacation sites. This includes heating systems, water heaters, kitchen stoves, gas clothes dryers, unvented space heaters, and fireplaces. You should also:

- Check all flue and vent pipes regularly for cracks, loose connections, and corrosion.
- Buy only appliances that display the mark of a recognized testing agency, such as the American Gas



Association or the UL label.

- Never operate unvented gas-burning appliances overnight, in a closed room, or in a room in which you are sleeping.
  - Make sure burner flames on furnaces and stoves are blue, burn evenly and have a uniform shape. Flames with yellow tips and poorly-defined edges indicate incomplete combustion. Use your exhaust fan when cooking.
  - Do not use the oven, gas range or dryer for heating.
  - Be sure all combustion appliances are vented directly outside.
  - Never ignore a safety device when it shuts off an appliance.
  - Follow manufacturer's directions for operation of all appliances.
  - Problems suggesting improper appliance operation include:
    - decreasing hot water supply.
    - furnace unable to heat house or runs constantly.
    - rusting or water streaking on vent/chimney.
    - debris or soot falling from chimney, fireplace, or appliances.
    - loose masonry on chimney.
    - moisture on inside windows.
    - unfamiliar or burning odor.
- Never ignore the smell of fuel!

## More To Know About CO

- Never run a car engine in a closed garage.
- Never use charcoal to heat or cook in a house or enclosed space.
- Use kerosene heaters only in well ventilated rooms.
- Avoid "garage-sale specials" or antique stoves.
- Open a window when a fireplace or any stove is in use.
- CO detectors provide early warning before the gas builds to dangerous levels. Plug-in and corded models are most effective. Battery operated models are available for locations away from an electrical outlet, or if you heat with wood. Be sure they have the UL label.
- People who live in energy-efficient homes must be very CO wary. It's easier for gas to build up.
- The Consumer Product Safety Commission suggests at least one CO detector with an audible alarm be installed near the sleeping area. For more safety, put one on every level and outside each bedroom.
- Put detectors in rooms with fuel-burning appliances, no closer than 15 feet to the appliance. ■

# Don't Choke Under Pressure

It can happen to professional football players and Rhodes Scholars like Pat Haden, and it can happen to you. Fortunately for Haden, his friend Vern Lundquist was close by to save his life. Others have not been so blessed.

**Choking accounts for about 5,000 deaths each year. Anyone can choke on food, and at the same time nearly anyone can come to the rescue of a choking person.**

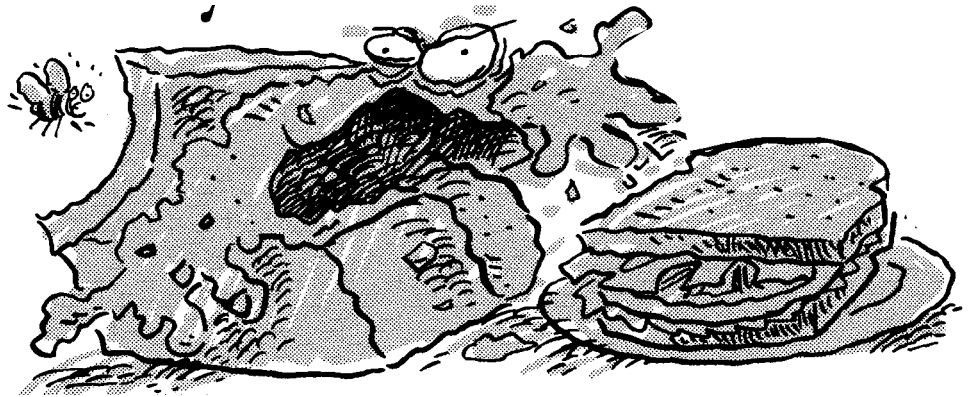
If you don't already know the procedure of the Heimlich maneuver, find a professional who can teach it to you. Try the YMCA or Red Cross. Remember, special procedures are needed for infants, and pregnant and obese victims.

## Choking Prevention

### Adults

An ounce of prevention is worth a pound of cure.

- Don't drink excessive alcohol before a meal.
- Cut food into small pieces and chew slowly, especially if you wear dentures.
- Do not talk or laugh with food in your mouth.



### Children

- Children under the age of six should not blow up balloons, nor should they be alone with balloons.
- Teach children to never suck or chew on balloons.
- Keep balloons safely out of reach when it is not play time. Safely dispose of broken balloons.
- Remind children how to eat properly, with small bites and thorough chewing.
- Don't let them run with food in their mouth.

### Infants And Toddlers

In general, children under four should not eat foods that are firm and round. If not chewed properly, the foods could be inhaled into the trachea (or windpipe).

- Avoid foods such as hot dogs, peanuts, carrots, boned chicken, hard candies, chunks of meat, popcorn, fish with bones, sunflower seeds, apples, whole grapes, raisins, raw vegetables, nuts and seeds, and chunks of peanut butter and hard fruit.
- Bread can be dangerous to toddlers. Give it in moderation.
- Don't offer chewing gum.
- Avoid toys with small parts that could disassemble and be swallowed. Use a toilet paper tube as a size guideline. If older children have such toys, be sure they are kept away from small children. ■

# Staying Current On Electricity

*When safety procedures are not followed, life can be a series of painful should have's and could have's. Such was the case for California parents who should not have let their seven-year-old and nine-year-old daughters play in a filled bathtub near a hair dryer, especially when the dryer should not have been plugged in, and the outlet should have had a ground fault circuit interrupter (GFCI). Both children died when the dryer fell into the bathtub.*

**According to the National Safety Council, more than 500 deaths occur in the United States each year as a result of home electrical fires and electrocutions.** Here are some very important actions you *should* take to protect your family.

## Get Your Home Up To Code

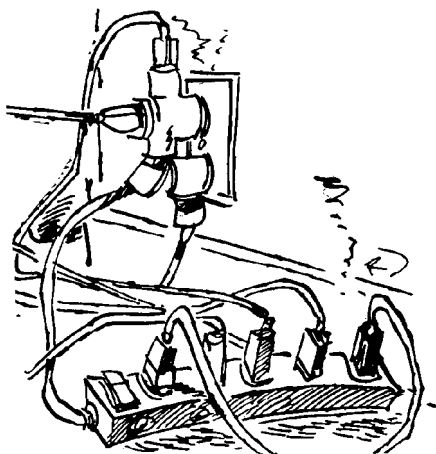
- Signs of problems include: blown fuses; tripped circuit breakers; dim or flickering lights; buzzing sounds; odors; hot switch plates; and switches or outlets that don't work. Get professional help immediately!

- The Electrical Safety Foundation International recommends an inspection by a licensed electrician every 10-40 years, and when you buy a house. Also consider an inspection when you add high-wattage appliances or renovate.

- Use a GFCI where appliances will be used near water, and in all outdoor outlets and fixtures. The GFCI protects the body from shock by switching off power to a malfunctioning circuit.

- Test the GFCI monthly and after a major electrical storm. Use a plug-in device, e.g., a night light, and turn it on. Depress the "Test" button. If the light turns off, the outlet is working. If the "Reset" button pops out but the light stays on, the GFCI is not working. Press "Reset" and call a licensed electrician. You can also buy a special GFCI tester.

- Consider installing arc fault



circuit interrupters (AFCI). They can prevent fires due to bad wiring.

## An Important TO DO List

- Buy only electrical products, preferably double-insulated, certified by a nationally recognized testing lab such as UL, CSA, ITS or Met Labs.

- As a general rule, do not plug appliances into the same outlet if the combined wattage exceeds 1500 watts. If the wattage is not on the product, multiply the amps by 125.

- No more than one heat-producing appliance (microwave, toaster, coffee maker or waffle iron) should be plugged into an outlet.

- Unplug immediately any appliance that sparks or stalls.

- To replace a blown fuse, use the same size as the original.

- If a lamp's wattage is not marked, use a 60 watt or less bulb.

- Keep electrical appliances away from water. Be sure your hands and feet are dry before you touch any plugged-in appliance.

- When you finish using small appliances or power tools, unplug them. They can electrocute if they fall into water, even if turned off.

- During an electrical storm, avoid bathing, touching an appliance or using a telephone or computer.

- Don't tuck in or cover an electric blanket. It may overheat and catch fire.

- If you smell gas, do not use a

phone or electrical product, including a light switch. A spark can ignite gas. Evacuate immediately, and call the gas company or fire department.

- Use one-piece "safety caps" on unused wall and extension cord outlets, particularly if kids are around.

- Call in an expert to work around power lines.

- If someone is shocked, do not touch them if they are still in contact with the electrical source. Turn off the power and seek help.

## Plugs And Extension Cords

- A polarized plug has one blade wider than the other. If it doesn't fit, use an adapter. Don't try to force it.

- To avoid overloading a cord, add up the wattage of the products plugged into the cord, and compare it to the cord's wattage rating.

- Never use extension cords to replace permanent wiring. The longer a cord is used, the greater the fire hazard due to heat buildup.

- Unplug and safely store extension cords which are not in use. The unplugged end in a child's mouth can lead to death or serious injury.

- To pull a plug from an outlet, grip the plug. Don't yank the cord.

- Keep cords off steam pipes, heaters or other hot surfaces.

- Don't run cords under rugs or furniture. Untangle twisted cords. They can overheat and start a fire.

- Insert plugs fully into extension cords so the prongs are not exposed.

- Discontinue using a cord that is hot or very warm to the touch.

- Only use cords outdoors that are marked for outdoor use.

- Avoid using extension cords with high wattage appliances such as air conditioners, heaters and irons. If you must, use a heavy-duty cord.

- Check all electrical cords at least once a year. Cracked or frayed cords are a principal cause of fires. Also check appliances for cracks that could lead to overheating. ■

# Balancing Act

*For years, Gail kept her favorite captain's chair with its comfortable seat cushion beside her kitchen pantry. Not only was it an attractive piece of furniture, it was also perfect to stand on for reaching objects stored high in the pantry. On a stylistic whim, she replaced the flat cushion with a thicker version. The next time she climbed onto the chair, the surprising thickness of the new cushion caused her to lose her balance and crash to the floor, injuring her shoulder and striking her head.*

Falls are the leading cause of preventable deaths in the home. According to the National Safety Council, each year about 12,000 people die from falls in their homes. Anyone is susceptible to a fall. However, with forethought, most falls can be prevented.

## On The Stairs

**Stairs and steps account for over 40 percent of all fatal falls in the home.**

- Maintain treads, risers and carpeting in mint condition. Be sure carpeting won't move or slide.
- Keep stairs clear of obstructions, **always**. Never use them as a temporary shelf.
- Keep stairwells well lighted.
- Place a light switch at the top and bottom of the stairs.
- Install sturdy handrails on all stairways, regardless of length or frequency of use. One rail is a necessity, but one on each side is ideal.
- Always use the handrail when you are walking the steps.
- Do not carry bundles that can obstruct your vision. Make two or three trips if necessary. Use a laundry bag to carry laundry.
- Teach children the safety procedures to follow when using the stairs.
- Install safety gates at the top and bottom of stairs when small children are in the house.
- Never use throw rugs near stairs.



Tape or tack them to the floor wherever they are used.

- For those with impaired vision, mark the length of each step with bright or glow-in-the-dark tape, especially the bottom step.

## Avoiding Bedroom Nightmares

- Tidy the bedroom before going to sleep. Clear a path between the bed and the bathroom or doorway.
- Do not bound from bed the instant you wake up. Sit on the edge of the bed to get your bearings and your balance.
- Keep a flashlight by your bed, and a lamp if possible.
- Keep all dresser drawers closed when they are not in use.
- Have a phone next to the bed.

## All Around The House

- Never stand on a chair or box. Buy a sturdy stool or safety ladder.
- Move cautiously. Don't rush through the house to answer a telephone or door bell.
- Arrange furniture so that walkways are as wide as possible.
- Secure loose wires and cords, preferably around the edge of the room.
- Immediately pick up toys and

clutter, and wipe up spills. It takes only a second for a serious incident to happen.

- Make porches and balconies off limits to young children, and use safety gates. Make the openings small so a young child cannot fall through. Never trust a railing to support your entire body weight.
- Watch out for pets in your path.
- Move chairs and furniture away from windows where young children might use them to reach a window. Windows in rooms used by small children should have fire-safe guards.
- Be extra careful with bifocals. Looking through the reading portion can distort your depth perception.
- Around the house, avoid wearing high heels, clogs and slippers with open heels. Walking in socks or stockings is risky, too. Wear shoes and slippers with nonskid soles.
- Use nonskid wax on bare floors.
- Make sure all areas are well lighted, including outside areas where you walk at night.
- If you fall: try to relax; let your arms and legs give like a spring to absorb the impact of the fall; and roll with the direction of the fall. ■

# I Smell Smoke

If so, you'd better take immediate action! **Each year, about 2,500 people die and tens of thousands are injured in home fires across the United States, often because people underestimate the speed at which fire grows.** Consider this time line:

**:00** Fire ignites on a first-floor couch from a cigarette.

**:30** Fire grows rapidly.

**1:04** Fire spreads and smoke begins to fill the room.

**1:35** Smoke layer descends rapidly.

**1:50** Smoke alarm sounds at the foot of the stairs. Still time to escape.

**2:30** Temperature over couch exceeds 400 degrees F.

**2:48** Smoke pours into other rooms.

**3:03** Temperature three feet above the floor in room of origin exceeds 500 degrees F. No one can survive.

**3:20** Upstairs hall filled with smoke. Escape more difficult.

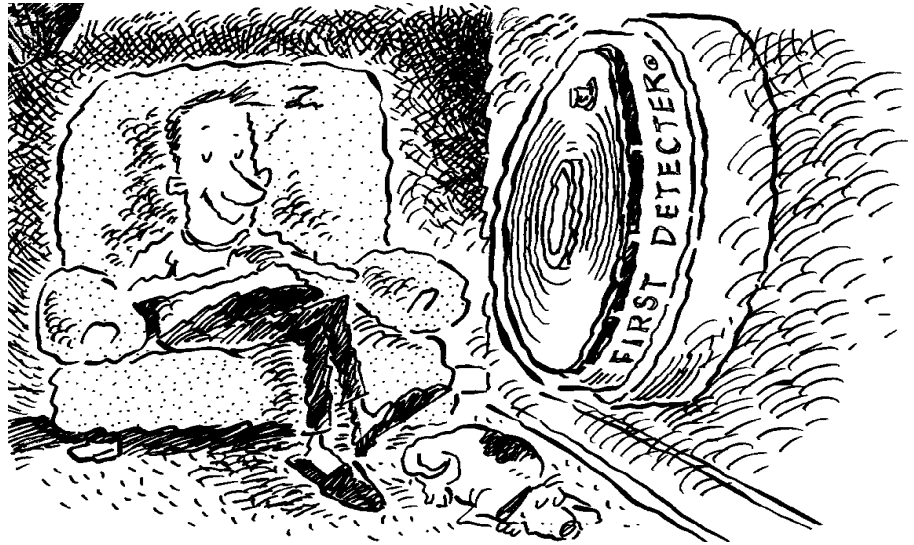
**3:50** Second exit only way out.

**4:33** Flames just now visible from the exterior of the house. Rescue may not be possible.

## An Early Warning Is Vital

**A smoke alarm cuts your chances of dying in a home fire by nearly fifty percent.**

- Install a smoke alarm at least on every level of your home, and outside the bedrooms.
- Put alarms on a ceiling or high on a wall. Don't place them by windows, doors, or forced-air registers; drafts could blow smoke away.
- If someone has difficulty hearing, or is hard to awaken when sleeping, use a strobe light version.
- Check the batteries monthly. Replace them at least once a year.
- Replace a battery immediately if the alarm chirps to signal low battery power. Keep spares on hand.
- Never remove batteries.
- Do not paint over an alarm.
- Clean smoke alarms according to directions at least once a year.



- If a smoke alarm is plagued by false alarms, don't disable it. Relocate it, or install an exhaust fan.
- Replace any alarm that is more than ten years old.
- Smokers should put alarms in areas where they smoke.
- NOTE: Ionization alarms react more quickly to fast-flaming fires. Photoelectric alarms react more quickly to smoky, slow-starting fires. For the most protection, it's best to install both alarm types, or hybrid dual-detection units.

## Keep Fire Extinguishers Handy

- Keep a fire extinguisher in the kitchen area and other areas where there is a fire risk. Consider installing a home fire-sprinkler system.
- A good choice for a fire extinguisher is a multipurpose Type A-B-C model with a UL listing.
- Check the extinguisher pressure gauge regularly. Replace if needed.
- Put the extinguisher by an exit.
- Learn how to use a fire extinguisher. Only adults should use one.
- **Warning:** Fire extinguishers are for small, contained fires only. Before you fight a fire, be sure:
  - Everyone has left, or is leaving.

- The fire department was called.
- The fire is confined to a small area and it is not spreading.

-You have a clear escape route if the fire cannot be quickly contained.

- Remember, you are taking a risk fighting a fire. Your best bet is to leave immediately, close off the area, and call the fire department.

## Be Prepared To Escape

- Practice escape routes (especially from bedrooms) twice a year, including at night. Assign someone to help infants and disabled people.
- Always use the safest exit. But if you must escape through smoke, crawl low under it.
- Designate a place outside the home where all family members will meet. Do not re-enter!
- Have at least two exits for every room. Keep bedroom doors closed at night to keep smoke out.
- Place fire escape ladders in all upper-level rooms.
- Make sure locks and security bars feature quick-release devices that everyone can use.
- In apartments, check with your manager to be sure detection and alarm systems are working.

*The National Fire Protection Association provided some of the information.■*

# Burning Issues

*It was a large, noisy family gathering. The college students were back from school, and a crackling fireplace and lighted candles added to the festivities. Leslie looked forward to some home cooking, and catching up on everyone's activities. She picked up a paper plate, held a paper napkin under the plate, and eyed the goodies. However, she didn't keep an eye on the candle, which ignited the napkin when she reached for some food. Fortunately, Carole was on the other side of the dining room table and saw what was happening. She snatched the napkin from Leslie's hand and extinguished the flames.*

**About 2,500 people die annually in home fires.** Annual "Fire Prevention Week" is held in the Sunday through Saturday containing October 9th. That is the date of the Great Chicago Fire of 1871 and it serves as a somber reminder of the perils of fire, whether caused by a smelly cow or a scented candle.

## Waxing Eloquent On Candles

From kids to college students to grandparents, candles are the rage. Unfortunately, they cause thousands of fires each year. The National Fire Protection Association offers these warnings when using candles.

- Keep candles away from all combustible items and flammable liquids.
- Place candles in sturdy, noncombustible holders that won't tip over and are big enough to collect dripping wax.
- Don't place lighted candles in windows. Blinds or curtains can be inadvertently closed over them.
- Never leave a child unattended in a room with a lighted candle, or place a candle where children or pets could knock it over.
- Extinguish all candles when you leave the room or go to sleep.



- Do not use water to extinguish a candle. The wax can splatter, or the flame could flare.

- Use battery-powered lights in a power outage. Keep extra batteries and bulbs on hand.

## Hot Advice

**Smoking is the leading cause of fatalities due to fires in the U.S., with more than 700 deaths annually.**

- Do not smoke when medicated or sleepy, after consuming alcoholic beverages, and never in bed.
- Use deep, nontip ashtrays and empty them frequently. Douse the ashes with water, or flush them down the toilet.
- Check in and around upholstery cushions for smoldering butts before leaving home or going to sleep. More fatal smoking fires begin in family rooms or living rooms, not in bedrooms.
- When you have guests who smoke, provide plenty of ashtrays. Empty wastebaskets and lift cushions and feel around in furniture crevices after they leave.

## Some More Precautions

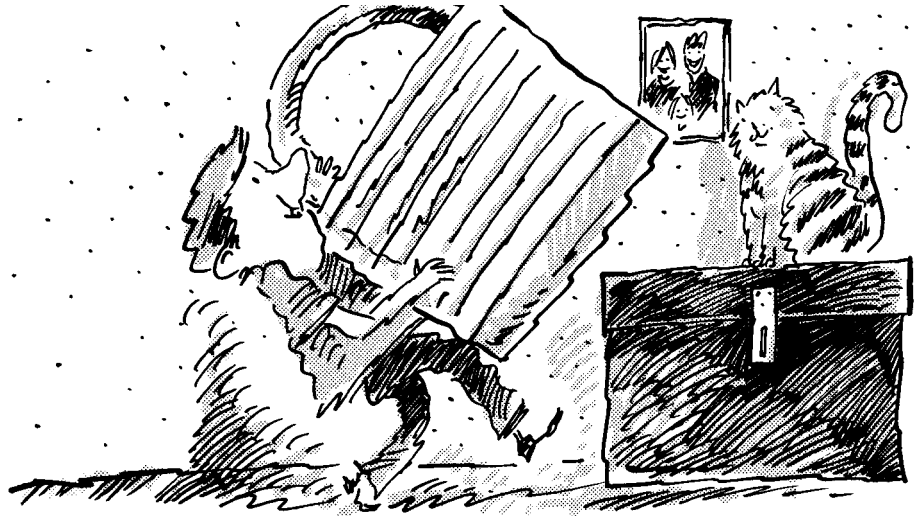
**Playing with matches and lighters is the leading cause of fire**

**deaths for children under age six.**

- Teach children to respect fire as a tool, not a toy. If they play with matches or lighters and don't respond to your efforts to redirect their interests, seek professional counseling.
- Keep matches and lighters out of sight and reach of children, preferably in a locked cabinet. Teach children to bring them to an adult if they find them.
- Use only child-resistant lighters.
- Never let children use matches or lighters.
- Keep halogen lamps away from furnishings, draperies, high traffic areas, children and pets. Only use lamps with a metal grate and a thermal protector. Use bulbs of 300 watts or less.
- When drying clothes, hang them a safe distance from stoves, heaters and other sources of fire.
- Keep the clothes dryer free of lint. Vacuum the interior lint pathway and duct at least once a year. *Consumer Reports* recommends the use of metal ducts.
- Keep storage areas neat. Get rid of newspapers, rubbish, old clothes, oily rags and damp waste. ■

# Firearms Protection

*It happened in Sacramento, but tragedies like it occur in homes around the country all too frequently. A mother whose husband was away on business slept in her sons' bedroom and placed a handgun in the night stand for protection. She failed to remove the gun the next morning, and the children, aged three and four, found it. The woman was in the kitchen when she heard the gunshot in the boys' bedroom. She arrived to find the 3-year-old son had been shot in the side by his 4-year-old brother. The injured child was rushed to the hospital, where he later died.*



**According to the National Safety Council, approximately 400 people die from unintentional firearm incidents in a home each year. The Centers for Disease Control estimate that more than 1.2 million latch-key children have access to loaded and unlocked firearms. Approximately 15,000 times a year someone is shot unintentionally.** Firearms are a fact of life, but one we need to live with in a safe manner.

## **Buying And Storing Your Weapon**

- When purchasing a gun, ask the store owner for instructions on how to use and handle the weapon.
- Take a gun safety course.
- Long arms, such as rifles and shotguns, should be stored securely in locked racks or cabinets. Handguns should be stored in a locked cabinet or drawer.
- Store your ammunition under lock and key and in a separate room from the gun.
- All guns should be stored unloaded.
- Do not store a handgun under your pillow or mattress.
- Buy trigger locks for your weapons. They are available for all types of firearms.
- Carry the keys that open the locks on your key chain. Around kids, keep your key chain with you.

## **Safe Handling**

**The New England Journal of Medicine reports that a gun kept in the home for self-protection is about 20 times more likely to be used to kill a family member, friend, or acquaintance than an intruder.**

Most accidents at home are caused by unsafe handling while cleaning guns; while loading or unloading ammunition; by a child finding an improperly stored or unlocked gun; or by carelessness while holding a gun.

- **Always** point a gun in a safe direction. This is the golden rule of gun safety. A "safe" direction is one in which no one would be harmed even if the gun went off accidentally.
- Never handle or show guns without first carefully checking to be sure they are unloaded. Open the action and keep it open until the gun is again ready for storage. Never **assume** a gun is not loaded.
- Unload a gun before taking it into your home. Guns should be loaded only in the hunting field or practice range. If you do not know how to open the action to make the gun safe, seek out an expert. Do not experiment.
- Always carry handguns with the hammer down on an empty chamber.

- Do not put your finger on the trigger until you are ready to shoot.
- Do not assume the safety will make a loaded gun safe. Like any mechanical device, safeties on guns can malfunction. You are the ultimate safety device.

## **Kids And Guns**

There are guns in nearly half the homes in the United States, so it is likely children will come into contact with firearms.

- Answer your child's questions about guns openly and honestly. Don't make a gun an object of curiosity.
- Teach gun safety when your child acts out "gun play," or starts asking questions about guns.
- Make sure your child knows the difference between a toy and a real gun, and between "pretend" on TV and real life.
- If you keep a gun, enroll your child in a gun handling training course.
- Ask friends and relatives if they keep a gun. Urge them to follow safe practices. Don't allow your child to visit unless they do.
- If your child sees a gun, he should follow this three step safety measure:
  1. STOP, don't Touch.
  2. LEAVE the room immediately.
  3. TELL a trustworthy adult. ■



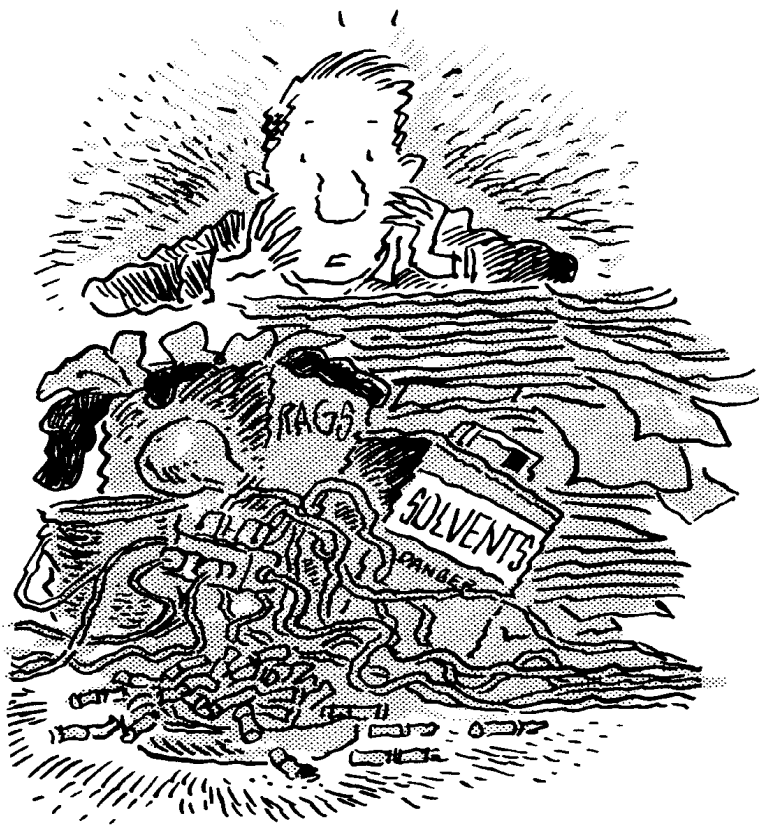
# Up In Smoke

Each year, about 3,000 home fatalities are caused by burns and fires. Some of the deaths occurred from the careless use of flammable and combustible liquids such as gasoline, kerosene, alcohol, lacquer thinner, turpentine, contact cements, paint thinner, and charcoal lighter fluid. These items have become staples of modern life, but they need to be treated with respect. When they are around the house:

- Always keep flammable liquids in approved cans with the Underwriters Laboratories or Factory Mutual label.
- Keep the containers in a shed or garage outside your home, and definitely out of reach of children.
- Do not use these flammable substances in areas where there is an open flame, electric motor or other heat sources.
- Never smoke or light a match when near flammable liquids.
- Do not pour charcoal lighter fluid on hot charcoal.
- To store oily rags for a short period of time, place them in a covered metal container with a tight fitting cover.

## Warning: Gasoline

- Gasoline should not be used to clean anything.
- When fueling your lawn mower or other gas-powered equipment, turn off the equipment and allow it to cool before adding the fuel.



- Always refuel outdoors and far from ignition sources.
- Wipe up spills immediately. Move the equipment at least 10 feet away from the fueling area to start the engine.
- When filling a portable gasoline container, put the container on the ground. Keeping the container on the ground eliminates the danger of spills in the vehicle and avoids a possible static-electricity spark.

- Transport the can in the trunk with the trunk lid partially open. Drive directly to the nearest gas station and back home.
- Do not leave containers of gasoline or other flammable liquids open in a room or confined space where vapors can accumulate.■

# Unvarnished Truth About Refinishing

*Alice bought the end table at a country auction and was saving it for the perfect, miserable day in February. She gathered up her refinishing materials and headed to the basement. It was warm and comfortable, at first. But soon she became light headed and nearly fainted as she made her way to the stairs. Stumbling, she managed to climb into the clean air of her kitchen. There wasn't a gas leak in her basement. Alice had fallen victim to the fumes from the paint thinner she was using.*

As Alice learned, a simple task like woodworking can be hazardous to one's health. Most solvents evaporate quickly, filling a room with fumes. The result can be acute, though temporary intoxication, drowsiness, and headache.

**People with heart or lung disease and pregnant women should avoid products that contain solvents. According to Consumer Reports, the Consumer Product Safety Commission received reports of 55 injuries and 10 deaths linked to the accidental inhaling of fumes from cleaning, painting, and home repair products in a 2 1/2 year period, and those figures are likely undercounts.**

Whenever you tackle refinishing projects, please keep the following in mind.

## Ventilation Is A Must

The chemicals used for refinishing work are powerful.

- When possible, work outside.
- Indoors, you must have adequate ventilation. To produce proper airflow, make sure there is good cross-ventilation. Many indoor spaces, particularly basements, have very poor air movement qualities.
- Make sure that at least two windows or doors can be opened to produce proper airflow.
- Use a fan or other forced-air device to increase air movement.



Careful: Some solvents are extremely flammable and should not be used around fans, appliances, and heating equipment. The friction and sparks produced may lead to fires. Read the labels!

## Know The Materials

- Follow the label directions. All stores are required to have safety data sheets on their products. Ask the salesperson to provide you with the appropriate data sheet for the product you are buying. Additional information can be obtained from the manufacturer.

- If you're not willing to educate yourself, skip the project, or leave it to a professional.
- Is the solvent ingredient necessary? Often, you can substitute a product with little or no solvent for a higher-solvent product.

- Don't use more than one solvent product at a time, and don't use one right after another.

- Store leftover solvents, cleaners, and paints in labeled and sealed containers.

- Dispose of used products according to the manufacturer's guidelines, or call your local hazardous waste organization.

## Proper Precautions

The dust created by sanding wood can trigger an allergic reaction and cause diseases, such as dermatitis,

bronchitis, and asthma.

- Wear pants, socks, shoes, head covering, and a long-sleeved shirt when sanding or stripping paint.
- Gather necessary personal protective equipment before starting.
- Some chemicals might irritate or damage your eyes or skin - which means you need the appropriate gloves, goggles, or an apron or protective suit when you use them.
- Choose chemical-resistant gloves that are unlined and made of neoprene or butyl. If there's a hole or tear in a glove, discard it.
- Do not use regular household gloves that can tear easily.
- Wear the appropriate mask to reduce dust and solvent exposure. Note: A mask without a filtering mechanism does not protect against chemical exposure.
- Fumes from some chemicals sink. If you're bent over while working, you may inhale more vapors than when standing.
- Don't drink alcoholic beverages on the day you use solvents. Alcohol can heighten toxic effects.
- If you take medication, ask the doctor about adverse interactions.
- Store solvent products out of children's reach and lock them up. Keep children and pets out of a room containing solvent fumes. A dose that does not affect you could be fatal for them.■

# Growing Concerns

*Peggy knew everything about gardening. She knew which plants need sun and which need shade. She knew when to prune and when to fertilize. She read all the books, attended all the lectures, and watched all the television shows intended to help her master her aromatic domain. The only thing she didn't learn was when to quit. Her love of gardening resulted in heat exhaustion.*

Gardening can be strenuous on a body not accustomed to manual labor. As you head off into the garden for the spring season, here are some fertile ideas for staying fit.

## Spring Training

- Wear clothes that are comfortable and fit well, including long-sleeved shirts, pants instead of shorts, and a wide-brimmed hat. Wear sturdy, heavy-soled shoes to protect your feet when you push a spade or step on a nail or broken glass. Work gloves protect your hands from scratches, cuts, blisters and irritation from harsh chemicals. You might also want to invest in cushioned pads to protect your knees, and a gardening stool.
- Avoid the 10 a.m. to 2 p.m. time period when the sun's rays are the strongest.
- Apply sunscreen with an SPF of at least 30 to exposed skin, about 15 minutes before going out.
- Before digging in, warm up and loosen up. Walk around the yard, and follow with gentle stretching exercises, particularly the muscles in the lower back, legs and arms.
- Keep your spine straight and bend your knees to lift. Hold the load close and push upward with your legs. Avoid twisting your body. Instead, swivel on your feet and face the direction the material is going.
- Alternate or use both arms when you can.
- Work below shoulder level whenever possible. If you must work above shoulder level, perform the task for five minutes or less.



- Pace yourself. Don't try to do everything in one afternoon.
- Switch off your chores every 15 to 20 minutes to activities that use different muscle groups.
- Use a sheet or lightweight tarp to collect raked-up debris so it can be dragged instead of carried.
- On warm days, keep water by your side to remain hydrated.
- Keep a cordless phone nearby.
- Hire a professional for heavy work, or get someone to help you.
- Garden dirt and compost are rife with bacteria. Wash your hands thoroughly after gardening.

## Let The Tools Do The Work

- Buy tools with handles appropriate to your height, so you don't have to bend unnecessarily. Be sure the handles are smooth and sturdy.
- Use tools with a comfortable weight. Heavy tools can cause strain. Also look for adaptive tools to reduce the strain on your body.
- Tighten loose handles. If they cannot be tightened, replace them. Flying tool heads are dangerous.
- When temporarily not in use, stand tools on end and lean them against a tree or building, with the metal blades facing inward. Do not leave them lying where they can be tripped over or stepped on.
- Keep tools in good condition, clean and with sharp cutting edges.

Oil wooden handles and metal blades to maintain their strength and prevent rusting.

- Store tools in a dry place where they will not rust and become weakened by the elements.
- When hanging tools, point the metal blades toward the wall.

## Pesticide Warning

- Identify the specific pest to determine the proper treatment. Buy the least toxic pesticide needed.
- Read **all** statements on a label carefully before using any pesticide. Follow them to the letter.
- Wear the correct protective equipment. This may include goggles, impermeable gloves, long sleeves, long pants, a painter's mask, and boots.
- Avoid breathing spray mists.
- Don't use pesticides near kids.
- Don't spray on windy days.
- Substitute nonpoisonous insecticides whenever possible, such as soap suds, talcum powder, or red-pepper spray.
- Do not smoke.
- Mix sprays outdoors.
- After using a pesticide, and before eating or drinking, always wash your face and hands with soap and water. Wash immediately if you spill it on your skin.
- Store pesticides in their original containers, out of a child's reach. ■

# Basic Rules For Hand Tools

*You know Uncle Will: the poster boy for Yankee Ingenuity. He's the guy who can solve any household problem with little more than a hammer and screwdriver. One day Will used a screwdriver instead of a pry bar to rip boards off an old deck. When the screwdriver snapped under the strain, he fell and broke his two front teeth. That's genius?*

There is a right way and a wrong way to use hand tools, but a lot of people don't seem to know it. **In fact, according to the U.S. Consumer Product Safety Commission, each year more than 100,000 injuries require hospital treatment due to misuse of hand tools.**

## First Steps To A Quality Job

- Buy the best tool you can afford. Cheap tools are more likely to break, and more difficult to use. Buy several versions or sizes of the same tool to assure you have the right tool for the right job.

- Use a hand tool for the job it was manufactured to perform.

- Inspect tools for cracks, chips, mushrooming, and wear. Discard damaged tools promptly.

- Be sure handles are fixed firmly into a tool's working end.

- Plan your job before you start.

- Check for hidden hazards, e.g., electric wires in a wall.

- Shut the current off when working near electricity.

- Organize the tools in a toolbox.

- Position your body securely while working with the tool. Wear eye protection.

- Concentrate! No matter how trivial the task seems.

## Striking And Struck Tools

- Wear safety goggles any time you're using one of these tools.

- A hammer head should be at least 3/8" larger in diameter than the striking surface of a chisel, punch, wedge or other struck tools.

- Strike a hammer with the face parallel to the surface being struck.



Glancing, off-center blows can throw dangerous splinters into the air. Aim the blow away from your body.

- Use the right hammer for the job.

- Do not use one hammer to strike another hammer or a hatchet.

- Never use a striking tool with a loose or damaged handle.

- Pull nails or pry wood away from your face.

- Sharpen struck tools before use.

Aim the blow or cut away from your body.

## Screwdrivers

- The blade tip should fit a slotted screw, without hanging over.

- For many jobs, you'll need to drill a hole first.

- Do not strike a screwdriver handle with a hammer. It could splinter and shatter.

- Never use the handle as a striking tool.

- Do not use them as pry bars, scrapers, lid removers, punches or chisels.

- Don't hold work in one hand while using a screwdriver in the other. If the blade slips, you could get hurt.

- Screws are designed to be driven

with the proper type of screwdriver. If you fail to take the time to match the screw with the screwdriver, the tool's blade can slip out of the screw's slot, resulting in an injury.

- Use insulated screwdrivers when working around electricity, but also turn off the power.

## Wrenches

- For better control, pull the wrench toward you; don't push it away from you. On high-torque jobs, stand firmly.

- Replace wrenches when the teeth become marred or worn.

- Do not substitute pliers for work a wrench should do.

- Never hammer with a wrench.

- Never put your face or head level with a wrench handle.

- Never use a handle extender while turning a wrench. Switch to a wrench with a longer handle or one designed to withstand more force. Homemade handle extenders can slip off and break.

- Use a box or socket wrench to free a tight or frozen nut.

- Make sure the wrench fits a nut or bolt exactly. Limit your use of adjustable wrenches.

## Cordless Tools

- Read and thoroughly understand the instruction manual.

- Do not operate cordless tools in or near flammable liquids, or in explosive atmospheres.

- Keep the tool and the recharging unit in an area not accessible to children.

- Remove batteries or lock the switch in its "OFF" position before changing accessories, adjusting or cleaning the tool.

- When cutting, drilling or driving into walls, floors, or wherever live electrical wires may be encountered, hold the tool only by the insulated gripping surfaces.

- Do not touch the drill bit, blade or cutter immediately after operation. It may be extremely hot. ■

# Open Me First

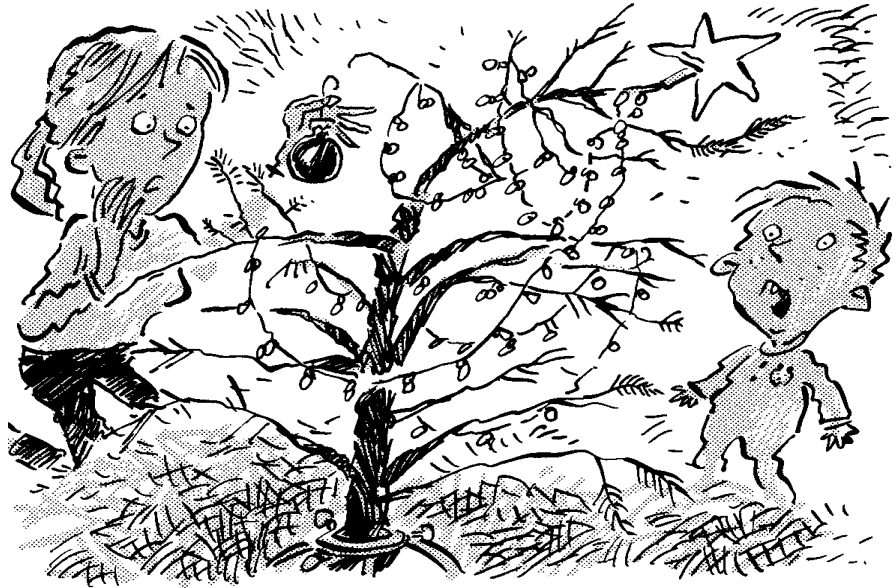
For most of us during the holidays there just aren't enough hours in the day. However, if we don't slow down and take some time for safety, what should be a joyous period can become a season of regrets. Here's a collection of suggestions to help keep you safe for the holidays.

## Fresh Trees And Safe Lights

- Buy a fresh tree that smells like pine. Be sure its needles are hard to pull from the branches. Otherwise, it may be too dry and a fire risk.
- Keep the tree outside with the trunk in water, snow, or wet dirt or sand until you're ready to use it.
- Place your tree at least five feet from heat sources that can dry it out.
- Saw about two inches off the trunk. Keep water in the stand.
- Check the water in the tree stand daily.
- If a tree begins dropping its needles, put it outdoors at once.
- Light strings should have the UL mark. Don't use strings that are frayed or have broken wires.
- Unplug electrical decorations when making adjustments or repairs, and when leaving the house or going to bed.
- Don't run extension cords under the carpet, through doorways or near heaters. Be sure cords are not pinched behind or under furniture.
- Secure electrical cords so no one will trip over them.
- Use no more than three standard sets of lights per outlet.
- Plug lights into multiple-outlet surge protectors.
- Never use light strings marked "For Indoor Use" outdoors.
- Power for all outdoor lighting should be supplied by permanent weatherproof wiring, and installed by a professional electrician.
- When stringing outdoor lights, work in pairs.

## Candles, Fireplaces, And Potpourri

- Decorate with flame-retardant or



noncombustible materials.

- Read labels before you use special holiday materials.
- Put candles in stable holders.
- Keep lighted candles away from decorations, trees, draperies and other flammable material. Never put them in windows or near exits.
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly.
- If you build a fire, use a fireplace screen and do not leave young children unattended.
- Always keep a fire extinguisher handy. Know how to use it.
- Wear gloves while decorating with spun glass "angel hair" to avoid irritation to eyes and skin.
- Use a sturdy ladder or step-stool to reach high places.
- Keep kids' safety in mind when decorating and buying holiday treats. Carefully supervise youngsters during holiday activities, including when you visit relatives or friends.

## Adults Just Want To Have Fun

Children aren't the only ones who want to have fun this holiday season. If you plan to host or attend a holiday party, keep these safety stocking

stuffers in mind:

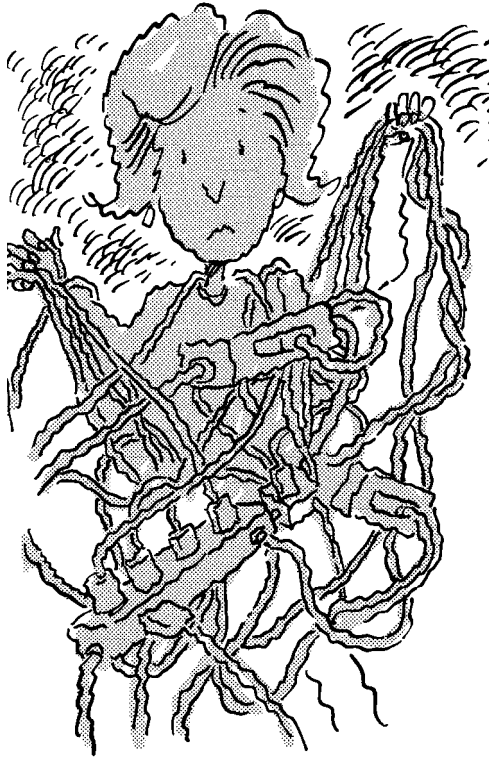
- If you have guests, be sure walks and steps are well lighted. Clear any ice or snow thoroughly.
- Avoid leaving perishable food at room temperature for more than two hours.
- Provide smokers with large, deep ashtrays, and pay special attention to any smoker who is drinking. Empty ashtrays often, wetting their contents before dumping them.
- After the party, check on and under cushions for cigarette butts.
- Use a designated driver if you plan on drinking, or call a cab.
- Eat before and while you're drinking alcohol. Food in your stomach slows the absorption of alcohol.
- Make your first drink a large glass of water, juice, or soda to quench your thirst. Never drink alcohol because you're thirsty.
- Stand away from the bar. Dance, mingle and talk to the guests.
- Space drinks to a maximum of one an hour. Alternate between alcoholic and nonalcoholic beverages.
- Stop drinking alcohol 90 minutes before the party is over. There is no other way to sober up. ■

# Appliance Controls

When home appliances were carpet sweepers, churns and washboards, there was little to fear. Today's appliances save us time and energy, but they can turn against us in a second. Until "smart" appliances eliminate the hazards, we've got to control the power of our appliances.

## Keep Your Appliances User-Friendly

- Look for safety features when you buy, such as an automatic shut-off switch for your iron.
- Purchase products approved by a recognized testing lab such as Underwriters Laboratories (UL).
- Read and follow instructions.
- Place small appliances on solid, dry, stable counters or tables.
- Unplug appliances not in use.
- Inspect your appliances periodically for damage, wear or loose parts. If there's a problem, have it checked by a qualified service center before using the appliance again.
- Only use the appliance for its intended purpose. For example, an oven is not a furnace.
- Unplug immediately any appliance that sparks or stalls.
- Be sure your hands and feet are dry before you touch any plugged-in appliance.
- If an appliance cord falls into water, turn off the appliance and unplug it before pulling the cord out of the water. Wait for the cord to



be completely dry before using.

- Try to avoid using extension cords. If you must, use a heavy-duty cord.
- If a fire starts in a microwave oven, unplug the unit immediately. Do not open the microwave door until the fire goes out by itself.
- Get a periodic inspection of your gas-burning equipment by a professional. Replace any flexible gas appliance connectors that are more than 10 years old.

- Clean the dryer lint trap before every load.
- Turn off the switch and unplug the lamp when replacing a light bulb. Never touch the metal base while inserting or removing a bulb.

## Appliances And Kids

While most home appliances are purchased for adult use, the fact is many of us share our homes with children or grandchildren. Children would love to play with those "toys" they see us using so industriously. Our job is to see they don't.

- Keep small appliances as far away from prying hands as possible.
- On major appliances, use latches designed to lock out youngsters.
- Use the back burners of the range as much as possible. Install a range guard, and turn pot and skillet handles away from the edge.
- Always keep the dishwasher closed and locked. Store knives and sharp utensils with the pointed edge facing down.
- Garbage disposals that work by a wall switch should have a safety lock switch installed.
- Trash compactors should only work with a key, and it should be kept away from children.
- Keep your deep freezer locked, and the key hidden. ■

# House Warming Hints

Home heating equipment that provides warmth and comfort on a cool day also brings deadly risks if used incorrectly. **According to the National Fire Protection Association, fires associated with home heating equipment result in about 45,000 fires and over 200 fatalities across America every year.**

Here are a few tips to keep your house cozy and safe.

## Start With The Basics

- Have your heating systems inspected by a professional before the start of each heating season.
- Install smoke detectors on every level of your home, including the basement, outside sleeping areas and in rooms with space heaters. Put carbon monoxide detectors outside sleeping areas, and in rooms with a fireplace or stove, unvented gas or liquid heaters, or a furnace.
- Keep flammable items at least three feet from a heater, fireplace, chimney, stove and chimney pipe. This includes papers, wallpaper, curtains, clothing, and bedding.
- Keep a fire extinguisher handy, and know how to use it.

## Be Cautious With Portable Heaters

- Buy a heater that has been approved by a nationally recognized independent testing lab, and has automatic shut-off safety features.
- Always turn heaters off when leaving a room or going to bed.
- Never use a heater in a room where children or incapacitated adults are unsupervised.
- If you have an electric heater:
  - Do not curl the cord and do not bury it under carpeting. The heat from the cord could start a fire.
  - If the cord overheats, stop using the heater and have it serviced.
  - Don't use an extension cord. If you must use one temporarily, be sure it is marked with a power rating at least equal to the heater.
  - Periodically check for fraying or



splitting wires. Do not try to repair a broken heater yourself. Take it to a qualified service center.

- Avoid using kerosene heaters. They are illegal in many areas. If you must use one: make sure you use the correct fuel; follow manufacturer's directions exactly; never refill a kerosene heater when it is hot; and never fill it indoors.

## Hot Tips For Fireplaces and Stoves

- Have the chimney inspected by a certified sweep at the start of each heating season. If you regularly use the fireplace or stove more than four times a week, or use soft or green woods, have it inspected more often.
- Never leave small children unattended near a fireplace or stove.
- Block out animals and sparks with a mesh screen spark arrester on the chimney, and keep the roof clear of leaves, pine needles, overhanging branches and other debris.
- Never use flammable liquids to light or stoke a fire.
- Do not burn paper, boxes, trash, or pine boughs. The particles can float out onto the roof.
- To reduce creosote, use hardwoods seasoned for at least a year.

- Don't burn preservative-treated wood. The ash will contain chemicals that are a hazardous waste.
- Remove ashes only in a metal container with a tight-fitting lid. Put the ashes outside, away from combustible materials.
- Don't overload a fireplace. A roaring fire can overheat your walls or roof and lead to an inferno. Also:
  - Read the instructions before lighting an artificial log. These logs can burn unevenly and release abnormal levels of carbon monoxide.
  - Be sure the fire is out before you go to bed or leave the house.
  - To avoid flying sparks, use a sturdy screen made of metal or heat-tempered glass.
- If you purchase a stove, buy one that bears a label from a reputable testing lab, and have it installed by a certified company. Also:
  - Frequently check and clean flues for creosote.
  - Keep a window ajar to avoid a buildup of combustion products.
- If there is a roaring noise inside the house from the chimney area, or sparks and/or flames shooting from the chimney top, call the fire department immediately. If the chimney cracks or if heat radiates through it, the house may catch fire. ■

# Home Work Requirements

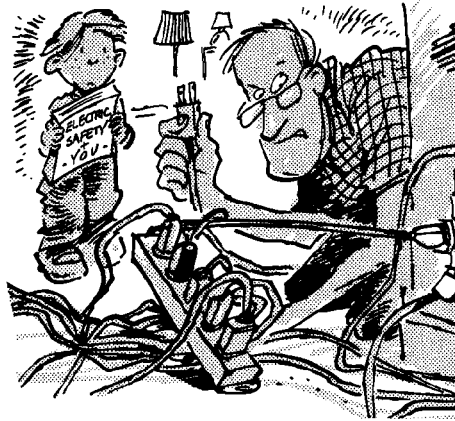
*Carl thought working from home would be a piece of cake. He was good at his job, he had clearly defined objectives, and he had a budget to purchase the resources he needed. What he didn't realize – until several harrowing and painful incidents later – was that besides being an efficient investment manager, he also needed to be to an electrician, carpenter, fireman, nurse, ergonomics expert, physical therapist, and fitness instructor. Carl learned a lot about managing risk while working at home, and much of his education had nothing to do with financial management.*

Tens of millions of Americans do some office work from their homes.

While neck, back and arm injuries from chairs or keyboards are the most obvious dangers when working from home, problems like strained power outlets, bad lighting that can lead to eye damage, high shelves overloaded with supplies, and unsecured file cabinets also pose risk.

## Create A Safe Environment

- Don't run extension cords across the floor. Keep cords out of foot traffic, but don't put them under rugs or the feet of furniture. Use cord covers.
- Replace extension cords with power strips that have surge protectors. Heavy power users, such as air conditioning units, need their own circuits.
- To remove stray cords, move desks closer to power outlets and phone jacks. You can also install new outlets.
- Tape or tack down floor coverings and carpeting that present tripping hazards.
- Avoid fires by not using cooking devices, space heaters or candles. Don't smoke.
- Keep an "ABC" fire extinguisher handy in the room, and know how to use it.



- Don't stack cabinets with binders and heavy books.
- Close any drawers not in use, and open only one drawer at a time. You're asking for trouble by opening the top drawer of a file cabinet all the way.
- Working at home you may have pets and children's toys lying around. Put all toys away when they are not in use.

## At The Work Station

- The Prevent Blindness America organization recommends positioning the monitor 20 to 26 inches from your eyes. The top of the monitor should be at least 15 degrees below eye level with a backward tilt. This eases strain on the neck and reduces the exposed surface area of your eyes.
- Use a screen that swivels or tilts, and has contrast and brightness controls. Modify the lighting or screen location to eliminate glare or harsh reflections.
- Use safe and correct posture when sitting down.
- Get an adjustable chair that allows you make all adjustments while seated, including seat height, seat tension, chair back, and moveable arm rests. This allows you to position yourself at a proper angle and distance from the screen.
- A proper chair should allow you to place your feet firmly on a support

surface to provide stability for the seated posture and adequate lower leg support. If your feet aren't planted firmly on the floor, use a foot rest.

- The most important area for back support is the lower back. If you don't feel your chair gives you the necessary support in that area, try to position a pillow or a wrapped up towel in the curve of your lower back.
- Look for a chair with a five-prong base, since chairs with four-prong bases tend to tip over more.
- When using a keyboard, your elbow angle should be at 90 degrees, and your wrists should be flat.
- Place the mouse close to your body to minimize the motion of reaching out and away.
- Consider buying special glasses for monitor work.

## Maintain Your Personal Resources

- Vary your routine. Try to take a few minutes every hour or so to organize materials, file, or do some different task.
- If you use a keyboard constantly, frequent breaks to stretch, stand up and rest your eyes are important. For example, take a 30 second break after each 10 minutes of intense typing. Periodic breaks of 10 or 15 minutes also keep you fresh.
- Change positions often, so that your hands and wrists aren't kept in the same place for long periods of time.
- If you have to lift heavy boxes or file cabinets, get help or use a hand-held cart. Also, don't store heavy boxes in high places.
- When typing or working from notes, put documents or books at eye level close to the screen.
- Headsets are superior to hand-held receivers. If you don't have a headset, avoid straining your neck to keep the handset balanced on your shoulder. ■



# Fiddler On The Roof

*As a graphic artist, Tony knew a lot about perspective. So, he was pretty sure there was nothing to fear by climbing the twenty feet to the roof of his house. It was funny how that twenty feet suddenly looked like a hundred feet when Tony was standing on the roof looking down. He froze at the thought of climbing back onto the ladder and nearly panicked. Firemen lifting terrified cats from trees was one thing, escorting foolish males from a roof was quite another. Tony barely summoned the courage to climb back down, and once on solid ground he gained a whole new perspective for how high twenty feet really is.*

**Experts advise against tackling projects involving wiring, plumbing, heating, or climbing, even when you have had some training in those areas.** They are complicated and dangerous jobs, and a miscue could lead to disaster.

However, there are many jobs the average do-it-yourselfer can tackle around the house as long as he or she uses good judgment and proven safety practices.

## Dress For Success

The minimum safety equipment for all do-it-yourself projects includes:

- **Safety glasses** with impact-resistant lenses and frames for work that could produce flying particles; and **safety goggles** for work with liquids that could splatter. Do not rely on regular reading glasses for protection. Safety goggles should also have a sturdy headstrap and many ventilation holes on the sides, which make them more comfortable in warm weather and prevent fogging.

- **Dust masks** to filter common dusts, such as fiberglass insulation particles and sanding dust. Some toxic materials, such as lead paint and asbestos, require special respirator masks with cartridge-type filters.



- **Rubber gloves** to protect your hands from skin damage when using paints or strong solvents. Leather or cloth gloves will provide protection for other types of work.

- **Hearing protectors** worn during prolonged exposure to loud noises produced by equipment such as drills and power saws.

- **Head protection** in close quarters and low ceiling areas, especially with nails sticking down. Use an old bike helmet or buy a hard hat.

- **Sturdy, heavy soled shoes with steel toes.**

- Get expert advice for the purchase and use of safety equipment.

## Planning And Performance

- Think small. Don't overdo it by taking on more challenge than you can handle. If you're going to need help, get it early in your project.

- Plan the job before starting. Look for potential hazards.

- Allow enough time to do the job without hurrying or cutting corners. Work during "your" most productive hours.

- Get all the needed tools on hand before starting. Don't improvise. For example, don't extend the length of a wrench with a hollow pipe.

- Alternate heavy and light work to avoid fatigue. Take breaks often.

- When carrying tools or supplies, make sure the route is clear. Put pets out of the way.

- When lifting, clutch a heavy load to your body and lift straight up. Let your legs do the work, not your back.

- Know your limits.

- Keep the area clean of debris.

- Never saw into walls without knowing the exact layout of electrical wires, plumbing, gas pipes, asbestos insulation, and studs. To help yourself, use a stud sensor and run a shower to listen for running water in pipes in the wall.

## Tools Of The Trade

- Review all instructions for your equipment. Understand the equipment before you use it.

- When renting a new piece of machinery, have the dealer explain its operations to you. Take the time to "know" a new tool.

- Use the correct guard, shield or safety mechanism that came with the equipment. Do not remove them!

- Stay alert, especially when you are teamed with another person on a machine. Communicate clearly.

- Keep equipment in good working condition.

- If the tool requires two hands, hold on with both hands.

- If a wood saw does not cut well with little pressure, it probably needs sharpening.

- If a power tool sparks, stalls or overheats do not use it. Have it repaired professionally.

- Use the proper ladder for the job. Keep it in good repair. Put it on a firm, level, nonslippery surface. Keep your body within the side rails.

Keep in mind that any house or apartment built before 1978 may contain lead-based paint. Lead-based paint can be harmful to children and pregnant women. Before you disturb a surface with old paint:

- Call your local health department for guidance on testing.

- If lead-based paint is present, have the repair or renovation done by a professional. If you must do it yourself, get instructions from your health department. ■

# Chemical Reactions

*Jim was going to show Suzy this time. He had been complaining for weeks that the sink in the mud room was getting too stained. She insisted there was nothing she could do about it. Jim knew better. It just required some manly elbow grease and an extra special application of powerful cleanser. He got out the ammonia and the chlorine bleach, mixed them into his secret weapon and set to work. The only smart thing Jim did that afternoon was to leave the windows open. Instead of killing himself from the toxic fumes, he just made himself violently ill. As for the stains, well, Suzy ordered a new sink.*

**Annually thousands of people are poisoned, blinded, burned, and killed by common household products.** We can protect our health and environment from these products with some preventive steps.

## Preliminary Precautions

- If you have to use hazardous materials, always buy the least toxic product available that will get the job done. Get any needed personal protection equipment (PPE) at that time.

- Try to avoid products with labels containing the words: caustic, corrosive, explosive, danger, flammable, poison, volatile, toxic or warning.

- Buy only the amount of product you will need. When hazardous products can no longer be used, they become hazardous waste.

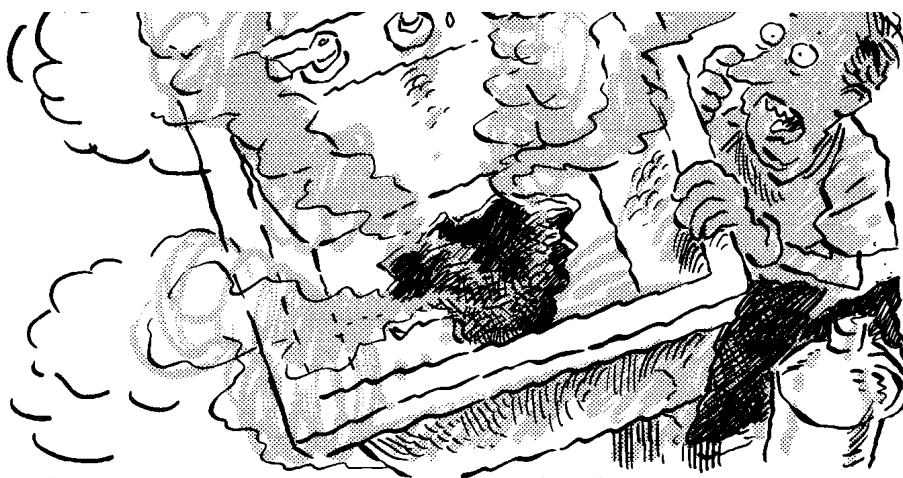
- Carefully read and follow the labels of the products you buy.

- Never mix any household chemicals. Formulations often change.

- Never mix chlorine bleach with toilet bowl cleaner, ammonia, lye, rust remover, vinegar or oven cleaner. It could create a toxic gas. Just ask Jim.

- Dilute cleaning agents. Many products do not need to be used full strength. Check the label for instructions on dilution.

- While not as powerful, some



household food-grade products can replace commercial cleaners. Check reputable web sites, the library or book store for examples.

- If you make up a homemade cleaner, always list the exact ingredients on the container.

- Gather PPE before you start, and use it.

- Always be sure you have the right protection for mist-producing chemicals such as insecticides and spray paints.

- Post the phone number of your local Poison Control Center.

## Handle With Care

- Use the recommended amounts. More is not necessarily better, and may even be hazardous to your health or safety.

- Do one product-related cleaning task at a time.

- Do not use hazardous materials if you are pregnant.

- Never sniff a chemical to identify what it is.

- Do not drink alcoholic beverages or use judgment-limiting drugs on the day you use solvents. Alcohol can heighten the toxic effects. If you are on medication, ask your doctor about dangerous effects.

- Do not smoke when using household chemicals. Many toxic products are flammable.

- Open doors and windows when you use chemicals, or go outside.

Use a fan when working with most

toxic solvents.

- If air smells bad and hurts your lungs, get far away and stay there until the air clears.

- If a commercial drain opener doesn't work, don't follow with sulfuric acid. The chemical reaction could splatter on you.

- To protect your hands, use rubber gloves that won't tear easily. Discard worn or damaged gloves.

## Safe Storage And Disposal

- Keep hazardous materials in cool, dry, well-ventilated shelves, beyond the reach of children and animals. If possible, lock them up.

- Place all hazardous products away from food, heat and flames.

- Store all products in their original containers with their labels intact.

- Keep all products tightly closed.

- Flammables, corrosives and poisons should be stored away from one another.

- If you end up with more than you need, give away the excess.

- Do not reuse containers for other purposes.

- Properly dispose of hazardous materials. They can poison the environment and the grounds and waters where children play. Questions about the proper disposal can be answered by local governmental agencies, public health offices, authorized waste disposal companies or the product manufacturers. ■

# Kitchen Cautions

Ray was a good cook with all the right utensils, from the best pots and pans to the finest cutlery. He took his prized set of carving knives to every family cookout and even on summer vacation. He kept the blades sharp and clean and wielded them with an artist's skill. Unfortunately, Ray's wit was as sharp as his knives. While preparing his favorite chicken dish one evening, he also engaged in a heated discussion with his guests. Good-natured disagreement led to raised voices and soon a howl from Ray who, having taken his eye off his work, inadvertently took a slice off his thumb.

The kitchen is often the center of activity in a home, and no other room contains as many potential hazards. Here are a few precautions to protect yourself from menaces lurking in the cozy kitchen.

## For Starters

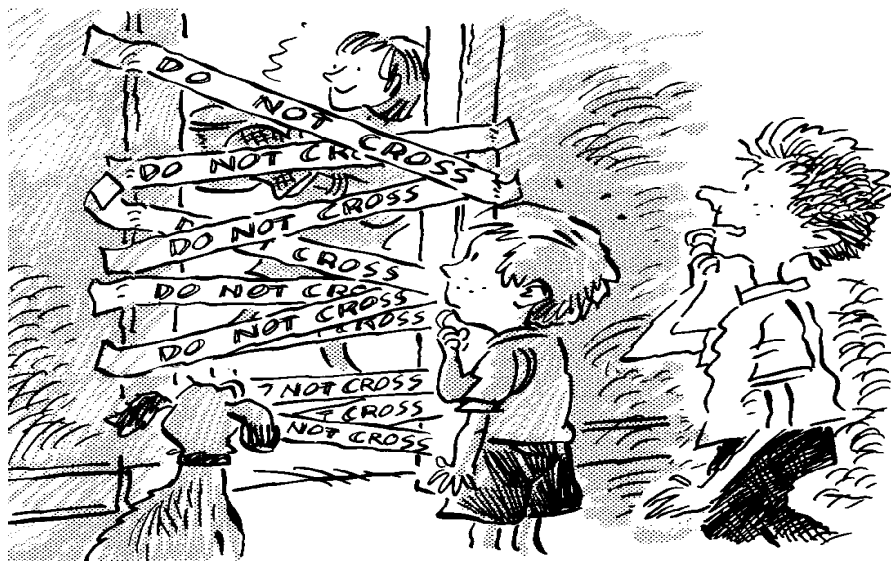
A safe kitchen requires 3 essentials - safe planning, safe equipment and safe habits.

- Clear counters of unnecessary items before cooking.
- Focus on the meal. Keep toddlers, guests and pets out of the kitchen during the busiest times of meal preparation. Haste and distractions can make you careless.
- Make sure there is ample light.
- Clean up spilled water, grease, or food peelings immediately.
- Use a sturdy stool or ladder with treaded steps to reach high shelves. Never stand on a chair.
- Keep doors and drawers closed.

## Now You're Cooking

**Cooking is the primary cause of residential fires in the U.S., killing more than 400 people annually, and injuring over 4,500.**

- Wear short or tight-fitting sleeves when cooking. Floor-length robes and floppy slippers are hazardous in the kitchen.
- Always watch food being heated.



The leading cause of home cooking fires and injuries is unattended cooking.

- Use the proper size burner. The exposed part of a larger burner could ignite your clothing.
- Do not pick up a hot pan unless you have an insulated spot where you can put it easily.
- Always keep dry potholders or mitts handy to hold hot objects. Wet holders carry the heat to your hand.
- Use potholders or mitts, not towels, to handle food in the oven, and to remove items from the stove or microwave.
- Do not place potholders, plastic utensils, towels or unnecessary items near the stove.
- When lifting a lid from a pan, tilt the far side up first so the steam will be directed away from your face and hands.
- Keep a pot lid near the stove. If a grease fire starts on the stove, use the lid as a shield and slide the lid over the fire. If a grease fire starts in the oven, close the oven door. Be sure to turn off the heat.
- Keep a fire extinguisher handy. An "ABC" type is most practical for home use. Check its pressure gauge regularly. Know how to use it.

- After cooking, make sure all knobs are turned completely off.
- Use microwave-safe containers for microwave cooking.

## Getting Right To The Point

Fires and burns may cause more serious injuries, but cuts are the most common kitchen injury. **In fact, more than 400,000 emergency room visits occur each year in the U.S. due to injuries associated with knives.**

- There is no such thing as an "all-purpose" knife. Purchase the size and style appropriate for the kind of cutting you intend to do.
- Always use a sharp knife and a cutting board that provides a clean, flat surface. A dull knife requires a lot of pressure, so it is more likely to slip and cut someone.
- Angle knives down when you cut, and cut away from your fingers.
- Hold food down with your knuckles to prevent cutting a finger.
- Have a special rack or compartment to store knives.
- Wash and dry knives and put them away immediately. Don't leave knives to soak in soapy water. You may find them the hard way. ■

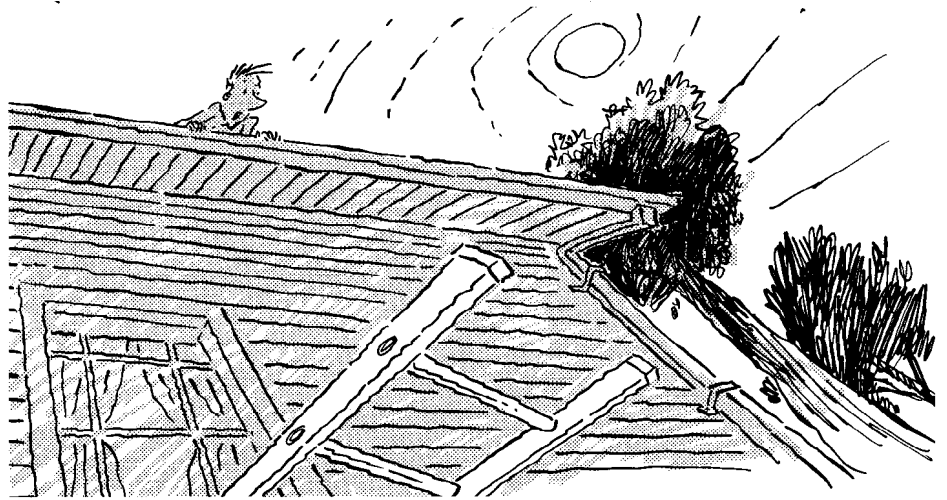
# Ladder Tips (Climber Falls)

*Man! What a great day to patch that loose shingle at the base of the chimney. Sun's out, not a cloud in the sky, light breeze, high of 87 degrees. Mick took the ladder from the garage, removed his shirt, and shooed Carol shopping. Five minutes after she was gone, he knocked the ladder to the ground. Let's see. The wife and kids are gone. The neighbors are on vacation. Mick lives on a street where there is little traffic. Mick sat on the roof for four hours, which gave him plenty of time to fix the shingle, and get so badly blistered from the sun that he missed two days work.*

**Annually, there are more than 150,000 injuries associated with ladders that require emergency room treatment.** Most ladder incidents are caused by a loss of balance, or by a ladder's being placed on a slippery surface. Others are caused by sheer foolishness. Almost all of them could have been avoided.

## Before You Climb

- For any project involving a straight ladder, consider hiring a professional.
- Choose the proper ladder for the job. Wood and fiberglass ladders are best for working around electrical sources, although any type of ladder can conduct electricity if wet.
- Before climbing a ladder, check it thoroughly to be sure it's safe. Look for missing, damaged or loose parts. Be sure the nonslip feet aren't worn. If there is a problem, get a new ladder. Repairing a damaged ladder is taking a risk.
- Verify the weight capacity, and include tools you carry in your calculation.
- Indoors or outside, place the ladder on a firm, solid surface. If you must put the ladder on a soft surface, place a board under the ladder's feet to provide firm footing.
- Always have a person steady the ladder on windy days or if there's a question about the ladder's stability.



- When using an extension ladder outside, place the ladder about one-fourth of the length of the ladder away from the wall. For a quick estimate, place your toes against the ladder feet. Stand erect and extend your arms straight out. The palms of your hands should rest on the base section rung nearest to shoulder level.
  - Wear clean, dry, slip-resistant shoes, and be sure the rungs of the ladder are dry.
  - If you use a ladder in front of a door, lock the door and barricade the other side.
  - Never use a folded-up stepladder as a straight ladder. The feet won't be square on the ground, and the ladder may slip.
  - Never lean a ladder against a window pane or other unstable surface.
  - Do not climb a ladder if you have been using alcohol, have balance problems, are subject to fainting spells, are using a new medicine, or are physically handicapped.
  - Do not paint a wood ladder.
  - Arrange for someone to check on you periodically.
- ## Avoiding A Crash Landing
- Never climb with equipment in your hands. Use your pockets, an equipment belt, a tool pouch, or raise heavy objects with a hand line.
  - For added stability, tie the top of the ladder to a support, or use special

devices available from your hardware store.

- To climb or descend, face the ladder and grip the rungs firmly with both hands.
- Keep your body between the rails at all times, and never reach or lean too far to the side. Rule of thumb: Your belt buckle should never extend outside the ladder rail.
- Hold on to the ladder with one hand. If you must use both hands, put one leg around a rung.
- If you need to shift to a new position, climb down and reposition the ladder. Don't try to shift the position while standing on the ladder.
- On a straight or extension ladder, don't climb higher than the fourth rung from the top. On a stepladder, don't climb higher than the second rung from the top.
- Be sure the ladder extends 3-5 feet above the edge when climbing onto a roof. This added length is needed to step safely onto the roof. Do not climb the ladder above the roof top.
- When moving a metal ladder, lower it to avoid touching a power line. Better yet, never place a ladder where it could slide into power lines. Give them a wide berth.
- Descend immediately if high winds or rain begin. ■

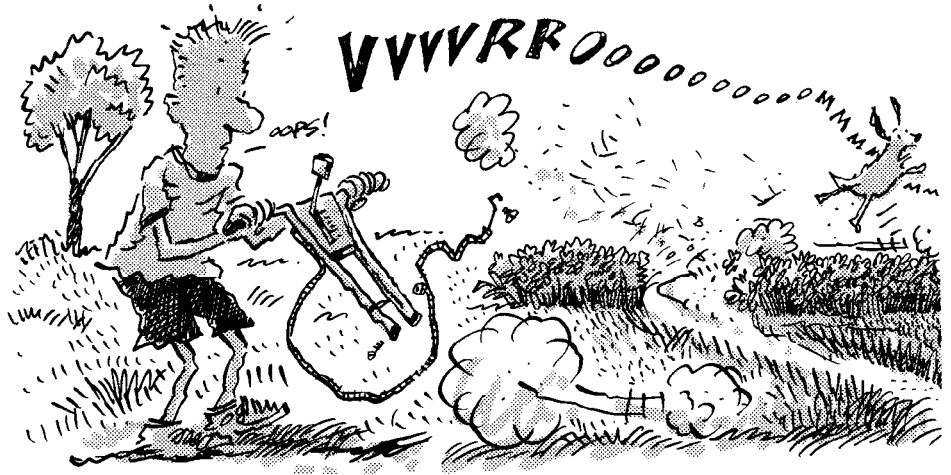
# Mower Sound Advice

*Here's the irony. Tom owned a nursery that offered a lawn maintenance service. His company would cut your lawn, trim your shrubs, and leave your yard looking immaculate. Every morning, Tom would caution his crews about the use of their power tools and check each employee for steel-toed work shoes. He was a real stickler for those shoes ... for everybody but himself. One night rushing to cut his own yard before darkness, he slipped on a hillside and his power mower chopped off two toes from the right foot protected only by thin tennis shoes. That was a hard one to explain to himself and his employees.*

## Operating Instructions

**More than 80,000 people end up in emergency rooms each year with lawn mower-related injuries, including over 5,000 children under 15. To protect everyone:**

- Buy only a mower with a control that stops the mower when you let go of the handle.
- Each year, thoroughly review and follow operating and maintenance instructions in the Operator's Manual.
- Get your mower professionally serviced before each cutting season.
- Leave all safety features intact.
- Know how to start and stop the machine safely.
- Invest in good safety glasses, especially when using side-discharge mowers and lawn trimmers.
- Do not operate a lawn mower when you are tired or under the influence of alcohol or medication.
- Wear hearing protection, but do not listen to music or the radio.
- Fill the tank outdoors. Put in enough gasoline to perform the job to avoid refueling.
- Use extra care when refueling:
  - if you have to refuel, take a break and let the engine cool.
  - don't spill when you fill. Remove any spilled gasoline before starting the engine.
- Put children and pets in the house



until you finish.

- The Outdoor Power Equipment Institute recommends that children not operate a lawn mower. If you allow a mature teenager to mow grass, be sure he understands the Operator's Manual; will exercise caution; and is strong enough to manage the mower. Supervise several jobs before allowing him to do the job on his own, and spot monitor unannounced later.

## When Walking Behind A Mower

- Mow only in dry conditions and daylight.
- Before starting, pick up any rocks, sticks, cans, wires or toys in your path.
- Wear close-fitting long pants and heavy-duty shoes with nonslip soles and steel toe protection. Consider shoes with cleats for terraces.
- Cut the difficult or hilly areas first, while you are fresh and your concentration is at its peak.
- Never leave the mower unattended while the engine is running.
- Stop when a person, especially a child, or a pet is in the area.
- Never cross driveways or paths with the blade rotating. The blade can pick up and throw rocks.
- To clear a clogged discharge chute, turn off the engine, and then use only a stick.
- If the blade strikes an object, turn off the engine and examine the mower thoroughly for damage.

Before checking the blade, remove the spark plug wire, if accessible.

- Mow across inclines.
- Keep the mower flat.
- Push the mower; pulling it increases the risk you might slip and pull it over your foot.

## Special Tips For Riding Mowers

- Don't carry passengers on a riding mower, especially small children. About 15 children are killed each year in riding mower incidents, usually from falling off the mower and being run over.
- When backing up, look behind and down for children and pets.
- Always start the machine from the operator's seat.
- Slow down at corners, blind spots, and when descending hills.
- Watch for holes, ruts, or bumps obscured by grass.
- Do not mow in reverse. If you must back up, disengage the blade and proceed with caution.
- To avoid tipping, mow up and down on gentle slopes, never across.
- If there is doubt about tipping or losing control of the riding mower, stay off the slope.
- If the tires slip on a slope, it is too steep. Disengage the blade and go slowly, straight down the slope.
- Inspect your riding mower each time before you start it.■

# Senior Safety

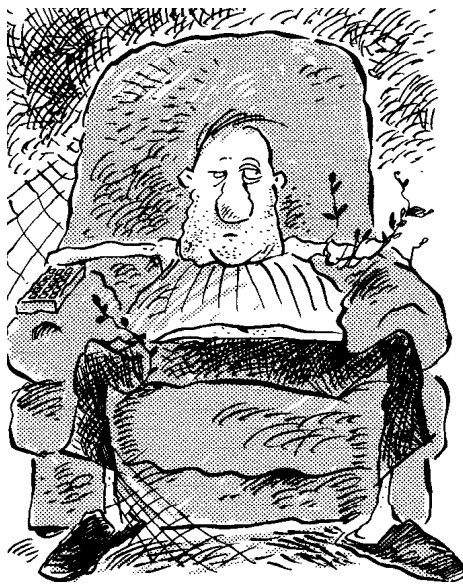
Anita, 65, lived alone. One autumn day she decided to put up her storm windows to prepare for winter. Since she had done this by herself many times, she saw no need to get help. However, this time the kitchen storm window was not going on properly due to paint residue in the hooks. Anita was already several steps up the ladder when she decided to climb another step to gain better leverage. Struggling to hold onto the window, she climbed the next step, lost her balance, and fell, shattering her kneecap. It took hours of surgery and several months of rehabilitation before she could walk again, but she will never have full mobility.

Poor eyesight and hearing, arthritis, mobility impairments, and the side effects of medication can make older people more prone to injuries. The following tips should make life safer.

## Stay On Your Feet

Falls are the most common injury in the home. **Over 10,000 adults 65 and older die from home falls each year.** To prevent falls:

- Being physically fit reduces the chances of falling. See a health professional for a fitness program.
- Make sure you know the effects of your medicines. According to the *Johns Hopkins Medical Letter*, if you take four or more prescriptions you are more likely to fall, largely due to drug interactions or side effects such as weakness or dizziness.
- Don't walk in worn-out, loose fitting slippers or stocking feet. Wear shoes that fit well, fasten securely and have thin, nonskid soles.
- Keep exits clear of obstructions. Remove all objects from floors and stairways.
- Stair carpet must be firmly attached to the steps. Put nonskid treads on stairs without carpeting.
- Place sturdy handrails on all stairs, preferably on both sides.
- Remove throw rugs. Securely fasten doormats and area rugs.



- Place electrical and telephone cords where they cannot be walked on or tripped over.
- Don't rush to answer the phone or doorbell.
- Paint the edges of outdoor steps white so they can be seen better.
- Put nonslip mats around areas likely to get wet.
- Provide a solid stepladder with high railings to hold onto.
- Get help for difficult jobs, including snow shoveling.
- Hip protectors may be appropriate. Ask your doctor.

## Go Heavy On The Light

Older adults may need three times more light than younger people to see adequately.

- Provide good, easily accessible lighting throughout the home, especially on the stairways.
- Place light switches (or a good flashlight) at both the top and the bottom of stairwells.
- Install "glow" light or remote control switches to avoid groping in the dark for wall switches.
- Consider a plug-in night light that is light-sensitive for all rooms.
- Reduce dangerous glare by using frosted bulbs, indirect lighting, shades or globes on light fixtures. Use adjustable blinds or window

covering to reduce the sun's glare.

- Provide plenty of bright outdoor lighting at night, too.

## All Around The House

- Develop a plan for each type of emergency that could occur. Contact your fire department to let them know of someone with special needs.
- Add a bath mat or nonskid abrasive strips or decals to the bottom of the tub or shower stall.
- Place a small corner-shelf or easy-to-reach holder in the tub for bath supplies. This will prevent dangerous standing or reaching.
- Keep lotions and shampoos in unbreakable plastic containers.
- Lower the setting on your hot water heater to "low" or 120 degrees Fahrenheit.
- Add a bath bench, if needed.
- Add grab bars on the bathroom walls, especially by the toilet and in the tub. Anchor the bar into the wall studding with long screws to assure a steady base.
- Adjust the height of the bed so it is easy to get into and out of.
- Store everyday items in easy-to-reach locations. Use a long-handled "reacher" for lightweight items on high shelves.
- Put a lamp so it can be easily reached without leaving the bed, or use a "clap-on" device.
- Provide a telephone and a clock with large numbers beside the bed. Place emergency numbers printed in large letters there, too.
- Sit up for a moment before getting out of bed. Stand and get your balance before walking.
- Provide a firm chair with arms to sit and dress.
- Do not place anything over an electric blanket. Don't tuck it in, either. That can cause excessive heat build-up and start a fire.
- Write down your prescriptions and give them to a friend or relative. This could help in an emergency.
- Develop a system or use a special container to take medicines. ■

# Brushing Hazards Away

Ann was tired of those hot rubber gloves. She had been using a solvent to remove the stain from the wooden stairs leading to the upstairs bedroom for four hours now, and her patience had worn thin. She had made good progress on the wood, and felt she deserved a break. Ann got a cold soda, removed the gloves and returned to work. Half an hour later, her hands were beginning to blister and peel, and the pain was intense. She was able to call her husband at work, and he drove her to the emergency room where she was treated for mild chemical burns.

The next time you plan to use a brush, keep these things in mind.

## Read And Heed All Labels

- The most important thing to do before painting is to read the paint can label. It can tell you if the paint contains anything that may be flammable, combustible, poisonous, corrosive, or otherwise dangerous.

- If the paint product is flammable or combustible, take the following precautions:

- Eliminate all sources of flame, sparks, and ignition. Put out pilot lights by turning off the gas, and do not re-light them until well after the room is free of vapors.

- Do not smoke.

- Don't use electrical equipment that may spark. This includes most electrical fans.

- Keep cans closed when not in use, and away from children.

- Avoid direct physical contact with paints and solvents. When working with paint labeled Danger/Warning or Caution, wear:

- a long-sleeve shirt and long pants;

- butyl rubber gloves. Not only will this protect the skin, it will make cleanup much easier.

- splash goggles;

- a respirator for spray painting.

- Modern paint contains no lead, but if you are working in a home



built before 1978, there is a chance that there may be old, lead-based paint on walls or trim. If lead-based paint is in good condition (not chipping, peeling, or chalking), it is not hazardous. However, sanding or scraping old paint can result in the generation of lead-contaminated dust. For additional information on dealing with old lead hazards, call the U.S. EPA Lead Information Hotline at 800-424-LEAD.

## The Careful Artist At Work

- Evaluate the job. Are you comfortable doing it? Consider hiring a professional, particularly for any project involving a straight ladder.

- If you decide to do the work, get the proper equipment and ladders before you start. Inspect the ladders and review ladder safety.

- Allow sufficient time to move the furniture and do the job right. Don't rush into an accident.

- On a stepladder, do not climb higher than the second rung from the top. Avoid overreaching. If you use a ladder in front of a door, lock the door and barricade the other side.

- Never use a stove to heat a paint can. Let it warm in a room.

- Open all windows and doors to increase ventilation and minimize vapor accumulation.

- Fans are sometimes helpful in

moving air, but do not use them when applying flammable or combustible products.

- Do not paint in deep basements, as vapors will accumulate near the floor and be hard to remove.

- Paint with a partner. If you become dizzy or fall, someone will be there to assist you.

- If your eyes water or you feel dizzy or nauseated, leave the work area and get plenty of fresh air. If the discomfort persists, see a doctor.

- Make sure light bulbs aren't exposed to sudden breakage.

## Safe Cleanup And Storage

- To prevent spontaneous combustion, paint rags should be hung outside to dry for four days.

- If you clean brushes with paint thinner or turpentine, keep them away from ignition sources.

- Call your local waste authority for guidance on proper disposal of paint, paint cans, and rags.

- Clean up any spills promptly.

- Keep containers tightly covered when not in use to reduce vapors and reduce the chance of spill.

- Supervise your children. Don't let them chew on painted surfaces or put paint chips in their mouths.

- For more information, contact the National Paint and Coatings Association at [www.paint.org](http://www.paint.org), or (202) 462-6272. ■



# Security Begins At Home

Since the events of September 11, there has been a heightened emphasis on "homeland security." We are all taking a more serious look at what is necessary to protect our nation, ourselves, and our families. The first realization we need to reach is that homeland security begins at home.

## Develop A Safety Plan

Whether the hazard is an enemy power, the power of blind circumstance, or the forces of Nature, each of us should develop a personal/family safety plan. To do that:

- Determine the hazards you are likely to experience in your daily and recreational activities.
- Keep up-to-date folders with safety tips on the hazards your family might face. Clip articles from publications, jot down comments from TV and radio, and call organizations that focus on your particular activities and places. Also, contact local police and fire departments.
- Review the safety tips periodically. For example, at the start of each boating season, review tips for water hazards you might encounter.
- Hold regular family safety meetings. To get them involved, let the kids assume some of the leadership.
- Make a house tour, and be sure all family members know how to shut off electricity, gas, and water. Keep needed tools at each site.
- Establish "safe spots" in and around your home for storms and earthquakes.
- Post emergency and important phone numbers at all telephones, including work, doctors, and the poison control center.
- Take courses and refreshers in first aid and CPR.
- Purchase and use appropriate



safety equipment.

## Know When To Leave

- Do some research on natural disasters likely to strike your area, particularly when you move to a new location. Contact your local emergency management office for help.
- Draw up a floor plan of your home. Make sure everyone knows at least two ways out of each room.
- Practice your escape plan as a family at least twice a year. Have formal plans for evacuating very young and disabled family members.
- In the event of an evacuation emergency, decide on a meeting place outside the home where all household members will meet. One location should be near your home; the other outside your neighborhood, in case you cannot return.
- Ask an out-of-state person to be your family contact in a disaster. It's often easier to call long distance than to call inside the disaster area.
- Know where nearby official storm shelters are located, and alternative evacuation routes. Child care providers should also know this.

- Learn to recognize your community's disaster warning signals, and what to do when you hear them.

- Assemble a disaster supply kit which you can take with you if you have to evacuate. Periodically check and replace any outdated items in it. A good disaster supply kit should include: a three-day supply of water (one gallon per person per day) and food that won't spoil; cups, plates and utensils; first-aid supplies; prescription and nonprescription drugs; bedding, a change of clothing, and footwear, all in airtight plastic bags; rain gear; flashlight; portable radio; extra batteries; sanitary supplies; special items for infants, seniors and persons with disabilities; nonelectric can opener; and pet supplies.

- A more detailed list of items to include in the kit is available at [www.fema.gov/plan/prepare/basickit.shtm](http://www.fema.gov/plan/prepare/basickit.shtm).

- Make plans for your pets.

## In Public

- In public places, don't ignore safety. Avoid events with lax security, and notify law enforcement of any suspicious activities or persons. ■



# Poison Control

According to the Centers for Disease Control and Prevention, there are more than two million unintentional human poisoning exposures a year in the United States, and approximately 20,000 deaths. About 10,000 deaths occur in the home, many of them due to drug overdoses.

These are frightening statistics and unnecessarily high. The first and best antidote is caution.

## Good Advice And Bad Medicine

- Keep these telephone numbers by your phones: poison control center, doctor, and hospital.
- Always follow label directions. Poisoning can occur by eating, drinking or inhaling a substance, or getting it on the skin or in the eyes.
- Always read the label on any medication before you take it.
- Discard drugs that are past their expiration date, or look or smell unusual. Contact your pharmacist for disposal instructions.
- Never take a medicine prescribed for another person. There might be side effects you do not know about, or an interaction with your medicine.
- Don't take drugs in the dark.
- To avoid overdoses, use a daily pill organizer.
- People with poor eyesight and failing memory are at greater risk for unintentional drug misuse.

## This Isn't Kid Stuff

More than one million unintentional poisoning exposures among children under six are reported to U.S. poison control centers each year. Almost 90 percent of these incidents occur in homes and involve common household items.

- Lock up all medicines and keep medicines in child-resistant containers. However, don't rely solely on these containers. They are *child-resistant* not *childproof*.
- If you're interrupted while using a product, take the product or child with you, or lock up the item.

- Never leave open medications out of your sight.

- If you must keep medicine by the bed when kids are around, use a lockable tackle box.

- Grandparents: Put away and secure poisonous items before kids arrive. A disproportionately high number of childhood poisonings involve grandparents' drugs.

- Place purses, bags and suitcases out of reach.

- Teach children not to eat or drink anything unless it is given to them by an adult they know.

- Never refer to any kind of medication as "candy" even when trying to coax children to take it.

- Avoid taking medications in front of children. They will want to copy your actions.

- Child exposures often occur in late afternoon or early evening when supervision may not be as strict.

- Poisonings increase during periods when the household is disrupted (e.g. children visiting, holidays, personal crisis, moving).

- Be alert for repeat poisonings. Children who swallow a poison are likely to try again within a year.

- If you suspect a child has been exposed to a poisonous substance:
  - Remain calm, and keep the child calm.

- Look in the child's mouth.

Remove any remaining pills, pieces of plant, etc.

- Take the child and the poison to the phone. Call the poison center or your doctor. Be prepared to give your child's age, weight, the product name on the label, when it was eaten, the amount swallowed, and the child's condition.

Note: Most parents can identify the top three drugs used by children: alcohol, tobacco and marijuana. Few parents realize that inhalants are the fourth drug group most commonly abused. And remember, tobacco is often the "gateway" to other drugs.

- If you suspect your child is using illegal drugs, or abusing prescription drugs, seek professional help immediately.

## The Toxic Household

- Do not store household and cleaning products in the same place you store food.

- Keep all products in their original containers.

- Contact a local nursery or poison control center to find nontoxic plants to buy. More than 700 species of plants are harmful to humans.

Ingestion of house plants is a leading cause of calls to poison centers.

- Store cleaning supplies or other poisonous products in cabinets with childproof locks, or closets that require a key to open.

- Never mix a "home brew" cleaning product without first checking the poison control center.

## Common Household Hazards

Alcohol	<b>Bathroom</b>
Tobacco	Bath oil
Detergents	Boric acid
Drugs and pills	Creams
Plants	Deodorants
<b>Kitchen</b>	Deodorizers
Ammonia	Drain Cleaners
Carpet cleaners	Hair remover
Drain cleaners	Hand, shaving, sun
Furniture polish	lotions
Metal cleaners	Mouthwash
Oven cleaner	Nail polish and remover
Plants	Rubbing alcohol
Rust remover	Shampoo, wave lotion,
Scouring powders	and sprays
Upholstery cleaners	Toilet bowl cleaner
<b>Bedroom / Purse</b>	<b>Basement / Garage</b>
Cosmetics	Antifreeze
Jewelry cleaner	Bug Killers
Perfume	Fertilizers
<b>Laundry</b>	Gasoline and oil
Bleaches	Kerosene
Disinfectant	Lighter fluids
Dyes	Lime
Stain remover	Lye
<b>Storage Places</b>	Paint
Batteries	Paint remover / thinner
Moth balls / sprays	Tree and lawn spray
Rat / insect poisons	Turpentine
	Weed killer
	Windshield cleaner■

# Workshop Woes

*Craig is a skilled and experienced woodworker. It's more than a hobby for him, it's his passion. And sometimes our passions get the best of us. Like that Saturday when Craig wanted to make one more cut near the end of a long day. In a moment of rare inattention, the saw blade snagged in the wood and his hand flew toward the blade. Thanks to a skilled surgeon, Craig did not lose part of his thumb that day. They say to let the tools do the work, but tools can't do the thinking, too. Craig learned an important lesson. Now he turns off the machines and doesn't overdo it.*

**According to the U.S. Consumer Product Safety Commission, about 100,000 people each year suffer injuries that require emergency room treatment from using home power tools. The table saw is involved in more serious injuries than any other woodworking device. Most table saw injuries occur during ripping operations.**

## Proper Preparation

- Take the time to read all instructions on the proper use of your power tools. If you don't use a tool frequently, review the safety instructions before each use. Follow the maintenance schedule suggested by the manufacturer.
- Plan power tool projects. Think through the moves your hands will make before you make them.
- Select the proper tool for the job, and only use the accessories built specifically for that tool.
- Do not force a small tool or attachment to do the job of a heavy-duty tool. Makeshift tools can cause accidents.
- Keep all safety guards in place and in proper working condition.
- Allow ample space in the workshop to work safely.
- Keep the area free of clutter.
- Keep the area well lighted. Eliminate all shadows.



- Keep children and onlookers out of your work area.
- Wear safety apparel, including goggles or safety glasses with side shields. Never wear loose clothing or jewelry around power equipment. Use gloves that are job-rated for the kind of work you are doing.
- Clean your hands before using tools to prevent slippage.
- Never work when you are tired, distracted, or angry.
- If your hands are sore, arthritic or injured, don't use power tools.
- Don't use any tool that is worn or broken.
- Keep your workshop well ventilated.
- Keep idle tools stored and out of the reach of children.

## In The Heat Of The Action

- Avoid overconfidence or repetitious operations that lull you into carelessness. Periodically pause and refocus.
- Maintain good balance and footing. Don't overreach, or reach over or behind a moving saw blade.
- Do not force tools. Let them do the work.
- When cutting, use sticks or blocks to keep your hands away from moving blades.
- Use clamps and vises to secure the object you're working on.

- Do not touch a bit or blade after cutting or drilling. They can be painfully hot.
- Do not try to catch falling objects. The sudden movement can disrupt your safety equilibrium.
- Never leave a machine with the motor "coasting."
- Never hurry a job.
- Promptly sweep up all sawdust.
- Don't smoke or drink alcohol when working.

## Respect The Power

- Always use a ground fault circuit interrupter (GFCI).
- Ground all your power tools, unless they are clearly marked "double insulated."
- Do not use power tools in wet or damp places. Rubber-soled shoes and heavy rubber mats are good precautions in any conditions.
- Don't use tools with damaged cords or improper extension cords.
- Never carry a portable tool by its cord or yank the tool or extension cords from the receptacle.
- Be certain the switch is on "OFF" when plugging in a tool. Do not carry a plugged-in tool with your finger on the switch.
- Unplug tools when they are not in use, or when you are adjusting them or installing accessories. ■

# Let It Melt

A beautiful new snow should be a wonder to behold. Sadly, in many instances it leads to tragedy as people die or injure themselves while trying to shovel it. The fact is, some men and women have no business even reaching for a shovel. Among them are:

- the elderly;
- those with heart disease, or who have a high risk of heart disease (smokers, those who are overweight or have high blood pressure.)

Shoveling heavy snow requires as much energy as vigorous running, however most people should be able to do it safely. To protect yourself:

- Wear a scarf over your nose and mouth to avoid breathing the cold air, which makes your heart work harder. Wear a hat to retain body heat.
- Dress in layers. You want to be able to shed clothing as you get warmer. Overheating puts extra strain on your heart.
- Wear shoes with good traction to avoid falling.
- To avoid excessive strain on the heart, warm up before shoveling by doing some slow, light exercise.
- Do not shovel snow after smoking, eating a heavy meal, or drinking alcohol or caffeinated beverages.



These activities can place an added burden on your cardiovascular system once you begin shoveling.

- Pace yourself by taking frequent rest breaks. What is hurrying really going to accomplish at a time like this, anyway?

- Bend your legs at the knee. Let your thigh muscles do most of the pushing and lifting work. And remember to keep your back straight. This method reduces the strain on your heart and your back.

- Use a shovel with a small blade to keep your loads small and light.■

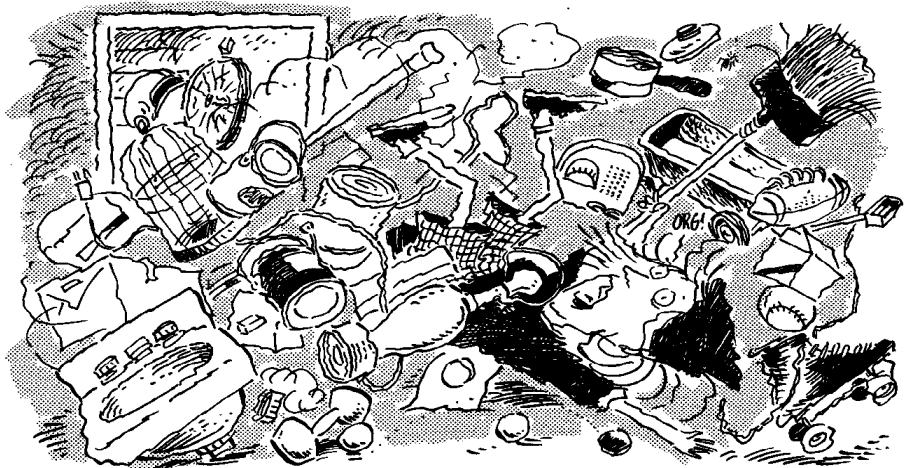
# Spring Forward (With Caution)

*Deb was not a particularly demanding or impatient wife. But this was the Saturday that she was determined to organize their cluttered garage and prepare it for her Spring passions, gardening and biking. Bob had other plans for the day. Rather than wait for his help, she impetuously threw herself into her work, and in the process threw out her back shoving fifty-pound bags of fertilizer around the garage and lifting her ten-speed bike down off its wall mounts. That was the Spring that Bob planted the garden while Deb recuperated in the easy chair.*

Like any physical activity, Spring house cleaning has potential hazards, most of which are easily avoided with planning and common sense.

## General Housekeeping

- Pace yourself. Injuries are more likely to happen when you're tired. Take frequent breaks.
- Alternate light and heavy work. Get help for heavy or difficult jobs.
- Wear the right clothes for the work you'll be doing, including sturdy shoes and work gloves.
- Wear safety goggles for tasks that might threaten your eyes, e.g., using cleaning supplies or bleach.
- As you start the heavy cleaning, keep traffic lanes in the house open and uncluttered. Keep kids and pets away from work areas.
- Clear off your steps and stairways. Check treads, risers, and carpeting, indoors and out.
- Inspect all patios, porches and driveways for cracks and holes. Repair these dangerous hazards.
- This kind of work generally involves some climbing. A chair is not a suitable replacement for a ladder. Choose the proper ladder for the job. Check all ladders for damage before you step foot on one.
- Read the label before using any



household chemical product. Look for alternatives to harsh chemicals. Never mix cleaning products without checking the poison control center.

- Keep cleansers and tools out of the reach of kids and pets.
- Wear hearing protection when operating noisy tools or appliances.

## Storage Areas

You've had several months to accumulate a lot of needless clutter in storage areas. Let's get organized.

- Childproof your storage area as you would your home. Keep all chemicals, sharp objects and powerful equipment out of sight, out of reach, and under lock and key.
- Install wall hooks and hang your hoses, extension cords, shovels, and rakes on them. It's bad enough the puppy is at your feet, your ax shouldn't be there, too.
- Hang pegboards for your tools. They'll be away from inquisitive hands, and you can find them easily.
- Look for newer, safer hooks and pegboards.
- Keep anything that hangs away from traffic areas.
- Don't hang bikes or sports gear at eye level or near doors.
- Hang tools with sharp points facing down, out of a child's reach.

- Lock up power tools. If a tool has a key, store it separately.

- Keep antifreeze and windshield wiper solvents off the floor where they can't tempt kids or pets.
- Dump all those solvents and empty cans you've accumulated. Your City Hall can probably tell you about hazardous waste collections.

- Discard old papers, magazines, clothing, and furniture. They can provide fuel for an unwanted fire.

- Throw out oily rags and anything else that can catch fire.

- While cleaning, never use the same rag with different chemicals.

## Keep The Spiders Away

While fatalities from spider bites are rare, consequences can range from trivial to severe.

- Sanitation should be the first step in control. Clean away all webbing along with spiders and eggs with a vacuum cleaner.
- Keep undisturbed areas of your home as free as possible of clutter. Periodically move stored materials around and vacuum these areas.
- Caulk cracks and crevices on the outside of the house.
- Hire a certified pest control operator for a recurring problem. ■

# Shear Terror

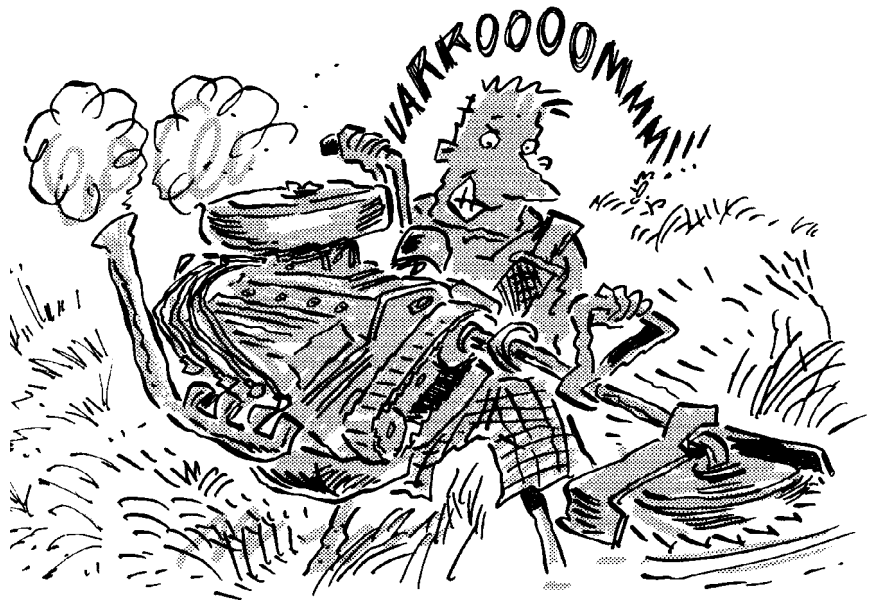
*Clackety, clackety, clackety, clank! The small rocks and gravel from Dave's driveway were slapping against his house and lawn furniture. Clackety, clackety, clackety, bing! Bouncing off his garage windows and automobiles. Dave was oblivious. He'd wanted one of these gas powered weed trimmers for years, and now, broadleaf, watch out. Clackety clackety, clackety, yipe! King, the beloved dog sprang from his sleeping spot in the grass looking for the culprit that smacked him in the back of the head, leaving a wound that required five stitches by the local veterinarian. Dave vows to be less zealous next time, and to make sure no men, women, children or pets are in the line of fire.*

Power tools can be a boon to the amateur landscape architect. However, they can quickly turn to a backyard adversary when used carelessly. **In fact, more than 30,000 people start out working in their yards and end up in hospital emergency rooms each year from mishandling pruning, trimming and edging equipment.**

## Rooted In The Basics

No matter what tool you are using, some basics apply:

- Read all operating instructions carefully before turning on the motor.
- Follow maintenance instructions in the manual.
- Use a machine only for jobs for which it was intended.
- Do not remove or disable protective guards or other safety devices on the tool.
- Fill the gasoline tank only when the engine is cold.
- Know how to stop the machine quickly.
- Take the tool to an experienced dealer every year for servicing.
- Keep all tools high on the wall, on a high shelf, or locked up.
- Cover lawn and garden equipment with a heavy tarp and hide the ignition keys.



- With electric equipment, remember:

- Look for the UL sticker or label to be sure the equipment has been tested to meet nationally recognized safety standards.

- Be careful not to cut over a power cord if you are using an electric motor.

- Check and replace damaged cords. Use only grounded extension cords marked for "outdoor" use. For extra protection use a Ground-Fault Circuit Interrupter.

- Never use an electric powered implement near water or in wet conditions of any kind.

- Unplug the tool before making any adjustments.

## People, Places and Things

- Operate the machine only where you have firm footing and good balance. Do not operate in areas where you would need your hands to prevent a fall.
- Keep bystanders away from the area where you are working, especially in front of the tool.
- Clear loose rocks and debris from the area where you will be working with a power tool.
- Stand and walk directly in back of the tool to prevent being hit by flying objects its force may kick up.

- Work only when you have good light and you're not rushed or tired.

- Never place your hands or feet near or under rotating parts while the engine is running.

- Hold the handles firmly with both hands. If you strike a foreign object or if your machine vibrates abnormally, stop the engine. If the motor is gas driven, disconnect and secure the spark plug wire. Then inspect and repair the damage before you continue working.

- Stop the engine when crossing gravel drives, walks or roads, or under any conditions where thrown objects might be a hazard.

- Always use safety glasses with side shields, and hearing protection.

- Wear long pants, close-fitting clothes, and sturdy shoes or boots. Do not wear jewelry.

- Do not allow others to use the power tool unless they are responsible, have read and understand the instructions, and are schooled in its operation.

- Always unplug an electric tool when it is not in use. Never allow children to use these devices.

- Before each use, inspect for frayed cords and cracked or damaged casings. If it's damaged, don't use it. Have it repaired by a qualified repair shop. ■

## LEISURE AND GENERAL SAFETY INTRODUCTION

When we engage in leisure activities, safety too often is not a top priority. We are usually doing something that is enjoyable, and our focus is getting the most out of our free time.

However, unless you keep your 24-hour safety switch on, what started out as a day of fun can end up being a day of regrets.

The principal causes of leisure deaths, based on the most recent National Safety Council statistics, are:

Falls	6,700
Poisonings	3,600
Drowning	2,900
Choking	2,900
Water Transport	700
Air Transport	600
Railroad	500
Mechanical Suffocation	400
All Other*	6,400
Total	24,700

\* Principal causes are: excessive natural heat or cold, firearms, fires and flames, and machinery.

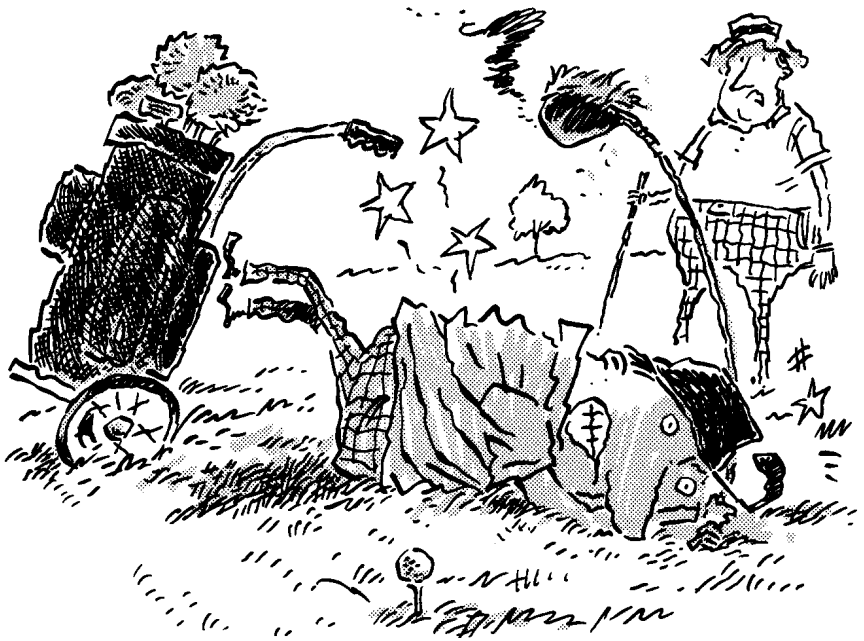
# Drive Safely

There are some serious hazards associated with the game of golf that have nothing to do with water and sand. You have your lightning. And the intoxicated fool in the runaway golf cart. And the screaming slice bearing down on you like a heat-seeking missile. However, the hazard most likely to strike you is a serious back injury. Swinging a golf club puts a tremendous strain on the back. As a result, golfers injure their backs more than any other part of their body. **The score card shows that back injuries constitute up to 50 percent of all the injuries sustained by male golfers.** That includes professionals. In the 1980s, Jack Nicklaus's career almost ended because of back problems.

Injuries do not have to be par for the course for golfers or other sports enthusiasts. Too many people take up a sport to get in shape. They would be much better off getting in shape before they take up a sport.

## First Rule: Get In Shape

- Choose a sport that is right for you. Consult a physician before you begin a new sport, especially if you are over 35, overweight, easily fatigued, smoke heavily, have a history of family or personal health problems, or take medication.
- Take the time to visit with an exercise professional to develop a personal training and stretching program. Make sure you know how to stretch just before and after you engage in the activity, and warm up. Professional athletes take time to stretch and warm up properly. So why should you cut corners?
- Take lessons. Learn from a qualified/certified instructor.
- Stay hydrated. Drink water or sports drinks before, during and right after playing.
- If you are injured or sore, stop the activity and give the muscles time to heal. Stretching can make them worse.



## Be FOREwarned

According to the National Safety Council, about 50,000 golfers require emergency room treatment each year, including over 8,000 golf cart incidents.

- Learn the proper swing and body mechanics from a pro.
  - Always warm up before you play. Spend a few minutes swinging both the irons and the woods.
  - Protect your back. Don't bend from the waist. Use your legs. Squat, and get help lifting heavy objects like golf bags from the trunk.
  - Don't hang your feet out of carts or drive drunk; drive at a moderate speed; and avoid inclines.
- On the course, golf etiquette and safety go together.
- Before any practice swing or shot, be sure no one is close by or in a position to be hit by the club, the ball, or any stones or twigs that could be moved by your swing.
  - Never hit a golf ball if others are in range. If you're hitting to an area you can't see, take time to be sure the area is clear.
  - Warn others if you're making a shot from a bad lie.

- Heed lightning warnings. Get inside a building as quickly as possible. If a shelter is not available, move toward low ground and avoid lone trees. Do not hold golf clubs.

- To avoid insect stings and tick bites, don't walk through woods and thick grass.
- Wear a hat and sunscreen with a 30 SPF.
- Contact the U.S. Golf Association at [www.usga.org](http://www.usga.org) for tips on course etiquette.

## Weeknight/Weekend Warrior Tips

- **Almost 75 percent of softball injuries involve sliding.** Avoid sliding if possible. If you do slide on occasion, practice the proper technique. Encourage your league to use breakaway bases, since almost all sliding injuries involve fixed bases.
- **Each year, hospital emergency rooms treat nearly 40,000 people for sports-related eye injuries.** Wear sports eyeguards when participating in activities that could injure your eyes.
- Buy quality equipment and keep it properly maintained. Be sure it fits your size and shape.■

# Alcohol Content

*Ole was having a heck of time. The World War II fighter pilot had a captive audience at the restaurant, and he was in rare form. The stories became bigger than life, and Ole kept ordering his favorite gin and tonics. After dinner, everyone at the table knew he shouldn't be driving. Everyone except Ole. But he was the war hero, the elder statesman in the group, and it was his car. As they approached the dangerous curve in the country road, his five passengers knew he was going too fast and they sat glued to their seats, terrified. The Oldsmobile careened from the road and crashed through a barbed wire fence and mired in deep mud. There were two broken legs, a concussion, and nine cracked ribs. Miraculously, the six lived to tell how they almost went down in flames at the hands of the inebriated flying ace ... and how careless they were to let him drive.*

## Holiday Or No Holiday

It's possible to stay sober and have a good time. It's also possible to have a few drinks and stay safe. Here are some suggestions for taming the party spirits.

- Eat at least fifteen minutes before the first drink and continue to consume food while you're drinking.
- Make your first drink a large glass of water, juice, or soda to quench your thirst.
- Always drink slowly. Never drink alcohol because you're thirsty. You'll drink too much, too fast.
- Alternate between alcoholic and nonalcoholic beverages.
- Limit your consumption to one ounce of alcohol per hour. That equates to about one 12-ounce beer, one four-ounce glass of wine, or one mixed drink.
- Stop drinking alcohol one hour or more before the party is over. There is no other way to sober up. Black coffee won't do it. Neither will the mythical "cold shower" treatment, or



other so-called quick fix remedies. Only time will make you sober enough to walk, drive, or ride a bike safely.

- Don't drink punch or eggnog without asking first if they are spiked with liquor.
- Avoid alcohol even in moderation when your energy level is low.
- If friends tell you that you shouldn't drive, listen to them.

## If You Are The Host

- Serve alcohol-free drinks such as soft drinks and coffee.
- Serve foods, especially those rich in proteins. Eating slows the rate at which the body absorbs alcohol. You do not want your guests drinking on an empty stomach.
- Don't serve salty foods that make people thirsty.
- Measure mixed drinks with a shot glass to avoid over-pouring.
- Do not allow guests to pour their own drinks. It sounds generous, but it's defeating. It's much better to choose a reliable bartender who will keep track of the size and number of drinks that people consume.
- Carbonated water and mixers speed up alcohol's effects. It's best to add iced or noncarbonated water to dilute an alcoholic drink.
- Do not push drinks on guests.
- Stop pouring alcohol to someone who is obviously intoxicated.
- If the event is lunch or dinner,

make the cocktail portion of the event short.

- Establish designated drivers in advance of the party, and offer a variety of nonalcoholic beverages. These people should not drink any alcoholic beverages. Even one or two drinks can impair a person's ability to drive safely.

- Stop serving alcoholic beverages at least 90 minutes before the party breaks up. Serve a dessert treat.
- Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.

- If someone does drink too much, drive them home, arrange a ride with another guest who is sober, call a taxi, or invite him to stay over.

## Some Personal Concerns

- A person's metabolism and physical makeup change with aging, so a single drink packs a much stronger wallop in a 60-year-old than a 20-year-old. (Something senior citizen Ole forgot.)
- Usually the less you weigh, the faster your Blood Alcohol Concentration level will increase with the same amount of alcohol.
- If you wake up with a hangover, wait at least three hours after you awake to get behind the wheel of a vehicle. If you can't wait, catch a ride with a co-worker.
- Alcohol consumption during pregnancy is one of the major preventable causes of birth defects and childhood disabilities. The advice here is simple and humane: Do not drink when you are pregnant, or planning a pregnancy.
- With some medications, including many over-the-counter drugs, an adverse reaction can occur when alcohol is consumed. Talk to your doctor, and read labels carefully.■



# An ATV Is Not A Toy

*Hank knew better. But his little grandson, Steven, was so persuasive, and even though he was only eight years old, he was darned good at driving an ATV. What harm could there be in letting the little rascal drive himself and his sister two miles back to the barn while Hank followed in the pickup? It was a remote road, and Steven promised to drive slowly. It all would have worked out perfectly, except that Steven was too small to see over the rise as he approached the intersection. He never saw the car that struck the ATV, sending him and his sister to the hospital. No one died in that collision, but Hank "died a thousand deaths" as he watched it happen.*

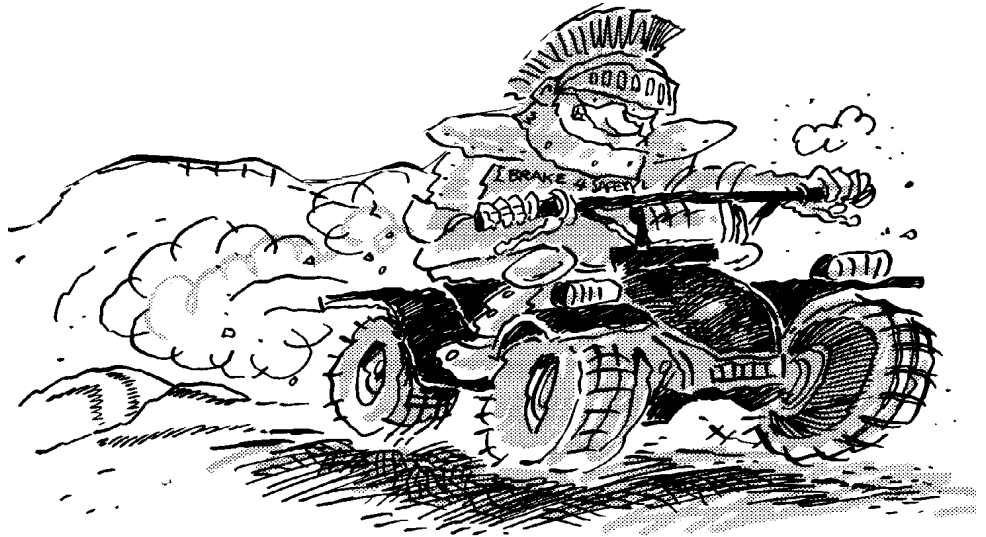
Today, about seven million people ride ATVs for work and pleasure in the U.S. **Each year, about 150,000 injuries requiring emergency room treatment happen to people riding ATVs. In recent years, ATV-related deaths exceeded 800 annually. About 20 percent of the deaths occur to children under age 16.**

The American Association of Pediatrics suggests that no children under 16 ride ATVs.

## Riding Tips

ATVs are good for sport and work, but they are used on terrain that can be unforgiving, like tree roots and rocks. Here are a few tips to keep you safe:

- Before taking your first ride, enroll in a sanctioned rider training course. Visit the ATV Safety Institute at [www.atvsafety.org](http://www.atvsafety.org) for details.
- Read and follow the owner's manual and warning labels.
- Inspect the mechanical condition of the ATV before riding.
- Practice in a safe area before driving on more difficult terrain.
- ATVs are intended for off-road use only. Never operate one on public roads or paved surfaces.
- Do not carry passengers.
- Use existing trails if possible.
- Be alert for hidden wires.



- Never ride when tired, or under the influence of alcohol or drugs, prescription or otherwise.
- Do not operate the ATV at excessive speeds.
- Never ride beyond the limit of your visibility.
- If a hill looks too steep to climb, it probably is.
- Ride only where you have permission to ride.
- Avoid three-wheeled ATVs, which are not made anymore.

## Dress The Part

To ride safely, you should dress safely. Anytime you jump on your ATV, you should be wearing:

- A motorcycle helmet approved by the Department of Transportation. **This is your most important piece of protective gear.**
- Goggles or face shield.
- Boots. Over-the-calf style with low heels to keep your feet from slipping off the footrests.
- Off-highway style gloves padded over the knuckles.
- Long pants.
- A long-sleeved shirt or jacket.

## Young Riders

Young people have a natural affinity for ATVs. They are small, fast, and look like great fun. When they are used properly, they are safe. At which age children should begin riding them depends on training and judgment. Before turning a young

person loose on an ATV:

- Ask yourself if your child is *strong enough* and *mature enough* to operate an ATV.
- If the answer to both is yes, you must match your child to the proper size ATV. For instance, kids under the age of 16 should not operate an adult-sized ATV. Discuss this with your dealer. As a basic rule, kids:
  - 6 years to 12 years should drive an engine under 70 cc.
  - 12 years to 16 years - from 70 to 90 cc.
- Enroll your child in a special, hands-on training course, and take the course yourself. Call the 800 number above for details.
- To be an effective coach and overseer, you must be familiar with the ATV. Your best source of information is the owner's manual. Review it with your child.
- To be sure your child knows the workings of his or her ATV:
  - Have them show you the **location** of the parking brake, brakes, throttle control lever, engine stop switch, and shift lever (if equipped).
  - Have them show you how the controls **work**.
  - Ask them to operate the controls as if they are riding. And do it without looking at the controls.
  - In short, be convinced your child can safely operate the ATV!
- Supervise your child's operation of the ATV at all times. ■

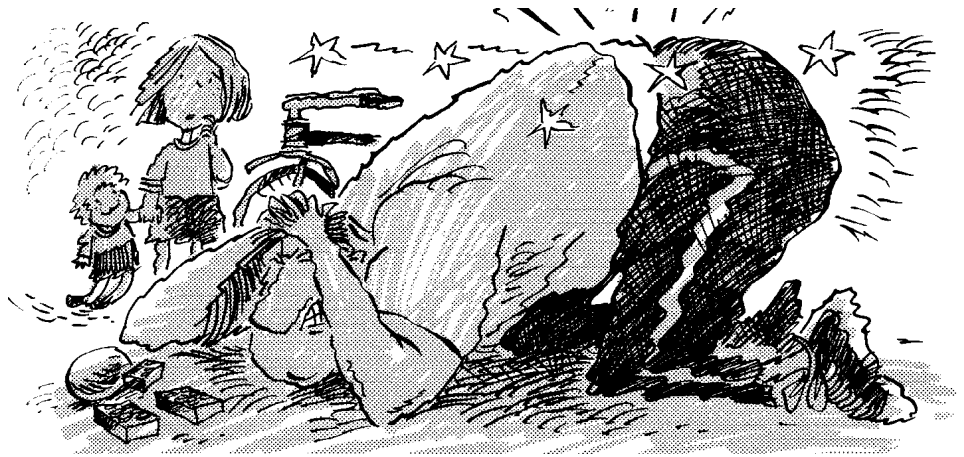
# Lumbar Support

*This was Tom's day to start painting the house. When he stepped from the garage, he found his son playing basketball in the driveway with the neighborhood kids. Tom pitched his paint brushes to the ground, and raced onto the court. As he flew across the lane for one of his patented, fall away jump shots, he felt a violent twinge in his back, and he tumbled to the cement in intense pain. He hobbled off the court, but had to crawl into the house, where his wife helped him into a hot bath, and from there to bed, where he stayed for two days. That weekend Tom realized his body had to be as warmed to a task as his brain was.*

**Approximately 80 percent of us will experience lower back injuries during our lifetime.** To stay one step ahead of your back, remember these tips:

## Your Life Style Is Important

- Stay fit, and watch your weight. Extra weight on the stomach adds extra strain on the back.
- Exercise and stretch regularly to keep the muscles that support your back strong and flexible. Consult a doctor to develop a fitness program.
- Work on good posture. Stand straight. Maintain the natural "arch" in your lower back whether you are standing or sitting.
- Sleep on a firm mattress.
- Avoid sleeping on your stomach. It's better to sleep on your side with knees bent, and a pillow between them.
- If you must sleep on your back, place a pillow under your knees and a rolled-up towel under the small of your back to relieve pressure.
- Back injuries happen often in the morning when you're still stiff with sleep. Don't bend at the waist to put on your socks and shoes. Pull your feet toward you.
- Minimize time spent wearing high heels. Keep heels to a 1/2" maximum, including western boots.
- When sitting, keep your feet flat



on the floor or use a footstool.

- If you catch yourself slumping forward or slouching, correct your position by pushing the small of your back into the back of your chair. Consider using a lumbar support or pillow for extra support. (This applies in the car, too.)
- Shift your sitting position frequently. Stand and walk around to stretch your muscles at least once each hour.
- Stand up straight for dishes and ironing. Put one foot on a small stool a few inches high.
- Look for products ergonomically designed to reduce back strain.

## It's All In The Technique

- Before lifting a load, stretch by reaching upward several times, followed by simple back and side bends.
- If the load is too heavy or awkward, get help.
- Bend your knees and hips and squat as close to the load as possible, with your feet about a shoulder's width apart. Never bend from your waist!
- Get a good grip. Lift the load using your thigh muscles. Arch your back inward by pulling your shoulders back and sticking your chest out. Keep your chin up.
- Keep the load close to your body. The closer it is, the less pressure it puts on your back.

- Lift slowly and smoothly. Don't jerk. Keep your back straight.
- Don't twist from the waist to lift something. Instead, turn your whole body in the direction you want to reach or look.
- To set the load down, squat, bending again at the hips and knees. Keep your lower back arched in.
- For one-arm loads, bend at the knee and waist, and keep your back straight. Lift with your legs.

## More Back Saving Suggestions

- Whenever possible, push, don't pull. Keep your back straight and knees bent.
- Move *to* an object. Don't reach *for* it.
- If the load is above you, test its weight by pushing up on it. Then, be sure you have a firm footing and a solid grasp before moving it.
- Squat down or kneel to reach low objects. Bend at the knees to lift children.
- When working in a stooped position, stand and stretch regularly.
- To unload the trunk of your car, brace one knee against the rear bumper, pull your stomach in, and unload one package at a time.
- Take short rest breaks during highly repetitive or sustained work.
- For chores that could keep you bent over for a long time, get down on one or both knees and work. ■

# Peddling Bicycle Safety

*John was following his doctor's orders. The 50-something executive was taking his daily bicycle ride to improve his health. This evening, though, he altered his routine and opted for a more scenic route along a narrow, winding, two-lane road near his home. With no shoulders, the road left no margin for error, however, and John was hit by a motorist who was trying to pass him. In trying to prolong his life, John inadvertently cut it short.*

**Each year, about 500,000 people require emergency room treatment due to bicycle crashes, and about 800 people die.**

**Approximately 75 percent of the deaths result from a head injury.** Following are some simple, easy-to-follow guidelines that will keep the pleasure in biking.

## Use The Proper Gear

- **The proper helmet can reduce head injuries by about 85 percent.**

Always wear a helmet with a label stating that it meets the Consumer Product Safety Commission standard. Select a helmet that fits snugly and sits flat on your head.

- Discard a helmet after it sustains a blow. Even a slight blow can affect impact-absorbing foam.

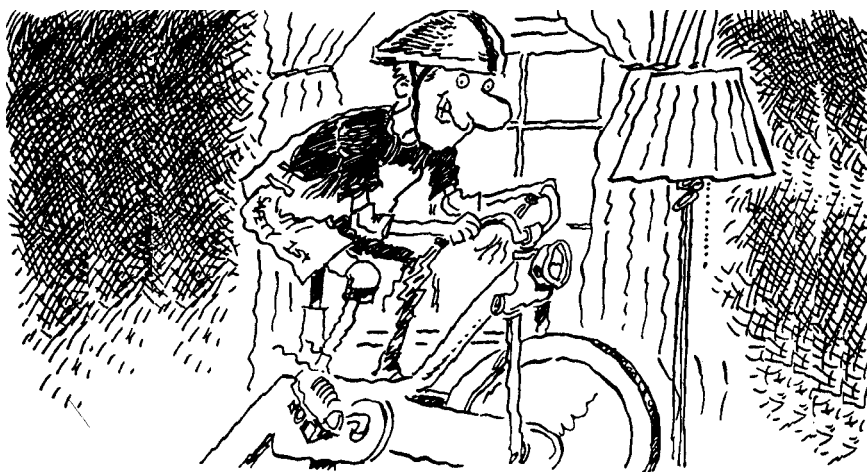
- Take a safety course. One organization offering courses for all ages is the League of American Bicyclists at (202) 822-1333, or [www.bikeleague.org](http://www.bikeleague.org).

- Know and obey traffic regulations, signs, signals, and markings.

- Ride a bicycle that "fits" your body and riding needs. You should be able to stand over the top tube, with the tube one or two inches below your crotch. Find a qualified salesperson to help you determine which bicycle, safety features, and accessories are best for you.

- Before riding, make sure all the parts are secure and working.

- Check your brakes before stepping onto your bicycle, and keep them properly adjusted.



- Wear bright or fluorescent clothing during the day. Be more visible by flying an orange flag from the back of your bike.

- Never wear headphones.

- Use a rearview mirror.

## Take A Balanced Approach

- Find a safe place to ride. Many cities or bicycle clubs have maps of recommended routes.

- Cycle defensively. More than 70 percent of car-bicycle accidents occur at driveways or intersections. Expect a car to pull out from a side street, or turn left in front of you.

- If traffic is heavy, walk your bike across an intersection.

- Make eye contact with drivers, and signal your intentions.

- Cycle with the flow of traffic, and never against it.

- In a group, it's best to ride single file, unless you are off the road, or on quiet, secondary roads.

- Don't carry passengers or items that interfere with your control.

- Stay alert at all times. Look out for hazardous surfaces or obstacles in your path, such as potholes, loose gravel, manhole covers, cracks, railroad tracks, or wet leaves.

- Leave at least three feet of distance when passing parked cars to avoid doors being opened.

- Be predictable. Maintain a straight line when you're cruising.

- Stay at least three feet to the right

of cars if you can. If there is a wide, clean shoulder, use it.

- Watch for pedestrians, especially kids or animals that might dart in front of you. If a dog chases you, stop, dismount, and use your bike as a shield.

- Before turning, look back, check all directions for traffic, and use hand signals.

- Avoid provocative actions that might irritate drivers.

- When in danger, shout!

- The bike will be less stable with a child in a seat. A cart towed by a bike is far safer. Plan to go slower, take turns gently, and avoid busy streets.

- Carry loads at the rear of the bike in cases designed for bicycles.

## Riding After Dark

- Avoid biking at night. It is far more dangerous than riding during the day. Most bicycles need to be adapted for nighttime use.

- Add the brightest lights and largest reflectors you can find to the front and rear of your bicycle.

- Wear retro-reflective clothes or material, especially on your ankles, wrists, back, and helmet. White or fluorescent are not good enough.

- Ride only in familiar areas.

Streets with bright lighting are best.

- Always assume that a driver does not see you. ■

# Advice To Float Your Boat

*You really have to wonder what Shirley and her friends were thinking as they roared their motorboat up and down the Mississippi River. First, they drank too much alcohol under the steady gaze of a hot July sun. Then they forgot to check the gas gauge and ran out of fuel. Finally, drifting at the mercy of the river, they failed to put on their life jackets. Is it any wonder that when the boat struck a barge and sank, the member of their group who could not swim drowned. Just a little clear-headed thinking could have prevented a tragedy.*

**In a recent reporting period, almost 700 people died in nearly 5,000 recreational boating accidents.** To stay safely afloat:

## Know The Basics

- Take a boating-safety class to learn basic seamanship skills. **Nearly 70 percent of boating fatalities involve an operator who didn't complete such a course.** To take a class, contact a local safe-boating organization, or visit the U.S. Coast Guard website at [www.uscgboating.org](http://www.uscgboating.org).
- Know the rules and regulations of the area you will be navigating.
- Get a free vessel safety check and a list of recommended safety equipment from the U.S. Coast Guard Auxiliary or U.S. Power Squadron. Make sure all items are on board and work.
- Before you cast off, be sure you have tools to make repairs.
- Be sure the boat is in top operating condition, with no tripping hazards, sharp edges exposed, or fire hazards.
- Maintain fuel and ventilation systems as directed in the owner's manual and state and federal requirements.
- Check the fuel system for leaks or signs of deterioration. Replace immediately a corroded fuel tank, or hoses that feel cracked, brittle, swollen, damp, or mushy.



- Heed regulations concerning fire extinguishers, and keep them in good condition and readily available.
- Give someone your itinerary.
- Close hatches and openings before fueling. Turn off electrical gear and appliances. No smoking.
- Fill tanks 90-95 percent full to allow for expansion. Fill portable tanks off the boat.
- After fueling, wipe up all spills. Open all hatches. For inboard engines, run the bilge blower at least four minutes before starting up.
- Never start the engine until all traces of vapors are eliminated. Your nose is your best detector.
- Check for power lines in your path before launching.
- **About 25 percent of boating deaths involve alcohol.** The marine environment accelerates impairment. Tests have shown only one-third the amount of alcohol that makes a person legally impaired on the road is enough to make a person equally impaired on the water. If someone does drink, use a designated driver.

## Life Jackets Are A Must

**Over 50 percent of fatal accidents are due to capsizes and falls overboard.** They usually result from overloading, poor weight distribution, high-speed maneuvers, leaning over the edge, and operator error.

- **Almost 85 percent of people who drown in boating-related incidents were not wearing a life jacket.** All occupants should have a Coast Guard-approved life jacket. Make sure life jackets are selected and fitted for each passenger.
- If you stand up for *any* reason in a small boat, wear a life jacket.
- Don't sit on your life jacket when it is not in use. The weight could damage the protective shell.
- Test your life jacket annually.
- Children and nonswimmers should wear a life jacket on any small boat or near water.

## Chart A Safe Course

- Be especially careful the first few trips of the season. Your skills might be rusty.
- Many accidents are the result of a collision with another boat or an object in the water, such as rocks, pilings, or debris. Stay alert. Use many of the same defensive measures you employ to drive a car.
- The overwhelming majority of capsizings occur on small boats because of sudden weight shifts. Move carefully and cautiously. Everyone should remain in their seats while the boat is in motion.
- Travel at safe speeds. Avoid sudden and sharp high-speed turns.
- Give swimmers, skiers, and divers plenty of distance. Be especially alert near boat docks.
- Before heading out, check the latest local weather forecast.
- Head for shore when the weather turns bad. Everybody should immediately don a life jacket. Sudden wind shifts and choppy water can mean a storm is brewing.
- Carry a portable radio for weather reports. A cellular phone, and a marine radio when venturing far from shore, are good additions.
- If your boat capsizes, don't panic. Stay with the boat.
- Don't boat alone.
- Wear your life jacket. It floats ... you don't. ■

# Don't Be Bowled Over

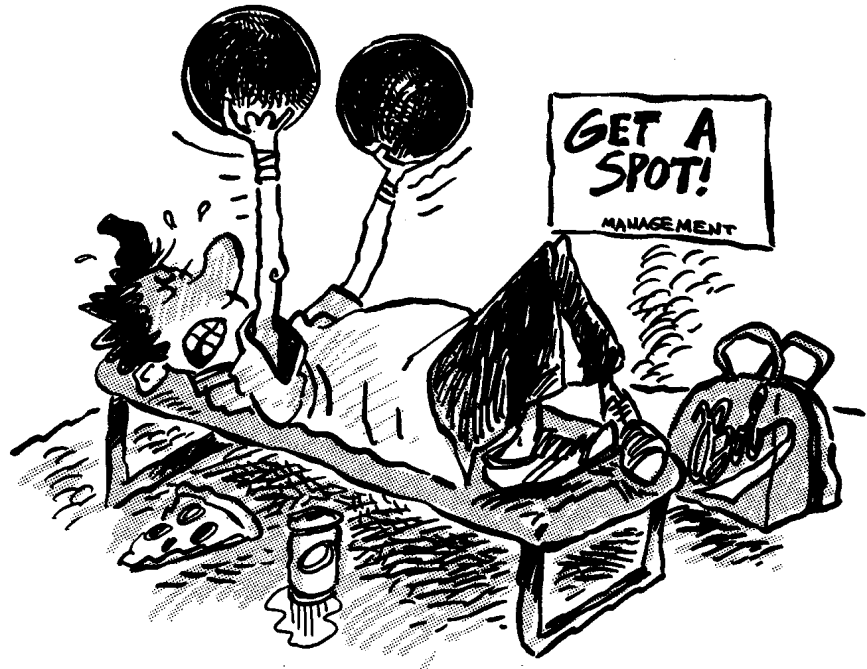
*Tom had just played one of the best games of his high school football career. Now for the post game pizza and a little bowling to relax sore muscles. Although he hadn't fumbled in the football game, he accidentally dropped the 16 pound bowling ball on his foot and missed the next game with a broken toe.*

As unlikely as it seems, the U.S. Consumer Product Safety Commission estimates over 22,000 bowling-related injuries require emergency room treatment each year. Most are the result of carelessness resulting from slips and falls, sprains, balls dropped on toes or fingers smashed between balls.

Other bowling injuries are the result of "overuse" injuries such as tendinitis and carpal tunnel syndrome to the hand, wrist, elbow and shoulder caused by repetition and cumulative stress. The factors that contribute to overuse injuries include lack of a pre-bowling warm-up, lack of strength and poor physical condition, improper bowling technique, and inadequate or inappropriate equipment.

Precautions include:

- Complete a warm-up session before you bowl.
- Pay particular attention to the wrist, elbow, shoulder, back, hamstrings and quadriceps. Visit your



medical professional to obtain proper stretching exercises.

- Take up weight training to strengthen your biceps and triceps if you bowl regularly.
- Squeeze a tennis ball to strengthen your grip to avoid wrist tendinitis.
- Take lessons. Good bowling technique is critical. Keep your back erect, bend with your legs, and maintain a smooth approach.
- Annoying aches and pains, twinges and tender areas are signs of

possible injury. Seek medical attention before the situation becomes serious.

- Check with a pro to get a ball that is the right weight for you, and fits your hand.
- Be sure your shoes are dry and your foot will slide at the approach line before throwing the first ball.
- Encourage your league president to disseminate stretching exercises to all bowlers. ■

# Campfire Wisdom

We go camping to escape the rat race, to relax, and to learn about the natural world. Tragically, some of nature's cruelest lessons are learned when we are trying to become better acquainted with her, as we are occasionally reminded when people drown in a flash flood while on a camping trip. Like any other human endeavor, successful and safe camping adventures require planning and cautious forethought.

## Before Leaving

- Pack a first aid book, and a well stocked kit. Bring warm clothing layers and rain gear for bad weather.

- A short list of necessities includes: cooking utensils, insect repellents, lanterns, tool kit, sun-screen, matches in a waterproof container, toilet paper, soap, hooded sweatshirt for children, a hat, and a compass.

- Bring bottled water for drink or mixing with food. Always assume stream and river water is not safe.

- Learn as much as you can about the area's weather patterns and hazards before you leave home. Plan accordingly. Take a radio to get weather updates.

- Have a fire extinguisher, or pail of water, available at all times.

- Teach and practice the STOP, DROP and ROLL method of putting out a clothing fire.

- Take foods that don't require refrigeration or careful packing, e.g., peanut butter and canned foods.

- Bring emergency telephone numbers and a cell phone. Even better, carry a satellite phone or personal locator beacon, which can be rented.

- Read the labels before buying a tent. Only buy a tent that is flame resistant.

## Setting Up Camp

- Arrive well before sundown to select a suitable campsite.

- Camp on high ground. Do not camp on gravel bars or near a river or creek bank, no matter how dry it appears.



- Beware of trees with dead branches, and low areas that could become muddy in heavy rain.

- Inspect the area for poison plants, nests and other dangers.

- Clear away any rocks, roots or debris that might present hazards.

- Pitch your tent at least 15 feet upwind from grills and fireplaces.

- Leave at least a three-foot area clear of leaves, dry grass, and pine needles around grills, fireplaces and tents.

- Store flammable liquids only in safety cans, a safe distance from your tent, camper or any source of heat or open flame.

- Apply insect repellent, as recommended by your doctor.

## At Your Temporary Home

- In stormy weather, avoid solitary tree lines or small groupings of trees. Go into the deeper forest.

- If lightning gets close, crouch down with your feet close together (this minimizes the surface area that ground current might be able to flow through). If you have a dry sleeping pad available, stand on it to further protect yourself. Do not lie flat or sit down. Stay as far away from any metal as you can.

- Use only flashlights or battery-powered lanterns inside a tent.

- Develop a fire escape plan with

your family.

- Use a funnel to pour flammable liquids. Wipe up spills.

- Fill lanterns and stoves a safe distance downwind from heat sources.

- Do not use a flammable liquid to start a fire.

- Don't wear loose-fitting clothing around fire.

- Build a campfire where it cannot spread. Never leave a burning fire unattended. Put it out with water and soil. Be extra careful on windy days.

- Don't pour fire starter on a smoldering fire.

- Do not dump hot charcoal on the ground where someone can accidentally step on it. Place coals in designated ash cans.

- Wash your hands well before handling food. Use disposable wipes if safe water is limited, or antibacterial liquid cleaner.

- Never barbecue inside a tent, camper or vehicle.

- Store food in coolers or in your vehicle, out of reach and smell of animals. Don't encourage wild animals into your campsite by offering food.

- Teach children not to disturb or provoke any animals.

- Shake out all clothing before putting it on. ■

# Tippy Canoe? Too Bad For You

Canoeing and kayaking can be wildly invigorating or quietly relaxing pastimes. **However, along with the thrills and contentment come some risk, and each year about 75 people drown while canoeing or kayaking.** As strange as it may seem, most paddlesport accidents do not occur in raging whitewater but in calm lakes and rivers. The reason? People feel no threat in quieter waters, and forget to take proper precautions.

The mishaps are usually the result of poor judgment and inadequate preparation. Before you pick up a paddle, here are some things to consider to keep you safely afloat.

## Before Shoving Off

- Wear a high quality life jacket that is Coast Guard approved. Make sure the life jacket adjusts easily and fits snugly over clothing worn for different weather conditions. **Most drowning victims were not wearing a life jacket.**

- As little as one hour of competent instruction significantly reduces your chance of a serious accident. A paddlesport course is especially important if you are going to tackle a river. Courses are available from the American Canoe Association and local organizations.

- Know your personal skill level and physical condition. Don't overestimate your capabilities.

- Be a competent swimmer. Swimming could save your life.

- Avoid bulky clothing that could affect your ability to swim.

- A dry-or wetsuit is suggested in rough waters, especially in water colder than 70 degrees. Exposure to cold water can cause hypothermia, which can be fatal in minutes.

- Wear a broad-brimmed hat to protect from the sun and rain.

- Carry a complete change of clothing in a waterproof bag.

- Always wear shoes. Canvas is good because it dries fast.



- Do not load a boat so heavily that you have less than six inches of "side" between the water line and the top of the gunwales. Keep the weight low in the boat.

- Pack an emergency kit that contains a flashlight, rescue bag (throw rope), medical kit, knife, whistle, and waterproof matches, especially when you are paddling on a river. Other recommendations include: an extra paddle, a cell phone, a radio, smoke flares, a bailing container and a sponge, and a thermos of water.

- Get an accurate local weather forecast. Some forecasts are broadcast 50 miles from the water you will be traveling.

## Scout The Waterway

- Write your state's Department of Natural Resources for a map of waterways that you can canoe safely.

- Know the waterway you will be paddling on. If it's unfamiliar, go with an experienced leader, or walk the bank first. Look for hazards such as rapids, waterfalls, fallen logs, heavy boating traffic, strainers (downed trees or branches reaching into the water), dams with hydraulic reversals, bridge piers, and barbed wires across rivers.

- Always avoid flooded and rising rivers, very cold water, remote areas, and areas around dams.

- If you suffer from a known medical condition, bring appropriate

medication and advise others of your condition. If in doubt, stay home.

## With Paddle In Hand

- **Never boat alone.** Let someone know your itinerary and schedule.

- Avoid alcohol. **Coast Guard studies show about 25 percent of boating mishaps involve alcohol.**

- Learn to control your boat. Be able to stop it at any time and know how to land on shore.

- Avoid sudden movements. Shift your weight slowly and carefully.

- Do not go into fast current unless you are sure you can safely get through. Carry a boat around a rapid that is beyond your capability.

- Do not paddle too-tough rivers. Know your ability and paddle one class lower than your ability.

- If your boat is upset, stay with the boat unless it is headed for a dangerous place or is interfering with rescue attempts. It should have enough flotation built into it to support any occupants who hang onto it until help arrives. Leave it and swim only if this improves your chances. Hang on to your paddle unless personal safety requires you to abandon it. Get out of the water ASAP to avoid hypothermia. If you cannot remove your entire body from the water, move as much of your torso and head above water as possible. Avoid unnecessary movement as that increases heat loss under water. ■



# A Trim And A Dangerously Close Shave

*Gary knew a thing or two about ladders and chainsaws. He saw no reason why that troublesome branch, a mere twelve feet off the ground, couldn't be removed easily enough with a few quick cuts. He propped his ladder against the tree, clambered to the limb, and revved up the chainsaw. What Gary didn't know was that when he cut the branch, it would snap back violently and knock him off the ladder, and that he would land flat on his back, requiring a year of expensive and painful rehabilitation to his arm and shoulder.*

**According to the Consumer Product Safety Commission, over 25,000 chainsaw injuries require emergency treatment each year.**

## Be Prepared

- Buy a chainsaw based on the type of work you plan to do, and with the best safety features.
- Read and follow all operating and maintenance instructions and settings. Review safety tips the first time you use the saw each year.
- Before your first use, attend a safety training course. If a course is not available, practice with someone who knows how to use the saw.
- Call a professional for jobs above your shoulder or off the ground, or if you have any doubt about your skills.
- Use leg chaps, safety footwear, snug-fitting clothing, protective gloves, impact-resistant goggles, and hearing and head protection.
- Use only a low kickback saw chain, and repair and replacement parts specified by the manufacturer. Keep a spare chain on hand.
- Do not use a chainsaw when you're tired, if you are under the influence of alcohol or medications, or if the weather is unsuitable.
- Keep your work area clean of branches and other objects that could cause kickback.
- Clear other people and animals out of your work area.
- Be sure the chain blade is sharp and at the proper tension.



- Check safety features before cutting.
- Clean dirt, spilled fuel, and sawdust from your saw. Make sure the handles are clean and dry.
- **Don't work alone. Chainsaw accidents are usually serious.**
- Use extreme caution when cutting small brush and saplings. Slender material may catch the cutting chain and be whipped toward you, or pull you off balance.
- Always plan a clear retreat path before cutting any tree.
- Stand on the uphill side of a log when cutting. The log may roll.
- Be sure your body is clear of the natural path the saw will follow after completion of the cut.

## When The Cutting Starts

- Start the chainsaw only on clear, level ground, not on your leg. The area should be free of debris. Move ten feet away from the fueling area.
- When sawing, use a well-balanced stance. Do not overreach.
- Hold the saw firmly: right hand on the rear handle; left hand on the top handle; and your thumbs locked around the handles. Lock your left arm while cutting.
- Cut with the part of the saw closest to the motor end, not the tip.
- Let the chain do the work. Don't

force the saw through the cut.

### • Kickback is a serious hazard.

Typically, kickback results when the saw tip comes in contact with a solid object or tough piece of wood; when the saw tip touches the bottom or side of the cut; and when the cut sections pinch together. Stay alert!

- Start all cuts at top speed (full throttle) and continue at top speed.
- Take your hand off the trigger between cuts.
- Be sure the chain does not rotate when the controls are in the idle position.
- Watch the moving chain until it comes to a full stop before moving the saw near your body.
- Set the chain brake when the saw is running but no cutting is being done.
- Turn off the saw and make sure the chain has stopped before making any adjustments or repairs.
- Inspect the blade for any cracks at least once an hour during use. If you find any, replace the blade.
- Refill the tank only when the engine is cold, and the saw is not running.
- Carry a chainsaw with the engine stopped, the cutter bar facing backwards, and the muffler away from your body. ■



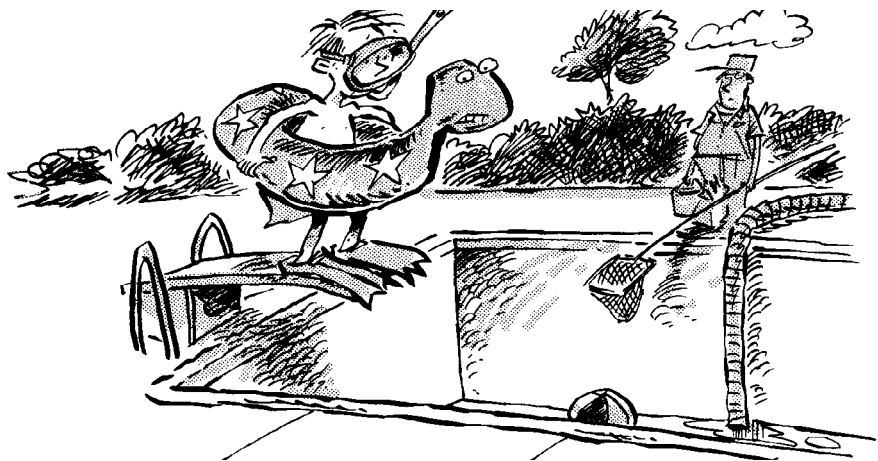
# Head Up! Hands Out!

*You couldn't even call it a dive. It was more like a lunge. Mary had been standing at the shallow end of the pool enjoying her drink and talking to a friend when Dave sneaked up behind her and pushed her into the water. Instead of jumping in feet first, Mary instinctively dived in, throwing her drink in the air and screaming good naturedly. In the midst of the fun, she banged her head into the bottom of the pool and severed her spinal cord. What began as a playful prank ended in a terrible tragedy and a lifetime of paralysis.*

**Diving incidents cause over 500 spinal cord injuries each year that result in some type of paralysis, according to the National Spinal Cord Injury Association. The most likely victim of these incidents is a young man between the ages of 13 and 30, and alcohol is involved in about half the cases.** Before you take your next plunge, pause to consider:

## Look Before You Leap

- Plan your dive. Check the depth of the water and make sure there is sufficient room to dive. There should be at least 25 feet of clear dive path in front of you.
- Never dive head first into six feet of water or less, where most diving injuries occur.
- Check the area you are about to dive into for obstacles above and beneath the water. If you are not certain what the conditions are below the water, do not dive.
- Never assume you know the depth of a familiar piece of water. Droughts, shifting sediment, and tides may cause the depth to change.
- Always jump feet first on your first plunge, even if you think it's safe to dive.
- Don't dive through objects such as inner tubes.
- Never dive or swim alone.
- Consider taking diving lessons from a qualified instructor.



- Alcohol and water do not mix. Don't swim or dive if you have been using alcohol or drugs. Diving requires clear thinking before and during the dive. Even half a drink, or some medicines, can impair a diver's judgment and control.

## Rules For Pools

Many diving injuries occur in swimming pools, particularly backyard pools. To protect yourself and others, follow these basic rules:

- Never dive or slide head first into shallow, above-ground pools.
- In an in-ground pool:
  - do not dive off the side of diving boards, slides or other pool equipment.
  - never dive or slide head first in the shallow end.
  - do a diving board test to gauge its spring before using it.
- Always jump directly forward from the edge of the pool or the diving board.
- For night diving, be sure the lighting is good.
- Never run or engage in horseplay.
- There are only two proper ways to use a pool slide: sitting, going down feet first; or, lying flat on your belly, head first. All other methods present a risk of serious injury. If headfirst slides are to be attempted, the pool slide must exit into deep water.

## Survive Your Dive

- Keep your dives simple. Don't attempt dives with a straight vertical entry. They take a long time to slow down and must be done only after careful training and in pools designed for competitive diving.
- Don't run and dive. That can give you the same impact as a dive from a board.
- Plan a shallow dive.
- During the dive, keep your head up, arms extended, hands flat and tipped up. Your extended arms and hands help you to steer up to the surface, and protect your head.
- When you dive, be ready immediately to steer up and away from the bottom. Arch your back.

## Managing The Unthinkable

If you think a spinal injury has occurred:

- do not try to move the victim unless his or her life is in danger.
  - float the person face up until help arrives. Do not pull them from the water.
  - get trained help.
  - avoid unnecessary movements.
- Proceed slowly and gently.
- immobilize the neck by making a vise with your hands and arms.
  - If there is a spinal cord injury, contact the National Spinal Cord Injury Association at [www.spinalcord.org](http://www.spinalcord.org) for assistance.■

# Sight Savers

*Andy was quite the swashbuckler, for a seven-year-old. Pirates beware! He could protect an entire coastal village with a loud shriek and a long stick broken off a tree. It turned out, however, that his worst enemy was not Captain Hook, but his own youthful exuberance. In a wild sword fight with his pals, he accidentally jabbed himself in the eye with his stick, and Andy has spent his youth trying to protect his eye from permanent loss of vision.*

**More than 200,000 Americans each year are treated in emergency rooms for eye injuries, and nearly a million people have permanently lost some degree of their eyesight due to injury.** Almost all of these mishaps could have been avoided.

## In The Sun Or At Work

- Wear chemical safety goggles when handling household cleaning products that can splash or spill into your face or eyes.
- Wear safety goggles when using power tools, lawn equipment, fertilizers, and pesticides. Goggles that fit over glasses are available.
- Polycarbonate lenses are more impact resistant than other lenses.
- Anyone who enters your work area must use proper eye protection.
- Wear eye protection when jump-starting your car. Follow directions provided with the cables.
- For maximum eyewear protection, look for the ANSI Z87 logo. While all lenses must meet government standards for impact resistance, some do not provide protection for many strenuous impact hazards.
- Wear sunglasses that block 99 to 100 percent of the UVA and UVB rays. The best colors for lenses are grays, green or brown. Other colors may distort color perception.
- In bright sunlight, a wide-brimmed hat blocks about 50 percent of the ultraviolet radiation that might enter the eye around sunglasses.
- Eyewear that wraps around the face also helps reduce the amount of harmful rays entering the eyes.



- For the sports-minded:
  - Wear impact-resistant polycarbonate sports eyeguards for racquet sports and basketball
  - Wear goggles to swim.
  - Consult with an eye doctor if the participant has a visual impairment or eye condition that could be made worse if the eye were struck.
- NOTE: Young athletes and beginners are more prone to injuries than older persons. Consider protective eye equipment when your child is playing sports involving contact, balls, bats, sticks, and racquets.

## You Can't Makeup For Vision Loss

- Wash your hands thoroughly before using eye cosmetics. Bacteria on your hands can cause infection.
- Keep all applicators clean and in good condition.
- Keep cosmetics away from excessive heat and cold, which can break down preservatives and allow bacteria to grow.
- Use and discard mascara and eyeliner within three months. Preservatives lose their effectiveness over time.
- Do not save brushes or use old applicators with new containers.
- Do not use saliva, and do not add water to your makeup unless the instructions call for it. Water promotes bacteria growth.

- Never share makeup.
- Keep makeup containers free from dust and dirt.
- Disposable cosmetic applicators are the best to use.
- Never apply eye products from department store testers to your eyes. Test the shade on your hand.
- Avoid using "preservative-free" makeup. Bacteria may thrive in these products.
- Never sleep with eye makeup on. If you wear contact lenses, contact your doctor for precautions.
- Never separate lashes with a pointed object, or apply makeup while driving.

## Start Young With Vision Care

- Children's sunglasses should also block 99 to 100 percent of UVA and UVB rays, and have shatter-resistant polycarbonate lenses.
- Check lenses and frames before buying kid' glasses. Many can be a breakage or injury hazard, especially inexpensive, novelty types.
- Pad or cushion sharp corners and edges of furniture and fixtures. Remove items that cannot be protected. This also applies at grandma's house and other homes.
- Avoid toys with sharp points or edges, shafts, spikes, or rods.
- Keep toys for older children away from young children.
- Keep nails, glue, and tools away from a child's reach.
- Do not allow children to play with darts, BB guns, and games or toys with projectiles.
- Teach children not to run with pointed scissors, pencils, or other sharp objects. Keep the point end pointed toward the ground.
- Do not let children throw pointed objects, rocks, sand, or dirt; or play with firecrackers, matches, or flammable materials.
- For more tips, ask your eye doctor, or contact Prevent Blindness America at (800) 331-2020, or [www.preventblindness.org](http://www.preventblindness.org). ■

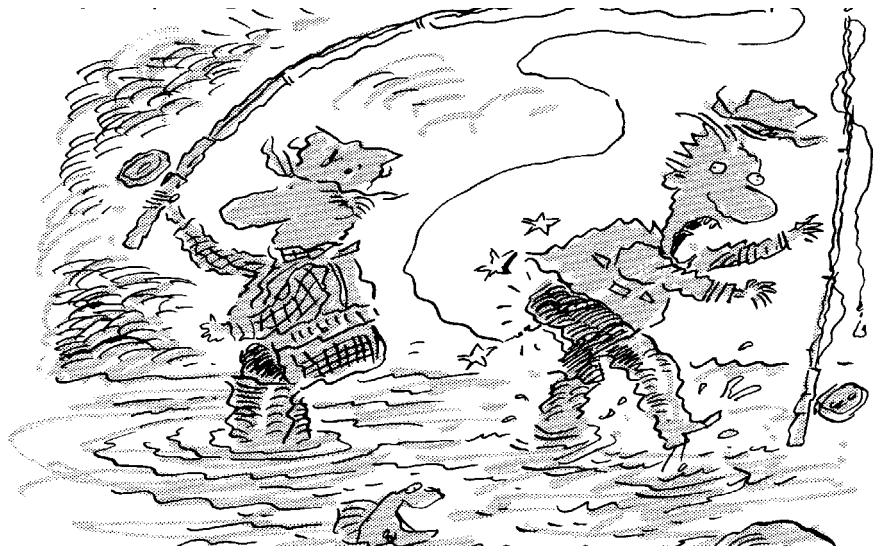
# Hooked On Fishing

*Pete had been fishing with the new bass lure he had seen advertised on television. It was a good looking plug, and it cost a pretty penny. When he met total resistance on his fifth cast, he was sure he had landed a trophy fish. A minute later, he knew he had snagged a log. He fought to free the expensive lure, but it wouldn't budge. For added leverage, he stood in his boat and yanked with all his strength. When the lure broke free, it rocketed from the water and he lost his balance. The plug lodged in his cheek as he toppled backward into the lake. A doctor had to remove the treble hooks from his face. Knowing he had narrowly escaped being blinded and drowned, Pete called it a day and headed for the golf course, where there would be no talk of "the one that got away."*

**Annually, over 60,000 fishing injuries require emergency room treatment. Eye injuries from fishing are the No. 1 sports-related eye injury. Most fishing injuries are caused by fishing hooks, while most fatalities are the result of drowning.** To fish safely:

## In A Boat

- Wear a high quality life jacket that is Coast Guard approved.
- Never overload your boat.
- Load the boat properly, keeping the heaviest items in the middle and bottom of the boat.
- Before taking out any boat, make sure it is equipped with an extra oar or paddle, a bailing can, an anchor and line, and if motorized, a full gas can.
- Change positions only on shore or in shallow water.
- If you must stand up in a small boat, wear a life jacket.
- In a storm, lie low in the boat. To avoid being tipped, point the bow of the boat into the waves.
- Exercise special caution around dams. The falling water creates a back current that can pull a small boat into its turbulence and cause it to capsize.



- At night, slow down and use running and marker lights.
- If the boat capsizes, stay with it until help arrives. Do not remove your clothing or boots. They will keep you afloat by holding air, and they will keep you warm.
- Avoid alcohol use.

## In A Stream

- Never wade alone, and wear your life jacket.
- Wear cleated or felt-soled waders or boots that will provide maximum traction on the slippery rocks underfoot.
- Unseen holes or drop-offs are a dangerous hazard. Test each step carefully in advance by taking a tentative shuffle. Better yet, use a wading staff to measure the depth of the water before each step.

## In Any Event

- Carry a radio for weather information, and a cell phone for emergencies.
- Dress with the weather in mind, preferably in layers. Pack a wind-and-waterproof outer shell.
- Wear properly fitted eye protection that covers the eye socket to guard against hooks and glare. Polycarbonate lenses are recommended for their strength and protective capabilities.

- Do not cast over a companion's head. Always look around before making a cast.

- Carry sharp pliers and disinfectant in your first aid kit.
- When landing a fish, work from the rear of the boat. Use a net.
- Ease a fish out of the water. Yanking it into the boat can release the fish and create a dangerous sling shot effect.

- To remove the hook, wait until the fish is exhausted. Use a special gripping glove, and know the techniques for each species.

- Be especially careful dislodging lures and hooks from submerged branches or roots. Invest in a "lure retriever" to do the work.

- If you are snagged by your own hook, do not try to back it out. Instead, push it through the skin until the point and the barb are exposed. Snip them off; also snip off the eyelet. Now pull the smooth hook through your skin following its natural arc. Cleanse the wound and apply disinfectant. Watch for infection.

- Look out for overhead electrical lines, especially around the dock and in an unfamiliar stretch of water. Carry your rod parallel to the ground whenever possible.

- Don't fish from railroad trestles. You're the one who may be caught. ■

# Exercise Your (Health) Options

*The beginning of a new year is the traditional time to launch into a fitness regimen. And why not resolve to live a more healthy, vigorous life? Unless, like Kathy, you just aren't prepared for the sudden strain that exercise can place on an unprepared body. Ten minutes into her first exercise routine of the new year, she fell into some old habits. She reached for the gold, when she wasn't even ready for the bronze. By overexerting herself, she seriously injured her back.*

Yes, we need to stay healthy, but not destroy ourselves in the process. Physical fitness plans can take many directions, but whichever path you pursue, there are some basic things to remember.

## Think Before You Exert

You should see your doctor for a physical examination before you begin an exercise program, especially if you are: pregnant; older than 35; overweight; easily fatigued; a heavy smoker; physically inactive; have a history of personal or family health problems; or take medication.

- Talk with an exercise professional to develop warm-up and cool-down routines, and an injury prevention plan specific to your activities.

- As a general rule, do not increase the intensity, frequency or duration of your exercise sessions by more than 10 percent per week.

- Drink plenty of fluids before, during and right after your sessions.

## Selecting The Right Trainer

A personal trainer can be good, but you have to be careful. Here are some guidelines:

- Does the gym where they work have an emergency plan?
- Does the trainer know cardio-pulmonary resuscitation?
- Check on their certification credentials, training and liability



insurance. The *Wall Street Journal* listed these organizations as among the most widely respected certification programs: American College of Sports Medicine; American Council on Exercise; The Cooper Institute; National Strength and Conditioning Association; and Aerobics and Fitness Association of America.

- Don't be misled by an overzealous trainer.

- Seek good chemistry. You're entrusting your body to a stranger.

- Demand professionalism.

## Some Weighty Considerations

Weight training can benefit all genders and ages. In fact the older we get, the more good it might do.

- Whether you train at a gym or at home, get careful instruction in weight-training equipment and exercises before your start.

- Review your planned exercises, and warm up and stretching routines with a medical professional.

Other tips include:

- Bend and lift with the knees, not the back.
- Exhale during the exertion part of the exercise and inhale while

returning to the starting position. Do not hold your breath.

- Use slow, controlled motions when you work with free weights or exercise machines.

- Move only the part of your body being exercised. Don't wiggle, squirm, or rock; and do not lean forward or backward, particularly by arching or rounding your back.

- Don't overdo it! If exercise causes pain, stop immediately.

- Wait 90 minutes after a meal before exercising vigorously.

- Consider the benefits of cross-training where you blend aerobic-style exercises, strength/weight training, and flexibility exercises. Because it works muscles in different ways, cross-training is also safer and better for you.

**WARNING:** Stop exercising immediately if you experience signs of pressure or pain in your chest, shoulder, neck, jaw, arms or upper back; or, lightheadedness, faintness, or unusual fatigue or shortness of breath; palpitations or erratic heart-beat; nausea or upset stomach. Seek emergency treatment immediately. ■

# Watch Out Fella! That's Salmonella

Eating has become a thoughtful proposition. Instead of focusing on how food tastes, we're concerned with counting calories or cholesterol, fats or sugars, salts or carbohydrates. And just when you thought it was safe to sit down at the dinner table, another scourge rears its ugly head: food poisoning. **According to the U.S. Department of Agriculture, each year several thousand Americans die from food poisoning, and millions suffer from symptoms.**

The news isn't all bad. Food poisoning can be avoided on the hottest or coldest days of the year by taking some basic precautions.

## Food Preparation And Storage

- Before preparing food, and before handling a different food, wash your hands with hot, soapy water. Dry with a paper towel.
- Clean the area where you will be preparing foods with hot water and antibacterial soap, then rinse.
- Wash preparatory surfaces and utensils with hot, soapy water after preparing raw meat, fish, poultry, eggs, fruit and vegetables.
- Don't put cooked foods, vegetables, or fruit on the same unwashed plate that held raw meat or poultry.
- It's best to use separate cutting boards for raw meats, and vegetables and fruit. Plastic cutting boards that can be put in the dishwasher are best.
- Use clean utensils for food preparation, cooking and serving.
- Thaw or marinate meats in the refrigerator. Use a dish on the lowest shelf so juices won't drip.
- Set your refrigerator at 35-40 degrees Fahrenheit (F), and your freezer at 0 F or lower.
- Use a clean dishcloth or towel every day.
- Replace dish sponges every few weeks. Soak in mild bleach between

uses. (Some experts recommend avoiding sponges.)

- Never partially cook meats or casseroles one day and finish cooking them later.
- As a general rule: Keep food clean, cold, and covered.

### Picnics

- Keep food in a cooler as much as possible to avoid spoilage.
- Use one cooler for beverages, and another for perishable foods (use cold packs and keep it closed).
- Keep leftovers only if there is enough ice in your cooler to keep them cold for the ride home.

## What To Eat, And When

- Harmful bacteria are most prominent in high protein foods that are usually considered perishable, such as eggs, milk, meat, fish, sauces, mayonnaise-based dishes, poultry products, and potato salad.
- Cook red meat to 160 F, and poultry to 180 F.
- For maximum safety, juices in cooked meat should be clear, and the meat should not be pink.
- Fish should flake easily when poked with a fork, and the thickest part should be opaque.
- Heat leftover sauces, soups and gravies to a rolling boil for several



minutes before serving. Heat other leftovers to 165 F. Discard leftovers within four days.

- Refrigerate mayonnaise, salad dressings, condiments, preserves and canned foods after opening:
- Never leave perishable food out at room temperature for more than two hours.
- Do not eat raw cookie dough or taste any meat, poultry, fish, or egg dish while it is partly cooked.

## Food Shopping

- Make food shopping the last errand you perform. Buy refrigerated foods last.
- Do not buy food in packages that are torn, cans that bulge or leak, or which have exceeded the "sell by" or "use by" dates.
- If a frozen food is not frozen solid, don't buy it.
- Pack poultry and raw meat in plastic bags, separate from groceries.
- Avoid frozen foods kept above a storage chest freeze line in the grocery store. These foods might have partially thawed.
- In hot weather, transport perishable foods in an insulated cooler.
- Freeze fresh meat, poultry and fish immediately if you don't plan to use it in 1-2 days.■

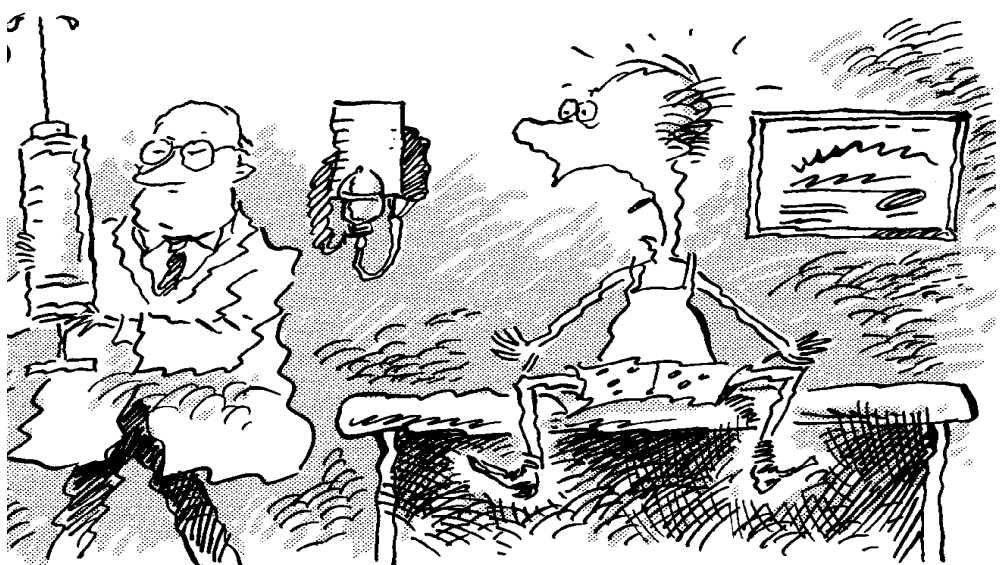
# Global Warning

United States residents take more than 50 million trips abroad each year. Unfortunately, many of them do not make the return trip, and 6,000 Americans die on foreign soil each year. There are far more serious issues, it turns out, than not being able to locate a rest room in an emergency. Here are some things to consider to help assure you put your return ticket to use.

## Before You Go

While we think of food and diseases as the main culprits, highway travel is the biggest threat to the safety of the overseas traveler. This is especially true in developing countries, where accident rates are between 20 to 50 times as high as rates in developed countries.

- Plan itineraries with safety as your primary consideration. As much as possible, reduce the amount of highway travel required to see various sites.
- Talk to your doctor about your trip. Get vaccinated. Ideally, this should be done four to six weeks prior to travel.
- Pack extra dosages of all your medications. Your medicines might be unavailable at your destination. Carry them with you on the plane.
- Bring a brief summary of your medical history.
- Bring a medical kit appropriate to your destination. Include medications and supplies, such as a water-purifying chemical or device.
- Your physician or travel agent can help you identify a good doctor and hospital at your destination. If you haven't done your planning and find you need a doctor, ask at the front desk of a luxury hotel, or check with U.S. facilities or the Embassy.
- Visit the website of the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov) for health precautions at various destinations.
- For information on safety, contact



the State Department at [www.travel.state.gov](http://www.travel.state.gov).

## Hey, But I'm Hungry!

- Pay careful attention to safe food and water guidelines for the country you are visiting.
- You may need to avoid ice cubes, iced drinks, and noncarbonated bottled fluids made from water of uncertain quality. Boiling water is the most reliable method to make water safe to drink.
- Foods of particular concern include: salads, milk products, raw meat, and shellfish.
- Only eat meat, poultry, and seafood that have been thoroughly cooked.
- Vegetables should be freshly cooked. Peel fresh fruits yourself.
- Brush your teeth with bottled water.

## Travel Hazards

- On the plane, move your feet and legs every 15 minutes. A few travelers experience blood clots on long flights.
- If you drive, familiarize yourself with the car, local driving rules, habits and road signs **before** leaving.
- Drive defensively and never think you know what the other driver is going to do. Drivers in different

countries do not follow the same rules that we do.

- Don't get bitten. Many diseases are not preventable by vaccines or drugs. In buggy regions, keep your arms and legs covered. Use a strong insect repellent. Avoid scented cosmetics.

Mountain sickness afflicts one-fourth of visitors to altitudes above 6,000 feet. The symptoms include headaches, fatigue, shortness of breath, followed by appetite loss, nausea and sleeplessness. Untreated, it can be highly dangerous. Following are some tips for avoiding or minimizing altitude sickness:

- Check with your doctor on a possible medication you can take, and what drugs to avoid.
- Ascend gradually. If possible, spend a night or two at 5,000 feet before going higher.
- Take it easy. Don't jog, ski, or perform vigorous exercise the first day. Ease into physical activities on the second day.
- Drink a lot of water. And **don't** drink alcohol.
- Eat carbohydrates. They require less oxygen to metabolize than fats. ■

# Ear Plugs

*John didn't know why Alice couldn't just act her age. But no, she had to drag him to hear some rock and roll revival band at a local charity fund raiser. He had never liked rock and roll, and now that he was 75 years old, he hated it. And why did they have to play it so loud? The volume made his teeth hurt. So, while Alice and her friends toe tapped and watched the young folks dance, John sulked in a corner and stuffed cotton in his ears. The cotton might have numbed the pain to his musical sensibilities, but it didn't help his hearing. When he complained the band had permanently damaged his hearing, he was probably right.*

**With each exposure to continuous, excessive noise, or sudden, loud noise, some of the 15,000 to 20,000 sensory hair cells lining the cochlea in the inner ear are destroyed. And when these delicate hair cells are damaged, the nerve fibers leading from them begin to deteriorate and hearing loss begins. The damage is cumulative - and irreversible.**

## Sound Management

- As a general rule, a noise may be harmful if you have to shout over it to be heard; if the noise hurts your ears or makes your ears ring; or if you're slightly deaf for several hours after the noise stops.
- Alternate a noisy activity with a period of quiet. Set aside a place in the house which can serve as a quiet escape.
- To block loud noises from entering your home, use storm windows, weather stripping, double panes of glass, and heavy drapes.
- When buying appliances such as dishwashers, blenders, vacuum cleaners and waste disposals, shop for the quieter running models.
- Place vibration mounts under large appliances and foam pads under small appliances.
- Close doors in areas where large appliances are running.



- Set limits on television and stereo sound levels.
- If the sound coming from headphones can be heard by a passerby, the level is at least 100 decibels (db). At that decibel level, permanent hearing loss occurs after two hours.
- Many experts agree that continuous exposure to noises of more than 85 db can be dangerous. Heavy traffic and lawn mowers produce about this level of noise.

## Sound Advice

- Wear hearing protection when you operate loud machinery such as lawn mowers, leaf blowers, power tools, speed boats, motorcycles, snowmobiles, jet skis, firearms and some home appliances. Use noise-resistant earmuffs or earplugs (with at least a 20 db rating). When noise is extremely loud, use plugs and muffs together.
- Plan ahead. Aerobic dance classes, music presentations and wedding receptions are often quite loud. Bring hearing protection devices (HPDs).
- Never sit next to the speakers at a concert. The damage could be severe and irreversible.

- Limit periods of exposure to noise. For example, if you are at a rock concert, walk out for a while to give your ears a break from the extreme sound.

- The most popular HPDs are ear muffs, canal caps and earplugs. The best one for you will depend on a variety of factors, including:

- the amount of noise reduction you want to achieve.
- your personal comfort.
- if the hearing protection works properly with other equipment you may wear, such as head, eye and breathing protection.

- Do not share your earplugs with anyone else. You could contract an ear infection that way.

- Throw away disposable plugs.

- Keep reusable earplugs clean.

Wash them each day with soap and water.

- Use molded earplugs to keep your ears dry when swimming. Pool or lake water can cause infections.

- Consider potential noise damage when purchasing toys.

- Using cotton in your ears is **not** protection against loud noise.

## Sound Maintenance

- Ear wax usually comes out on its own. Don't try to pry it out with cotton swabs, pins, or chemicals such as peroxide.
- If you must fly with a head cold, call your doctor for advice.
- Use dry-out drops after swimming, showering, or shampooing if your ears itch. Drops are available at pharmacies.
- Have your hearing tested regularly, including a word recognition test, by an audiologist. A hearing test is simple, and doesn't take long.
- See your doctor if you suffer from dizziness, loss of balance, or ringing in your ears. Also, if you can't hear words or phrases; if you understand people only when they are facing you; or if you have ear pain or discharge.
- If others often suggest that you get your hearing checked, do it. ■



# Why, That Burns Me Up!

If the summer sun is leaving its mark on you, you're asking for trouble. The sun should provide warmth and the emotional lift that comes from a healthy relationship with nature. But you can get too much of a good thing.

**In a typical year, more than 350 Americans die from the summer heat.** So, while it's important to spend time outdoors, protect yourself from the dangers of sun and heat by following some basic precautions.

## Combating Heat Stress

The first warning signs of heat stress are sluggishness and a foggy feeling. Other symptoms include headaches, dizziness, weakness, rapid heartbeat, muscle cramps, nausea, and lightheadedness. Learn the difference between heat cramps, heat exhaustion, and heat stroke, and how to treat them.

- Slow down. Reduce strenuous activity. Get plenty of sleep.
- Avoid exposure to the sun, particularly between 10 a.m. and 4 p.m.
- Dress for summer.
  - Lightweight, light-colored clothing reflects heat and sunlight.
  - Loose fitting cotton clothing allows the skin to breathe and absorb sweat.

-Wide-brimmed hats protect you from direct sunlight.

- Limit activities in the home that generate heat, such as cooking or ironing, during daylight hours.
- If you are taking medicine, ask your doctor or pharmacist if it will make you more susceptible to a heat-related illness.
- Excessive heat is particularly dangerous to young kids, the elderly, and people with disabilities or excessive weight, because these individuals do not have the ability to physically handle or easily seek refuge from the heat. Watch them closely. (Here's a noteworthy fact: Men are more susceptible because they sweat more than women and become dehydrated more quickly.)



- Never leave a person or pet locked in a car, even if the windows are left slightly open. Even on mild, sunny days, temperatures in an enclosed car can rise rapidly.

- It usually takes 7-14 days for the body to adjust to hot environments. Start slowly and build up the hours you spend in the heat.

- Bathe or shower several times a day in cool water.
- For ventilation, open windows on the shaded side.
- Take periodic rest breaks in a shaded or cool area to allow your body to cool off.

## Watch What You Eat And Drink

- To keep cool, drink plenty of room temperature or cool (not cold) water, juices, or sports drinks, even if you don't feel thirsty. And drink them before, during, and after vigorous activity. Electrolytes (sodium and potassium) are particularly needed after heavy exertion.

**Caution:** If you have epilepsy or heart, kidney, or liver disease; are on fluid restrictive diets; or have a problem with fluid retention, you should consult a physician before increasing consumption of liquids.

- Eat light. The more calories you take in, the more body heat is produced. Avoid hot, heavy meals. Eat smaller, more frequent meals.
- Choose foods high in water content, such as fruits, salads and soups.

Stay away from a diet heavy in proteins. They increase metabolic heat production and also increase water loss.

- Consult your doctor regarding the use of salt.

## Workout Wisdom

- If you plan to exercise in the heat, start with brief workouts and increase them gradually over two weeks or more.

- Exercise in the early morning or evenings.

- Drink eight glasses of water throughout the day whether you are thirsty or not. If you exercise intensely, drink even more water until your urine is regularly clear.

- Drink a glass of water 15-30 minutes before going out. On a hot day, drink 4-8 ounces every 10-15 minutes during your activity. A gulp is an ounce.

- Drinks with caffeine or alcohol can increase water loss. Avoid them.

- Put cold water on the back of your neck, under the arms, and on the wrists to cool your body faster.

- If you feel dizzy or weak get out of the sun and drink cool fluids.

- After exercise, replace electrolytes with food or drinks.

- People at increased risk for heat ailments due to certain medications or chronic illness should exercise only in air-conditioned places. ■



# Over Hill, Over Dale

*Communing with nature is no walk in the park. Consider Laura. She and a friend set out for an afternoon excursion around the local reservoir. Estimated time: four hours of hiking. In that four hours, she developed three blisters, scraped her knee, caught a bad case of poison ivy, twisted her ankle, got doused in a rain storm, and had a lovely hairdo ruined. Laura's new idea for a jaunty hike is a brisk walk through the shopping mall.*

Whether your hike is planned for a few hours or a few days, there are precautions you need to take.

## Have A Plan

- Get information on the weather, trail conditions, and animal hazards.
- Ask the police about known criminal activity in the area.
- If thunderstorms are predicted, avoid trips to high risk areas, such as exposed ridges or open country.
- Be ready for emergencies. Pack a cell phone, flashlight, pocket knife, waterproof matches, whistle, compass, map, insect repellent, allergy medications, and first aid instructions and supplies, including bandages, gauze, tape, antibacterial ointment and a needle. Consider using a Global Positioning Satellite (GPS) receiver, and the need for warm clothing and a Mylar blanket.
- Carry high protein snacks.
- Pack at least one quart of water for every two or three hours of light-to-moderate hiking, and more if you expect to sweat a lot.
- For your hiking comfort, wear:
  - a broad-brimmed hat, dress in layers, and bring rain gear.
  - long sleeves and full length pants to protect you from sun, briars, and insects.
  - clothing designed to wick moisture away from your skin. Avoid cotton clothing.
  - two pairs of socks, one lightweight inner sock and a heavy outer sock. At the first sign of a blister, put



a small patch of moleskin or 2nd skin over the affected area to limit further irritation.

-broken-in hiking boots, or good sturdy walking shoes.

- Provide a whistle for children.

## Don't Worry, Be Cautious

- Take the time to get in shape before you hike.
- Listen to your body. Your muscles, joints and lungs will tell you when it's time to slow down.
- Use a sunscreen with a sun-protection factor (SPF) of at least 30, even on cloudy days. Reapply it often if you're sweating heavily.
- Avoid using scented products.
- Don't hike alone. Travel in small groups. Make sure everyone knows the destination.
- Let someone know where you will be going, and when to expect you back.
- Stay on well marked trails.
- To prevent hypothermia, stay dry, beware of wind, put on your raingear or wool clothes before you start to shiver, and stop to rest.
- Next to hypothermia, stream crossings take more lives of backpackers than any other cause. To cross a stream safely:
  - unbuckle the hip belt on your pack.

-never face downstream.

-walk with your legs and body sideways to the current, always with only one foot or other means of support (stick or other person) moving at any one time.

- Consider all back country water to be contaminated. Don't drink it, or treat it first.

• If you find yourself trapped in a thunderstorm, find a place to hide. Avoid metal structures and equipment, elevated areas, and natural electrical conductors, such as water. Seek out a low spot and sit or crouch. Do not lie down.

- To prevent altitude sickness, climb to higher altitudes slowly to allow your body to get used to them. Drink lots of fluids. If you experience nausea, loss of appetite or vomiting, get down to lower elevations.

- Allow enough time to return before dark.

- Head back at the first sign of bad weather.

- If you get lost, stay put.

## They Were There First

- Never approach or feed animals.
- Don't step where you can't see.
- Don't put your hand inside holes in logs, trees, or rocks.
- Assume snakes are poisonous.
- Carry a compact field guide to help you identify poisonous plants.
- Lyme disease precautions:

-apply tick repellent to your clothes and wear light colors (which make ticks easier to see).

-check your hair and skin for ticks frequently.

-tuck your pants into your socks.

-avoid bushes and underbrush by sticking to the middle of the trail.

-to remove ticks: place blunt-tipped, fine-pointed tweezers flat to the skin and slide under the tick. Gently pull the tick straight up without twisting. Put it in a plastic bag or jar, and have it tested for bacteria.■

# Color Me Careful

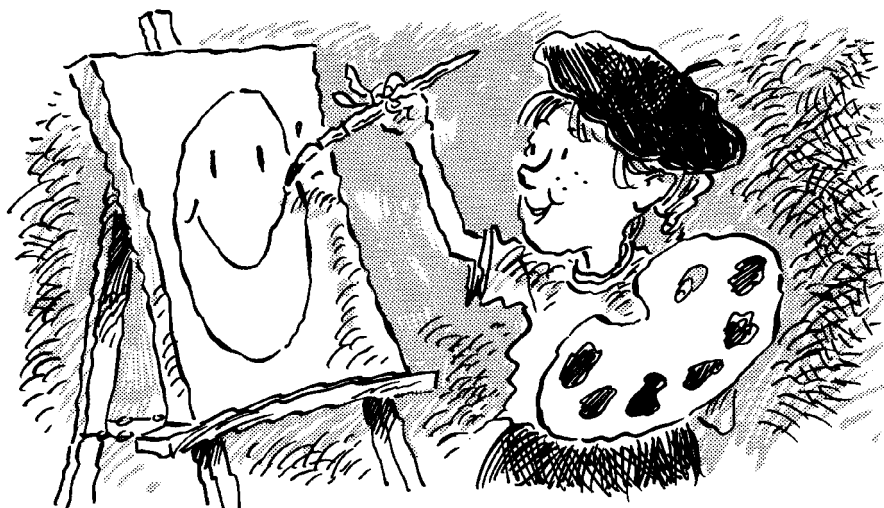
*We turn to our hobbies to relax and to escape life's many stresses. Thus, it's ironic to learn that our source of comfort can also be a source of danger. Like many activities that are relaxing and therapeutic on the surface, arts and crafts carry their own dangers. Too often, toxic materials are included in art supplies. For instance, a Canadian art student fell down a stairway after he accidentally inhaled vapors from a freshly opened bottle of turpentine.*

## Before You Start

- Read the label. Be sure it states conformity to ASTM D-4236, the labeling standard of ASTM International.
- If the label does not satisfy you, or if you intend to use a product in ways other than normal uses, contact the manufacturer for Material Safety Data Sheets (MSDSs).
- For information on specific products, contact Arts, Crafts and Theater Safety (ACTS) at (212) 777-0062, or [www.artscraftstheatersafety.org](http://www.artscraftstheatersafety.org).
- Do not use products past their expiration date.
- Use all protective equipment specified on the label. Use a mask or gloves that are impermeable to whatever product you are using. Protect cuts or open wounds from exposure.
- Install a ventilation system that removes old air and brings in new air. To test, blow soap bubbles. If they fall to the ground, the system isn't working.
- Be sure you have good lighting and comfortable seating. Keep a fire extinguisher on hand.

## The Creative Process

- Do not eat, drink, smoke or apply cosmetics in your work area.
- Take breaks and stretches often.
- Never use products for skin painting or food preparation unless they are labeled for that use.
- Do not transfer art materials to other containers. You will lose valuable safety information listed on the



product package.

- Wear a face mask and goggles when spraying paint or fixative. Do the spraying outdoors.
- When possible, use water based paints and inks, and products that don't create dust or mist.
- Hobbyists with allergies or who are pregnant should consult a doctor before engaging in projects.
- Do not keep art materials on your skin, even nontoxic materials.
- Toxic solvents such as turpentine and paint thinner should never be used to cleanse the skin. Use baby oil (mineral oil) followed by soap and water.
- When you clean, use a wet mop or sponge rather than a duster. Dusts can damage lungs.
- Find substitute art materials for those which might be hazardous. For example, water-based adhesives can be used instead of flammable rubber cement.
- Take extreme care when using materials not sold as art materials since they may not have been reviewed for safety. Get MSDSs.
- When they are not in use, keep all materials covered, stored in a safe place, and out of reach of children. Use unbreakable containers.
- Carefully follow suggested disposal methods.
- Do not store a flammable product near heat, sparks or flame. Also, do

not heat above the temperature specified on the label.

- After finishing the project, wash yourself and the work surface, and clean your supplies. Leave your work clothes in the work area.

## Junior Picassos

Kids love the arts, too. Unfortunately, that fun can be dampened if they come in contact with materials that are toxic and dangerous. (And don't be reluctant to ask the teacher if she is aware of these concerns.)

- Make certain the product is clearly marked for children.
- Use products that have **no hazard statements** and **no precautionary statements** for children grade six and under. The word "nontoxic" should be on the label, but follow the same hygiene practices you would if the product were toxic.
- Older children must be supervised when using products labeled with warnings.
- Get MSDSs if you intend to use a product in creative ways, e.g., melting crayons.
- Young children should use only water-based marking pens, not permanent markers.
- No product containing lead should be used by children.
- Teach children to use cutting tools safely, and to not place anything in their mouths.■

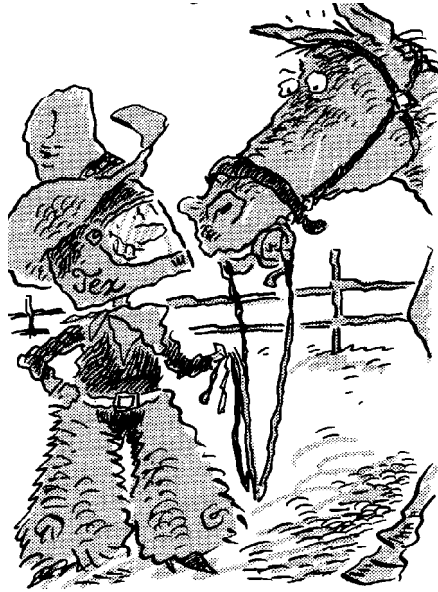
# Just Horsing Around

To watch the cowboy movies, you'd think falling off a horse was as painless as a walk in the park. Wrong, Red Rider! The U.S. Consumer Product Safety Commission estimates there are about 70,000 injuries associated with horses and riding each year, and 150 deaths. There are about 6,000 head or spinal injuries annually, and probably no horse riding incident caught the public's attention more than the tragedy that befell Christopher Reeve.

Horses helped us settle the West, but sometimes it's not so easy to settle *them*. Whether you are a novice or an experienced rider, here are some tips to stay safe in the saddle.

## Some Preliminaries

- Falls are the most common of all riding injuries. Always wear a properly secured, hard-shell riding helmet that has been certified by the Safety Equipment Institute. Wear the helmet at all times when working around horses. **Studies show that the number of head injuries could be reduced by a third, and the number of severe head injuries could be cut in half if riders would wear equestrian helmets.**
- Batting and bike helmets are not acceptable for horseback riding.
- Wear smooth-soled riding shoes that cover the ankle. The shoes should have at least a half-inch raised heel to prevent getting a foot caught in the stirrup and being dragged.
- Wear long pants to prevent chafing, and possible infections.
- Clothing must be snug to avoid becoming tangled with the saddle.
- Wear well fitting gloves to protect hands from blisters, rope burns and cuts.
- Don't wear jewelry, bracelets or flapping clothing that might startle a horse, or get caught.
- Inform the stable of your experience level. If you're a beginner, get instructions from a certified trainer and ask for a quiet, small horse.
- When approaching a horse, speak



softly so the animal hears you coming; walk where the horse can see you; stroke him on the neck or shoulder first; and approach from the shoulder at an angle.

- Do not run, yell or play behind a horse.
- Avoid a horse's blind spot. Do not walk or stand directly in front of or behind a horse. If you must walk behind a horse, stay at least 15 feet away.
- Do not feed a horse from your hand.
- Do not touch a strange horse unless its owner says the horse would welcome the attention.
- Walk around a horse, not under its body, neck or tie rope.
- Carry a cell phone for emergencies, but keep it turned off.

## Saddle Up

- Check all leather pieces for wear or cracking.
- Check stitching for loose or broken threads.
- Inspect the cinch strap that secures the saddle to the horse's back. It should be solid and tight.
- Be sure the saddle and stirrups are properly adjusted. With your foot in the stirrup, there should be a 1/4" clearance between each side of your shoe and the stirrup.
- Always mount in an open area

away from objects you could fall on or the horse could get caught up in. Use a mounting block if necessary.

Most injuries occur when a rider is unintentionally separated from the horse. To stay with your horse:

- Avoid riding on heavily traveled roads. Watch for traffic at all times. Wear light colored clothing.
- Ride single file on trails and roads. Keep at least one horse length between horses.
- Don't ride alone. The lead rider should warn of upcoming hazards.
- Ride on the soil. Make sure the footing is good.
- Watch for unusual objects in the horse's path.
- If you need to adjust your equipment or clothing, dismount.
- Never tie or wrap yourself to a horse. The Horsemanship Safety Association says you should always be able to escape your horse in three seconds or less.
- Never ride double.
- In a lightning storm, dismount and go to a low area, but not under a tree.
- Make sure an up-to-date first aid kit is available at all times.

## Kids And Horses

Kids love horses. What child has not asked for a pony at some point? According to the American Medical Equestrian Association, before you grant your child's wish, he or she should have:

- The desire to ride.
- The muscle strength to hold the proper position in the saddle.
- The balance to remain on the horse.
- The ability to understand instructions and follow directions.
- Neck muscles strong enough to support fitted, approved headgear.
- A saddle that fits the child and the horse.
- Only then should you find the proper calm horse and the certified instructor who has the experience and patience to teach your child. ■

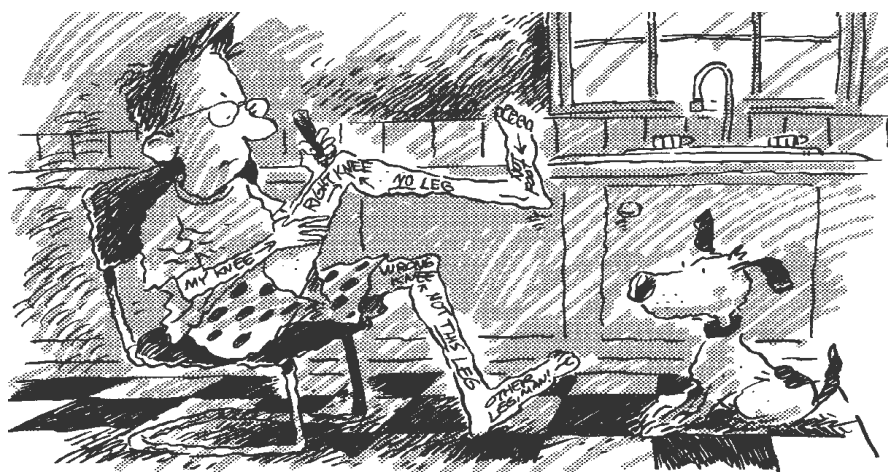
# Surgical Procedures

*Kathy was scheduled for surgery at 9 a.m. As she was being wheeled into the operating room, the nurse smiled and assured her the surgeon would do a wonderful job with her hysterectomy. Kathy shrieked and sat bolt upright. Hysterectomy?! She was scheduled for gall bladder surgery! The nurse showed her the paper work that called for a hysterectomy. Kathy immediately dressed and fled. She found a new physician and a new hospital and had her gall bladder successfully removed two weeks later. Two years later, she gave birth to her third child.*

**While estimates vary, every year tens of thousands of people die or are harmed in hospitals due to preventable incidents.** And while incorrect surgeries make the headlines, infections and drug interactions cause most problems. Here are some tips to protect yourself.

## Prepare Yourself

- Look for a board certified doctor. The American Board of Medical Specialists' "Directory of Board Certified Medical Specialists" is available at many libraries, or 866-ASK-ABMS, or [www.abms.org](http://www.abms.org).
- Be sure hospitalization is necessary, and you understand the diagnosis, options, and potential problems.
- Be direct when talking to a doctor. Don't minimize or trivialize your problems. Bring someone along on an important visit with a doctor.
- Read up on your disorder to become more knowledgeable. Write your questions in advance, and use a notepad or take a recorder.
- Get an opinion from a doctor with no connection to the first one.
- Learn as much as you can about your doctor, either informally, or through professional groups. Ask tough questions, such as how many of these surgeries he has performed, and his success rate. Will he do the operation, or an assistant? Call the



hospital to verify the numbers.

- Get the hospital's success rate for the procedure you will receive, particularly for major surgery.
- Ask your surgeon about the optimal timing for surgeries and preventive antibiotics, and about options for transfusions and pain control.
- Plan your recovery, including home care you will need.
- For more help, get the booklet "Having Surgery? What You Need To Know" from the Agency for Healthcare Research and Quality. Contact information is available at [www.ahrq.gov/consumer/surgery/surgery.htm](http://www.ahrq.gov/consumer/surgery/surgery.htm).

## Monitor Your Medications

- Ask your doctor to help you compile a list of additional drugs you'll probably need including non-prescription drugs. Include the name, dosage instructions, color, number, and shape of pills.
- Discuss allergic reactions you have had well in advance.
- Bring the pill containers for all the medications you are taking, including over-the-counter drugs.
- Give your medications to your anesthesiologist, along with your complete medical history.
- Be sure your medications are recorded on your medical chart.
- Make sure your name and any allergies are correct on your wrist-

band. Nurses should check it each time before administering a drug.

- If a drug appears different, get an explanation from the doctor or pharmacist before taking the drug.

## During Your Stay

- Be certain you understand forms you are asked to sign. Get copies before going to the hospital.
- Ask the surgeon to mark the surgery site while you are awake.
- Have someone stay with you the first 24 hours following surgery, and as much as possible afterwards.
- You should expect reasonable pain control. If you are not comfortable, notify your doctor.
- Request that doctors and medical personnel wash their hands before touching you.
- Only let a Registered Nurse (RN) perform the following procedures: inserting IVs, catheters or gastric tubes; changing sterile dressings or treating damaged skin; giving shots; or caring for a tracheotomy or giving tube feedings.
- Discuss your treatment plan in advance, and question your doctor about unexpected treatments.
- Appeal your discharge if you don't feel you are ready to go home.
- Have a thorough review with your surgeon before you leave the hospital. Know what warning signs to look for during recovery and possible side effects from medications. ■

# Gunning For Trouble

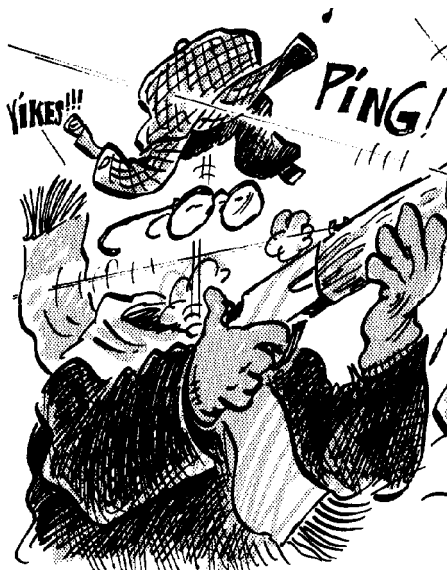
*Jack was the picture of health, even at age 75. He loved life, and all of his outdoor pursuits, especially squirrel hunting. It wasn't taxing, and he didn't have to travel far from home to do it. He arrived at his favorite oak tree at dawn and sat down. He knew the barrel of his shotgun had bumped the ground entering the timber, but there was no time for that now. He saw a squirrel! Jack fired, and his jammed barrel exploded, breaking his jaw and seriously cutting his right hand. He lost a good morning's hunt and a trusty shotgun. Luckily, he didn't lose more.*

**In a recent year about 80 fatalities and 750 nonfatal injuries occurred to U.S. hunters, according to the International Hunter Education Association.** If you are among the millions of Americans who take to the fields with a loaded firearm, keep these things in mind.

## Aim For Safety

Begin by taking a hunter education course available in your area. These courses can be valuable whether you are a novice or an experienced hunter, and are required in most states.

- A gun requires periodic inspection, adjustment and service. Check with the manufacturer or dealer for recommended servicing.
- Keep firearms unloaded and keep the action open until you are hunting. Carry guns in their cases to the shooting area.
- Always assume every firearm is loaded and dangerous. Treat it as if it could shoot at any time. A safety mechanism is not foolproof.
- Never take someone else's word that a firearm is not loaded. Always check for yourself.
- Never engage in horseplay with a firearm. Guns are deadly business and should be treated with a serious, cautious manner.
- Always point the muzzle in a



"safe" direction. A safe direction is one in which, if fired accidentally, a gun will not cause injury or damage.

- Never point a gun at anything you do not intend to shoot.
- Before loading (or shooting), be sure the barrel and mechanisms are clear of obstructions. This is best done by looking down from the breech end of the firearm. Even a small bit of mud, snow, or excess lubricating oil can cause increased pressures, and the barrel could bulge or burst on firing.
- If the noise or recoil on firing seems weak or different, stop firing the gun at once and be sure the barrel is not obstructed.
- Be sure you use the proper ammunition for the firearm you are using. And know the maximum range of your ammunition.
- Do not hunt if you are using alcohol, drugs or medication which may impair your judgment and dull your senses.

## On The Hunt

- Wear hunter orange or fluorescent clothing.
- Wear protective shooting glasses and some form of hearing protectors while shooting.
- When carrying a gun, follow these simple rules:
  - Keep the muzzle under control

and pointed away from yourself and others.

-Be certain the safety is "on." Don't play with the safety by putting it on and off. Leave it on until you're ready to fire.

-Keep your fingers outside the trigger guard and off the trigger until you are ready to shoot.

-Unload the gun as soon as you are through hunting or shooting.

- Clearly identify your target before you shoot. If you are not absolutely sure of your target, do not shoot.

- Know what's beyond your target. For example, if you cannot see what's in the distance, do not shoot at an animal standing on the horizon of a hill. Some bullets can travel several miles.

- Never shoot at a sound or a patch of color.

- When a shell does not fire, keep the muzzle pointed in a safe direction for at least 45 seconds and then remove the cartridge.

- Do not climb fences or trees, cross slippery areas, or jump ditches or creeks while carrying a loaded gun. Unload the firearm first. It only takes a few seconds, and it could save a life. If you are hunting with a partner, hand your gun to him before crossing the obstacle.

- Never pull a firearm toward you by the muzzle.

- Carry handguns in a holster.

- Do not shoot at flat, hard surfaces, or at water. Bullets will ricochet off these surfaces out of control. Remember, a bullet or shotgun shell is your responsibility from the instant it leaves your gun.

- Always shout to alert other hunters of your presence as they approach you. Never assume you are the only hunter in an area.

- Be especially careful at the end of the day as you become tired and the firearm you are carrying becomes heavier. This fatigue can make you careless. If you feel tired, stop, unload your firearm, and rest. ■

# Hunting Lessons

*Dean is a trained and experienced hunting guide. He spends his life around lethal weapons, wild animals, and amateur hunters who have no business leaving their living room. But he'll tell you those forces never frightened him as much as the blizzard that nearly drowned and froze him the morning he insisted on crossing a lake to reach his duck blind. In the end, it wasn't forces beyond his control that nearly did him in, Dean recalls, but his own ignorance and bravado.*

Hunting should be a sport, not a life and death mission. However, it can be a dangerous pastime that requires special attention. Here are some reminders:

## Getting Prepared

- Heart attacks are a real threat. Well before the season starts, have a physical exam and establish a workout regimen that includes stretching and endurance exercises.
- Wear clothing that provides a layer of insulation for warmth, is thick enough to absorb perspiration, and is designed to shed rain and cut the wind.
- Dress in layers. As you feel your body start to heat up or cool down, remove or add an outer garment. Strive for maximum comfort.
- Always wear a hat. It blocks the sun to help you see, and prevents heat from leaving your body.
- Tell someone where you plan to go, and stick with your plan. This could help in an emergency.
- Carry a cell phone, if available.

## Master The Ups And Downs

- Always wear fluorescent or "hunter orange" coloring when you are moving through the timber.
- Never assume you are the only hunter in the area. Better to assume every sound or movement is another hunter until you can safely identify it as otherwise.
- Never wave, whistle, or make animal calls to alert another hunter to your presence. Always stand still and shout to reveal your presence.



- When hunting in a new area, use a topographical map and carry a compass or Global Positioning System (GPS) device. They could help you avoid getting lost or getting into dangerous circumstances.
- To reduce the chance of being injured by another hunter, sit at the base of a tree trunk which is wider than your body. This way you can see an approaching hunter and you are protected from the rear.
- Have a plan to carry heavy game to your vehicle. Get help if necessary. If you down an animal, you can use the GPS device to pinpoint the location of the animal.
- Use a flashlight when walking in the dark. This lowers the risk of a fall or being mistaken for an animal.

**National figures show that falls from trees outnumber all other kinds of deer hunting mishaps. One study found that four percent of these falls are fatal.**

- If you use a tree platform, be sure it is secured. Wear a shoulder harness with a safety belt attached to the tree.
- Don't hunt after drinking and don't drink in the stand.
- Don't trust home-made stands built by someone else, and don't trust an old one. A commercial stand company says that failures of nailed-up stands cause more than half of

tree-stand injuries.

- Don't trust nailed-on climbing steps. Use the metal screw-in kind.
- Be especially careful when climbing up and down. Unload your gun, backpack or other encumbrances, and raise and lower them with a cord.
- Take care of your gun while in the tree. Don't hang it from a twig or lean it insecurely.
- Dress right for stand hunting. Wind chill is worse in a tree. You can get so cold that it will be risky climbing down.

## Water Hazards

Many hunts require getting from one place to another by water, or in the case of duck hunting, being on the water to hunt.

- Do not overload a boat.
- Walk and move cautiously in a boat. Keep your center of gravity low. Walk one step at a time, holding on to something stationary. Do not stand up or lean over the side.
- Wear a life jacket on the water. It's a must.
- If you fall into cold water, dry off immediately. Do not let the cold seep into your system. You risk hypothermia, which is a dangerous cooling of the body.
- Carry a change of clothing in a waterproof container. ■

# Dangerously Cold

Old Man Winter can be a brutal companion if you aren't adequately prepared to keep his company.

**About 600 people die each year in American from excessive cold.**

**Hypothermia can occur when the body temperature drops below 95 degrees as a result of prolonged exposure to cold temperatures. In extreme cases, it can cause death.**

Because the body loses heat faster than it produces it, hypothermia can take a person by surprise, making it especially dangerous.

## Know The Symptoms

Cold weather, extreme dampness, or the rapid loss of body heat because of clothing made wet by perspiration can all lead to hypothermia. However, even prolonged exposure to relatively mild temperatures can cause some individuals to lose too much body heat. In fact, some experts say most hypothermia cases occur in air temperatures between 30 and 50 degrees.

When you feel uncomfortably cold, you are having the first warning of hypothermia. Muscle tension, fatigue, and uncontrollable shivering may follow.

Other danger signs include poor coordination, slurred speech, and blue or pale lips or fingertips. Eventually these symptoms lead to drowsiness and apparent exhaustion. A person who reaches this stage may be confused or irrational and insist there is nothing wrong. Don't believe it. Even a healthy person can be killed by exposure in only four hours.

If you see someone with the symptoms of hypothermia, don't take no for an answer. Get the person to a shelter and seek medical attention immediately.

## To Protect Yourself

A well designed apparel system will have at least three layers: underwear, insulation and an outer



shell. Each component must work with the others to prevent you from becoming wet from sweat and the elements.

- Begin with thermal underwear or synthetic fibers such as polypropylene. This allows perspiration to escape. Don't wear cotton next to the skin.

- Wool and synthetic fiber garments are preferred for the middle layer(s) because they stay warm when wet.

- A waterproof windbreaker should be the outer layer. Shed the layers as you begin to perspire.

- Woolen socks over a polypropylene inner sock are a good combination.

- Up to 50 percent of body heat is lost through the head, so a hat is a must.

- Mittens are more effective than gloves because they allow heat to pass between the fingers.

- Avoid tight-fitting clothes and boots that may restrict circulation.

- Avoid overdressing. Movement generates body heat. If that heat is retained by external layers of clothing, it can cause premature fatigue and discomfort.

Note: You're probably overdressed if you don't feel slightly

chilled during the first five minutes of being in the cold.

- Eat a good meal to have the calories necessary to keep your body warm. Take along a thermos full of coffee or hot soup.

- Keep dry by not working up a sweat. If you're shoveling snow, or otherwise exerting yourself, shed a layer or two of clothing to keep from perspiring.

- Try to keep the wind at your back, and take periodic breaks.

- Use the "buddy" system or let someone know where you are and when to expect you.

- Avoid nicotine and alcohol. They dilate the blood vessels, which increases your heat loss. Certain drugs may have the same effect. Check your doctor.

## So, You Just Have To Get Out

Regardless of the weather, some hearty souls insist on frolicking in the cold. That's cool, so long as they use good judgment. Joggers and runners are at special risk of hypothermia because their movement can increase the force of cold winds against their bodies, especially when there's a lot of moisture on their skin. If you are exercising outdoors:

- Wear modern synthetic long johns that keep moisture away from your body.

- Walk or run against the wind at the start, so you can return home with the wind at your back.

- Drink enough fluids.

- Know the route you're planning to run.

- Get back before extreme fatigue sets in.

- Carry concentrated snack foods, such as raisins, nuts, peanut butter, chocolate, or dried fruit.

- Wear mittens and a polypropylene hat. Spread a thin layer of petroleum jelly on exposed skin areas. ■



# Wheels Of Misfortune

*It was a typical case of "anything you can do, I can do better." Mona had been a very good ice skater as a girl, and she had even played on a few ice hockey teams. She was athletic and tough as nails. When the teenage boy next door jokingly challenged her to a rollerblade race, the competitor in her quickly accepted the dare. Mona, Super Mother and Editor of the Local Newspaper, laced on a pair of borrowed skates, took a quick practice run, and rolled to the starting line. Ten yards into the contest, she hit a rough piece of pavement, and she skidded to a stop on bare hands and knees, breaking her wrist in the process. Her accident didn't make the front page of her paper, and Mona felt lucky it didn't make the obituary page, either.*

More than 15 million people participate in rollerblading, or inline skating. And that includes many adults. **About 25,000 skaters are treated in hospital emergency rooms every year.**

## Dress For Failure

Fractures to the wrist and lower arm account for nearly half of all injuries to skaters. Lacerations, abrasions, head injuries, and concussions are also a danger. The proper equipment can cut down on the danger when the inevitable spill occurs. Equipment includes:

- a helmet with a hard plastic shell and padding underneath. It should have a chin strap, and it should not block your vision or hearing. Be sure to purchase helmets that meet the recommended safety standards set by ANSI or Snell. An approved bicycle helmet will do.

- elbow and knee pads designed for skating. They should have a hard shell cover and fit snugly so they don't slide out of place.

- wrist guards. They should have a hard plastic splint on the top and



bottom. Wrist guards and elbow pads help reduce the risk to these areas of the body by more than 80 percent.

- a good pair of gloves.

- Purchase the proper skates (or boot), based on your skating experience and exercise goals. For best results, an inline skate boot should fit snugly but allow for a little extra toe room in the front. Go to a store with knowledgeable sales people.

- Wear a thin liner of silk or polypropylene under a medium-weight athletic sock. Thick, all-cotton socks do not keep the feet dry and contribute to blisters and other foot problems.

## Don't Skate Around The Basics

- Before you start take a lesson, including how to fall safely, from a qualified instructor. Contact a local retailer, or search for safety tips on the Internet. The National Safety Council Fact Sheet Library is one source.

- Achieve a basic skating level before taking to the road.

- Observe all traffic regulations.

- Skate on smooth, paved surfaces away from heavy traffic and crowds of people.

- Do not skate on surfaces that have water, dirt, sand, or gravel on them. You'll lose traction and control of your skates.

- Avoid intersections at the bottom of hills.

- Do not skate at night. It is difficult to see obstacles in your path, or to be seen by others.

- Skate on the right side of paths, trails, and sidewalks.

- Warn pedestrians when you are approaching from the rear.

- Inspect your boots each time you skate.

- Rotate the wheels when they begin to wear unevenly.

- Skate defensively, especially on streets. Skaters are more invisible and vulnerable than bicyclists.

- Check out a new route by bicycle or car before skating it.

## Skateboard Warnings

**Over 100,000 skateboarders require emergency room treatment each year, according to the CPSC.** Skateboarders with less than a week of experience have the most injuries, usually due to falls.

- Learn how to fall safely.

- Do not ride a skateboard in the street. And never hitch a ride on the bumper of a moving vehicle.

- Check out the area for holes, bumps, rocks, and debris before you ride. Seek out parks and areas designated for skateboards.

- Never skate in the rain.

- Always skate with friends. If you are injured, you will need help.

- Wear closed, slip-resistant shoes, a helmet, wrist braces, gloves, and special padding for knees, elbows and hips.

- Before using a board, check it for hazards. Serious defects should be repaired by a professional.■



# Putting The Nix To Spiders And Ticks

*Little Miss Muffet*

*Sat on a tuffet*

*Eating her curds and whey.*

*Along came a spider*

*And sat down beside her,*

*And she landed in the hospital with a  
severe brown recluse bite.*

Spiders, ticks and other tiny crawly creatures can be more than a nuisance, they can be downright bad for our health. While their bites rarely cause death, they can cause incredible pain and suffering.

## Dealing With Spiders

Unless you are allergic to spider venom, bites cause little harm. Black widow and brown recluse bites are exceptions. They prefer out-of-the-way places, such as under rocks, debris, and woodpiles. They also like attics, cellars and other damp storage areas. To avoid bites:

- Wear work gloves when handling boxes, firewood, lumber, and other items that have been stored for a long time.

- Shake clothing vigorously to dislodge any spiders and inspect clothing carefully before wearing it.

- Dispose of unneeded clothing, papers, and stored boxes unless they are air tight.

- Clean away webbing, spiders and eggs with a vacuum cleaner.

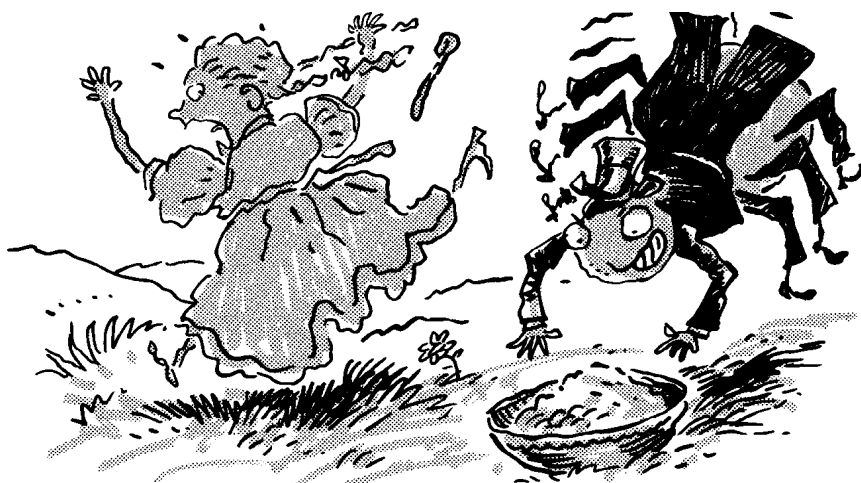
- Keep undisturbed areas of a structure as free as possible of clutter. Periodically moving stored materials and vacuuming these areas during the "disturbing" is suggested.

- Vacuum the floor joist areas of the basement if possible.

- Use a flashlight and scan dark musty areas before you reach into attics or crawl spaces.

- Many spiders may be excluded by caulking cracks and crevices on the outside of the house.

- The safest method for removing a spider from your skin is to *brush* it away from your body. Do not mash it against you as it could bite.



- If you are bitten by a spider or scorpion, seek medical attention immediately. Also seek emergency medical help if you notice pain, redness and swelling on your body, along with flu-like symptoms. You may not have noticed the bite.

## Warding Off Ticks

**Tick-borne infections occur in virtually every state. Lyme disease, the most common tick-borne infection, affects over 15,000 people annually.**

To avoid tick-borne illnesses:

- Avoid places with tall grass. Stay on paved or marked trails.

- Cover your skin whenever you're in any area that can harbor ticks. Wear long-sleeved shirts, long pants, a hat, and enclosed shoes (no sandals) with socks. Tuck shirts into pants, and pants into socks or boots.

- Wear light-colored clothing, so you can spot a tick on it.

- Spray insect repellent containing DEET on exposed skin and clothing. Follow directions carefully, particularly for children.

- Always check for ticks after being in wooded, swampy or grassy areas, including golf courses. Have someone check out hard-to-see areas, like the back of your neck and scalp. For added protection, wash off with a washcloth.

- Spray your yard with an insecticide. Follow manufacturer's instructions, or have a professional do it.

- Use a blanket to cover any outdoor area where you want to sit.

- Check your pets regularly and remove any ticks immediately.

- Promptly wash any clothing you've worn into the woods to get rid of ticks in hiding. Spin clothes in the dryer for at least 20 minutes.

## If The Tick Bites

- If you find a tick on your body, remove it promptly. Here's how:

- Use sharp, pointed tweezers.

- Grasp the tick as close to your skin as possible.

- Pull it away with steady pressure. Don't use alcohol, jelly, a hot match, a lighted cigarette or anything else to remove it.

- Then apply alcohol or some other disinfectant to the area.

- Every day for a month, check the site where you found the tick for any unusual rashes (usually in the shape of a bulls-eye). If a rash occurs, or you have flu-like symptoms, see your doctor immediately. Also, call your doctor if you have any of these symptoms after being in tall grass. Many people are not aware they were bitten. ■

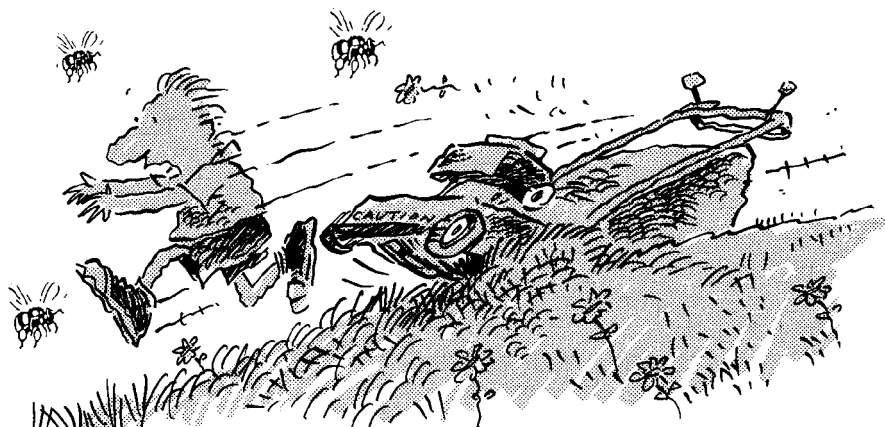
# Stinging Advice

*Liz and seventeen-month-old Cade had a wonderful day at the zoo. When they returned to the car, Liz strapped the toddler into the child safety seat, which unfortunately also held some food crumbs. As Liz drove away, Cade began screaming uncontrollably. Liz tried to calm him, but nothing would work, so she wisely headed directly to the doctor's office. It didn't take the doctor long to discover the problem - Cade had been stung inside his diaper by a bee lured through the open windows of the car by the sweet smell of food. After the stinger was removed, and a few more tears were shed, Cade was once again the bubbly, enthusiastic boy that everyone loved.*

Stinging insects! We can't live without them, so we'd better learn to live with them. Here are a few tips.

## What To Wear, Where To Be

- When you might be exposed to stinging insects (mainly bees, yellow jackets, hornets and wasps), dress in long pants, a lightweight, long-sleeve shirt, and a hat.
- Do not wear bright-or dark-colored clothing, flowery prints, or shiny jewelry. Dull white, khaki, and solid light colors are best.
- Avoid floral-scented sprays, deodorants, cosmetics, shampoos, soaps, powders, and perfumes.
- Avoid places where stinging insects congregate, such as: gardens with blooming flowers, garbage areas, stagnant pools, seldom-used buildings, and junk piles.
- Keep your yard clean and mowed, and free of standing water.
- Don't go barefoot in the grass.
- Don't reach into a space you haven't looked into.
- When cooking outdoors, cover food and beverages.



- Fill in potential nesting sites such as tree cavities and wall cracks.
- Seal food scraps in a plastic bag and put it in a tightly closed garbage can that is lined with a garbage bag.
- Insect repellents do not repel stinging insects, such as bees.
- When drinking sweetened beverages outdoors, use a cup or a plastic cover with a straw.
- If a stinging insect lights on you, brush it away. Do not slap it against your body. That will trap it and give it the chance to sting.
- If you stumble on a nest, don't wave your arms and hands to swat the insects away. Instead, get up slowly and walk away calmly, taking any food or drink with you.

## Bad Beesness

- When bees are nearby, avoid rapid movements that may look like attacks. Bees usually don't sting unless disturbed or angered. Stinging is their defense.
  - Bees will respond to vibrations and exhaust from mowers, trimmers, and chain saws. Check for bees before using this equipment.
  - If you are attacked by bees:
    - run away, and try to get inside a car, building, or heavy brush.
    - if possible, wrap your head.
- Leave an opening for your eyes.

## Allergic Reactions

**Over 2 million Americans can have serious reactions to insect stings and bites. The National Safety Council reports that bee stings kill 50-100 people each year.** If you are stung:

- Remove the stinger immediately because venom can pump into the body for up to 10 minutes. Gently scrape the stinger with a fingernail, credit card, or edge of a sterilized knife. Pinching the stinger squeezes venom into the wound.
- Use ice packs and sting-kill ointment for swelling and pain.
- See your doctor at once if you have any of these symptoms: trouble breathing; wheezing; fainting or dizziness; hives or skin rash; nausea, abdominal pain, or cramps; rapid pulse; diarrhea; chills; facial swelling, or swelling beyond two joints.
- If you are stung in the mouth or throat, swelling of your airways can occur. Go to the nearest emergency room immediately, even if you are not allergic to insect stings.
- Anyone who has had serious reactions to insect stings should carry an insect-sting first-aid kit, and wear a medic alert bracelet. Consult your doctor for details. ■

# Medical Alert

**According to the Institute of Medicine, at least 1.5 million Americans are sickened, injured, and killed each year by avoidable errors in prescribing, dispensing, and taking medications.**

Patients must be very vigilant over their health treatment! To protect yourself and your family:

## Ask The Doctor

- When you get a new prescription, ask your doctor to spell the name of the drug, what it looks like, and what the dosage is. Have her briefly note the drug's purpose on the prescription form. Be sure you (and the pharmacist) can read it.

- Make sure you understand:
  - when to take the medication;
  - what the drug should do;
  - its generic and brand names;
  - whether it should be taken with or without food;
  - how much you should take, how often, the maximum daily dose, and what to do if you miss a dose;
  - how to administer the drug, and whether you take a pill halved or chewed, or whether it must be swallowed whole;
  - what drugs could interact;
  - what side effects may occur, and when to contact your doctor;
  - how to store it, and when it expires;

- what food, beverages, drugs or other products to avoid while taking the drug, including alcohol, caffeine, nonprescription medications, dairy products, tobacco, vitamins and herbal products.

- Some people cannot tolerate standard doses of medications, but can take lower doses. Talk to your doctor if you are an older adult, have a low body weight, have a chronic medical condition, or if you are particularly sensitive to drugs.

- Once a year, take all your medications (including nonprescription), vitamins and herbs to your primary doctor for an evaluation.

- Maintain a complete list of your medications, the doctors who prescribed them, the pharmacy and prescription numbers, the amount

you take, the time of day you take them, and any reactions you have. Take the list to any new doctor, and when you go into the hospital. Refer to it during interviews with various health professionals, especially the anesthesiologist if you're having surgery.

## Ask The Pharmacist

- Keep a written record of prescription information to verify you receive the correct prescription.
- Choose a pharmacy that:
  - keeps comprehensive records of all your medications and allergies, to reduce the risk of a drug conflict or adverse reaction;
  - provides printed information regarding what medical condition the drug is designed to treat, dosage instructions, side effects, as well as any food, beverage, drug, or other product interactions;
  - willingly answers questions.
- Check refills. If they are a different color, size, or shape, contact your pharmacist immediately.
- If you use a different pharmacy or provider, inform the pharmacist of other medications and products you're taking, and any allergic reactions to drugs.

## Ask Yourself

- Educate yourself and increase your awareness of the drugs that you and your family use. Ask yourself why you're using them.
- Read all labels and other information, and follow all directions.
- For nonprescription medications, never exceed recommended doses. Choose medications by active ingredients and dosage, not by the brand name. A brand may have several products or types.
- Avoid taking drugs prescribed for someone else, even if you share the same symptoms.
- Discard drugs that are past their expiration date. Contact your pharmacist for disposal instructions.
- Keep drugs in their original containers.
- For liquid medications, use a measuring spoon or the plastic dos-

ing cap. Tableware spoons are not an accurate measure.

- Make sure you have plenty of light when you take medications.
- Children aren't just small adults, so never estimate the dose based on their size.
- Never let children take medications unsupervised.
- If you are pregnant or intend to become pregnant, tell your physician before taking any medicine.
- Be sure the hospital staff carefully checks your identification bracelet before you take any medications. Verify the medications are correct. A companion is helpful when you are not fully alert.

## Decoding Your Prescription

By convention, Latin abbreviations, other notations and metric units are used in prescriptions. Following are some common terms:

<u>Term</u>	<u>Abbr.</u>	<u>Meaning</u>
ante cibum	ac	before
meals		
gutta	gt	drop
hora somni	hs	at bedtime
oculus dexter		od right
eye		
oculus sinister		os left
eye		
per os	po	by mouth
post cibum	pc	after meals
pro re nata	prn	as needed
quaque 3 hora		q3h
every 3 hours		
quaque die	qd	every day
bis in die	bid	twice a day
ter in die	tid	3 times a
day		
quarter in die	qid	4 times a
day		
$\overline{c}$	with	
$\overline{s}$	without	
$\dot{T}$ , $\ddot{T}$ , $\ddot{T}$		1,2,3
capsules,		
		tablets, pills
milligrams	mg	
milliliters	ml	
disp		dispense
signa	sig	you write*

\*Doctor's labeling instructions to the pharmacist■

# Waterside Safety

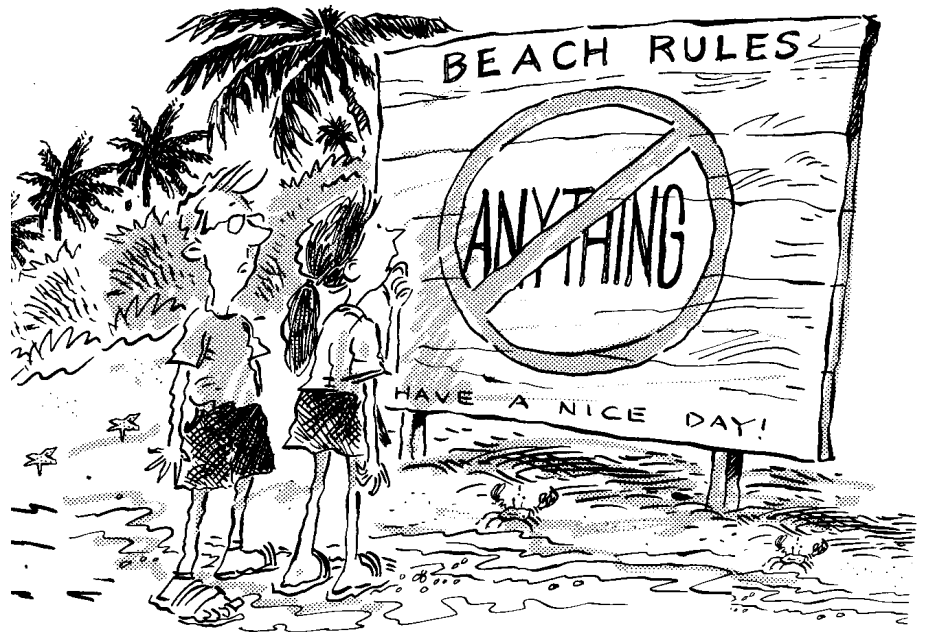
*Dolores and Bill had planned their trip to Hawaii for five years. It was going to be a second honeymoon. Everything about the islands was as promised, lush and exotic. They were having the time of their lives. On the third night, they were invited to a luau a half mile down the beach. Dressed in their evening wear, they set off along the sand, stopping now and then to wade into the shallows. In the dusk, they didn't see the waves strike the shore. A powerful rip current formed, hit them at the knees and pulled them out to sea. Passersby were able to save Dolores, but Bill drowned. Paradise had turned vicious.*

The ocean and Great Lakes are beautiful, but they are also dangerous. **According to the U.S.**

**Lifesaving Association, about 90 drownings and 55,000 rescues occur annually at U.S. beaches.**

## In And Around The Water

- Always check with the lifeguard on water and beach conditions, and equipment restrictions, before entering the water. Swim only in areas with lifeguards on duty.
- Look for and obey all beach safety signals and symbols.
- If you are not a strong swimmer, go no farther than knee deep. Poor swimmers should not swim, and they should use a life jacket when wading.
- Never swim alone.
- If you get caught in a strong current, don't panic. Wave one or both hands in the air, and scream or call for help.
- A rip current can pull you offshore. To escape, swim parallel to shore until you are out of the current.
- Always wear a swimsuit if you plan to get into the water. Shorts and long pants should never be worn in the water because they retain water and restrict your movement.
- Don't dive into unknown water, or into shallow breaking waves.



- Use swim fins and a leash when bodyboarding.
- Keep a safe distance from piers and rocks.
- Learn about organisms and critters in the water, how to avoid them, and what to do if you're bitten.
- Some beaches have sharp coral reefs close to the shoreline. Use caution when swimming in shallow reef areas.
- Check for glass fragments and coral. Wear foot protection to guard against sharp objects, and to avoid getting burned by the sand.
- Don't venture too far out on rocks, where you can be surrounded by a rising tide.
- Check local tide tables to know when the tide will be the highest.
- Keep children under constant supervision.
- Logs are unsafe if water is near, or if they can be reached by surges. The waves can cause the log to roll, trapping or killing you.

## Keep The Sun Fun

- Limit the time you expose your skin to the sun. Exposure to ultra-

violet rays is cumulative; eventually it can lead to skin cancer.

- Remember, ultraviolet rays penetrate clouds, so it's possible to get burned even on overcast days.
- Wear a wide-brimmed hat and sunscreen with an SPF of 30 or higher. Apply it at the beginning of your time in the sun. Re-apply the lotion at least every two hours, and more frequently when sweating.
- The sun's rays are most intense between 10 a.m. and 4 p.m. Limit your exposure. When possible, wear long sleeves and pants.
- Use special sunscreens for babies. Always cover their head. Infants under six months of age should stay out of the sun.
- Use an umbrella shade to reduce exposure, and keep you cool.
- Drink water throughout the day. Avoid alcohol or caffeine drinks.
- Use sunglasses that block 99 to 100 percent of UVA and UVB light.
- Large, wraparound frames can protect your eyes from all angles, compared to ordinary glasses that may allow light to enter.■

# Drinking Problems

*Her parents were so happy that Suzy had graduated from high school. Next was college, then a job, followed by marriage and children. The opportunities were endless. If there was ever a night worthy of a toast, this was it. And, of course, one toast led to another as the adults celebrated Suzy's bright future. Behind the scenes, Suzy and her friends sneaked in a couple toasts of their own. Later, while driving her friends home, Suzy, carried away by excitement and alcohol, took a turn too fast. The car flew off the road, killing two of her friends. Suzy's bright future was clouded forever.*

All too often, alcohol plays a prominent role in our celebrations, and the results can be tragic. Here are some suggestions to help you keep a healthy perspective on your party attitude.

## For Parents Of The Teen Party Host

- Mothers Against Drunk Driving offer these suggestions for an enjoyable teen party:
- Set your ground rules with your teen before the party. Stress shared responsibility for hosting the party. Plan the party together.
- Notify police when planning a large party. This will help police protect you, your guests and your neighbors.
- Plan to be home, and conspicuous, during the entire party.
- Select a location that allows comfort and adequate supervision.
- Replenish the food trays and the drinks yourself. Your occasional presence will help keep a lid on unwanted activities such as drinking.
- Discuss the legal drinking age for alcohol with your child, and be sure you both enforce the law.
- Alert yourself to signs of alcohol or other drug abuse by teens.
- Notify the parents of teens who arrive at the party drunk or under the influence of any other drug to ensure the teen's safe passage home.



- Limit the party attendance (no party crashers!) and set start and ending times. Call the police at the first signs of trouble.

## For Parents Of Teens Attending

- Know where your teenager will be. Get the address and phone number of the party host.
- Tell your child you expect a phone call if the location is changed.
- Contact the parents of the party-giver to:
  - verify the occasion.
  - offer assistance.
  - explain your rules for your child, including a curfew and your stand against drinking.
  - make sure a parent will be present, and will actively supervise.
  - be sure alcohol or drugs will not be permitted.
- If you don't like the answers you're getting from the host, don't let your child go.
- Tell your child never to ride home with a person who has been drinking or taking drugs. About forty percent of all traffic fatalities are alcohol related. During holiday periods the percentages increase significantly, to around fifty percent.
- Know how your teen will get to and from the party. If necessary, provide the transportation yourself.
- Establish a time your teenager should be home and enforce it.

## Adult Parties

If you are the host:

- Establish designated drivers in advance of the party.
- If underage people are coming, involve them in planning alternative activities. Supervise the activities.
- Avoid making alcohol beverage consumption the party's focus.
- Serve foods that are rich in proteins. Eating slows the rate at which the body absorbs alcohol.
- Don't serve salty foods that make people want to drink more.
- Measure mixed drinks with a shot glass to avoid over-pouring. Pour sensible (one ounce) drinks. Do not let guests pour their own.
- Stop serving alcohol to someone who is obviously intoxicated.
- At least 90 minutes before the end of the party, stop alcohol service and provide alcohol free beverages with food such as desserts.
- Arrange a ride for people who drank too much, or allow them to spend the night.

If you are attending:

- Eat before and while you're drinking alcohol. Food in your stomach slows alcohol absorption to a level the liver can better handle.
- Make your first drink a large glass of water, juice, or soda to quench your thirst. Never drink alcohol because you're thirsty. You'll drink too much, too fast.
- Stand away from the bar. Dance, mingle and talk to the guests.
- Space drinks to a maximum of one an hour. Alternate between alcoholic and nonalcoholic drinks.
- Stop drinking alcohol 90 minutes before the party is over. There is no other way to sober up. Black coffee won't do it, and neither will a cold shower or other so-called "remedies." Only time will make you sober enough to drive safely.
- Be able and ready to say no if you've had enough or just choose not to drink alcohol. ■

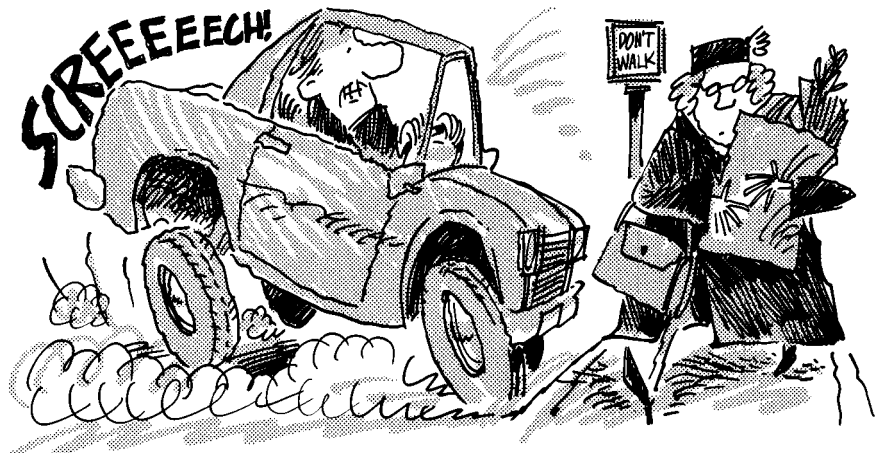
# Just A Walk In The Park

What could be safer than taking a casual walk in the fresh, open air? When automobiles are moving in the vicinity, a lot of things are safer. If you're looking for proof, consider this: **About 80,000 pedestrians are injured each year by automobiles, and more than 5,000 of them die from their injuries. That's about one fatality every 90 minutes to people who probably thought they would "be right back."** And in most cases, the incident was the fault of the walker, not of the driver.

If you're walking for your health, or just to get from here to there, there are precautions to take.

## Beginning Steps

- Before crossing a road, always stop at the curb, look left, then right, and then left again before crossing.
- Never assume a driver will stop. Make eye contact with the driver before proceeding.
- Walk fast, but don't run. Keep looking until you're safely across.
- When your view is blocked by a parked car, or when crossing between parked cars (and this is not recommended) move out slowly to where you can see traffic clearly.
- Leave the Walkman at home. It may put some extra bounce in your step, but it could also get you bounced into a hospital bed. You're better off tuning into your surroundings and the dangers that exist there.
- If there is a sidewalk, use it.
- Where there are no sidewalks, always walk or run facing traffic and stay as far to the left as possible.
- Don't try to save a few seconds by crossing against the light.
- Remember, a flashing "Don't Walk" light means do not begin to cross the street (especially with the growing penchant for drivers to run red lights). Pedestrians already in the



street should continue walking and complete their crossing.

- Be alert for cars backing out of parking spaces.
- Certain locations require added caution:
  - Along high-speed highways and strip shopping areas where motorists don't expect pedestrians.
  - Near construction work zones. Often sidewalks are closed, and drivers are distracted. Select an alternative route.
  - On rural roads where there are no sidewalks.
  - Train tracks, because it's difficult to judge a train's speed.
- If you use a motorized scooter or wheelchair, display a brightly-colored flag about five feet high.
- More than half of all adult pedestrians killed at night have blood alcohol levels of 0.10 percent or higher. If you drank too much, call a cab or have a friend take you home. Friends shouldn't let friends **walk drunk**, either.

## Bright Ideas For Walkers

Pedestrians are more likely to be killed when visibility is poor. Fatal pedestrian crashes occur most often between 6 p.m. and 9 p.m.

- Wear light-colored clothing or clothes with reflective material.

- Carry a flashlight or light stick at night.

- Cross where the lights are bright and visibility is good.
- Be especially alert in winter, which brings reduced visibility for pedestrians and drivers.
- Drivers can be blinded by the sun at dawn and sunset. Be extra careful then.

## Kids Young And Old

- If there's concern about being able to cross the street, wait until the light has just turned green. The first few steps into the street are the most dangerous. Drivers will have noticed you by the time you approach the other side.
- Stay away from traffic after taking medication that causes dizziness, blurs vision, or impairs your judgment.
- Keep children away from streets, driveways and parking lots. Often children don't see motor vehicles, and drivers don't see children.
- When an adult is walking with a child, the adult should walk between the child and the roadway, acting as a more visible buffer to vehicles.
- Always hold the hand of a child under 10 when crossing the street.■

# Special People, Special Needs

People with impaired vision, hearing, balance, or mobility face special safety challenges we may not have considered. Here are some things we can do to be more helpful to disabled people, whether the disability is temporary or permanent.

## Vision Impairment

Whether caused by refusal to wear corrective lenses or a serious medical problem, impaired vision can lead to severe injury. However, denial is powerful and many people refuse to acknowledge their vision is failing. But there are special precautions we can take on their behalf.

- Brighter lighting is generally helpful, but avoid glare, which can blind a person to a hazard.
- Push chairs in, close doors, keep stairs clear, and pick up toys.
- Show and tell the person about furniture rearrangement, and remove obstacles from pathways.
- Place luminous tape or directional signs on the wall near the floor, and pointing to exits.
- Practice fire escapes regularly.
- Store everyday items in easy-to-reach locations.
- Use a daily pill organizer to take medicines.
- Put bells on the dog or cat so their whereabouts are well known.
- Talk to rehabilitation professionals for more safety suggestions.

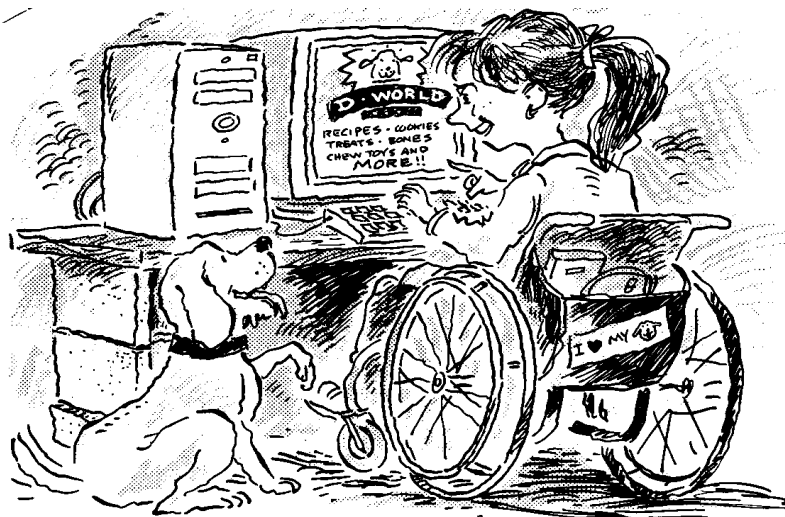
## Hearing Impairment

Any hearing loss interferes with communications and can lead to safety problems. People who can't hear high-pitched warnings need alarms that they can see.

Honesty is the most important safety essential. Help the person realize they have a problem.

Ask an audiologist for more facts on these additional safety steps:

- Assign at least two people to notify a hearing-impaired person of emergency warnings. Make sure the person understood what you said. Ask them to repeat the message.
- Get smoke detectors equipped



with strobe lights.

- Arrange for lamps to flash to signal the doorbell, phones ringing, and other significant sounds. Get visual or vibration alarm clocks.
- Vibrating pagers can inform users of alarm signals and messages.
- Get cars outfitted with visual signals of emergency sirens.
- If it is difficult or impossible to use a phone, get a text telephone.

## Mobility And Balance Impairment

Mobility impairments range from an awkward gait to quadriplegia, which can severely hinder a person's ability to escape in an emergency. To reduce the dangers:

- People with crutches and canes are most vulnerable to slipping or tripping. Keep floors dry and clear of obstacles, and be sure rugs or carpets are secure.
- Install and use handrails or grab bars everywhere necessary; e.g., bathrooms, and where one or more steps or slopes change elevation.
- Learn how to fall safely. Martial arts instructors or physical therapists are possible resources. Get a helmet if needed.
- Look for and eliminate hazards that could lead to a serious injury in case of a fall.
- Wear shoes that fit well, fasten securely and have thin, nonskid soles. Thick soles can cause falls.

- Use carpeting or relatively soft flooring. Ceramic tile or stone will increase the consequences of a fall.

- Stronger muscles may reduce fall frequency and injuries. See a fitness professional for a program.

## Security

Disabled people are more vulnerable to crime and should learn and follow prevention strategies.

- Contact local firefighters and police for advice, and to familiarize them with the situation.
- Be realistic about limitations. Avoid places or situations that might be excessively risky.
- Install a home alarm system with a panic button.
- If possible, go out with a friend.
- Large, assistive dogs can be a security plus.
- Take a self-defense course from an instructor knowledgeable about disabilities. Ask a physical therapist for recommendations.
- The "handicapped" symbol on license plates advertises vulnerability. Use a removable placard.
- Contact the police department to see if they have a special indication to show the driver is deaf.
- Look for organizations that will do a home safety inspection.
- Always carry medical information in case of an emergency ■

# This Is No Toy Story

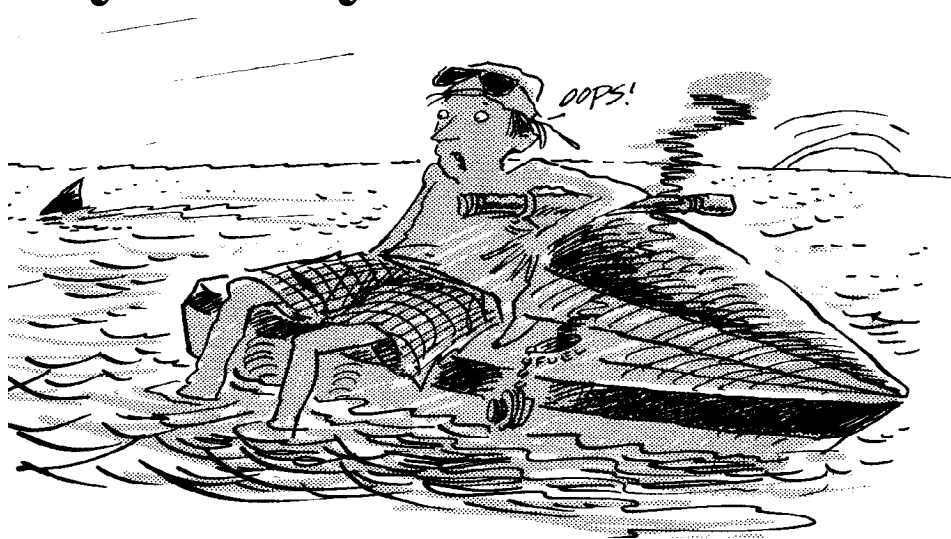
*Roxanne and her teenage friends spent the afternoon taking turns on the two-seater personal watercraft (PWC). Riding the waves and splashing around were a great way to enjoy the bay. In a moment of inattention, Roxanne and her partner fell off. Before she could get out of the water, Roxanne was struck by another PWC and died at the scene.*

**PWCs are not toys, but too many people treat them as if they were. About 65 people across the country die in accidents involving personal watercraft each year. While only 11% of boats on the water are PWCs, they account for about 25% of boating accidents.**

The American Academy of Pediatrics recommends that no child under age 16 should operate a PWC.

## Before You Go

- Know your craft. Read the owner's manual to learn operating techniques and to develop riding skills. Share this information with others who may ride on it.
- Check over the craft. Be sure:
  - the throttle and all switches are working properly;
  - the fuel and battery lines are properly connected;
  - you have enough fuel;
  - the cables and steering are functioning properly.
- Never exceed passenger weight or capacity.
- Have a Coast Guard approved fire extinguisher on board.
- Wear a life jacket and a wetsuit.
- PWC riders have an increased risk of abrasions due to contact with their PWC, other vessels, docks, rocks, coral, or the water's surface, particularly as speeds increase. A wetsuit also protects you from hypothermia. Consider wearing a helmet, water shoes, gloves and other protective apparel. Normal swimming attire is not good enough.
- Know and obey navigational rules of the road and posted instructions.
- Practice reboarding before going out for the first time.
- Know local water conditions and



where the obstacles are.

## The Operator

- Insist on training when you're renting a craft. Ask questions until you're confident you know how to operate the controls. Be sure the instructor is competent to teach.
- Never drink and ride. At least 50 percent of all recreational boating fatalities involve alcohol.
- It is recommended that PWC operators have a valid driver's license. This indicates the operator has demonstrated some degree of maturity, responsibility, and good judgment.
- Parents should guide and supervise a teenager's use.
- Know your limits. Don't stay on the water too long. You will become tired and more prone to accidents.
- Take time to master the basic techniques before attempting more difficult maneuvers.
- Many craft have a lanyard connected to the start/stop switch. Never start your engine without attaching the lanyard to your life jacket or wrist.

## On The Water

- Ride with someone nearby in case you run into trouble.
- Allow plenty of room to safely turn when you are near swimmers, scuba divers, surf-boarders, boats, and docks. Remember you don't have brakes.

- Sailboats, commercial and fishing vessels always have the right of way.
- Watch out for sail craft; they cannot maneuver as quickly as you can.
- Stay to the right of *oncoming* boats. They must pass on your left side. When *overtaking* a boat, pass on the right or left, but stay clear.
- Always stay within sight of land.
- Be especially alert around water skiers, since you may distract the driver or skier.
- Wake jumping is dangerous. You are a distraction to that boat, and a potential hazard to oncoming craft. Also, you may injure yourself or damage your boat when landing. Crossing a wake should always be done cautiously and courteously.
- If you loan your craft to friends, make sure they are of legal operating age for your area and that they know how to operate your craft and follow safe boating rules.
- Never operate a personal watercraft after dark.
- Be especially alert at dawn and dusk. The sun's glare makes it harder to see you then.
- Take a boating safety course and regular refresher courses. To take a class, contact a local safe-boating organization, or visit the U.S. Coast Guard website at [www.uscgboating.org](http://www.uscgboating.org). ■



# Some Serious Pet Peeves

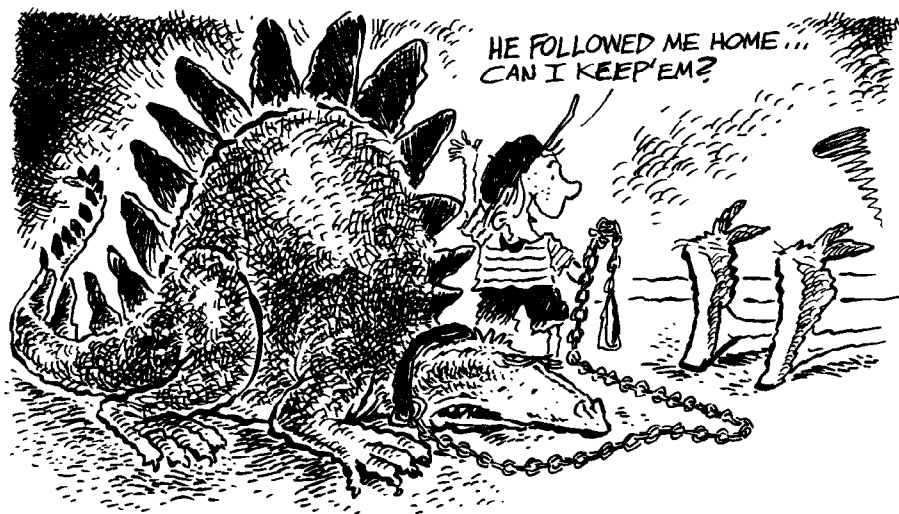
*Ryan's family had a cat, two dogs, a rabbit, and a parakeet. Then his teenaged sister brought home a pet iguana. Over a brief time frame, young Ryan was: scratched by the cat, pounced on by the male dog and had a rib cracked, bitten by the female dog protecting her puppies, and messed on by the parakeet. He then contracted a mild case of infectious diarrhea from the new reptile. Bruised, battered, but undaunted, the ten-year-old adventurer stands ready to offer more pets a home. His parents might want to nix that idea.*

We love our pets, and we endure a certain amount of aggravation and inconvenience for the pleasure of their company. However, we should not have to sustain injury or disease. Here are a few suggestions for living in a world with animals.

## Dog Bites Man

**Each year over 4 million Americans are bitten by dogs, about 800,000 seek medical care, and about 15 die. Children 5-9 years old have the highest rate of injuries.** Knowing that:

- Consult a veterinarian to select a dog appropriate for your family.
- Stay away from a dog that looks frightened or angry.
- Do not pet a dog that is chained or alone.
- Never pet or run up to a strange dog.
- Avoid running past a dog.
- Do not yell at a dog, or sneak up behind it. Frightened dogs will bite out of fear.
- Don't disturb a dog who's sleeping, eating or caring for puppies.
- Never grab anything away from a dog. It feels possessive about its toys, food, and bones and is willing to fight to keep them.
- Dogs are protective of their owner, yard, and house. Respect their territorial instincts.
- Ask permission before handling someone else's dog. If you receive permission, let the dog come to you. Talk quietly. If he is friendly, let him sniff the back of your hand to get to



know you. Then stroke the dog under the chin.

- Always stay calm and quiet around new animals.
- Teach children to play gently with a dog. Never leave children alone with a dog.

If you encounter an angry dog:

- Do not stare it in the eyes.
- Try to remain motionless until the dog moves away. Then walk away slowly, sideways. Do not turn your back on the dog.
- Be firm. Say, No! to the dog and act as if you are in control of the situation.

If that fails and you are attacked:

- Feed" him your jacket, purse or anything else.
- Curl up in a ball on the ground and protect your face.
- After the attack, report the bite, and seek medical attention.

## Little Tabby

- The risk of infection from cat bites is high. See a doctor for antibiotic treatment. Cat scratches require careful monitoring.
- Since cats can cause allergic reactions, keep them away from areas where you spend a lot of time. If symptoms persist, consult a veterinarian for preparations that can be applied to the cat.

## Our Pets Have Pests

- Keep your cat indoors, and humanely confine your dog to reduce

exposure to diseases and parasites carried by other animals.

- Wash your hands thoroughly after handling pets, or cleaning up after them.
- Children can become very ill if they eat dirt or sand contaminated with infected dog or cat feces. Keep kids away from areas with possible feces. Cover sand boxes not in use.
- To protect from infectious diseases, such as diarrhea or salmonellosis, use gloves when cleaning litter boxes and bird and reptile cages. Never wash them in the sink.
- Pregnant women or people with compromised immune systems should not change cat litter, and should avoid contact with soil or sand, to avoid toxoplasmosis, which is transmitted through cat feces and can cause birth defects.
- Reptiles harbor salmonella, which can be very dangerous for children under 5, the elderly, pregnant women and people with compromised immune systems.
- Do not allow reptiles and amphibians to roam freely.
- When cleaning accumulated bird droppings, wear gloves and masks that prevent breathing dust. Wear gloves when cleaning a bird feeder or bath.
- Follow your veterinarian's advice about examinations and vaccinations. ■

# When You're Joggin' Use Your Noggin

*Susan was a slave to her schedule. Rain or shine, she laced on her running shoes and set out on her daily jog. She left at the same time, ran the same route, and arrived home at the same time. It was like clockwork. And the schedule that gave Susan comfort gave the mugger opportunity. Susan knew there was trouble the moment he pulled his car beside her on the curb and asked for directions. She kept running, he kept following. This day belonged to Susan, though. A mounted policeman crossed her path, and she yelled for help. The car sped off, but was caught two blocks later. The driver was wanted for armed robbery and rape, and admitted that he had singled out Susan because he knew when and where to find her.*

## On Your Mark

- If you are a new runner, visit your physician for a complete medical examination if you have high blood pressure or lipids; a personal or family history of health problems; or if you are: over 35 years of age; overweight; physically inactive and easily fatigued; a smoker.

- Get fit before starting to run. Consult a medical professional for strengthening exercises and stretches for running.

- Warm up before you run. Afterwards, cool down to enable your body to gradually return to normal.

## Plan Carefully

- Choose a safe time and place to run. Walk the route first.

- If possible run on grass or dirt. Knee injuries can occur if you run on hard surfaces.

- Avoid running on roadways. However, if you must run there:
  - avoid peak traffic hours.
  - run on the shoulder facing traffic at all times.
  - obey all traffic signals.
  - do not run on snow or ice covered roads. Automobile drivers have



enough distractions.

- Wear light colored clothing at dawn or dusk, and bright clothes in daytime.

- Alter your route. Don't be predictable, which would allow someone to assume you would pass by at a certain time. Think of Susan.

- If you must run at night or in inclement weather, choose well-lighted, populated areas. Wear highly visible white or reflective clothing. To improve your chances of being seen, carry a flashlight.

- Save the safest area of your route for the end of your run. You are most fatigued then and less able to deal with an emergency situation. Reserve some energy for emergencies.

- Make eye contact with drivers before crossing in front of a car, even when you have the right-of-way.

- Avoid running on narrow, twisting or hilly roads with no shoulders. You are hard to see, and when two cars approach each other, a hazardous situation occurs.

- Carry personal identification, including the person to contact in an emergency, and important medical information, such as blood type or allergies.

- Join a running association to get training tips.

## Stay Alert At All Times

- Never run with headphones.
- Avoid running near doorways, alleys, or dense shrubs.
- Always tell someone where you will be running and when you will return. Better yet, run with a friend.
- If you use a jogging path, run during the popular hours.
- Do not wear bright or expensive jewelry. It can attract thieves.
- Ignore verbal harassment.
- Do not daydream. Run with your head up. Be aware of your surroundings.
- Know the places where you could get help if necessary.
- Avoid areas with aggressive dogs. The best way to treat a barking dog is to act as if you are ignoring it, but stay alert for an attack.
- Do not run between a dog and its owner, especially a child.
- If you suspect a car is following you, run the other way. Don't hesitate to holler "I'm being followed" if you suspect someone is following you. Draw attention to yourself. ■

# Gifts That Keep On Giving

Having trouble selecting the perfect gift for the hard-to-please wife, husband, aunt, or son? Does your mother return every birthday gift you ever buy her? And you've never seen your brother in the silk necktie you bought him for Christmas? Well, there is a solution. Instead of trying to figure out what they *want*, give them what they *need*. Following is a list of practical products that may not exactly tickle the cockles of your sister's heart, but which will help keep her and her loved ones safe. Isn't that gift enough?

We don't recommend specific brands or prices. We'll leave those choices up to you.

## Detectors And Lighting

- *Smoke detectors.* Most fires occur at night when people are asleep. A smoke detector on each floor and outside each bedroom is a must.

- *Carbon monoxide detectors.* Like smoke, carbon monoxide is a lethal killer that sneaks up on its victims, often from faulty heaters, furnaces, and stoves. In fact, hundreds of people a year die of accidental poisoning and thousands end up in the hospital from this odorless, colorless and tasteless gas. They are best placed outside the bedroom.

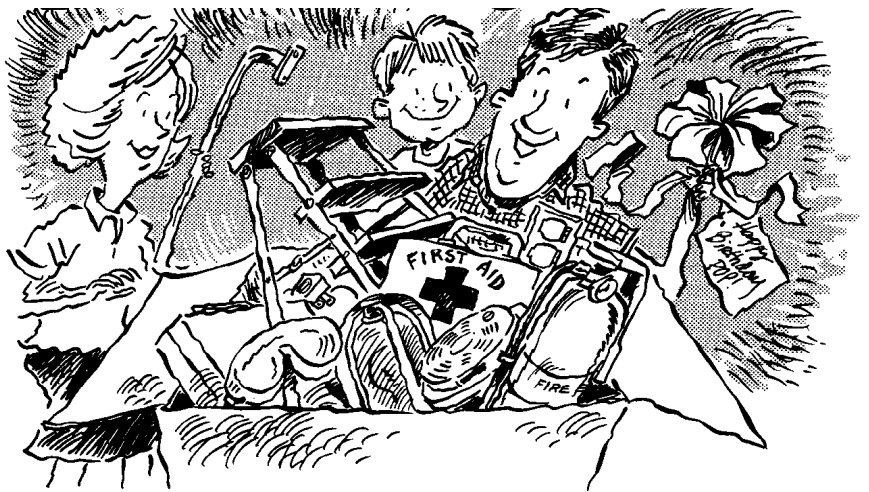
- *Flashlights.* These come in all sizes and powers. A powerful one that lights up a whole room is very useful during power outages. There should also be one in the glove compartment of each car or truck.

- *Night lights.* Simple and inexpensive, they can prevent dangerous falls during the night. They are especially needed near stairs and places where children and senior citizens are likely to roam.

- *Emergency lights.* They go on when the power goes off.

## Upstairs, Down And All Around

- *Fire extinguishers.* Your best bet is a multipurpose Type A-B-C fire



extinguisher with a UL listing. They are effective for kitchen, garage and house fires.

- *One-step stool.* These are much safer for those hard-to-reach closets, cabinets, or light fixtures than climbing on a table or chair.

- *Safety goggles.* For the man or woman who works around flying debris in the basement, garage or garden. They are a must around power machinery like saws, leaf blowers, and edgers.

- *Hearing protection.* For the woodworker, snowmobiler, hunter, target shooter, concerts, or cutting the lawn.

- *First aid kit.* Buy a good one that can be used for travel, or in the home. You can even personalize the contents depending on the life-style of the recipient. For example, insect repellent for the hiker, and an ice pack for the weekend athlete.

- *Survival kit.* A good one can be used in the larger emergencies, such as storms, earthquakes, or prolonged power outages. A kit should include water, tools, a battery-operated radio and flashlight, plenty of fresh batteries, and bedding. You can also add containers, nonperishable food and the aforementioned first-aid kit.

- *Rubber suction bath mats.* These are very important in stalls and tubs

to prevent falls. A nonskid rug outside the tub will prevent slips when the bather steps to the floor.

- *Grab bars.* Again for the bathroom, to help the bather get into and out of the tub or shower safely.

- *Fire escape ladders.* These chain ladders are stored under a bed or in a closet. Each upper-level room should have one.

- *Child-resistant locks.* These come in a variety of sizes and functions, from locks for cabinets to latches for toilet seats.

- *Ground-fault circuit interrupters.* For electrical outlets near water.

- *Electrical outlet covers.* To prevent children from poking an item into an open socket.

- *Safety gates.* To protect toddlers from dangers on the stairs.

- *Anti-scald devices.* They stop water flow when the temperature exceeds 115 degrees F, particularly useful when children are around.

- *Disability aids.* There are many devices to help people with sensory, speech, mobility, mental ability and temporary impairments.

- *Highway emergency kit.* For those nerve-wracking breakdowns that can occur anytime. ■

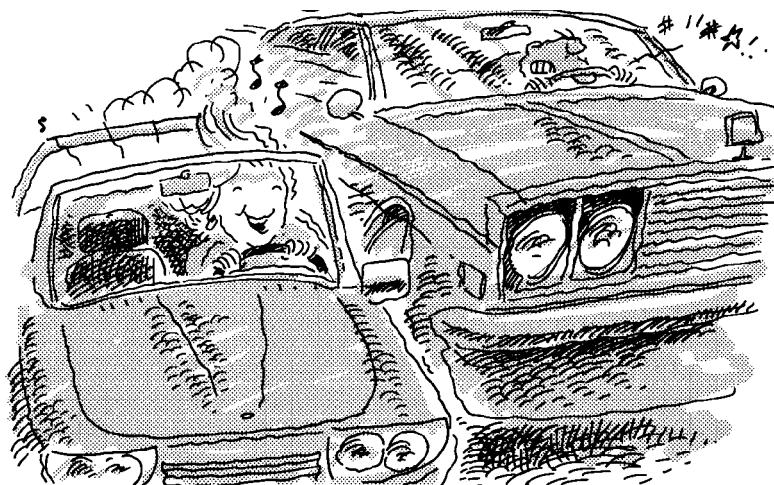
# Safety: Your Best Bargain

*It was just so typical. Tommy's mother lost sight of him in the store. The five-year-old panics and runs headlong through the store aisles, afraid to ask for help because he'd been repeatedly warned, "Don't talk to strangers." After fifteen minutes of high drama, mother and son are united, and after a loving hug, Mom swats Little Tommy on the bottom for "wandering off." But who scolds Mom for showing more interest in sales items than in her child?*

Shopping is not without its hazards. To keep the damage confined to your wallet and not your person, here are a few things to consider.

## Navigating The Parking Lot

- Parking your car in a busy mall parking lot can be a high-risk adventure. To protect yourself:
  - Go slowly. Drive defensively and be patient.
  - Watch for illuminated taillights to spot cars pulling out.
  - Follow the arrows that direct flow down the parking aisles. It will be easier to steer into parking spaces, and you won't surprise others who are backing up.
  - Do not cut between unoccupied spaces, and be prepared to yield the right of way.
  - Always assume the pedestrian does not see you. Without direct eye contact, you can't be sure. Be extra careful at night.
  - Drive no faster than 5 to 10 miles an hour in parking areas, even if they are relatively empty.
  - Use your turn signals.
  - Improper backing is the top cause of mishaps. To back safely:
    - Allow sufficient space when you pull into the spot. When your vehicle is wedged between others, you have less room to maneuver and your vision is obscured.
    - Avoid parking beside high silhouette vehicles.
    - Always look backwards over both shoulders, and use your mirrors before you put your car in reverse. Stop once after you begin backing to



verify that no pedestrians or vehicles are approaching.

## On Foot

- On a parking lot, keep a watchful eye on kids, who might not understand parking lot hazards. Take small children by the hand.
- Park in well-lighted areas as close to the entrance as possible.
- Try to avoid shopping alone.
- If you're worried about walking to your car, ask a security guard or store employee to go with you.
- Have your keys in your hand before you exit the store.
- Body language is important. Look confident and aware of your surroundings, not preoccupied with your head down and overloaded with packages.
- Glance under the car when you are approaching it. Check the back seat before you enter.
- Lock the doors immediately once you are inside.
- Children should never wait in the car while you are shopping.
- Do not park by suspicious-looking individuals or cars.
- Be particularly aware of your surroundings while using an ATM.
- If accosted by a robber, cooperate. However, never get into a car with an assailant. Do anything to avoid it: run, fight, scream.
- On icy surfaces, wear shoes with good traction and look where you're going.

## Hazards Of Retail

**There are over 20,000 trips to emergency rooms each year due to falls from shopping carts, most of them involving young children. These are serious injuries, involving concussions, fractures, and occasional fatalities.**

- To avoid such injuries:
  - Use a back pack.
  - Shop where they have supervised play areas.
  - Have your child wear a safety belt in the cart. However, strapped-in children can still be subject to injuries from tip-overs. Carts with infant carriers are more likely to tip over due to a high center of gravity.
- Don't let kids hang on the carts.
- When riding escalators:
  - Hold on to the handrail.
  - Don't put packages on the steps or balance them on the rails. Use the elevator if your hands are full.
  - Don't take carts, strollers, or wheelchairs on an escalator.
  - Never allow kids to ride the escalator unattended. Show them the proper way to use it. Explain that feet, fingers, or clothing can get tangled in the escalator. Do not let them sit or drag their feet along the side. A shoe can get caught between the step and the side panel.
- And with Tommy in mind: use a leash; carry current photos of your kids in case you get separated. ■

# Made In The Shade

*Ray had a lot going for him when it came to working in the sun. He was an Italian with a dark complexion, brown eyes and coal black hair. His skin was thick and rugged, like him. He was so tough, in fact, that he refused to apply a sunscreen, choosing instead to let his skin "breathe" out the heat. Despite his many physical advantages, his mental "toughness" worked against him, and by middle age he had lost both his ears to skin cancer. Now, he tells anyone who will listen to avoid the sun and use the maximum strength sunscreen.*

**According to the American Academy of Dermatology, each year over 1,000,000 new cases of skin cancer are reported in the U.S., and more than 10,000 Americans will die. Studies show one in five Americans will develop some form of skin cancer in his or her lifetime.**

No one can be outdoors without risk, but people most at risk have fair skin, red, light brown or blond hair, blue, gray or green eyes, freckles, and large, numerous, unusual or changing moles. They don't tan easily, often burning badly, and may have a family history of melanoma. As a child or youth, they had a record of painful or blistering sunburns.

## Basic Protection

To protect yourself, The Skin Cancer Foundation recommends:

- Avoid direct exposure to the sun from 10 a.m. to 4 p.m.
- Limit your time in the sun, regardless of the hour or season.
- Apply sunscreen liberally a half-hour before going out. Apply one ounce (two tablespoons) to all exposed areas.
- Use a sunscreen with a "sun protection factor" (SPF) of 15 or higher.



Be sure it protects against UVA and UVB rays.

- Reapply sunscreen every 60-90 minutes, when you come out of the water, and after you perspire.
- Cover up with tightly woven clothing, hats with a brim at least four inches wide, and sunglasses.
- Seek the shade.
- Stay away from tanning parlors and artificial tanning devices.
- Be careful around highly reflective surfaces, such as water, sand, snow, and concrete. Their glare can nearly double your exposure to the sun's rays.
- Plan sun-smart activities.
- Use sunglasses that protect against UVA and UVB rays.
- Some prescription and nonprescription medications, herbs, and vitamins increase sensitivity to UV light. Check a doctor or pharmacist.

## Kid Alert

- Regular use of an SPF-15 sunscreen throughout childhood and adolescence may reduce the risk of the most common skin cancers by almost 80 percent.
- Use special sunscreens for babies. All babies should wear hats.
- Never expose children under the age of six months to the sun, nor use sunscreen on them.

## Heightened Self Awareness

- Get familiar with your skin and your own pattern of moles, freckles and "beauty marks." Be alert to changes in the number, size, shape and color of pigmented areas. If you see changes, call your dermatologist.
- About 80% of skin cancers develop on the head and neck. However, check your entire body often for any changes or suspicious spots. Warning signs include:
  - Asymmetry: One half of a mole doesn't match the other half.
  - Border irregularity: Ragged, notched, or blurred edges.
  - Color: Changes in color from black to brown to red, often with a combination of other colors. Or a spot or sore that continues to itch, hurt, crust, scab, erode or bleed.
  - Diameter: Any mole or spot that grows to more than one-fourth of an inch (size of a pencil eraser).
  - Perform monthly self-exams. Use a hand-held mirror to check hard-to-see areas, e.g., the soles of your feet, and toes.
  - Have a total body skin exam by a qualified skin specialist regularly.
  - For more information contact the Skin Cancer Foundation at 800-SKIN490, or [www.skincancer.org](http://www.skincancer.org). ■

# Sleepless In America

*It was Jake's first real job. The pay was good, his coworkers were fun, but the shift work schedule was terrible. He'd been warned of the toll it could take on his system, but he was young and energetic. He plunged into that first night of the midnight shift with no preparation, and by four a.m. he was barely awake. He struggled through the next three hours and stumbled to his car in a haze. He got half way home before he ran off the road into a pasture. The shock woke him briefly, and he pulled into a filling station and slept until he was alert enough to make his way home. It was a mistake he only made once.*

Sleeplessness can be dangerous to our physical and mental health. When our bodies need sleep, we are less alert, attentive, and productive, and at a higher risk for mistakes and injuries. If you have trouble staying alert during a dull or routine situation, you're probably not getting enough sleep.

**It is estimated that each year at least 1,500 people die in fatigue-related crashes. A recent National Sleep Foundation poll found more than 60 percent of American adults have a sleeping problem, and over one-third are so sleepy during the day that it interferes with daily activities.**

## Pillow Talk

**Sleep needs per night vary, but most adults need 8 hours; teens 9 hours or more; and children 8 to 9 hours.**

Here are some tips from the National Sleep Foundation to get the shut-eye you need:

- Avoid stimulants such as caffeine and nicotine in the late afternoon and evening.
- Although alcohol is a depressant, it interferes with sleep during the night and it can wake you early.
- Check your medications to see if they could be keeping you awake.
- Avoid heavy foods and spicy

foods such as pizza, hamburgers, tacos, etc. at night. Carbohydrates such as pasta, breads, cereals and soups are easier to digest.

- Exercise regularly, but not within three hours of bedtime.
- Establish a regular bedtime routine, such as taking a warm bath.
- Associate your bed with sleep - no work or TV.
- Keep a regular schedule. Go to bed and get up at the same time every day, during both weekdays and weekends, even if you had trouble sleeping the night before. This will help you develop a sleep-wake rhythm.
- If you can't get to sleep after about 20 minutes, get up and find a relaxing activity, such as listening to soothing music or reading until you feel sleepy. Clear your mind. Don't use the time to work out your daily problems. Milk does help you go to sleep.
- A 15 to 20 minute nap can improve alertness, sharpen memory and briefly reduce the symptoms of fatigue.
- If you have trouble sleeping for several weeks, or if you are sleepy during the day, see your doctor or seek out a sleep disorders specialist.

## Problems With Shift Work

About 25 million Americans are

rotating shift workers. Tips for shift workers include:

- The drive home is particularly dangerous. Car-pool to help stay awake. At the first sign of drowsiness, stop and walk around.
- Eat a light meal when you get home, and get to sleep as soon as possible. Perform chores when you're refreshed.
- Schedule your sleep, and inform others of your schedule. Keep sleep a priority.
- Make the room where you are sleeping pitch black. Use dark shades or hang heavy, lined curtains to cut the room light. Use earplugs and a sleeping mask.
- Turn on a fan, air conditioner or other "white noise" to block out background noises.
- Keep the room temperature between 65 and 70 degrees.
- Turn off the phone and doorbell ringers. Use an answering machine.
- A short nap before starting a night shift can be beneficial.
- Avoid using caffeine to keep you awake, especially when you plan to sleep after your shift.

For more information, contact the National Sleep Foundation at [www.sleepfoundation.org](http://www.sleepfoundation.org). ■



# Shoosh! Shoosh! Ouch!!!

The tragic deaths of Sonny Bono and Michael Kennedy remind us that sliding down the side of a mountain, like any recreational activity, must be approached with safety in mind.

**Each year approximately 35 people die while skiing/snowboarding, and over 100,000 are injured.** The good news is serious injuries are rare among America's millions of skiers and snowboarders. The better news is that almost all these injuries can be avoided.

## Getting Ready

- Get in shape and learn how to warm up. If you don't have a regular workout routine, exercise four to six weeks before you ski. Don't expect to ski yourself into shape.

- Use the proper equipment. Buy or rent from experts who can instruct on its proper usage. If you own equipment, have a professional check it at the beginning of each season.

- Before starting, take lessons from a qualified instructor. Learn how to fall safely.

- If you are at the intermediate level, take more lessons before you move on to advanced terrain.

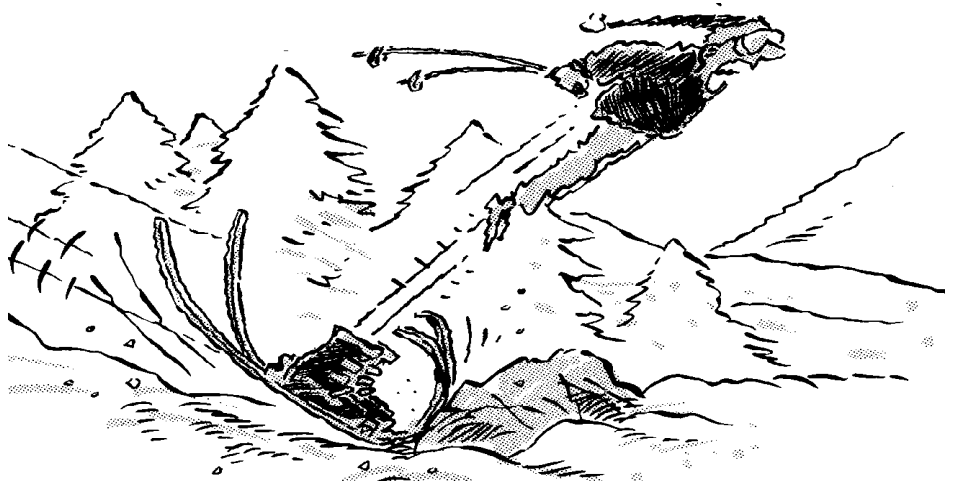
- Ask an expert to adjust the setting of the bindings according to your height, weight and skill level. Too tight and the skis won't fall off when you fall. Too loose and a ski might come off underneath you.

- Dress in layers. Wear a waterproof and wind-resistant shell. Invest in waterproof mittens or gloves, and a warm hat.

- Wear eye protection designed for skiing.

- Boots should fit snug in the heel and around the ankle, but allow for some toe movement.

- **According to the American Medical Association there are nearly 3,500 potentially serious head injuries each year related to snow skiing.** Wear a helmet, but experts stress the first line of defense is skiing responsibly. While they protect the wearer from some



injuries, helmets provide limited protection to skiers at higher speeds.

- Ski sober. Liquor dulls your abilities and dims your judgment.

- Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days.

## Downhill Etiquette

The National Ski Areas Association publishes "Your Responsibility Code" for skiers. (Go to [www.nsaa.org/nsaa/home](http://www.nsaa.org/nsaa/home) for more education materials.)

1. Always stay in control, and be able to stop or avoid other people or objects.

2. People ahead of you have the right of way. It is your responsibility to avoid them.

3. You must not stop where you obstruct a trail, or are not visible from above.

4. Whenever starting downhill or merging into a trail, look uphill and yield to others.

5. Always use devices to help prevent runaway equipment.

6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.

7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Other tips include:

- Know your limits. One study found novices are 10 times more likely to be injured than experts.

- Don't overdo it. You are most vulnerable at the end of the day when fatigue begins to set in.

- Most ski injuries occur when skiers reach high speeds and lose control. Make round, continuous turns to stay in control. Don't ski on a slope that scares you.

- When possible, keep 10 feet or more between you and other skiers.

- If you pass another skier, shout, "On your right! Or "On your left!"

- Give skiers with disabilities a lot of space.

- At the bottom of the slope, move out of the way as quickly as possible.

- Trail and slope conditions vary constantly. Ski from the reality of the situation, not your memory of it.

- Be careful not to become dehydrated. Drink water continuously.

- To avoid hypothermia, go into the lodge to warm up periodically.

- Avoid skiing alone. If you do go out alone, tell someone your plans.

## Snowboarding

**About 150,000 snowboarding injuries require medical treatment each year. Many of the injuries occur during the first three attempts at the sport.**

- Take lessons before you begin.

- Practice skiers' etiquette tips.

- Wear a helmet. ■



# Ice And Snow?!! Away We Go!

*The elements were ripe for disaster. Following a snowstorm, Rick and Josh decided to take a late-night ride on their snowmobiles. Both were drunk, and the snowmobiles did not have adequate lights. Intoxicated by the weather, the alcohol and high speed, it wasn't long before Josh struck a rut in the road and collided with Rick. Both drivers suffered broken bones and cuts. The snow stayed around for weeks, but Rick and Josh could not enjoy it.*

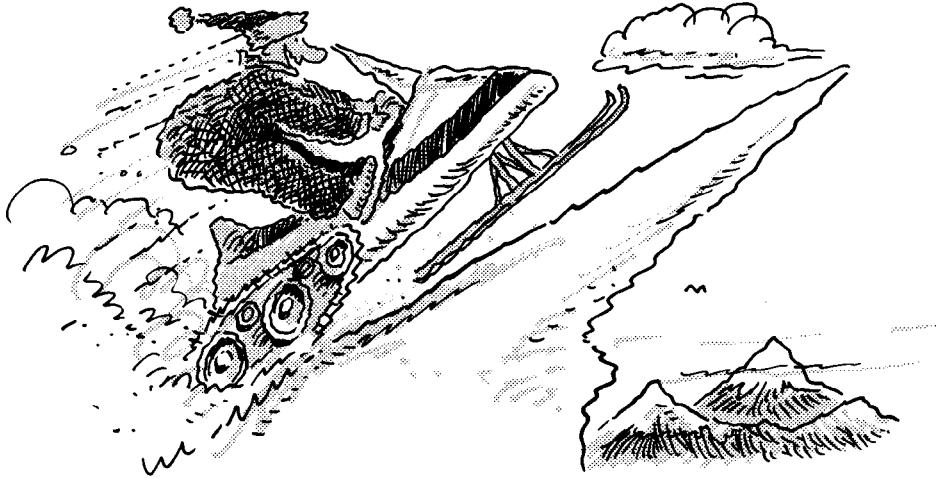
**Snowmobiling results in over 12,000 injuries annually requiring emergency room treatments, and over 100 deaths. The American Academy of Pediatrics has stated that operating snowmobiles is inappropriate for children under age 16.** To stay safe on your ride:

## **The Human Element**

- Learn safe snowmobiling procedures by taking a course or attending a clinic sponsored by your local snowmobiling association or club.
- Inexperienced drivers should be especially careful, as should a driver of a new or unfamiliar machine.
- Never ride alone.
- Ride to the right, and use hand signals.
- Drinking and snowmobiling don't mix. Alcohol slows reaction time and impairs perceptions.
- Stay alert at all times, and drive defensively. The combination of wind, sun, glare, vibration, motion and cold can cause fatigue.

**Most snowmobile injuries involve collisions, especially when driving on or beside public roads.** The loud noise of most snowmobiles makes it hard to hear other vehicles.

- Wear an approved safety helmet, ear protection, eye protection, and possibly a face shield. This also applies to your passenger.
- Wear goggles with dark colored lenses on bright, sunny days to combat glare.
- Wear warm, windproof clothing,



and dress in layers. Check for frostbite frequently.

- Do not wear long scarves or loose fitting apparel that could get caught in the vehicle's moving parts.
- Check the weather forecast.
- Carry a cell phone for emergencies. Consider using a Global Positioning Satellite (GPS) receiver.

## **Proper Operation**

- Know your snowmobile and become familiar with its operation.
- Keep the snowmobile in good working condition at all times. Follow maintenance schedules, and have a safety inspection regularly.
- Be sure all lights are clean and working. Keep them on at all times.
- Always carry a flashlight, spare bulbs and parts, and a tool kit.
- Never have the engine running while the hood is open.
- Be extra cautious when riding at night. Don't overdrive your lights.
- Never tailgate, or carry more than one passenger.
- Passengers must keep their feet on the running boards and maintain a firm grasp on the passenger strap or grips, or the driver.
- Do not jump your snowmobile.
- Snowmobiles are more likely to turn over at high speeds. Drive cautiously.
- Support your weight on your feet, as if posting a horse by standing on

the stirrups. This will help you keep control and absorb jolts.

## **Know Where You're Going**

- Know the rules of the local trails and the community. Many states prohibit snowmobiles on public roads, and have minimum age requirements.
- Let friends and/or local authorities know your intended journey and when you plan to return.
- Study the terrain you will be riding carefully for hazards.
- Know what trail signs mean and follow the directions given.
- Stay on established trails to reduce your exposure to hazards.
- Avoid road traveling. The snowmobile is not designed to operate or turn on pavement. When crossing a road, make a full stop before proceeding.
- Give a wide berth to fence posts and telephone poles.
- Be alert for hidden wires, especially in areas that may have been farmed at one time or another.
- Do not ride on railroad tracks.
- Traveling frozen lakes and rivers can be fatal. Avoid waterways.
- If you must cross ice, be absolutely sure of ice thickness. Never cross in a single file. Allow plenty of room for stopping and turning, especially at night. ■



# Planning For A Rainy Day

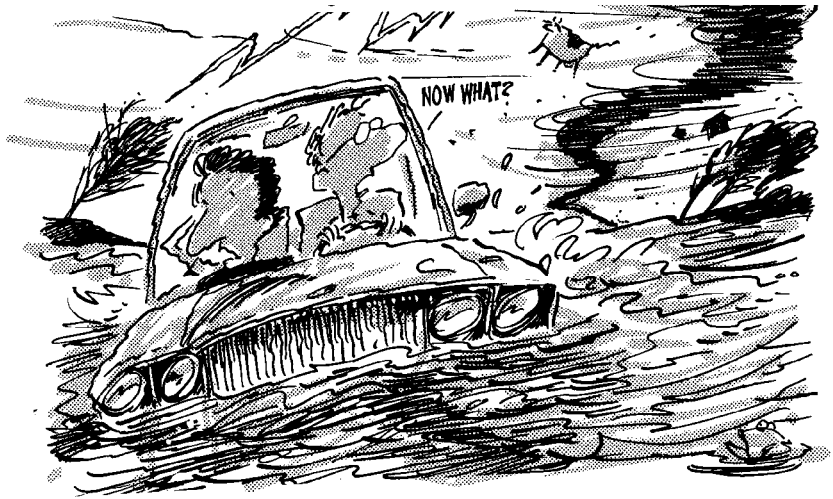
*It started out as a simple trip to the grocery store, but ended up in terror. Heading out in the dark on a rain swept night, the three young people in rural Missouri never saw the rushing water that had risen treacherously from the creek bed to swamp the narrow road in their path. The car was immediately caught in the current and swept downstream. Two of the young passengers managed to escape the sinking vehicle, but the driver could not get free and drowned. "We never saw the water," one of the survivors marveled. "It just blended in with the color of the road."*

While storms are necessary to our existence, they also present a threat to it. Still, there are steps we can take to outwit the forces of nature.

## Thunderstorms And Lightning

**Lightning kills about 65 Americans a year, and can strike 10 miles from the rain area.** If you can hear thunder or see lightning, you are already at risk. During an electrical storm:

- Get inside a home, large building, or automobile (with the windows rolled up).
- Stay away from open doors and windows, plumbing, fireplaces, and all metal objects.
- Don't use plug-in electrical equipment like hair dryers, tooth brushes, or electric razors.
- Don't take a bath or shower.
- Do not use the telephone, except in the case of an emergency.
- If you are caught outside:
  - In a group of people, spread out to minimize potential injuries.
  - Avoid being in or near picnic shelters, baseball dugouts, bleachers or metal fences.
  - Avoid hilltops, and tall objects such as isolated trees or poles.
  - In the open, seek a low area, squat with your hands on your knees and keep twice as far from nearby trees as the trees are high.
  - Get off golf courses, athletic



fields, tennis courts, bicycles, and mowers. Remove shoes with metal cleats.

-Get out of the water and off small boats.

-In a forest, find a low area under a thick growth of small trees.

## Tornado Warning

**Over 1,000 tornadoes strike the U.S. each year, killing about 40 people and injuring hundreds more.** In a house or apartment:

- Go to a basement if available. Seek shelter under sturdy furniture, a workbench or a stairwell. Cover your head, or keep a helmet handy.
  - In homes without basements, take cover in the center of the house. Go to a small room without windows, closet, or hallway on the lowest floor. Or hide under heavy furniture against a strong, inside wall. Put as many walls as possible between you and the storm.
  - The National Weather Service (NWS) recommends keeping all windows closed.
  - Draw blinds and shades over windows to reduce glass damage.
- While only five percent of Americans live in mobile homes, about 45 percent of people killed in tornadoes were in mobile homes when the twisters hit.** The best advice is:
- Evacuate your mobile home and seek shelter in a building.

- If necessary, find a low spot such as a ditch or ravine.

## Flash Floods

**Flash floods and river floods have become the biggest weather related killer across the U.S., causing about 50 deaths annually.**

- Do not camp near small streams. Rain upstream can cause a flash flood. Camp on higher ground.
- Pay attention to signs warning of areas prone to flash floods.
- Do not try to cross a flowing stream on foot if the water is above your knees.
- It only takes two feet of water to make a car float. If your car does stall, abandon it immediately and move to higher ground.
- Be very cautious at night when it's harder to see flood dangers.
- Never try to cross rushing water. If you must cross standing water, be sure you know the water is below your floorboards. Drive slowly so you don't stir waves.

## More Survival Tips

- Buy and use a NOAA Weather Radio for continuous broadcasts of weather information from the NWS.
  - For more information on dealing with weather hazards, go to [www.fema.gov/hazard/index.shtm](http://www.fema.gov/hazard/index.shtm).
- The American Meteorological Society provided some of the information.■

# Street Smarts

*Kevin was in a great mood. He'd danced for hours, had a few drinks, and exchanged phone numbers with a pretty woman. Things couldn't be better. His head swimming with excitement, he left the nightclub alone just past midnight and walked slowly to his car. It was a perfect summer night. The moon was out, and the stars... and the armed robber who popped from the shadows and robbed Kevin of his wallet, hitting the tall former football player in the face with a gun and knocking him to the ground. Kevin admits he let his guard down that night, and he vows he'll be more attentive to his surroundings and his personal safety in the future. He's lucky to have a second chance.*

## Walk Proud

- Look aggressive. Walk confidently and briskly. Act like you know what you're doing. Your body language should say, "Don't mess with me." Attackers select people who look vulnerable.
- Know your route, where to go for help, and areas where someone could lurk.
- Stay alert. Be aware of your surroundings. If your intuition tells you something is wrong, it probably is. Leave immediately.
- Make eye contact with people as you walk.
- If a stranger approaches, don't be polite. If the person persists or asks for money, the time or directions, tell him to call the police for help. Briskly walk away.
- Do not walk alone, especially at night or in poorly lighted areas. Wear tennis shoes or flats.
- If you think someone is following you, cross to the other side of the street and change directions several times. Or, step into an open business or other safe haven. Do not go home, and let the person know where you live.
- Avoid people loitering on the street or near buildings.
- Don't flash cash or expensive



jewelry. Keep your money and credit cards in your front pockets, or carry a "fanny pack."

- Cooperate with an armed robber. Don't make any quick movements, and limit eye contact. In gun and knife robberies, approximately 95 percent of people who give up their property without resisting are not injured, and very few suffer serious injuries.

- Carry your purse close to your body. If someone tries to grab your purse, let it go.

- Some experts recommend you throw the money in one direction and run in the opposite direction.

- Try not to carry a lot of packages at one time. It makes you an easy target, and vulnerable.

- Carry a whistle around your wrist or on your key chain and blow it loud and hard if you feel threatened.

- Some experts recommend carrying pepper spray. Check with local authorities regarding possible restrictions in your area.

- If you suspect someone is threatening you, make a scene immediately. Most women who fight off assailants do so in the first moments of attack.

- Don't expect bystanders to help you. They often won't. If you are accosted, don't yell "HELP!" Instead,

yell, "CALL 9-1-1". Or "FIRE". That gives people something positive and specific to do.

- Where there is apparent danger, running and yelling are two of the most common and successful self defense tactics.

## In Your Car

- Keep your vehicle running well, and the gas tank above a quarter full to avoid running out of gas in a dangerous location.

- Park in well-lighted areas that are easily accessible. Check the back seat and under your car before entering.

- In parking garages, get an escort to your car.

- Don't be a pattern parker. Vary your routine so you don't become an easy target.

- Have your keys ready in your hand as you approach your car. Immediately lock the doors and windows.

- You may wish to install a car alarm that can be set off remotely.

- Cell phones are an important security measure, and are becoming more reasonably priced.

- Keep your purse out of sight.

- At stop lights, leave space between you and the car in front of you for a quick escape.

- Don't travel unfamiliar routes at night.

- Don't leave your car if you are bumped from behind or someone says your tires are flat. Once you leave your car you are open for attack. Instead drive to a well-lighted service station or local police department.

- If in doubt, tell a police officer who stops you that you wish to drive to a safe, lighted location where other people are before talking.

- NEVER get into a car with an assailant. It's the worst possible situation. Do anything to avoid it. Run, fight, scream.■

# H-2-Oh! Oh!

*Jeb was going to take his daughter, Denise, trout fishing with him for the first time. She'd been begging him to go for nearly a year. Jeb wanted her first fishing experience to be a memorable one, which meant wading with her to his favorite spot on the far side of a fast, shallow river. Half way across, Jeb stepped into a hole and Denise slipped from his grasp. She was immediately swept downstream, but Jeb was a loving and careful parent, and Denise was wearing a life jacket. She washed safely ashore, a little bruised but still intact. Before she had caught one trout, her first fishing trip turned out to be a very memorable day indeed.*

**According to the National Safety Council, drownings result in nearly 4,000 deaths annually.** Most drowning deaths are the result of sudden, unintentional entry into the water. If you are going to pursue any activity in or around water, there are some things you want to do and others you want to avoid doing.

## Let's Start With Some Classic DO's

- Take swimming lessons from a qualified water safety instructor.
- Make safety a top priority when choosing a place for recreation.
- Know and obey the posted safety rules. Learn where the lifeguards are, and where to find rescue equipment. Keep a cell phone handy.
- Always wear a life jacket when boating, playing in a river, or fishing near deep water.
- Be cautious in murky water. It may conceal dangerous objects on the river or lake bottom, as well as sharp drop-offs.
- Wade or slowly enter feet first into unfamiliar waters (or familiar waters the first time each trip).
- Stay out of water that seems too cold. The shock of cold water to the system can cause hypothermia and



render a swimmer unconscious in minutes.

- Stay close to shore. River currents are deceptively strong. Try to swim in river bends or backwaters where currents are weaker.

- Check the weather before swimming. Do not swim in severe weather, and if you hear thunder or see lightning, get out of the water immediately.

- Follow boating traffic rules.
- Have an emergency plan for responding to emergencies before entering the water. Know your limitations. Unless you are trained as a lifeguard, you are putting yourself and the swimmer in trouble at risk by attempting to swim to their rescue. If you see someone in trouble, take these steps in order:

- Reach for them with a stick or paddle. Keep your balance.

- Throw something that floats, such as a cooler or piece of wood.

- Paddle or motor to them.

- Swim to them.

## Some Important DON'Ts

- Use alcohol and drugs while participating in water recreation.

- Dive into unfamiliar waters, which are often too shallow or have hidden obstructions.

- Swim *too* long, *too* far away, stay *too* long in cold water, or play *too* hard.

- Swim alone. Try to confine your activity to areas supervised by lifeguards or qualified adults.

- Engage in horseplay.

- Leave children alone near water.

Swimming lessons don't make your child "drown-proof."

- Rely on inflatable objects like rafts or toys to keep you afloat if you are a poor swimmer. The only reliable flotation device is a properly-fitting life jacket. Here's a tip for the kids: Check for snug fit by picking the child up by the shoulders of the life jacket. If it fits correctly, the child's chin and ears will not slip through.

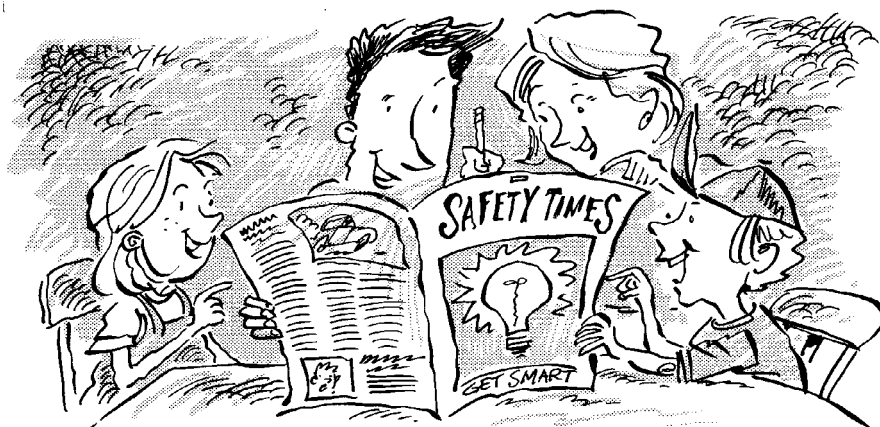
- Swim or wade in swift water. If you get caught in swift water, swim with it and angle toward the shore. Or, relax and take deep breaths, and keep your feet up and pointed downstream. You will float, most always into a bank downstream.

- Remember: As you grow older or more out of shape, you may lose the stamina needed to swim in fast-moving rivers or long distances. ■

# Test Your Safety IQ

We occasionally hear the claim that safety is nothing more than "common sense." However, "common sense" only goes so far. Unless you stay informed of the hazards you face, and the steps to take to overcome those hazards, you might encounter a situation that "common sense" doesn't cover. And the result could be tragic.

Take the following test, and we believe you'll agree that you need to improve you and your family's Personal Safety Plans.



1. Lifetime odds of a male dying in an accident are about:

- a. 1-in-500
- b. 1-in-30
- c. 1-in-100

2. Lifetime odds of a female dying in an accident are about:

- a. 1-in-300
- b. 1-in-50
- c. 1-in-100

3. Lifetime odds of dying in a motor-vehicle incident are:

- a. 1-in-100
- b. 1-in-250
- c. 1-in-1000

4. True or False? Per 10 million miles driven, males are involved in more accidents than females?

5. The percentage of drivers who will be involved in a motor-vehicle incident involving injury or property damage each year is approximately:

- a. six percent
- b. ten percent
- c. eight percent

6. The approximate number of people who go to emergency rooms due to off-the-job accidents each year is:

- a. 10 million
- b. 20 million
- c. 30 million

7. True or False. Accidents rob

Americans of more years of life before they reach age 65 than any other cause of death.

8. What accounts for the most fatal falls in the home?

- a. stairs
- b. ladders
- c. slippery tiles

9. True or False. Communicable diseases are the leading cause of death for children from 1 to 19.

10. The approximate percentage of people who will be involved in an alcohol-related motor-vehicle incident at some time in their lives is:

- a. ten percent
- b. thirty percent
- c. twenty percent

11. It is estimated that safety belts and air bags save approximately how many lives annually:

- a. 9,000
- b. 14,000
- c. 12,000

## Answers: 1,2,and 3

The lifetime odds of being killed in an accident are approximately 1-in-30 for males, and 1-in-50 for females. As difficult as that may be to believe, the facts support the statement. Rounding the numbers for the sake of clarity, here's how they are arrived at:

Each year, approximately

2,000,000 males and 2,000,000 females are born in the U.S., and over 70,000 males and 40,000 females die in accidents. The number of people killed in each age bracket stays relatively constant every year, i.e., the number of one-year-olds killed is about the same, as with two-year-olds, and 55-year-olds.

This means that during a male's lifetime over 70,000 of his peers will be killed in some type of accident. Dividing 2,000,000 by 70,000+ gives us the 1-in-30 approximation. Likewise, dividing 2,000,000 by 40,000+ gives us the 1-in-50 approximation for females.

Over 40,000 of us die every year in motor vehicle accidents, which equates to 1-in-100 lifetime odds of dying in a motor vehicle accident.

Each year, males have about 9,000 more drunk-driving deaths than females; 3,600 more motorcycle deaths; and 2,000 more pedestrian deaths, many associated with alcohol. Males have about 5,000 more poisoning deaths, primarily due to drug overdoses. Males also have about 2,000 more drowning deaths, and over 4,000 more work-related fatalities.

(4: False (Males - 106 per 10 million miles, Females - 113 per 10 million miles driven); (5: b);

(6: c), (7: True); (8: a); 9: (False. Accidents are the leading cause of death); (10: b); (11: b).■

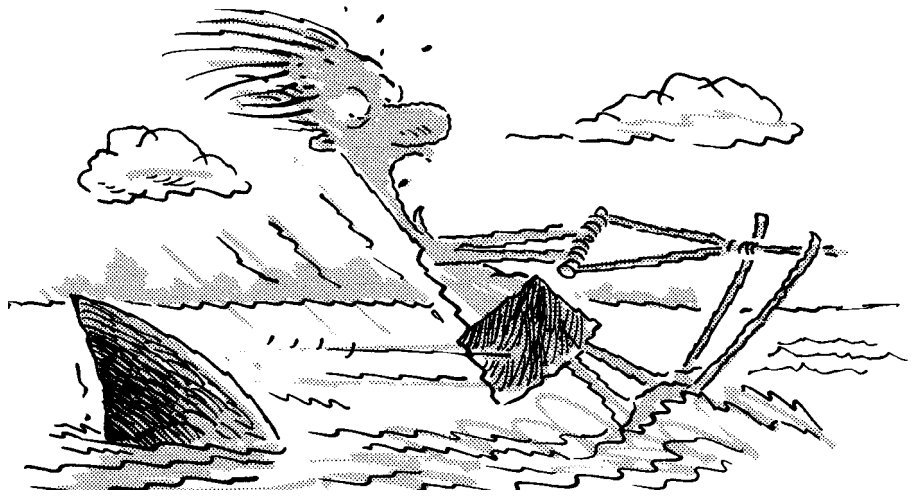
# Dangerous Water Falls

*Kathy was sure she was ready for this. True, she hadn't been on water skis for 15 years, but she had skied a lot as a girl. Water skiing, she reasoned, was no different than riding a bicycle. It all comes back to you once you climb on. So, even though Josh didn't want to drive the boat faster, Kathy insisted he crank it up. Faster! Faster! Ahh! The exhilaration of the wind in her face and the water at her feet. Ouch! The pain of losing control and flying head over heels, landing on her back, and having to be pulled from the water with a seriously sprained shoulder.*

**According to the National Safety Council, about 5 million Americans water ski each year, and approximately 9,500 require emergency room treatment.** Most of these injuries are the result of carelessness and poor preparation.

## Driver Prepare

- Learn and obey the "rules of the road" on water.
- It takes three to water ski:
  - the skier,
  - the tow boat operator,
  - an observer in the boat. The driver cannot watch and know if the skier has fallen while also seeing where the boat is going.
- Operate in a corridor at least 200 feet wide, giving a safety area of 100 feet on both sides of the boat. The ski path should be at least 2,000 to 3,000 feet in length.
- The boat driver is responsible for keeping the skier away from dangerous areas. Take time to get familiar with the shoreline, shallow areas and obstructions. Keep the boat a safe distance from the shore, docks, and objects in the water.
- Be alert for boats entering the ski area. If one does, shut down the engine and wait for the area to clear.
- Always pull novice skiers slowly. High speeds are not essential to pleasurable water skiing.
- Always approach a skier in the water on the driver's side of the boat.



- Picking a skier from the water is a dangerous proposition. Your boat engine must be turned off and the propeller must be fully stopped.
- The boat should run parallel to the shore and come in slowly when landing.
- When your skier is down, raise a ski flag to alert other boaters.
- Equip your boat with a wide-angle rear-view mirror.
- A towing pylon, boarding ladder and speedometer are also advisable.

## Skier Beware

- Know how to swim!
- Do not ski in unfamiliar waters where there could be unseen dangers. When skiing in new waters, take along someone familiar with the area.
- Never ski in shallow water, at night, or in front of another boat. Rough water is particularly dangerous since waves and a running sea will prevent the tow boat from keeping a smooth speed and course.
- Always wear a properly fitting U.S. Coast Guard-approved life jacket. Life jackets are required in most states. The life jacket should be Type III, approved by the Coast Guard, and designed as a ski vest. It should fit snugly, and it must keep the skier face up in the water if he or she falls.
- The skier and the boat driver should agree in advance on the gen-

eral boat path, and signals to use.

- If a skier falls, he or she should clasp both hands overhead to be seen and to signal they are OK. In a congested boating area, a downed skier should hold up a ski to show that everything is okay.
- Buy age-appropriate skis. Make sure the bindings are snug, but will release in case of a fall.
- Wear a helmet to protect against head injury.

*Some of this information came from U.S.A. Water Ski, at [www.usawaterski.org](http://www.usawaterski.org).*

## Other Water Hazards

- Don't stay on the water too long. The sun, wind, waves and vibration can make you tired.
- Whether you are pulling or being pulled, do not drink alcohol, take prescription drugs or over-the-counter medications, or use illegal drugs that can impair your judgment.
- Use and renew sunscreen.
- Some special advice for those who like to water-tube:
  - Stay well away from shore. Most injuries occur when water tubers come too close to shore.
  - Before water-tubing, inspect the rope for fraying and the tube for defects.
  - Wear a Type III life jacket.
  - Two people should be in the boat. ■

# Critter Cautions

*Peggy has a lifetime membership to the Audubon Society, and nobody loves nature and wildlife more than she does. Maybe you know a Peggy. She's the delightful neighborhood woman who sets out dog food on her back porch each night for the raccoons and foxes. Nice gal, Peggy, luring the untamed critters into your back yard where they overturn your flower pots and try to get in your house. Wasn't it fun when you had to call out the Sheriff to trap the fox with rabies? And no, Peggy doesn't think it was her fault when the coyotes made off with your cat. She was just helping out Mother Nature.*

Urban sprawl is drawing blurred lines between the places that people and animals now call home. It's time we learned that most dangerous and potentially harmful encounters occur because people fail to leave the animals alone. To insure harmony with our wild friends:

## Don't Feed The Animals

- Do not feed wildlife. Intentional and inadvertent feeding is the major cause of most wildlife problems. Knowing that, bring in your dog and cat food bowls. They'll become a welcome eating place for your wildlife neighbors. Wild animals can find plenty of food on their own. Don't give them an invitation to come knocking.

- Feeding song birds is fine, but be aware in bear country that certain bird foods are attractive to bears.

- Use tight fitting lids on your trash cans or tape or tie them shut. Also, don't take your garbage out too early. Left overnight, it's a perfect attraction to nocturnal foragers like raccoons and coyotes.

- Pets left unattended, even in a fenced yard, serve as potential food for coyotes, and even alligators or mountain lions in some parts of the country. Keep your pets close by and do not let them roam outside at night. Remember, fences are not always an



effective deterrent against the growing threat of coyotes. These predators can climb fences up to five feet high and can also crawl under them.

- Screen or cap chimneys and furnace, attic, and dryer vents, and keep dampers closed. Animals can use these spaces as nests, and they provide access to your home. To prevent fire and safety hazards, consult a professional before performing this work.

- Seal all cracks and holes larger than one-quarter inch in diameter to keep out rats, mice, bats, and snakes.

- Close holes around and under the foundation of your home so that animals will not be tempted to build a home there. Bury wire mesh one to two feet deep in places where animals might gain access.

- Be careful what you plant around your house and in your garden. You will have to do some homework to learn what the local creatures are eating. And fence in your garden.

- Keep your yard free of brush and low branches that create good hiding spots.

## Oh, Dear! More Deer

To avoid serious injury from the growing number of deer encountered

on our roadways:

- Scan the road while driving, especially at dusk and dawn. That's when deer do most of their moving.

- Watch carefully for deer where roads cross creeks or go through wooded areas.

- If you see one deer, expect to see others. Deer tend to travel in family groups.

- Slow down if you can safely do so. Try to scare away the deer by sounding your horn or flashing your lights.

- Most fatal incidents involving a deer occurred because a driver swerved or got hit by another car. If you cannot avoid a collision, hit the deer rather than swerving into a ditch or the oncoming lane of traffic.

## Confronting Wildlife

- If you encounter a young animal, leave it alone. Don't assume it has been abandoned. Its parent is probably nearby and will likely come to rescue its young. Let Nature take its course.

- If you are going into an area where wildlife will be present, call the local wildlife office to review possible dangers, and what to do if you encounter a wild animal. ■

# Freeze Warning

*It seemed so simple and routine. All Thad had to do was walk down his short driveway incline and get the morning newspaper. However, during the night a winter storm had blanketed the world in a sheet of ice. Thad slipped and slid down the hill, but try as he might he could not climb, or even crawl, back up the small incline. He called for help, and eventually his teenaged son came to his rescue, wearing golf cleats and lugging a garden hose. Thad only suffered a bruised ego that morning. Mrs. Burns next door was not so lucky. She fell and broke her arm.*

There is nothing prettier than a frozen world twinkling in the sun, but there are also few things more treacherous.

## Staying On Your Feet

- Plan ahead. If you can, shop before the winter storm hits. After the storm, don't buy more than you can easily carry.
- Stay inside when there is ice on the ground. Most people fall while getting the mail, picking up the paper, or taking out the trash.
- Be very cautious with your first step onto slick surfaces. Sometimes it's hard to detect slippery surfaces, particularly at night. Use a flashlight.
- Walking on snow or ice, take it slow. Keep your body position slightly forward and put your feet down flat, not on the heels. Bend your knees and take short, slow steps. Or, move your feet forward without lifting them from the ground.
- Always wear shoes with good traction. (Thad had on his house slippers.) Snow boots, hiking boots, and tennis shoes are the best choices. Some people prefer strap-on ice cleats, or cleated golf shoes.
- If possible, walk on the grass.
- If you must walk in the streets, be careful around intersections; cars might slide through them.



- Keep looking ahead to avoid slick spots.

## Sliding And Gliding

The U. S. Consumer Product Safety Commission estimates there are over 15,000 sled injuries and 20,000 ice skating injuries each year, including many serious head injuries and some fatalities.

### Sledding

- Sled on spacious, gently sloping hills. Avoid sledding on overcrowded hills.
- Check slopes for bare spots, holes, and other obstructions that could cause injury, especially hazards that might be hidden by snow.
- Avoid slopes near streets and roads where your momentum could carry you into traffic.
- Be sure there is a level run-off at the end of the slide path so the sled can glide safely to a halt.
- Do not sled at night unless the run is well lighted.
- Ride a sled sitting, or lying down with your head to the rear. Snow disks and plastic sliders are designed for upright use.
- Always wear a helmet.

- If a spill is unavoidable, roll off the sled. Remember, don't collide head first!

- After the ride down, get off the slope and use a safe path to go up.

### Ice Skating

When playing on the ice, follow these general guidelines:

- Skate in special, designated areas, such as indoor and outdoor rinks, or frozen, shallow ponds.
- The Canadian Red Cross recommends eight inches of ice thickness for skating groups.
- Never skate alone. Carry a cell phone for emergencies.
- Stay off the ice during thawing periods.
- When in doubt, check with local authorities. If you can't get a ruling, stay off the ice. Have a bonfire.
- Make sure their skates fit children now. Kids lose control in skates that are too big.
- Keep blades properly sharpened.
- Always wear a helmet. Children should also wear knee pads and wrist guards.
- Try not to break a fall with your hands, which could shatter a bone. Instead, try to land on your backside. ■

## KIDS' SAFETY INTRODUCTION

Children and youth are the most vulnerable members of society. A combination of inquisitiveness, lack of knowledge, and feelings of invincibility contribute to this vulnerability.

It is up to adults to protect children in their early years, and then to guide them in forming good safety habits as they acquire the knowledge to make decisions on their own.

Unfortunately, much work needs to be done as accidents are the leading cause of death from ages one through nineteen.

The principal causes of children and youth deaths, based on the most recent National Safety Council statistics, are:

Motor Vehicle	7,800
Drowning	1,300
Fires	700
Suffocation	700
Poison	400
Choking	200
Firearms	200
Falls	200
All Other	900
Total	12,400



# Restrain Your Children

*Karen was confident her husband had properly installed their daughter's safety seat in their small car. Still, she was conscientious about family safety, and when she learned she could receive a free child safety seat inspection at the local Safe Kids USA coalition, she jumped at the chance. A certified inspector found Karen's safety seat straps were threaded through the wrong slots, the harness clip was missing, and the seat was not strapped into the vehicle tightly enough. The benefits of the free inspection were realized a week later when a reckless driver crashed head-on into Karen's car, totaling it. Properly restrained in the back seat, her daughter suffered only a small cut on her mouth, and Karen wonders what might have been if she hadn't found time in a hectic schedule to put safety first.*

## A Crash Course On Safety Seats

**1. Child-safety seats reduce fatal injury in passenger cars by 71 percent for infants under age one, and by 54 percent for those from one through four, according to the National Safety Council.** But to work effectively, they must be used consistently and properly.

**2.** No single child safety seat is considered best for babies, and not all safety seats fit all vehicles. Try the seat in your car before you buy it, and place your child in it to see that she sits and is restrained comfortably and properly.

**3.** Send in the registration card to stay informed of problems or recalls.

**4.** Keep your vehicle owner's manual and child safety seat instructions handy for details about how to secure children. These instructions are the best source of information on correct use of the seat.

**5.** Set a good example by always wearing your seat belt. Praise your child often for sitting in the safety seat or wearing a seat belt.

**6.** Make it the rule your child can not ride until safely restrained.



## Proper Seating Arrangements

- Children under 13 should be properly restrained in the back seat.

- Infants should ride in a rear-facing safety seat as long as possible - until they are at least one year old and weigh at least 20 pounds. Consult the manufacturer's instructions about positioning your baby in the safety seat and determining the proper recline angle.

Note: If your vehicle has a passenger side air bag, do not use a rear-facing restraint in the front seat. The only exception is if there is no back seat and there is a switch to deactivate the passenger bag. If there is no switch, the child should never ride in that vehicle.

- Children who are at least one year old, weigh 20-40 pounds, and can no longer ride rear-facing should ride in forward-facing seats.

- Kids over 40 pounds should be secured in belt positioning booster seats until adult lap and shoulder belts fit correctly -- when they are at least 58 inches tall and weigh 80 pounds (with clothing on). Most kids under 11-years-old should use a booster seat after outgrowing a child safety seat.

- The lap belt should be snug over the upper thighs rather than the soft abdomen, and the shoulder belt should be snug across the chest and collarbone.

- To fit correctly in only a safety belt, kids must be tall enough to sit with knees bent at the edge of the seat without slouching. Shoulder and lap belts must be correctly used.

- If a child must ride in the front seat, make sure the seat is all the way back, the child stays belted, and sits back in the seat.

## Departing Thoughts

- Get a tight fit. A child safety seat should not move more than one inch from side to side or toward the front of the vehicle. You may need to kneel in the child safety seat while tightening the straps to achieve a tight fit.

- Each time you use a child safety seat, be sure:

- The harnesses are snug and flat against the child's body, and the harness clip is at armpit level. An adult should not be able to fit more than one finger comfortably between the child's collarbone and the harness.

- The lap harness rests low across the hips.

- Contact your local or state *Safe Kids USA* organization for information about child passenger safety events and services in your area. More information is available at [www.safekids.org](http://www.safekids.org), along with a listing of coalitions. If necessary, call *Safe Kids USA* at 202-662-0600 for information.■

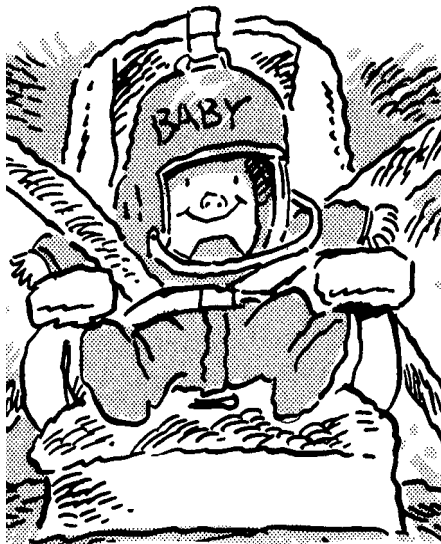
# The First Six Months

*Ann was only six weeks old when her mother placed her in the middle of a neighbor's bed. Her mother didn't think Ann could scoot very far, so she left her alone and went to another room to visit. A short time later there was a "thud" and a scream from the bedroom. Ann had scooted off the bed, onto the floor. Fortunately, the only damage was to her mother's state of mind.*

Sometimes it seems a miracle that kids live to be adults. **Each year about 700 children under one year old die accidentally from other than motor-vehicle incidents, according to the National Safety Council. About 300 of those deaths are due to suffocation.** Despite doting parents and safe home environments, children find ways of imperiling themselves. Here are some things parents and grandparents should watch out for.

## Cribs

- Don't use a crib manufactured before 1974, the year tougher standards took effect. Look for a crib with the seal that says it meets national safety standards.
- The slats on a crib should not be more than 2 3/8" apart.
- Do not use a crib with corner posts higher than 1/16" above the end panel. Children's clothing can tangle on them and strangle the child.
- The mattress should be the same size as the crib to prevent gaps in which arms or legs could be trapped. If you can fit two fingers' width between the mattress and crib, the gap is too wide.
- Do not use thin plastic material, which can cling to a child's face and cause suffocation, to cover mattresses or pillows.
- Never leave crib rails down when a child is in the crib.
- Be sure all hardware is securely in place. Check it regularly.
- Cribs should not contain large stuffed animals or pillows. Not only could these items serve as stepping



stones to help a child climb out, they can also suffocate.

- Put your baby to sleep on her back or side in a crib with a firm, flat mattress and no soft bedding underneath. **About 30% of the 2,500 babies who die each year from sudden infant death syndrome may have suffocated when placed on top of pillows, comforters and other soft, fluffy coverings.**
- Do not leave toys in bed with a sleeping child.
- Inspect every crib a child uses for safety.
- Never put infants (up to 12 months) to sleep on adult or youth beds.
- Do not place a crib near draperies or blinds where a child could become entangled.
- Do not hang objects with strings or elastics, such as laundry bags or toys, around the crib.
- Place crib bumpers around the bed. Cut off excess string length. Remove the bumpers when the child can stand.
- The National Academy of Pediatrics recommends babies not sleep with their parents. Deaths have occurred when a parent rolled over on top of a child.

## Mobiles

- Hanging crib toys should be beyond the child's reach.
- Avoid mobiles with small removable parts that can be easily removed and swallowed.
- Remove the mobile from the crib as soon as the child can push her way up to her hands or knees.

## Tables And Chairs

- Changing tables should have:
  - safety straps to prevent falls.
  - drawers or shelves that are easily accessible while you keep one hand on the baby.
- High chairs should have waist and crotch straps that are not attached to the tray. The tray must lock securely.
- Caps on high chair tubing should be firmly attached so a child can't remove and choke on them.

## Other Tips

- Never leave a child alone in a bathtub.
- Avoid clothing with ribbons or strings. Remove any drawstrings.
- Never leave the soft sides of portable cribs and playpens down.
- Be sure you can always hear a child who is crying.

## Carriers

- Choose a carrier seat with a wide, sturdy base for stability.
- Stay within arm's reach of the baby when the carrier seat is on tables, counters, couches and chairs.
- Do not set it on soft, plush surfaces that will make it unstable.
- Always use the safety belt.

## Pacifiers

- A pacifier's protective shield should be too large to fit into the baby's mouth.
- The shield should have ventilation holes in case the child does place it into her mouth.
- If the pacifier has holes or tears, dispose of it.
- Do not string a pacifier (or any other object) around your child's neck.■

# Getting The Right Sitter

*Ann needed a baby-sitter for her two young children. Marisa and Kendall needed money for their summer vacation, and babysitting provided a viable income for the perky fifteen-year-old cousins. It looked like a good match for everyone involved. The girls seemed responsible, and the two young children were easy to handle. So easy, in fact, that when the girls' boyfriends stopped by one afternoon, it was easy to be distracted from their job. When a vigilant neighbor came to the door toting little Eric, who had wandered from the house instead of taking his nap, the girls were terribly embarrassed and quickly unemployed. And Ann resolved to be more careful in her next choice of a sitter.*

Trusting your children with others is a serious step. The following tips can help assure you're entrusting the right people to watch after your most precious possessions.

## Finding A Suitable Sitter

- Is the sitter at least 13 years of age and responsible enough to care for your child?
- Look for a sitter who has received training from local agencies such as the "Y" or a hospital. Ideally, find a sitter who is certified in infant and child CPR.
- Meet the sitter ahead of time for a personal interview. Introduce them to your kids to see how they interact.
- Ask the sitter for references, and call them to check on qualifications and competency.
- Pose "What if ..." questions that will show you his or her degree of preparedness for the job. Admitting they don't know an answer is seen as a more positive response than bluffing a wrong answer.

## Before You Leave Home

- Have the sitter arrive early so you can show her around your house. Be sure to point out: the location of telephones, hard-to-find light switches, the first aid kit or medicine



chest, extra keys, flashlights, and blankets. Practice using the door locks and the burglar alarm system.

- Also, instruct the sitter on the safety precautions you have taken: point out the baby gates, child resistant locks, smoke alarms, carbon monoxide detectors, electrical outlet covers, toilet locks, etc.
- Show them all the entrances to your home.
- If preparing a meal is part of the job, train the sitter in how to use the stove or microwave.
- If your child is allowed to ride a bike or scooter, skateboard or inline skate while you are away, tell the sitter where the protective gear is stored, and that it must be worn.
- Leave written information and guidelines, including:
  - who and when to call for help.
  - feeding, bathing, bedtime and special needs instructions.
  - safety tips appropriate for your children; update them as necessary.
  - your name, home address and home phone number.
  - how to reach your home from major intersections.
  - important phone numbers, including where you can be reached, the phone number (and relationship) of someone to call in case you cannot be reached, the doctor, ambulance, fire department, police, poison

control center, and veterinarian.

-phrasing for the sitter to use to answer the phone or doorbell.

## Set Clear And Rigid Rules

- Instruct the sitter to never leave your child alone - even for a second.
- Clearly establish areas which are "In Limits" and "Off Limits." For example, the sitter should know if it's permissible to play in the back yard or enter the basement.
- Allowing guests is not advisable. (Remember Marisa and Kendall?). Discuss whether it's okay to make phone calls to friends, watch TV or use the computer.
- Ask the sitter to keep the drapes or blinds closed at night and to keep both an outside light and inside light turned on.
- No smoking, drugs or alcohol are allowed.
- Tell her to get your child out of the house immediately if they see flames or smell smoke or gas.
- Show her your family gathering spot outside the house in case of an emergency evacuation.

NOTE: If you leave your child at your sitter's home, make sure you review the above information and check out the home beforehand to see that it is childproofed.

*Some information courtesy of the Safe Kids USA organization. ■*

# Serious Business

Remember the first time you supervised your baby brother or sister? Or were asked to watch the kid next door for a few hours? A little scary wasn't it? And it should have been. Taking responsibility for another person is a huge commitment. Still, it's a common practice, and it can be a good way for young people to earn money. The goal is to keep it a positive experience for all involved.

**Kids, before beginning your career, enroll in a babysitting class offered locally. Most teach basic child care techniques, such as feeding and diapering, plus first aid, age-appropriate activities, fire safety and home emergency skills.**

## Before The Parents Leave

- Get the names and phone numbers for emergencies, including fire and police departments, poison control center, the nearest hospital, a relative, a reliable neighbor, a veterinarian if applicable).
- Get the phone number where your employers can be reached. Know when they expect to return.
- Always leave your employer's name, address and phone number *at your own home* before going to babysit. And let your family know what time to expect you home.
- Get a schedule of activities (play time, feeding, bedtime).
- Tour the house with the parents. Know the locations of phones, emergency exits, first-aid supplies, fire-escape routes, and specific hazards that might attract children. Find out how to lock and unlock the doors.
- Find out where the items you will need are located, such as the children's clothing or playthings.
- Familiarize yourself with the potential hazards in the house, such as electrical outlets, appliances and exposed heating elements.
- Find out where the "danger" items are--medicines, bleaches, household



cleaners, and inappropriate toys. Keep them out of reach if parents have not locked them away in a secure place.

- Know who should be admitted to the home and who may take the child, such as relatives or friends.
- Know where a flashlight is kept in case the lights go out.

## On The Job

- Dress for the job. Wear low-heeled shoes and washable practical clothing. Do not wear jewelry or decorative pins.
- Unless instructed by the parents, do not bathe an infant.
- If you are changing the baby's diapers, place everything you need within immediate reach so you won't have to step away from the infant, even for a second.
- In case of accident or illness, don't try to be doctor or nurse except for minor cuts and bruises. Call the parents for instructions, or others on the emergency list.
- Keep children within safe play areas, preferably within your sight. Keep toddlers away from stairs.
- Cook only with permission from the children's parents, and only if you can do so safely.

• Never play the stereo or television so loud that you can't hear a child who is crying. If you must use the telephone, make your conversation brief.

• The safest place for a young child when you are not able to watch her is in the playpen.

- Stay with her when she is eating.
- Don't take the child outside unless the parents give you permission. Then, make sure the child is dressed properly for the weather.

• If you are playing with or feeding a baby, and the phone or doorbell rings, take him with you or put him in his crib, carriage or playpen before answering.

• Keep all toys and objects small enough to be inhaled or swallowed away from babies and toddlers.

• Remember, infants should sleep on their backs.

• In case of fire, get the children out first and then call the fire department from a neighbor's house.

• If someone calls, tell them the parents are unavailable, and take a number.

• If your employer has been drinking, arrange your own ride home. ■

# Hot Tub Alert

Why do kids do these things?

*Debra had just completed her masters degree work in psychology, and there was a jubilant mood in the house as she boiled a pot of hot water for tea. Her three-year-old son, Michael, was helping her make the chocolate chip cookies. When she lifted the pot off the stove and set it on the table, Michael leaned over and eagerly sucked at the steam rising from the spout. He screamed in pain, and Debra rushed him to the hospital, where they prescribed lots of cold water and ice and told her Michael was fortunate to have avoided serious injury.*

Why do kids do these things?

Even a psychologist can't tell you.

**What we *do* know is that each year approximately 15 children under age 15 die, and over 30,000 children are treated in emergency rooms for scald burn-related injuries, according to *Safe Kids USA*.**

Here are some ways to reduce the risk in your home.

## In The Kitchen

- When you are busy in the kitchen, your toddler should be in a playpen or high chair, away from hot liquids and splattering grease.
- Establish a stay away safe zone in the kitchen.
- Never carry or hold a child and hot liquids at the same time.
- Use extra caution when cooking with oil.
- Keep pans and pots on rear burners with their handles turned toward the back of the stove.
- Install a safety shield or guard on the stove.
- Keep hot foods 12 inches away from the table edge and hot pans at the back of the counter.
- Don't put hot containers on tablecloths or place mats that children can pull down on themselves. Only use tablecloths and place mats when children aren't around.



- Unplug appliances when not in use. Avoid dangling cords.

- Store snacks and other foods away from the stove so no one is tempted to reach across a burner.

- Microwaves present special dangers:

- Be careful when heating and removing liquids. The liquids may be scalding even when the container is not.

- Before serving food, check for even heating.

- Supervise children, particularly under age 7. Never let children remove food.

- Review microwave operations with a baby sitter.

## In The Bathroom

**Hot tap water accounts for nearly one-fourth of all scald burns among children and is associated with more fatalities and hospitalizations than other hot liquid burns. These burns most often occur in the bathroom, and tend to be more severe and cover a larger portion of the body.** To prevent tap water burns:

- Reduce the temperature of your hot water to 120 degrees F.

- When filling a tub, add the cold water first, then follow with hot until the tub is ready.

- After the bathtub is filled, put your whole hand in the water and move it quickly back and forth for several seconds. If it feels even a little bit hot, it is *too* hot for your child. Add more cold water and retest until it feels comfortable.

- Install anti-scald devices that stop water flow when the temperature exceeds 115 degrees F in your shower and bathtub fixtures.

- For extra safety, buy a bath thermometer. The water should not be higher than 100 degrees F.

- Never leave children unsupervised in a bath.

- Seat the child at the rear of the tub, preferably with her back to the faucet handles. Children will turn on the water if they can reach it.

- Don't use toys, as this implies the bathtub is a play area.

- Keep children away from hair curlers and curling irons. Each year thousands of children require emergency room treatment from touching these products.

- Put a slide-bolt latch on the upper half of the outside of the bathroom door, above a young child's reach. ■

# Garage Door Perils

Each year about 20,000 people are treated in hospital emergency rooms for injuries from garage doors, and a few children are killed. The fault can lie in childhood naiveté or mechanical failure. To protect the children in your home:

- The button inside the garage should be at least five feet high so young children cannot reach and activate it.
- Make certain the area around the garage door is clear of children before using it.
- Keep door opener controls away from children. They are not toys.
- Keep the door in full view when you are lowering it.
- Instruct children to never "race the door."
- Consider installing an electric eye that will cause the door to reverse if it senses anything in its path.
- Never stand under the door or walk through the doorway when the door is moving.



- Inspect your garage door and openers monthly. Check the hard-

ware for signs of wear. If it is properly balanced, the door should stay open when it is 3-4 feet off the ground, with the release mechanism disconnected.

- Lubricate moving parts as recommended in the owner's manual.
- Remove the pull down rope from electrically operated doors and disable the locks.
- Install restraining cables which can help contain an extension spring that breaks.
- Most automatic door openers have an automatic reverse mechanism that stops and reverses the door when it contacts an object. To test this critical safety feature, periodically place a roll of paper towels in the path of your descending garage door. The door should stop and reverse when it strikes the object. If it does not, call a qualified technician. Do not attempt to repair it yourself. The springs can be very dangerous.■

# A Few Grand Safety Tips

Grandchildren are truly a blessing. They rejuvenate and bring a great new sense of excitement and discovery. And there's always that wonderful feature that you can hand them back to *your* children when you're exhausted or can't handle them anymore. But there's also the serious downside of knowing that if anything happens on your watch, you've failed your own children. Grandparents face a lot of pressures, but there are ways to lighten the load. (And these tips also apply to nongrandparents when kids visit.)

**To underscore the importance of eternal vigilance, each year more than 2,000 children under 15 die and 4.5 million are injured in home mishaps, according to *Safe Kids USA*.**

## Put Yourself In Their Shoes

For younger kids, get down on your knees and crawl around the rooms and yard to look for things a small person could get into. Open doors and drawers. As you do, ask yourself these questions:

- Is it poisonous?
- Is it a choking hazard?
- Could it start a fire?
- Could it fall over, or fall down?
- Could a child fall from it, or through it?
- Could a child trip on it?
- Could it scald or burn?
- Could it strangle or suffocate?
- Could a child drown in it?
- Could it electrocute?
- Could it cut?
- Does it contain alcohol?

## Some Other Things To Do

- Post emergency numbers by all phones.
- Learn CPR and the Heimlich maneuver for children.
- Purchase hearth guards for a fireplace and corner guards for furniture with sharp corners.
- Place stickers on sliding glass doors at child and adult levels.
- Tie up dangling drapery and blind cords and appliance wires.

- Keep plants beyond a child's reach. Philodendron and dieffenbachia are poisonous. Learn the names of your plants so you can help the Poison Center if a child eats them.

- Cover electrical outlets with a one-piece safety cover; children can choke on small, individual covers.

- Unload guns, and lock up guns and ammunition separately.

- If you have a pool, install four-sided fencing and keep emergency equipment poolside.

## When They Visit

- Lock cabinets with childproof latches.

- Store matches, lighters, plastic bags and plastic wrap up high.

- Keep potentially "poisonous" products locked up, including medications.

**NOTE: Each year, more than a million poisonings among children under six are reported to U.S. Poison Control Centers. According to the U.S. Consumer Product Safety Commission, grandparents' medicines account for almost 20 percent of all drugs swallowed by children.**

- Remind children how to eat properly, with small bites and thorough chewing.

- Under four, avoid foods such as hot dogs, peanuts, carrots, boned chicken, hard candies, chunks of meat, popcorn, fish with bones, sunflower seeds, apples, whole grapes, raisins, raw vegetables, nuts and seeds, and chunks of peanut butter and hard fruit.

- Don't offer chewing gum.
- In the kitchen, secure infants and toddlers in a playpen, or a high chair with straps.
- Remove the table cloth because the child could pull it off and be burned by hot foods and liquids.
- Use the rear stove burners, keep pot handles out of reach, and never leave the stove unattended.
- Don't drink hot liquids while holding a child.
- Give formula and food a personal test for proper temperature before

feeding a child. Don't heat formula in the microwave.

- Lock liquor cabinets, or move the bottles out of reach.

- Place things you *want* a child to have, like healthy snacks, within easy reach.

- Watch the recliner. Fingers, arms, legs, and heads can get caught between the chair and the leg rest.

- Move furniture away from windows to prevent falls.

- Keep the bathroom door closed and the toilet lid down.

- Do not leave electrical appliances plugged in, especially near the sink or tub.

- Never leave a child alone in a tub, or near a pool or containers with water.

- Lower your water heater thermostat to 120 degrees F. And always test the water with your forearm or a bath thermometer before putting a child into it.

- Pick up any small items lying around that a child could swallow.

- Check toys for small parts, sharp edges or broken pieces.

- Lock up all tools and garden chemicals.

- Crib slats should be no more than 2 3/8 inches apart. Look for a certification seal to confirm the crib meets Juvenile Product Manufacturers Association standards. Use a firm mattress and crib sheets that fit snugly. Position the crib away from wall hangings, windows and cords. Dress infants in warm clothes. Don't use comforters, bulky blankets or pillows. Once she can pull herself up, remove stuffed animals she could climb out on and the mobile.

- Tie plastic dry cleaning bags in a knot and dispose of them safely.

- Store your purse on a top shelf, and remove potentially dangerous items from your dresser.

- Block off the top and bottom of stairways with safety gates.

- Be sure you can always hear a child who is crying. Make telephone conversations brief. ■

# The Gift Of Safety

The winter holidays are upon us. And while they were not created expressly for the benefit of children, youngsters take great delight in the festivities surrounding this magical time of year. However, the magic can quickly turn to disaster by simple oversight or poor planning. **One of the greatest gifts we can give our children is our concern for their safety.**

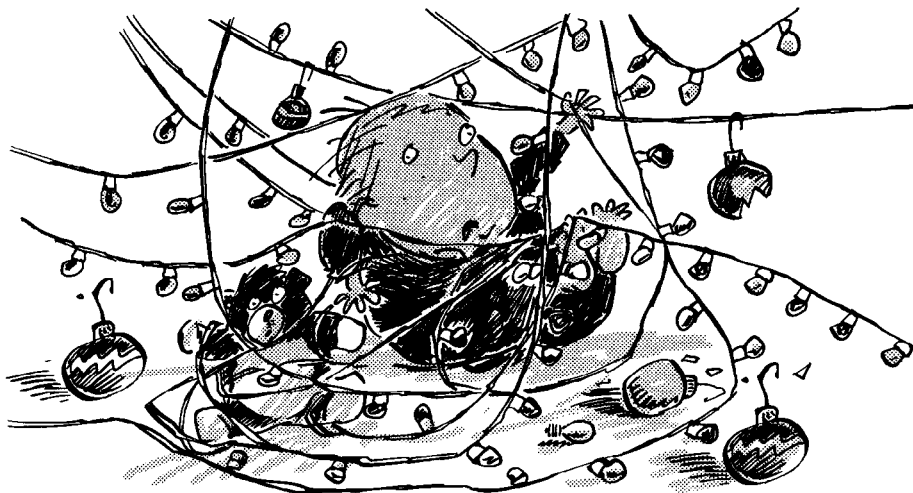
## Well Planned Decorations

Decorate your house with children in mind.

- Avoid room decorations that are sharp, easily breakable, or very small.
- Avoid trimmings or decorations that resemble candy or food. Children could mistake them for the real thing.
- Keep small ornaments, tinsel, small figurines and other decorations out of reach of young children.
- Place breakable ornaments, or those with small detachable parts, on upper tree branches.
- Keep lighting wires away from young children. Push the wires into the tree branches and clip the securely to the branches. Never allow children to play with light strings or other electrical decorations.
- Trim lower tree branches to prevent eye injuries.
- Keep candles, matches and lighters out of reach.
- Make sure all electrical decorations are safety tested. Look for the UL Label.
- Keep toddlers away from electrical fixtures. Use large outlet covers on electrical sockets that are not in use.
- Secure electrical cords so children can't pull or trip over them.

## Well Chosen Toys

- Be sure the toy matches the age, skills, abilities and interest of the child.



- Avoid toys that have sharp or metal edges, glass, cords and strings, or sharp points.
- Buy toys for infants and toddlers that are too large to fit in their mouth. Here's a valuable rule of thumb: If a toy or part can slide through an empty toilet-paper roll, it's too small for small children.
- Be sure eyes of dolls and buttons on stuffed animals are securely fastened.
- Do not allow children under age six to blow up a balloon, or be alone with one. Balloons are the most dangerous "toy" for small children.
- When purchasing toys for older children, consider the possibility they may fall into the hands of younger children.

## More Precautions

- Carefully supervise youngsters during holiday activities and parties.
- Keep toddlers away from the kitchen when cooking and baking are in progress. If they must be present, keep them in high chairs or play pens.
- If you build a fire, use a fireplace screen. Do not leave young children or the fire unattended.
- Keep "fire salts" that produce colored flames on wood fires away from children. They can make a child sick if swallowed.

- Keep round, hard foods and candies such as candy cane pieces, mints, nuts and popcorn out of reach of children under age five.

- Keep holiday plants away from children. Some are toxic. Call the poison control center if your child eats part of a plant.

- Keep alcoholic drinks and containers, baking ingredients with alcohol, and cigarette butts out of reach.

- Post poison control center and emergency phone numbers by all phones.

- If you travel to the house of a relative or friend, perform an immediate safety check. Look for such things as visible prescription drugs or poisonous products, unguarded appliances and stairs, toxic products under sinks, and unprotected electrical outlets.

Keep a close eye on your child. If it's someplace you go frequently, take along necessary safety devices for temporary use.

- When shopping with small children, sew or pin their name, address and phone number inside their clothing in case you become separated.

*Some of this information courtesy of Safe Kids USA.■*



# Watch Out! Baby's Walking

*Betty is one of the best grandmothers ever. But the day she entered the bedroom and saw the cord from the window blind entangled around her grandson's neck, she felt like the worst person alive. How could it have happened? She had cut the cords short, but still the child had pulled them into his crib. When Betty found the baby alive and well, she wept with relief. Then she moved the bed away from the window.*

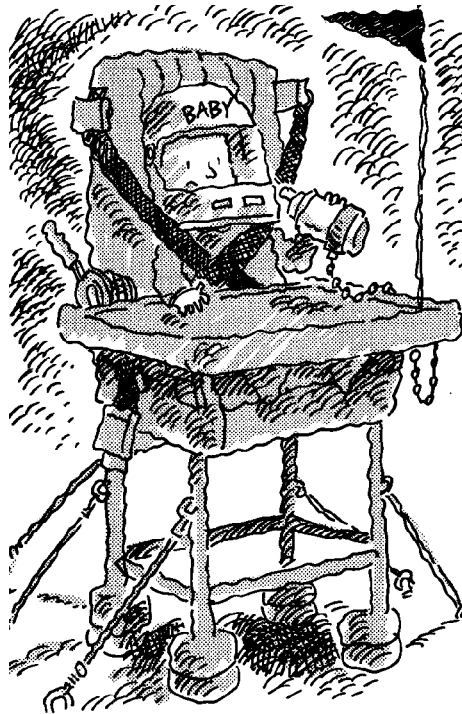
Between the ages of six months and two years, children are beginning to walk, run, climb, jump and explore everything. It's a wonderful time for their development, but a time when adults need to watch them like hawks. We can't allow for every danger a child will face here, but we can list some of the most common ones. **According to Safe Kids USA, the biggest threat to a child's life and health at this age is an accident.**

## Fire And Burns

- Cover unused electrical outlets with rotating-style safety plugs.
- Keep appliance cords out of reach by tying them up or taping them down.
- While working in the kitchen, keep children in playpens or high chairs.
- Turn pot handles to the back of the stove where they are out of reach of curious hands.
- Use place mats instead of table cloths, because toddlers may try to pull themselves up by grabbing hold of the cloth.
- Never carry a child and hot liquids at the same time.
- Turn your water heater to 120 degrees or lower to prevent scalding.

## Falls

- Move chairs and other furniture away from windows to discourage young climbers.
- Don't let toddlers play on or near stairs. Use permanent safety gates at the top and bottom.
- Remove or cushion sharp-edged furniture where a child goes.



- Avoid accordion gates with large openings; a child's neck could get trapped in the openings.
- **High chairs cause almost 10,000 injuries to small children each year.** Use restraining straps that run around a child's waist and between the legs to keep them from escaping from the seat and falling to the floor or getting their head caught in the structure.
- The American Academy of Pediatrics recommends that baby walkers not be used.

## Choking And Poisons

- Do not store household cleaning products under the sink. Keep them and all poisons locked up and out of reach.
- Small children use their mouths to explore the world. Keep them away from objects they can pick up and swallow, such as toys for older children, safety pins, coins, broken or deflated balloons, jewelry and batteries. Remove refrigerator magnets.
- Remove wall hangings and mobiles over the crib.
- Avoid all foods that could lodge in a child's throat, such as hot dogs,

peanuts, carrots, boned chicken, hard candies, chunks of meat, popcorn, fish with bones, sunflower seeds, apples, whole grapes, raisins, raw vegetables, nuts and seeds, and chunks of peanut butter and hard fruit. Don't offer chewing gum.

- Learn how to save the life of a choking child. Consult your doctor.
- Use a small parts tester "choke tube" to see if small toys or parts present a choking hazard.
- If small children are present, keep potentially hazardous cleaning compounds capped while in use.
- Use safety caps on medicines and toxic household products.
- Keep all purses out of reach.
- Safely dispose of plastic cleaning bags immediately.
- Keep the number of your local poison control center by all phones.

## The Dangers Never Cease

- Keep window cords out of reach. Cut looped chains or cords of window blinds in half and add large safety tassels to the ends.
- Never leave a child alone in or near a bathtub, pail of water, or any other water for even an instant.
- Lock all cabinets and drawers from the countertop down, and oven, dryer and dishwasher doors.
- Buy clothes with snaps, buttons, or Velcro instead of long, loose drawstrings which can snag and present a choking or falling hazard.
- Be sure you can always hear a child if they cry.
- Encourage grandparents and caregivers to childproof their homes.
- There are numerous products designed to keep your child safe. Some that you should consider are: toilet lid locks; bathtub products such as cushioned covers for spouts and knobs; anti-scald devices; cabinet and drawer latches; corner and edge bumpers; door guards; electrical-cord products; electrical outlet covers; medicine cabinet latches; stove guards; window blind products; and window locks.■

# Access Denied

Pokemon, Beanie Babies, Thomas the Train, and Harry Potter are examples of childhood interests that come and go. The Internet, however, is an interest that will forever be a part of their lives. It can be a source of entertainment and information for your children, and it will be a workplace tool as they grow older. Sadly, it also poses threats to their safety. Take a few minutes to review these suggestions on ways to make your child's Internet experience wholesome and productive.

## Tell Your Children

- Never give out identifying information such as name, home address, school name, or telephone number in a public message, such as a chat room or bulletin board.
- Always ask your parents' permission before using your full name, address, telephone number or school name anywhere on the Internet.
- Never send a person a picture of you without first checking with your parent or guardian.
- Never respond to messages or bulletin board items that are obscene, suggestive, belligerent, threatening, or make you feel uncomfortable. If you get such a message, don't respond. Instead, show it to your parents or a trusted adult. Sending a response just encourages the person.
- Never meet a new online "friend" without adult supervision. (Parents: If a meeting is arranged, make the first one in a public spot. Be sure to accompany your child.)
- Remember that everything you read online may not be true. Be very careful about any offers that involve your coming to a meeting or having someone visit your house. The biggest danger to your safety is if you get together with someone you "meet" online.
- Regardless of who asks, you don't have to provide any information that you don't want to share.
- Never give out your password to



anyone, even if they say they're from your Internet service.

## Suggestions For Parents

- Set reasonable rules and guidelines for computer use by your children. Discuss the rules and post them near the computer as a reminder. Remember to monitor their compliance, especially when it comes to the amount of time spent on the computer.
- Be sure your child is using kid-friendly search engines. Check with your Internet service provider for suggestions.
- Keep the computer in view in the family room or kitchen – not in a child's room.
- Monitor your child's chat rooms and e-mail. Set and enforce time limits for chatting, e-mailing and surfing.
- Consider software that can monitor where your children have been online, block sites with objectionable words or images, limit computer time and prevent children from divulging too much information. Remember, however, that filters are not perfect. Even if filters were 100 percent effective, this kind of software is no substitute for your guidance and involvement.
- Find out the safeguards used at other locations your child visits.
- Young children should not be allowed to "surf the Net" alone.
- Get to know the service your child uses. If you don't know how to log on, get your child to show you.
- If your child receives a message that is harassing, of a sexual nature, or threatening, forward a copy of the message to your service provider and ask for their assistance.
- Get to know your child's online friends just as you get to know all of their other friends.
- Watch for these danger signs and take prompt action if your child:
  - Spends large amounts of time online, especially at night.
  - Has pornography on the computer.
  - Receives phone calls from people you don't know.
  - Makes calls to numbers you don't recognize.
  - Turns the monitor off or changes the screen when you enter the room.
  - Receives mail, gifts, or packages from a stranger.
  - Becomes withdrawn from the family.
- If you become aware of any incidents that could put your child at risk, or indecent material involving children, immediately call the police or the FBI. For additional information, visit the FBI's web site, [www.fbi.gov](http://www.fbi.gov), and search for "internet safety." ■

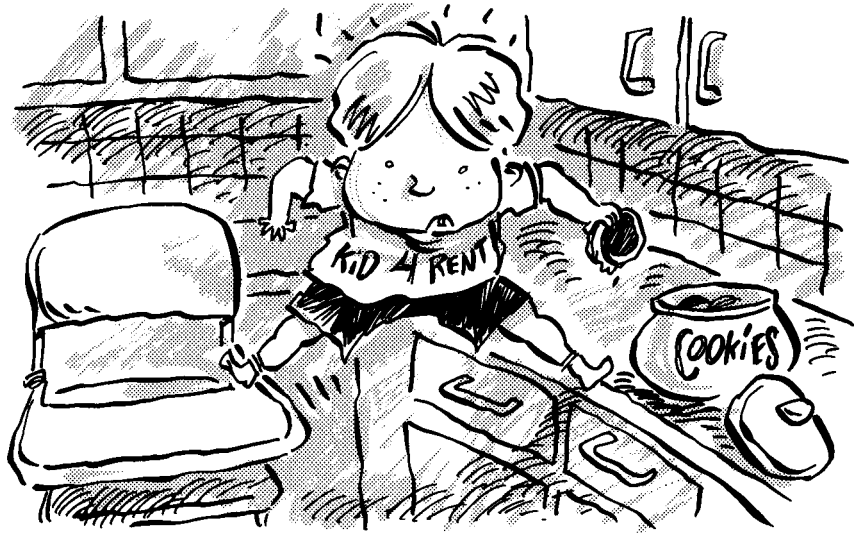
# A Kitchen Recipe

*It was just an evening among friends, and the kitchen was a busy place. Six-month-old Greg had let it be known that the aroma from the kitchen was making him hungry also, so Kay offered to feed him while Greg's mother prepared food for the guests. While Kay was feeding him, she turned aside for a moment to talk. In that instant, Greg stood up (he was not strapped in because he was so young), and toppled to the floor, landing squarely on his head. Fortunately there was no damage to Greg's head, but it did knock some sense into the heads of the adults present on the need to be constantly vigilant when children are in the kitchen.*

Kitchens are fascinating places for children. They are filled with warmth, good smells, wonderful tastes, and infinite shiny objects. Each of those attractions represents a potential hazard to the curious, unsupervised child. To keep young children safe in the kitchen:

## Kitchen Basics

- Never leave a child unattended in the kitchen.
- Store dangerous or poisonous substances and plastic bags in a high cabinet with childproof locks.
- Unplug appliance cords when not in use, and keep them tied up and out of children's reach.
- Store canned goods and dry foods in low cabinets, and put potentially harmful products in upper cupboards.
- Keep utensils in a safe place, preferably in a childproof drawer.
- Store knives in a secured drawer.
- Install stove shields, or remove control knobs to the burners and ovens when not in use.
- Insert childproof plugs in unused electrical outlets.
- Keep your trash can in a closed cabinet or pantry.
- Keep refrigerator magnets out of reach.



- Keep high chairs away from the table, counter, wall or any surface from which a child could push off.
- Don't put dishwasher detergent or sharp objects in your dishwasher until right before you turn it on.
- Never heat your child's formula in the microwave. The bottle may feel cool, but the milk inside may be hot enough to cause burns.

## Remove Temptation

- Don't store treats over the stove, or in a place a child can climb to reach. Store snacks in a low cabinet.
- Keep pets and small children out of the kitchen while you are cooking. If you feel you need to keep an eye on babies or toddlers, secure them in a high chair or playpen.
- Turn pot and skillet handles away from the edge of the stove and beyond a child's easy grip.
- Never hold a child while cooking, drinking or carrying hot liquids.
- Place hot foods and liquids away from the edges of counters and tables.
- Pay extra attention to items sitting on tablecloths or place mats so children cannot pull hot food or liquids down and scald themselves.
- Store matches in a fireproof container, out of reach of children.

## When To Start

Following are some tips and age-appropriate tasks from *Safe Kids USA* to help keep the kitchen a fun, safe place:

- Keep a close eye on the kids, and set strict safety rules.

### 3-5 years old:

Gather ingredients from the refrigerator and low cabinets; pour liquids into a bowl; stir ingredients together; rinse foods under cold water; use a cookie cutter.

### 6-8 years old:

Use a blunt knife to spread butter or frosting; peel vegetables; measure ingredients; set the table.

### 9-12 years old:

Use electrical appliances, such as a blender, food processor, mixer, can opener, and microwave with adult supervision; operate stove burners and select oven temperatures in the presence of an adult; help plan meals and follow recipes.

### 13+:

Operate the stovetop and microwave without adult supervision; drain cooked spaghetti into a colander; remove a tray of cookies from the oven. ■

# Lacking Supervision

Parents don't want to leave young children home without adult supervision, but for many family situations there is no choice.

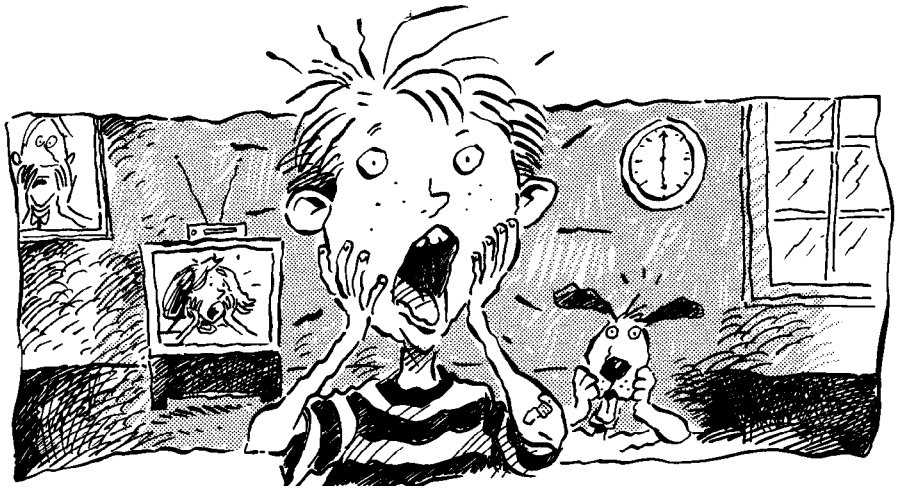
**According to the U.S. Census, one-third of all school-age children in the U.S. are, for some part of the week, latchkey kids. Over four million children are injured at home each year.**

## First Steps

Before you leave your child alone, check with your local child protection service on the legal age a child can be unsupervised. Contact your school district or the "Y" for possible latchkey programs.

To minimize the trauma to the child and parent:

- Send your child to a self-care or babysitting course.
- Engage in "role-playing" activities. Act out the situation and coach the child on proper behavior. Possible situations include: a fire emergency, a stranger at the door, a scary telephone call, a sibling who does not return from school, and an injury.
- Begin by leaving the child alone for a short time.
- Consider buying an easygoing dog for security and companionship.
- Develop and post clear house rules, from cooking to play to having guests. Buy snacks that do not have to be heated. Teach kids what appliances are off limits.
- Make the house look occupied. Turn on the lights and radio or TV.
- Decide whether you want your child to simply not answer the door, or say through a closed door, "My mom is busy. Can I take a message?" The same applies to phone calls.
- Be sure children can operate window and door locks and the alarm system, and that they use them when they are home alone.
- Sit down as a family to discuss fire escape routes from each room.
- Keep guns, ammunition, prescriptions, liquor, matches,



lighters and cigarettes locked up.

- Point out potential hazards in the home and teach children how to avoid injuries from them.
- Make sure kids know where the smoke alarms and carbon monoxide alarms are located and what to do if one sounds. Also, review procedures for power failures and overflowing toilets.
- Create a survival kit for a weather emergency or black-out. Include a flashlight, portable radio, extra batteries, bandages, jug of water, and games to pass time.
- Show kids where the first aid kit is, and how to use the contents.
- Tell the child where you will be, how you can be reached, and when you will return home.
- Occasionally go home early and unannounced to be sure rules are being followed.

## The Telephone Connection

- Help children memorize important information, such as:
  - Their full name, complete address and telephone number.
  - Their parents' full names.
  - The nearest intersection to their home, to help direct police and fire officials.
  - How to report an emergency to 911 or the Operator.
- Post a list of important telephone numbers next to each phone, including parents' workplace; police

and fire departments; poison control center; and neighbors or relatives.

- Purchase Internet filter and blocker programs. Tell children never to divulge personal data.
- When in doubt about whether to call 911, always place the call.
- Consider carrying a cell phone or a beeper for emergencies.

## Comings And Goings

- Take a "safety walk" through the neighborhood. Point out the safest route to and from school or other activities. Caution children against taking shortcuts. Tell them:
  - Do not go into an empty home if they think they are being followed.
  - Do not enter the home if there is anything unusual. Go to a friendly neighbor's home.
  - Make a scene when threatened. Yell "fire" instead of "help."
  - Do not wear their house key where it can be seen by others. Place the key on a chain around their neck, or pin it inside a pocket.
  - Never talk to a stranger, particularly one who starts a conversation. Define "stranger" so children are not confused.
  - Never accept rides or gifts from anyone unless they have a parent's permission.
  - Check in with a parent as soon as they get home. ■

# Pool Perils

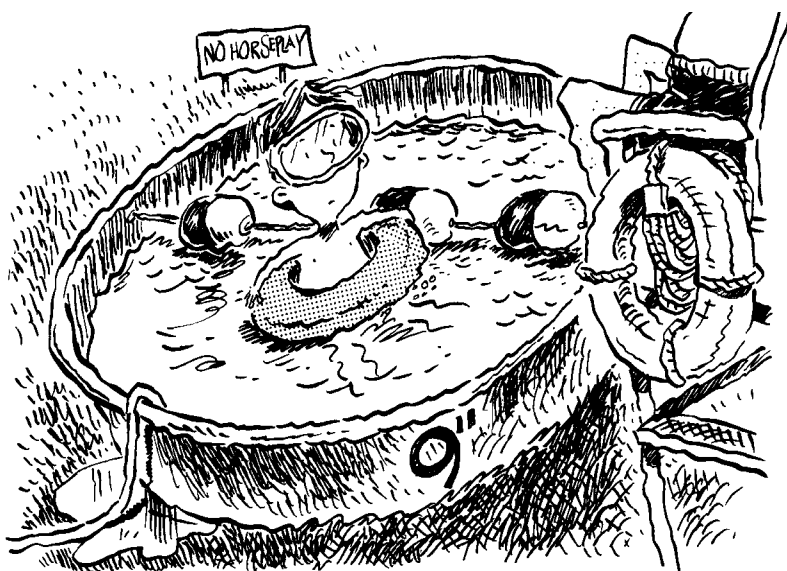
Swimming is great exercise and wonderful entertainment for children. Nevertheless, **drowning is the second-leading cause of injury-related death in children.** Each year, about 1,000 children drown and another 4,000 are hospitalized for near-drowning, usually in a pool owned by their family. Over 60 percent of children who drown in pools are under age four. These tragedies do not have to happen.

## Poolside Fortifications

- Install a fence at least four to five feet high, with vertical slats no more than four inches apart to keep children from squeezing through. It should have no foot or handholds that can help a young child climb it.
- The fence should completely surround the pool, and prevent direct access from the house and yard.
- The gate of the fence should be self-closing and self-latching as well. Never prop open a pool gate.
- Gate latches should be higher than your children can reach. And the latch should open away from the water, so that small children cannot use their weight to push it open.
- If the house forms one side of the barrier, then doors should be protected with alarms that produce an audible sound when a door is unexpectedly opened.
- Steps and ladders leading from the ground to an above-ground pool should be secured and locked, or removed when the pool is not used.
- Remove shrubs or trees that obstruct your view of the pool from inside the house.
- The CPSC recommends layers of protection, including fences, pool covers and alarm systems. To obtain barrier recommendations, go to [www.cpsc.gov/cpscpub/pubs/pool.pdf](http://www.cpsc.gov/cpscpub/pubs/pool.pdf).

## Poolside Precautions

- Keep a phone near the pool area. It is vital for emergencies, and you will not be tempted to desert a child



to answer a phone in the house.

- Keep a strong, lightweight pole at least 12 feet long with a blunt end poolside.
- Invest in a ring buoy firmly attached to a long throwing rope.
- Put ladders on both ends of the pool.
- Do not leave objects such as tables or chairs near the fence, where children can use them to climb into the pool area.
- The water depth should be clearly marked on the pool deck and, if possible, above the water line of the pool wall.
- Indicate the break between the deep and shallow areas with a semi-permanent float line.
- Always completely remove the cover before using the pool or spa. Beware: light weight, floating solar-type pool/spa covers are not safety covers. A child can become trapped under this type of cover.
- A motorized pool cover operated by a switch that meets the standards of ASTM International adds to the protection of your children but should not replace the fence between your house and the pool.

## You Can't Be Too Vigilant

Constant, vigilant supervision is the key to poolside safety when

children are nearby.

- Never leave a child alone near any body of water ... even for an instant.
- Do not assume a child can swim just because he or she has had swimming lessons.
- Do not rely on inflatable toys or water wings to keep a child afloat. They are not life jackets.
- Do not bring tricycles or wheel toys into the pool area. Children could accidentally ride them into the water.
- Forbid horseplay. Pools are for swimming, not wrestling.
- During social gatherings, designate an adult to supervise children. Rotate the assignment so the watchers stay alert.
- If a child is missing, check the pool first. Seconds count in preventing death or disability.
- Remove toys from the pool area when not in use. Toys can attract young children into a pool.
- Make sure the drains and drain covers meet current standards.
- Learn cardiopulmonary resuscitation, CPR. Baby-sitters and other caretakers should also know CPR.
- If you own a hot tub, many of these safety guidelines will apply. ■

# Tykes 'N Bikes

Kids love their bicycles.

However, that affinity does not change the fact that about 250 children are killed and more than 350,000 children go to emergency rooms each year due to bicycle injuries, more than any other sport. Bikes are associated with more childhood injuries than any other consumer product other than automobiles. To keep the joy in biking:

## No Helmet, No Bicycle

Bike helmets reduce the risk of serious head injury by 85 percent. According to the Children's National Medical Center, universal use of bicycle helmets by children ages 4 to 15 would prevent between 135 and 155 deaths and between 39,000 and 45,000 head injuries each year.

- The child should participate in the selection of the helmet to assure a proper fit. Do not buy one that a child can "grow into."
- A helmet should have a snug, but comfortable fit. It should have a chin strap and buckles that will stay securely fastened. A properly adjusted helmet covers both the front and back areas of the head.
- All helmets manufactured or imported for sale must meet a uniform Consumer Product Safety Commission standard. Look for the certification. However, helmets that meet ASTM, ANSI or SNELL standards provide adequate protection.

- Never buy a used helmet. Do not use a helmet that has been dropped, or involved in a collision.
- Don't use markers on helmets.

And keep this in mind: If parents wear helmets when they bicycle, about 98 percent of kids wear them, too. If parents don't wear helmets, the number drops considerably.

## Rules To Ride By

- Take a bicycle safety course.
- The American Academy of Pediatrics recommends that under



age 8, children should ride with adult supervision and off the street. The decision to allow older children on the street depends on traffic patterns and individual maturity.

- Check your brakes before you get on the bike.
- Ride on the far right and travel with the flow of traffic. It is never safe to ride against traffic.
- Stop at stop signs and red lights, and obey all traffic laws.
- Do not ride two abreast unless you are on a bike path.
- Stop at the end of the driveway to look for cars.
- Be predictable. Don't do anything that would surprise the driver of a car, like swerve or act foolish.
- Signal when making a turn. Let motorists know what you are doing by using proper hand signals.
- Don't ride too close to parked cars. The driver may open his door in your path. Leave at least 3 feet between you and parked cars.
- Avoid broken pavement, loose gravel and leaves.
- Don't ride at night, and in wet weather.
- Don't clown around. Never hitch a ride on a moving vehicle or do stunts or wheelies on a road with cars and trucks.
- Be seen. Wear light colored clothing when you ride, including a brightly colored helmet.

- Put reflectors on the front and rear of the bicycle, on the pedals, and on the wheels.

- Wear close fitting clothing to avoid getting caught in moving parts.
- Never wear headphones because they hinder your ability to hear the traffic around you.

## Finding The Right Bicycle

Parents, choose a bicycle that fits the child's size today, not one she will grow into later. The bike should fit the rider's ability and kind of riding. To be sure your child's bike is the right size:

-sitting on the seat with hands on the handlebar, your child must be able to place the balls of both feet on the ground.

-straddling the center bar, he should be able to keep both feet flat on the ground with about 1" clearance between the crotch and the bar.

-when buying a bike with hand brakes, be sure the child can comfortably grasp the brakes and apply sufficient pressure to stop the bike. Under ages 6-7, buy a bike with foot brakes.

- Look for rubber-treated pedals, or metal pedals with serrated rattrap edges. Avoid plastic pedals.
- Don't get a bike with gears for a small child. ■

# Heads Up Advice

*Tommy now had the coolest bike on the block. It was sleek, shiny black, and made for speed. The bike came with a new helmet, but how cool was that? Girls were not impressed by helmets. He was a dashing figure until he hit the man-hole cover and flew face first into the street, knocking out his two front teeth and causing a concussion that sent him to the hospital for two days. Today his smile is a little crooked, but he keeps his safety helmet on perfectly straight.*

According to the Brain Injury Association, every year in the United States 1.4 million people are treated for traumatic brain injury (TBI) in hospital emergency rooms. About 50,000 people die each year from TBI, and 80,000 experience the onset of long-term disability. Major causes of TBI are falls (28%), motor vehicle crashes (20%), struck by/against (19%), and assaults (11%). Alert parents need to know *how to protect* their children from brain injuries, and *how to identify* a serious injury.

## Some Of The Facts

**Nearly 200,000 traumatic brain injuries occur on U.S. sports fields each year. An estimated 65 percent of the injuries occur to young people 5 to 18 years old.**

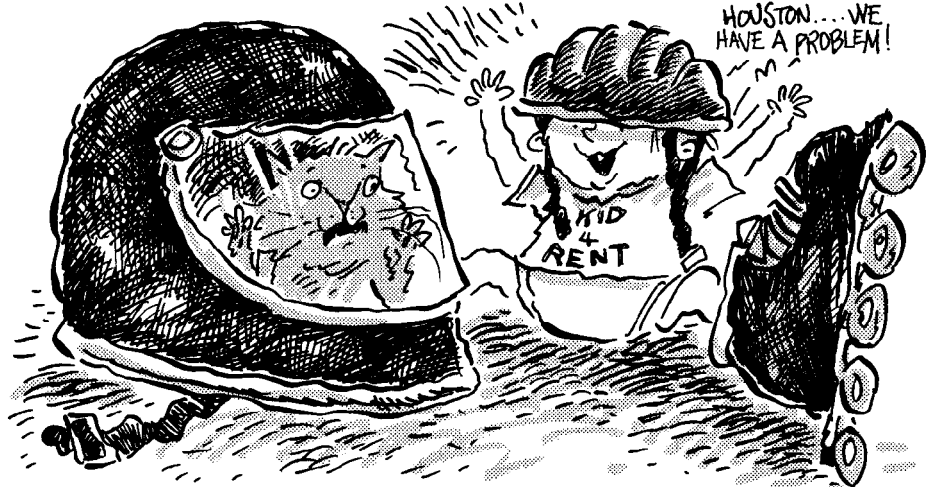
Repeated concussions not only impair memory and mental function over the long term, but may trigger "second impact syndrome," a sudden, fatal brain swelling.

There is no such thing as a "modest" concussion. And you don't have to be knocked out to suffer one. More than 90 percent of concussions don't involve loss of consciousness.

Experts agree that **nobody** who still has symptoms of a brain injury should be allowed to play again until all symptoms have cleared.

After a brain injury, the risk for a second injury is three times greater; after the second injury, the risk for a third injury is eight times greater.

## Helmets First



A properly fitted helmet is the most important piece of safety equipment for many activities. **For example, medical research shows that 88 percent of cyclists' brain injuries can be prevented by a helmet.**

- Different activities require different helmets.

- Bicycle helmets are OK for bicycling, inline skating, skateboarding and roller-skating.

- When around or riding horses, wear an equestrian helmet.

- Use motorcycle helmets on motorcycles, ATVs, snowmobiles and minibikes.

- Snow skiing and snowboarding require special helmets.

- Only buy helmets that meet the certification requirements for a particular activity. For details on helmet selection and fitting, talk to an expert, or contact a national association for the activity or the Consumer Product Safety Commission.

- The child should participate in the selection of the helmet. Do not buy one that a child can "grow into."

- Never buy a used helmet! Do not use a helmet that has been dropped or involved in a collision.

- If parents wear helmets, almost all kids wear them, too. If parents don't wear helmets, the number drops considerably.

## In The Event Of A Brain Injury

- After any fall or activity involving contact to the head, see a physician if any of the following symptoms are present: thinking problems; memory loss; dizziness; headache; nausea; sensory changes; balance, sleep or pain problems; changes in personality, mood or behavior; or trouble communicating.

- Ask your child's teacher(s) to call you if they see any symptoms.

- When your child leaves the emergency room or office following a brain injury, the doctor or nurse should give you instructions on caring for your child over the next 24 hours, and describe any important changes to watch for. If you do not get these "Head Sheet" instructions, ask for them.

- The effects of a "mild" brain injury may not be seen immediately.

**See a doctor who specializes in brain injuries right away if you notice these changes in your child:**

- severe headache that does not go away or get better.

- seizures, eyes fluttering, body going stiff, staring into space.

- child forgets everything, amnesia.

- hands shake, tremors, muscles get weak, loss of muscle tone.

- nausea or vomiting that returns. ■



# Choosing Child Care

*Jay was a whiz at research. He had a Ph.D. in chemistry, and he prided himself in the thoroughness of his technical reports. He had no tolerance for sloppy documentation. All of which heightened his shock when he turned on the evening news and saw that his daughter's day care center had been closed down for a long list of safety violations. How could that be? Why hadn't he seen those problems himself? He was the master of research. Or at least he would be the master of research the next time he checked out a day care center for little Sarah.*

Current studies show that more than half of America's children under the age of six attend an out-of-home child care program. To find a good program for your child:

## Basic Research

- Begin by visiting the best center in your community, even if your child can't get in. It will give you a model of good-quality child care.
- The staff should be certified, and the center should be licensed.
- Child/staff ratios are an important factor in quality day care. The American Academy of Pediatrics (AAP) recommends the following child/staff ratios: birth to 12 months (3:1); 13 to 30 months (4:1); 31-35 months (5:1); 3-year-olds (7:1); 4 and 5-year-olds (8:1).
- Each separate group of children should be no larger than twice the number of children per caregiver. For example, for kids 13 to 30 months, the group size should not exceed eight children.
- Look for a child-care facility where you see a great deal of positive interaction between caregivers and children, and among children.
- Don't rely on first impressions. Visit at stressful times, such as when kids are dropped off or picked up.
- Read the caregiver's parent handbook carefully.
- Review the procedures used to check the backgrounds of employees. A well-run center will make careful



checks of references, background and previous employment.

- Talk with other parents who use the facility.
- Trust your intuition and observations.

## Ask The Right Questions

Don't be afraid to ask questions. Some important ones are:

- What type of training and education do the caregivers have?
- How many staff members have left in the last three years? High turnover is disruptive to children.
- How long has the caregiver or center been operating?
- Is the facility accredited? Accredited homes and centers voluntarily follow much stricter standards.
- How often does the state inspect? Ask for documentation.
- Do the caregivers know how to maintain control?
- Are the staff members trained in first aid and CPR? Do they receive periodic retraining?
- Is there a basic exit plan? Have it explained to you. Are evacuation drills conducted regularly?
- Do they sanitize and disinfect changing tables after a child is changed?
- Do caregivers and children frequently wash their hands?
- Is bedding assigned for use by only one child and washed weekly?

- How do they clean the toys that go in a baby's mouth?
- Do they use a no-choke device to test baby toys?

- Are appropriate first aid supplies easily available, inside and outside?
- Is there a plan to get a badly injured child to an emergency room that is equipped to handle children?

## Look For The Right Things

- Are toys, games, play equipment, furniture, books, etc., in good shape, with no sharp edges? This indicates the facility has the children's best interest in mind.
- Do stairs have safety gates?
- Are fire exits clearly marked and accessible?
- Are smoke detectors and fire extinguishers located in appropriate areas? Are they regularly tested?
- Are hot water heaters and heat sources guarded to prevent burns?
- Is the kitchen clean? How about the eating area?
- Are windows screened and protected to prevent falls?
- Are sliding glass doors marked at both child and adult eye levels?
- Are matches, cleaning supplies, and poisonous or hazardous materials stored in child-resistant, locked containers, out of reach of children?
- Is there enough room for movement and play without danger or injury to the children?
- Are the electrical outlets not in use covered?
- Are outdoor toys such as swing sets in good working order?
- Are indoor and outdoor surfaces appropriately carpeted or cushioned? Rubber mats, sand or wood chips absorb the impact of children's frequent falls.
- Is there a fenced-in outdoor play area with a variety of safe equipment?
- Is the area free of hazards such as culverts, drainage ditches, and open sewers? Is it clean, with no broken glass or trash?
- Is the play area visible and accessible to supervising adults? ■



# Fearless Years Of 2-5

About the time of his second birthday, Tristan uttered his first sentence, "I need help." While he may not have understood the full wisdom of that statement, the truth is that young children need our constant help when it comes to safety.

**Each year, over 1,000 children from ages two through five die from unintentional injuries.** Children of this age group will run, jump and climb. They love to take "risks" and test their physical strength and skill, but they do not understand what dangers exist.

## Dangers Inside The House

With active young children, you need to be alert to these dangers (to name just a few) in your house, or a house you visit.

- Crawl through your house to look for hazards from their level.
- Keep lighters and matches out of sight and reach of children, preferably locked up. Teach children to tell an adult if they find them.
- Keep children away from space heaters and fireplaces.
- Never leave a child alone near water. If you must leave, take the child with you. Learn CPR.
- Keep young children out of the bathroom unless they are closely watched. Install a hook-and-eye latch on the door, out of a child's reach.
- Never leave water in a bathtub, bucket or pail.
- Set the water temperature at 120 degrees F. A third-degree burn can occur in only three seconds when water is 140 degrees F.
- Place plastic safety caps or covers on electrical outlets.
- Use unbreakable dishes.
- Make sure pot and skillet handles are pointed toward the back of the stove. Use the back burners.
- Don't store snacks above the range.
- Don't feed children foods that may block their airway, such as hot dogs, peanuts, carrots, boned chicken, hard candies, chunks of



meat, popcorn, fish with bones, sunflower seeds, apples, whole grapes, raisins, raw vegetables, nuts and seeds, and chunks of peanut butter and hard fruit.

- Don't offer chewing gum.
- Also, keep toys with small parts and tempting small objects such as coins, jewelry, crayon pieces and marbles, safely away from young children.
- An adult must be present every time a child plays with a balloon.
- Discard plastic bags and balloon pieces safely and immediately.
- Use safety latches and locks to keep children from getting into cabinets and drawers.
- Keep medicines and hazardous products out of children's sight and reach, preferably locked up. This includes your purse.
- If a child places something poisonous in his mouth, call the Poison Center or your doctor immediately.
- Move chairs and other furniture away from windows.
- Securely install safety gates at the top and bottom of stairways. Buy gates with openings too small to entrap a child's head.
- Block the entrance to pet doors. Children may follow a pet outdoors.
- Install edge guards on sharp furniture and fireplaces.
- Stop using a crib when the rail is about two-thirds of your child's

standing height, and when there is evidence the child can climb out.

- Cribs should not contain large stuffed animals or pillows. They can serve as stepping stones.

## Dangers Outside, Too

- Use a car seat every time you drive with your child. Learn how to properly install the seat and fasten the belts. Have it checked by an expert. Children 12 and under should ride in the back seat.
- The *Safe Kids USA* organization recommends children under ten never cross the street alone. However, teach young children to:
  - STOP at the curb, and never run into the street.
  - LISTEN and LOOK for traffic to the left, to the right, and to the left again.
- Fence in your pool or hot tub on all four sides.
- Wear life jackets when boating.
- Do not allow young kids to play in driveways or near busy streets.
- When biking, avoid busy streets. Use bike helmets.
- When shopping, use seat belts to keep your child safely in her seat; use back packs; or shop where they have supervised play areas.
- Put 12 inches of sand, sawdust, or wood chips underneath play equipment. ■

# The 6-12 Years

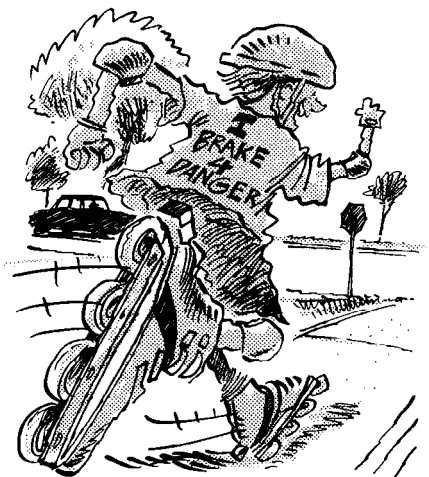
How good is your memory? What do you remember between your sixth birthday and your thirteenth? Maybe the time you climbed the tree and jumped into the sandbox? Or the time you took the dare and rode your bicycle with "no hands" down Maple hill? How about that time you and Johnny found some cigarettes and decided to light one up?

Do any of these shenanigans sound familiar? Probably. Which is exactly why you worry about your own kids at a similar age. And you *should* worry. **Each year over 1,500 children in this age group die from unintentional injuries.**

It's impossible to warn of every danger facing inquisitive children, but we can alert you to some of the hazards. The rest is up to you.

## Basic Rules For You And Your Child

- Set the example, to encourage your children to do as you do.
- Teach personal safety habits in a calm and confident manner, without terrifying them.
- Tell children to:
  - never go with strangers.
  - run away when trouble arises.
  - say "NO" to inappropriate requests.
  - tell you if anyone touches them, or tries to touch them, in their "bathing-suit" areas.
- Get to know the families of friends your child may visit. Discuss safety issues with the parents, such as guns, swimming pools, older siblings, TV policy, dangerous animals, smoking, etc.
- Know where your kids play. Do not allow them to play near railroad tracks, quarries, ponds, abandoned buildings, roadways, new construction sites or other local hazards.
- Keep safety in mind when deciding on activities. Talk to the leaders to review safety procedures.
- Teach children when and how to use emergency phone numbers. If



they have doubts about whether to call, they should call.

- Post emergency numbers near the phone: police, fire, where parents can be reached, a neighbor who can help in an emergency.
- If you decide to have a gun, keep it unloaded and in a locked place separate from the ammunition. Teach your kids gun safety rules.
- Children of this age group should not use power lawn mowers.
- Don't let children play with matches, lighters or fireworks.
- Fire is always a concern. Teach this one early: **Stop! Drop! And Roll!** if their clothing catches fire. Also teach and practice what to do when the smoke alarm sounds.

## Transportation Issues

**\* Motor-vehicle incidents cause about 60 percent of the deaths in this age group.** Insist children always wear safety belts.

- All children from about 40 lbs. to 80 lbs. and less than 4'9" tall should be properly restrained in a booster seat. A child who cannot sit with her back straight against the vehicle seat back cushion, with knees bent over a vehicle's seat edge without slouching, must use a booster seat.
- All kids in this age bracket should ride in the back if possible.
- Never let a child ride in a carpool without a safety belt.

- Always hold the hand of a child under 10 when crossing a street. Supervise children until they prove they are safe pedestrians.

- Plan and enforce the safest routes to school, friends' houses, play areas and stores.

**Each year about 350,000 children under 15 are treated in emergency rooms for bike-related injuries.** To avoid injuries:

- Buy a bike they can control.
- Make them wear a helmet.

Choose a new helmet with a federal label from the U.S. Consumer Product Safety Commission (CPSC). A used helmet could have flaws. To test the helmet's fit, tighten the straps and wiggle it around. If you can slip it off without unbuckling it, try another helmet. Never reuse helmets after a fall.

- Teach them to ride on bike paths, sidewalks, or in protected areas, but not in the street. And never ride after dark.

- Never carry passengers.
- Avoid loose clothing that can catch in chains and spokes.

## Don't Toy With Safety

- Keep safety in mind when selecting toys.
- Buy the right size playground equipment for your child's age and size, and make sure there are 9 to 12 inches of safe surfacing beneath it.
- Don't buy items that shoot, propel or need to be thrown if you do not have the proper playing area. The CPSC recommends that children under 14 should not use high-velocity pellet or BB guns.
- To keep children from playing with the garage door, mount the wall switch out of the reach of children.
- Cover safety precautions and gear associated with inline skates, skateboards, scooters and any new toys. Bike helmets are okay for roller-skating, inline skating, skateboarding and scooters.

*Some information courtesy of Safe Kids USA. ■*

# Explosive Consequences

*Danny and his pals had made a really neat discovery. If they held a soda bottle in their hands and lit a bottle rocket inside it, they could use them like weapons. They weren't totally dumb, either. They put on their sunglasses so nobody would get hit in the eye. They should have worn a coat of armor, too, because it wasn't long before two of the gang got hit in the face and were burned. The pain was bad enough, but it went away. The scars on their skin will be there a long, long time.*

**According to the U.S. Consumer Product Safety Commission, there are more than 10,000 emergency room cases related to fireworks each year. Sadder still, there are deaths. Injuries from the intense heat of fireworks, typically harming the eyes, head, hands, arms or legs, can cause blindness, lacerations, amputations, and burns. Many of the injuries involve children under the age of 15.** With the Fourth of July rapidly approaching, keep these things in mind:

## Do Your Homework

- Check with your local police department to learn what, if any, fireworks may be legally discharged in your area.
- Display (Class B) fireworks are those used for public displays. They are outlawed by the federal government for consumer use.
- Consumer (Class C) fireworks are legal for public sale in numerous states. These consumer fireworks include fountains, bottle rockets, cylindrical fountains, Roman candles, rockets with sticks, mines and shells, helicopter-type rockets, certain sparklers, party poppers, missile-type rockets, illuminating torches, toy smoke devices, revolving wheels and firecrackers with no more than 50 milligrams of powder.
- Remember! Even fireworks that are legal cause hundreds of blinding



injuries each year. **For example, bottle rockets can move as fast as 200 miles per hour, explode in midair and fly in any direction.** What's safe about that?

- Find a safe and legal fireworks display conducted by licensed professionals. Even then:
  - stay in the designated watching area.
  - do not allow children to retrieve a souvenir shell, even one that has exploded. Shell fragments could contain dangerous explosives.

## Family Backyard Pyrotechnics

If community ordinances allow fireworks, here are precautions to take when using them:

- Always read and follow the manufacturer's directions.
- Store fireworks in a cool, dry area, hidden from children.
- Fireworks should only be lit outdoors on a smooth, flat surface, and away from structures and any flammable materials. Thousands of fireworks incidents cause millions of dollars in damage each year.
- Do not light fireworks inside a can or bottle.
- Don't assume consumer fireworks are harmless. **The heat from a sparkler (1,800 degrees F) can melt gold.** Imagine the harm it can do to a child's flesh or eye.

- Keep spectators at least 30 to 40 feet away before lighting fireworks. **It is estimated that nearly 40 percent of fireworks injuries are to bystanders.**

- Keep a water bucket or hose nearby for emergencies.
- Do not try to light a firework that misfired. Soak duds with water. Pick them up with a long-handled shovel, and put them in a nonflammable container.
- Wear hearing protection.

## If The Kids Use Fireworks

**Only adults should handle fireworks.** However, if you decide to let older children use fireworks under your supervision:

- Discuss safety procedures. Teach children to *Stop, Drop, and Roll* if their clothes catch fire.
- Show children how to put out fireworks by using water or a fire extinguisher.
- Never place your face or any other body part over fireworks.
- Never carry fireworks in your pocket.
- Leave the area immediately if friends are using fireworks without parental supervision.
- Do not dismantle fireworks, or try to make your own.
- Do not hold any fireworks in your hand once you have lit them.
- Do not throw fireworks.■

# Games Of Hard Knocks

*Chris was an eleven-year-old superstar. The adoring parents on his soccer team called him "Little Buzzsaw" for his speed and tenacity. When he crashed to the ground in a collision in the first half of the championship game, everybody expected he'd pop back to his feet and tear into action. When he hesitated, the cheers for "Buzzsaw!" started and Chris forced himself back into action. Pushed by the adults, he played on a broken ankle the rest of the game. Because of the extra strain on his young bones, an injury that usually takes six weeks to heal, took more than a year. Chris was never again the same "Little Buzzsaw."*

**The Consumer Product Safety Commission reports that football and soccer result in about 450,000 and 200,000 emergency room visits respectively each year.** Because adults are sometimes more childish in their thinking than the kids they supervise, parents must be vigilant.

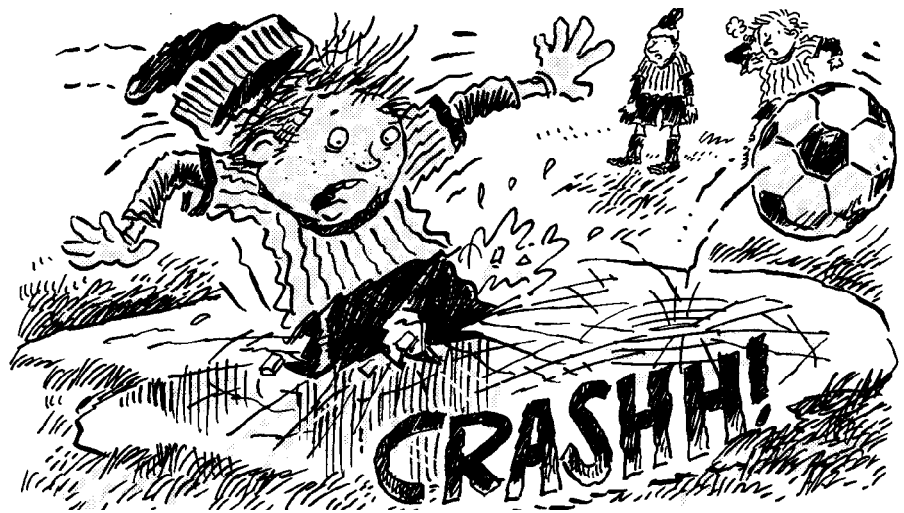
## Youth Football

- Check on the rules and policies for equipment and supervision. Ask these tough questions:

- Are there any weight and age requirements for players? Are birth certificates required?
- Is protective equipment required for both practice sessions and games? Is it in good condition?
- What are the rules and penalties for practicing without protective equipment? Are they enforced?
- Who has training in first aid?

Some groups require that a trainer be at all games and practices. It's advisable that coaches be CPR certified.

- What is the emergency plan in case of injury?
- What is the program's policy about cancellation due to weather or hazardous playing conditions?
- Are the coaches teaching proper techniques? If a coach is teaching kids to block or tackle with their heads ("spearing"), he should not be



coaching. Remove your child.

- On hot days, a 15 minute water break every 30-45 minutes is recommended. Get in the shade and remove helmets and shoulder pads.
- Set the rules for informal games, and enforce them. Encourage kids to play touch football, or practice without blocking or tackling.

## Youth Soccer

- Make your child wear shin guards, which reduce the force from kicks to the leg by up to 70 percent. Remind her the pros wear them.
- Be sure your child is doing the proper exercises before a game or practice, including all leg muscles.
- Players under the age of nine or ten should only wear shoes with nubs on the bottom. No cleats.
- Researchers at the Institute for Preventative Sports Medicine (Institute) report that children who hit soccer balls with their heads can suffer symptoms of concussion, headaches, and small but measurable memory deficits. Heading the ball by players under 11 should not be allowed. For 11-14-year-olds, practice with a lightweight ball the size of a soccer ball, and thrown by the coach. Soccer helmets are available, but few players or coaches are using them at this time.

- Younger teams should use the appropriate size and weight ball during practice and play.

- The playing field should be free of holes, rocks and debris.
- Padded goal posts reduce injuries. Encourage their use.

- Do not allow children to jump up or swing on the soccer goal posts. Falls from goal posts, and goal posts falling onto players, have resulted in serious injuries and deaths. Many of these "moveable" goal posts are unsafe. For information on installing and moving goal posts, visit the Consumer Product Safety Commission website, [www.cpsc.gov](http://www.cpsc.gov), and search for the booklet "Guidelines for Movable Soccer Goal Safety."

## No Matter The Game

- Look for leagues with formal certification procedures for coaches. Don't be afraid to interview them as you would a babysitter.
- When it is hot, get plenty of liquids and avoid soft drinks. Sit in the shade when not on the field.
- Don't let injured children continue to play.
- Stop play and see a physician if kids experience headache, nausea, confusion, dizziness, or vomiting. These could be signs of concussion, and should be treated promptly.
- Train consistently and properly. Wear the proper equipment, and be sure it fits properly.
- For additional tips, contact the Institute at (734) 572-4577, or [www.ipism.org](http://www.ipism.org). ■

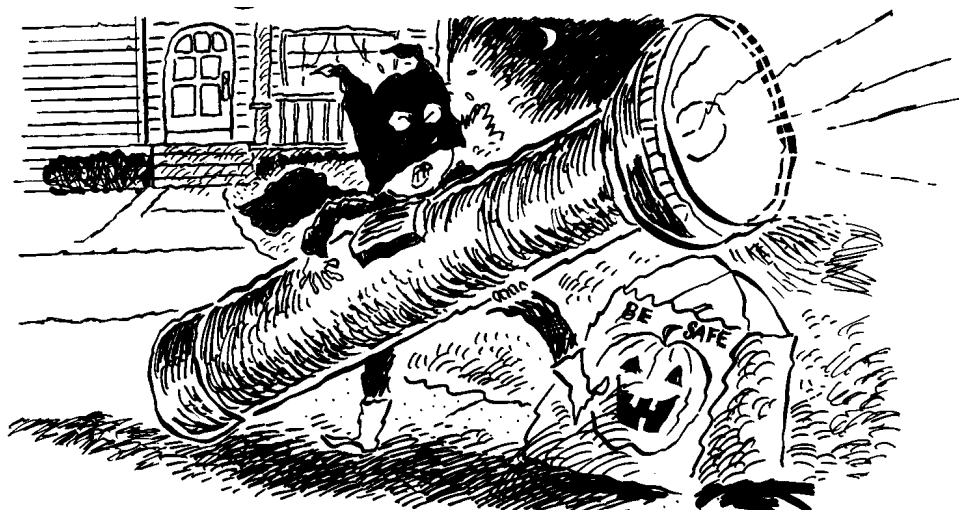
# Frightful Possibilities

Fall is the time of year for ghosties and ghoulies and things that go bump in the night. Sometimes those bumps are intended to be scary. Other times they are unintentional and terribly serious. Whether your children are out trick or treating or helping with the traditional fall garage cleaning, there are dangers lurking.

**According to Prevent Blindness America, emergency room statistics indicate that a child is more likely to be injured on Halloween than on any other day of the year.**

## A Word To The Parents

- No child should trick-or-treat alone.
- Plan and discuss the intended route. Stay in familiar areas.
- Accompany children under twelve on their rounds.
- When crossing the street with a child under ten years of age, always hold the child's hand.
- Cars pose the biggest threat to children after dark. To be seen, dress children in light colors, or sew or tape on reflectors or reflective tape to make them more visible.
- Costumes should be loose and comfortable, but not baggy or long enough to cause falls or to catch fire. No high heels.
- Purchase only costumes, wigs, and props labeled as flame resistant. Note, however, that these items may still burn.
- Capes and other costume accessories that might pose a strangulation hazard should be fastened with Velcro rather than fabric ties.
- Avoid costumes with wigs, floppy hats, or eye patches, which block vision. Beards should be fas-



tened so they do not hamper the child's vision or breathing.

- Wear makeup (nontoxic and FDA approved) instead of masks, which block vision. Follow instructions to remove the makeup.
- Don't put makeup near a child's eyes, and don't let a child sleep with makeup.
- Dab the makeup on a child's arms for a couple of days before Halloween to be sure they are not allergic to the makeup.
- Avoid pointed props such as spears, swords, or wands that could endanger children's eyes.
- For young children, pin a slip of paper with the child's name, address, and phone number inside a pocket, in case the child gets separated from the group.
- Inspect the candy before allowing a child to eat the treats.
- For children younger than six years of age, eliminate choking hazards, such as hard candy, jelly beans, or peanuts. Don't let a child stuff his mouth.

## Some Reminders Before They Go

- Establish a return time.
- Obey all traffic signals.
- Never dart out between parked cars or hidden corners such as alleys.
- Walk, don't run, from house to house.
- Stay off the lawns. Unseen objects or uneven terrain could trip them.
- Carry a flashlight or light stick so they can be seen.
- For better visibility, wear masks on top of their heads between trick-or-treat locations.
- Refuse to enter strange homes or apartments.

## Hosting Trick-Or-Treaters

- Around your home, remove any items children could trip over. Turn your outside lights on.
- Don't put candles in pumpkins. Use a flashlight for illumination.
- Secure all pets, especially dogs.
- Don't give out choking hazards such as gum, peanuts, or hard candy. ■

# Play It Safe

Most kids are going to play organized sports, but they aren't always aware of the potential for injury. Accept the fact. However, that doesn't mean adults can't be involved in making play as safe as possible for our enthusiastic young athletes. Here are some tips to help make games fun and painless.

## A Set Of Helpful Standards

The National Alliance For Youth Sports (800-729-2057 or [www.nays.org](http://www.nays.org)) has developed the following standards for parents in developing and administering youth sports for children. Involved parents should:

- Consider and carefully choose the proper environment for their child, including the appropriate age and development for participation, the type of sport, the rules in the sport, the age range of the participants, and the proper level of physical and emotional stress.
- Select youth programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.
- Encourage a drug, tobacco and alcohol-free environment.
- Recognize that youth sports are only a small part of a child's life.
- Insist that coaches be trained and certified.
- Make a serious effort to take an active role in the youth sports experience of their child.
- Be a positive role model exhibiting sportsmanlike behavior at games, practices, and home, and give positive reinforcement to their child and support to the coaches.
- Demonstrate a commitment to their child's youth sports experience by annually signing a parental code of ethics.

## Keeping Sports Fun

- If you decide to let your child play on a "Select" team, recognize that your child may face additional pressures, and you may need to take



steps to keep sports at that level in perspective.

- While virtually all coaches want to make sports an enjoyable activity for kids, there are a few coaches who will use their position to exploit children. Following are questions for parents suggested by the Florida branch of the National Center for Missing & Exploited Children:

1. Does the organization do a background check on coaches?
2. What is the coach's philosophy about winning and sportsmanship?
3. Are there other adults who supervise off-site travel?
4. Do children use a locker room to dress, and are there multiple adults present in the locker room when children are using it?
5. Do you as a parent have input into the sporting activity?
6. Does the coach promise to make your child a champion player, or want to spend time alone with your child outside of scheduled activities?
7. Do you as a parent talk to your child about how he or she likes the coach or the sport?

## Where Does It Hurt?

In every sport there is a risk of injury. To reduce the risk:

- Take your child for a complete physical exam before taking part in any sport. Some children have seri-

ous physical conditions that can be aggravated by exertion.

- Become educated on the possible injuries that can occur in the sport. Talk with a sports medicine doctor or trainer to develop a fitness plan, and to get guidelines on preventing overuse injuries.

- Begin conditioning exercises before the season begins.
- Make sure your child has good equipment that fits well.
- Use eye guards and mouth guards for high-risk sports.
- Don't ignore pain. If a child says something hurts, see a sports medicine doctor.

- Buy a book on sports medicine and keep it handy. It will help you treat minor injuries at home. It will also help you oversee your child's general physical condition.

- Insist on safe playing facilities, healthful playing situations, and proper first aid applications. Know the answer to these questions: Where is the nearest hospital? How would I get there in an emergency? Who can I call for immediate attention if my child is injured?

- A trainer, parent or coach trained in CPR, and access to a telephone, should be available near the playing field.

- Children are especially vulnerable to overuse injuries because of the softness of their growing bones and the relative tightness of their ligaments and tendons during growth spurts. One way to avoid overuse injuries is to never increase intensity, duration, frequency or distance by more than 10 percent a week.

- Watch the weather. Heat illness can occur when it's hotter than 85 degrees with a humidity of 70 percent or more.

- Make sure your child drinks enough water during a sporting contest. If a child asks for water, give it to him or her. Their body is sending an important signal. ■

# Go Fly A Kite

Children, and grown men and women, have been flying kites for over 2,000 years. Ben Franklin did it, Charlie Brown tries to do it. Whether you are a seasoned kiter, or a novice, you will want to follow these important safety practices.

- Do not fly a kite in wet or inclement weather. The wet cord can conduct electricity. And if you are standing in wet shoes on wet ground, you are increasing your chances of electrocution.

- Learn how to launch and land a kite properly. Running is the worst way to launch a kite.

- Fly the kite in a safe area. The best places are level, open spaces, such as city recreational areas or beaches. Avoid terrain that is rocky or bumpy. It can cause you to trip and fall.

- Do not fly a kite in a street or highway.

- Never fly a kite near electric power lines, antennas or utility poles. Also avoid buildings, electric signs and railroad tracks.

- Do not use wire to fly the kite. Metal lines can carry an electrical



charge from a power line or atmospheric electricity. Use cord.

- When flying a large kite, use a reel and wear gloves. The pressure of controlling a strong kite can burn bare hands.

- If a kite lands in a tree, leave it there. Kites are inexpensive and replaceable. Your body parts are not.

(You may be able to free the kite by loosening the line and letting the wind blow it out.)

- Do not fly a kite in air traffic patterns, such as a local, rural airport.

- Be aware of bystanders who can trip you or be harmed by your kite's antics. ■

# Playground Safety

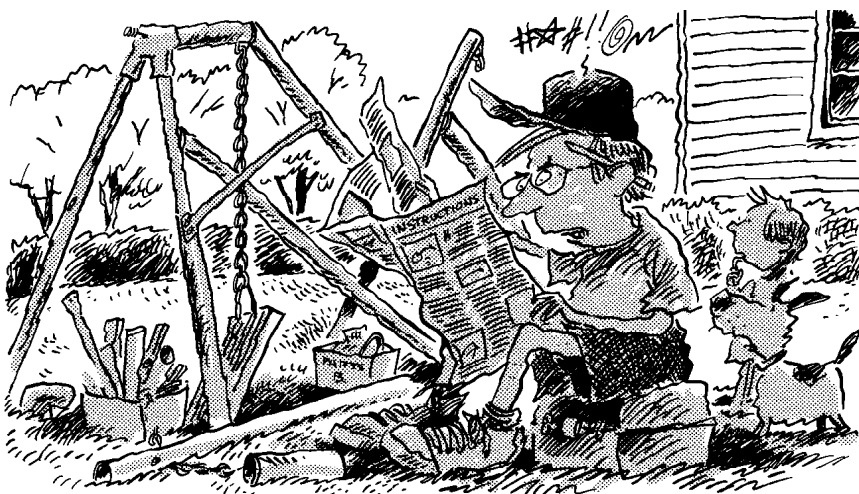
Urging kids to "Run along and play" should not amount to sending them off to harm themselves. Sadly, that's too often the result. **According to the U.S. Consumer Product Safety Commission (CPSC), more than 200,000 children are treated in hospital emergency rooms each year as a result of injuries related to playground equipment, and about 15 children die.** Here are some suggestions to help your kids "Run along and play *safely*."

## Safety At Home

- Buy well-made equipment and assemble it correctly. Place it on a level surface and anchor it firmly.
- **About 70 percent of all playground injuries are caused by falls.** The surface under any playground should be made of wood chips, shredded wood mulch or rubber, sand, or pea gravel, and should be at least 12 inches deep. This use-zone surface should extend six feet from the play area's perimeter.
- Swing seats should be made of soft materials, like lightweight canvas, soft rubber, or plastic.
- Do not use swings in the shape of animals. They have been associated with several deaths a year. Also, the CPSC recommends full-bucket seats for younger children.
- Do not buy equipment with open "S" hooks, sharp edges, or openings between 3.5 and 9 inches. A child's head may get caught in openings that size, and he might strangle. This hazard has been especially common on rings and guardrails.
- Install playground equipment at least six feet from fences or walls, and in shady areas or facing north.
- Place protective caps on all exposed screws or bolts. Check for loose nuts and bolts monthly.

## Do An Inspection In The Park

- Check out your public playground carefully before using it.



- Be sure there are open spaces, fences, or hedges to prevent kids from running into areas with cars.
- Make sure the use zones have the recommended surfaces. The use zone in front and back of a swing should extend out at least twice the height of the swing, as measured from the ground to the crossbar.
- Surfaces 30 inches or more above the ground need guardrails.
- The highest climbing platform for preschool children should not exceed six feet. For school-age children, eight feet is the limit.
- Swings should be spaced at least 24 inches apart, and at least 30 inches from the supportive structure.
- Moving equipment should be separated from other equipment by 12 feet, with no accessible parts that can crush or pinch fingers.
- Ideally, preschoolers should have separate areas.
- There should be no sharp points or edges that can cause cuts.
- All "S" hooks should be closed.
- Be sure sliding equipment has a platform, so kids can climb down if they want. There should be a bar across the top to force kids to sit down before sliding. Also, there should be no V-shaped openings, or open areas close to the tops of slides, where clothing could get caught.
- Avoid areas with exposed concrete footings, tree roots, or rocks.

## Play An Active Role

- Approximately 40 percent of playground injuries are due to inadequate supervision. Be sure an adult actively supervises your child.
- Do not allow horseplay.
- Make sure your child plays on age-appropriate equipment. Equipment is specifically designed for ages two through five, and five through twelve.
- Children from two through five should not play on the following equipment: chain or cable walks, free-standing arch climbers or climbing equipment with flexible components, fulcrum seesaws, log rolls, long spiral slides (more than one turn), overhead rings, parallel bars, swinging gates, track rides, and vertical sliding poles.
- Do not allow children to twist the swings, swing empty seats, or walk in the path of moving swings.
- Do not allow your child to play on hot metal surfaces, or equipment with rust, chipping, splinters, cracks, or other signs of decay.
- Never dress kids in scarves, or loose or stringed clothing, when they are going to be on playground equipment. The loose items can get caught and strangle a child.
- For more information, contact the National Program for Playground Safety at [playgroundsafety.org](http://playgroundsafety.org), or (800) 554-7529. ■



# Safe Schooling

Kids can find a lot of things to be frightened of at school. There's algebra, for instance, and chemistry, biology, *Great Expectations*, bullies, and that awful green stuff they serve in the cafeteria. However, some of the most serious threats to their safety occur just getting to and from the school building each day. While we can't promise our children a safe world, we can take steps to minimize their risks.

## Walking To School

**Parents, about 300 children between the ages of 5 through 14 die each year after being struck by a motor vehicle.** Whether they are walking to school or to a friend's house, it is vital that your child knows some basic rules.

- To protect your child, walk with her to choose the most direct, safe route with the fewest streets to cross. Keep in mind that *Safe Kids USA* recommends children 10 and under never cross the street alone.

- Select routes where as many youngsters as possible will merge at one place when crossing a hazardous street. It's usually more protected. If a shorter route is less safe, explain why it is not acceptable.

- Always use the "buddy system" when walking to and from school.

- Walk in well-lighted areas.

- Go straight to and from school. No loitering along the way.

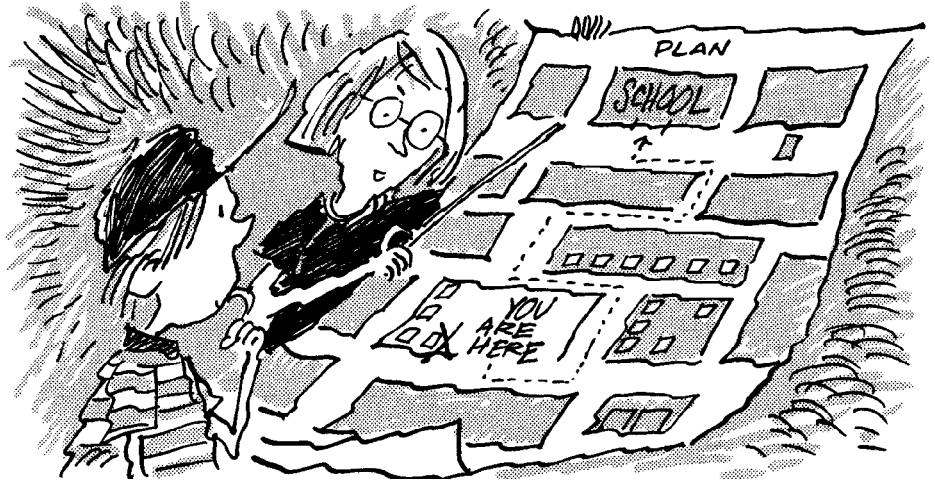
- Cross at the corners. Stop at the curb. Listen and look left, right, and then left again before crossing.

- Also, look over your shoulder for vehicles that might make a turn. Keep looking in all directions while crossing.

- Do not go between parked cars.

- Do not assume that a crosswalk is automatically safe. *Be alert!*

- Cooperate with the police, school safety patrols, and adult crossing guards. Try to cross only at intersections with a crossing guard.



- Obey all traffic signals.

- Walk across the streets, don't run.

Allow yourself plenty of time. Go only when the coast is clear.

- Face traffic when walking on roads without sidewalks.

- In bad weather or when it is dark, wear something white or reflective and/or carry a light.

## Riding The Bus

**Remember!** All school buses are surrounded by a ten-foot area known as the "Danger Zone." In this area, it can be difficult for the driver to see you.

Parents, teach kids these rules from the National Safety Council for getting on and off the school bus:

- Leave home early enough to arrive at your bus stop on time.

- While you wait for the bus, stay away from traffic. Stand at least six feet away from the curb.

- Do not roughhouse or engage in other careless behavior.

- When the school bus approaches, line up away from the street or road.

- Wait until the bus has stopped and the door opens before you step on the bus.

- Don't crowd your friends when getting on and off the bus.

- When you are on the bus, never put your head, hands, arms or legs out the window.

- Before stepping off the bus,

check to see that no cars are coming from the right.

- Take three giant steps away from the school bus after getting off, and never walk next to the bus.

- Stay away from the bus's rear wheels at all times.

- Don't pick up a book or dropped object after leaving the bus. Get the driver's attention first.

- If you have to cross the street in front of the bus, walk at least 10 feet ahead of the bus along the side of the road until you turn around and see the driver. *Make sure the driver can see you!* Wait for a signal from the driver before you cross the street. When the driver signals, walk across the street. Watch for traffic as you walk. Do not cross the center line of the road until the driver signals it is safe to keep walking.

## At School

- Check playground equipment. Make sure it is anchored properly, and is at least six feet from fences and walls. Wood chips, pea gravel or rubberized pads under the equipment should be at least 12 inches deep.

- **And, parents, about that bully:** Confront bullying right away by keeping written records, and insist that schools protect children.■

# Abuse Of Trust

*Vince was thrilled when his son, Eric, was chosen to play on their community's select soccer team. Twelve-year-old Eric would receive excellent athletic training, play the highest levels of competition, and learn valuable lessons that would stay with him into adulthood. Unfortunately, not all the lessons Eric learned playing soccer were positive. The coach of the team was caught abusing several of the boys and finished the season behind bars. Eric himself was unharmed, but his confidence in adults was badly shaken and he quit the sport.*

**Although studies vary, Prevent Child Abuse America supports the estimate that at least 20 percent of American women and 5 percent to 16 percent of American men experienced some form of sexual abuse as children.** Generally children are sexually abused by adults who are known by them or their families, or related to them. Children between ages 7 and 13 are especially vulnerable.

## What Parents Should Know

- No profile fits all offenders. However, be aware of people who:
  - Treat children as property by grabbing them or forcing attention and affection.
  - Relate to children in a sexual or seductive manner.
  - Use gifts and favors as the main way of relating to children.
  - Entice children into their homes or activities with them, or show excessive friendliness.
- Know your children's caretakers and check their references.
- Regarding special activities:
  - Make sure the organization does a background check on adult leaders.
  - See that adults supervise off-site travel.
  - Be sure several adults of the same sex as the children are present when children use a locker room.
  - Be cautious if the adult leader

wants to spend time alone with your child for any reason.

-Talk to your child about how he or she likes the adult leader. If the child doesn't like the adult or the activity, it may be a signal of something more serious.

- Be wary of Internet contacts.

## What Kids Should Know

- Give children clear and accurate information about sexual abuse.

Teach them:

-That most people are honest and safe, but occasionally people can be dangerous.

-It is not okay for an older person to touch or look at their private parts, and it is not okay for them to touch or look at anyone else's private parts.

-The anatomical names of the private parts of their bodies. Their naiveté can make them vulnerable.

-They have the right to say "NO" to a request for an inappropriate touch.

-They have a basic right to body privacy and ownership over their body.

-To always talk to adults about things that confuse or scare them.

-To tell you if they feel uncomfortable being alone with someone.

-It is okay not to hug, touch or kiss someone if they feel uncomfortable with that touch or person.

-To run away if someone tries to sexually abuse them.

-When home alone, don't open the door or talk to unfamiliar callers on the phone.

-To accept gifts only if you approve.

-How to reach a responsible adult at all times.

-Always have a BUDDY when they play or go somewhere.

-Don't play alone in deserted areas, or use public restrooms alone.

-Never get into or near a car with someone in it unless they are with you or a trusted adult. And never accept a ride from someone without

checking first with you.

- Practice "what if" exercises at home that prepare your child for dangerous situations by formulating an appropriate response.

- Explain the difference between "real love" (hugs) and "fake love" (inappropriate touching).

## Handling Disclosures

Some (but not all) signs of possible sexual abuse include sudden changes in behavior (fears, phobias, hypersensitivity, compulsion, withdrawal, depression); disturbed sleeping patterns; child says an adult is bothering them; fear of being left with a caretaker; dramatic problems at school; child suddenly acquires new toys or money.

- If a child tells you about confusing or sexual touches, **stop, listen, and believe** them. Also:

- Let children know you love them and are very sorry it happened.

- Tell them it is not their fault, and you are proud of them for having the courage to share this.

- Then get help for the child.

For more information, contact:

Prevent Child Abuse America at (312) 663-3520, or [www.preventchildabuse.org](http://www.preventchildabuse.org), or affiliated state chapters.

Other organizations providing more specialized services include:

Childhelp USA  
(800) 422-4453  
[www.childhelpusa.org](http://www.childhelpusa.org)  
24-hour national child-abuse hotline that offers crisis counseling and referrals.

VOICES in Action  
[www.voices-action.org](http://www.voices-action.org)  
International organization for adult survivors of child sexual abuse.■

# Summer Getaway

*Chevy Chase is paid to look foolish in a theme park. Tom and Debbie did it for nothing. From the minute they arrived at Disney World with son Michael and his pal, David, they lost control of the day. Chalk it up to too much adrenaline, and not enough planning. First, Debbie wore the wrong shoes. Cute but painful. Two hours later she's hobbling from blisters. Danny's parents didn't say he was allergic to hot dogs, or that he sunburned easily (and badly). And then there was the two hour episode when everybody got separated from one another and wandered aimlessly trying to link up because they hadn't established a meeting place. Thank goodness they weren't on a real African cruise. They would have ended up crocodile bait.*

Whether it's a holiday with the kids (or grandkids), or a long vacation, it's no time for safety to take a holiday.

## Traveling With Kids

- Pack entertainment and snacks for children so the driver isn't distracted. Plan for extra rest stops.
- Take along a first aid kit and book, and medication for motion sickness, nausea, diarrhea and upset stomach.
- If the hotel doesn't have a sprinkler system, it doesn't deserve you ... or anybody else. Find a safer place to rest.
- Ask for a room near exits on the lower floors. Keep the door locked.
- Familiarize yourself with your surroundings. Identify exits. Practice the fire escape route for your room with your family.
- Not all rooms are kid ready. Check for problem areas, such as cords. Bring along socket covers and other devices you currently use around the house.
- Check your room's water temperature to be sure it won't scald the kids.



- Keep poisonous and breakable products out of a child's reach.

## Summer Amusement

- Don't try to squeeze in too many activities in one day. Pace yourself.
- Wear comfortable shoes with good traction. Dress in distinctive shirts or hats.
- Wear a wide-brimmed hat, sunglasses and age appropriate sunscreen.
- If your itinerary includes a theme park:
  - Make sure everyone knows the exact location of your car. Write it down for each child.
  - Obey all instructions regarding safety procedures, height, weight, age, etc. Don't be foolhardy.
  - Walk, don't run. Watch for slick surfaces and tripping hazards. Use handrails.
  - Note location of ride exits. Let children know where you will meet after a ride, or if they get lost.
  - It's best not to let children roam alone, even in the most well-supervised environments.
  - Don't force or tease a scared child onto a ride.
  - Make sure there is one adult for every two children in your group.
  - Children should know the full name of their parents and their home address. If you are from out of town,

pin a piece of paper in their pocket with the name and address of the hotel or relative with whom you are staying.

## Waterparks

Waterparks are a popular way to cool off, but basic water safety tips still apply.

- Be sure the area is well supervised before a child enters the water, and keep your eye on the child. Tell older kids to use the buddy system.
- Stay in physical touch with toddlers at all times.
- If the child is not a good swimmer, use a Coast Guard-approved life jacket.
- Read all signs, and follow the directions. Ask questions if you're not sure about something.
- Don't dive and don't run.
- When you go to a new attraction, note that the water depth may be different, which may affect how a child uses the attraction.
- On water slides, go down face up and feet first. Don't count on being able to catch the kids at the end of the slide. Sometimes the water is too deep to stand in.
- Wear sunscreen and drink lots of water.
- On "Lazy River" rides, ask for a smaller inner tube.■

# Protecting Teenage Workers

Yes, child labor laws have improved conditions for young workers. And employers by and large are more enlightened and trustworthy. **Nevertheless, the U.S. Department of Labor finds that about 160,000 workers under the age of 18 are injured each year, 55,000 suffer injuries severe enough to require emergency room treatment, and 35 die from work-related injuries.** Those are alarming numbers which can be reduced. By following the tips presented here, work can be safer for your child.

## Laws And Parental Rules Of Thumb

Teens below the age of 18 cannot work in the following hazardous nonfarm jobs, as determined by the Secretary of Labor: driving a motor vehicle or being an outside helper on a motor vehicle; manufacture and storage of explosives; slaughterhouses; jobs that require use of power-driven machines and cutters; radioactive operations; mining; logging and sawmilling; brick and tile manufacturing; roofing, excavation and demolition. For more facts, visit [www.osha.gov/SLTC/teenworkers/index.html](http://www.osha.gov/SLTC/teenworkers/index.html)

- Visit a school career center. Guidance counselors know what companies are good places to work.
- Go to the library and research a potential employer by reading articles and company profiles.
- If the employer is small and family-owned, ask for references.
- Forbid your teen from working late at night, including the weekend. Some safety advocates say teenagers shouldn't work after dark; others put the cutoff at 10 p.m., after which most violent incidents happen.
- Meet the coworkers and bosses. Be sure working conditions are safe, break areas are in visible places, and parking lots are lighted.
- Be sure your teenager receives thorough training on job hazards, and how to prevent injuries.



- After a workday, ask about the day. Listen for anything that makes your teen nervous. It's important to ask tough follow-up questions.
- Take any concerns seriously.
- Be alert to possible fatigue. The combination of school, homework and a job can result in the teen being less alert at work or when driving.
- Tell your son or daughter to call the police and you immediately if an attack occurs. Reassure them that it's important to disobey a boss or lose a job if they are at risk.
- Talk over any concerns with management. If no action is taken, forbid your teen from working there. It probably is not a good company.

## For Teens On The Road

- Have your parents take you to and from work.
- If parents aren't available, car pool with another reliable adult. Introduce that person to your parents and get their name, address, and phone number.
- If you drive yourself to work:
  - Keep the doors locked.
  - Never make eye contact with other drivers, or rude gestures.
  - Have a security guard or trusted adult walk you to your car.
  - Always check surroundings in a parking lot and under the car.
  - Go back inside and tell an adult if you see or feel anything suspicious. If necessary, wait.

- On public transportation:
  - sit by the driver. Report anything suspicious to drivers, who are trained to deal with such situations.
  - don't talk to strangers.

## Advice For The Young Worker

- Make eye contact with people coming into the workplace. Don't look down. That makes you look preoccupied and vulnerable.
- Get to know your coworkers. Check out anyone who seems suspicious. Ask others about the person. Note: The law prohibits employers from revealing confidential information. But, court records are open.
- Be aware of your surroundings. Know where coworkers are.
- Do not go into secluded rooms alone. Find a buddy who always knows your whereabouts.
- Tell your parents or supervisor any rumors about someone's perverse or inappropriate behavior.
- If someone makes threats or sexual innuendoes to you or a coworker, report it immediately to a manager and your parents.
- If someone hurts you physically or sexually, call the police and your parents immediately, even if the boss tells you not to.
- Trust your instincts. If they say something is wrong, it probably is. ■

# Holiday Gift Ideas

We hate to put a chill on the holiday spirit, but when buying gifts for the kids in your life, please remember: **Each year, over 200,000 toy-related injuries are treated in U.S. hospital emergency rooms.** So, to keep your kid's holidays happy:

## Some General Guidelines

- Balloons are the most dangerous "toy" for small children. Do not allow children under the age of six to blow up a balloon, or be alone with one. Choking on balloons and pieces of balloons, small balls, small parts of toys, and tiny batteries is the **leading cause of toy-related deaths.**

- Buy toys with safety in mind. When selecting a toy, ask yourself:
  - Will the child use the toy only in the way it is intended to be used?
  - Is it chewable, breakable, detachable, flammable, or too noisy?
  - Do any parts pull off easily?
- Always check to see that eyes, noses, ribbons, and buttons on dolls and teddy bears are securely fastened and cannot be bitten or chewed off. When re-sewing, dental floss makes a strong "thread."
- Be sure the toy matches the child's age, skills, abilities, and interest.
- Select well-built, good-quality toys and equipment from reputable manufacturers and dealers. Quality toys last longer, require less repair, and are subject to regulations.
- Consider how much adult supervision will be required, if the supervision will be available, and how to keep the toy out of reach when no supervision is available.
- When buying for older kids, consider the possibility toys may fall into the hands of younger children.
- If wheels (tricycles, bikes, scooters, skates, skateboards) are on your gift list, include the necessary safety equipment (helmets, wrist guards, and knee and elbow pads). Insist on their use.



- Children should know how to safely handle riding toys before being left unsupervised. Inspect the riding area for hazards.
- Electric toys are for kids eight or older. Check electrical toys regularly for loose or exposed wires.
- All plug-in electrical toys should carry the Underwriters Laboratories (UL) mark.
- Organize toys, with no small pieces lying around. They can be tripping, choking or poking hazards.
- Buy a toy chest with a spring-loaded support that allows the lid to remain securely open. Be sure all chests have air holes that will not be blocked when placed against a wall; and there is a gap between the lid and sides when the lid is closed.
- Inspect toys regularly for safety

## Gifts To Avoid

- Age labeling is provided for safety and developmental reasons. Read instructions carefully and follow suggested age levels. Some toys to avoid include:
  - For kids under three, toys with small, removable parts. Use a small-parts tester to measure the size of the toy or part. If the piece fits entirely inside the tube, it is considered a choking hazard. You can buy testers at toy or baby specialty stores.

- Small toys that look, smell, or taste like anything resembling food.
- Toys with long ropes, chains, strings, or elastic bands that could encircle children's necks, especially if they will be placed inside a crib.
- Toys with sharp points or edges that can jab or cut.
- Toy cap guns. The caps can ignite and cause serious burns.
- Propelled toys, such as toy darts and projectiles (and BB guns until the child is old enough to take a gun training course). **Each year over 20,000 kids get treated for injuries related to non-powder weapons, such as BB or pellet guns.**

## Toys That Make Safe Gifts

To make your shopping easier, here are some age-appropriate recommendations for toys from *Safe Kids USA*.

**-Under age one:** activity quilts, floor activity centers, crib gyms, soft dolls or stuffed animals without button noses and eyes, and squeaky toys.

**-Ages one to three:** books, blocks, fit-together toys, larger balls, push-and-pull toys, pounding and shaping toys.

**-Ages three to five:** non-toxic art supplies, books, pretend toys (play money, telephone), teddy bears or dolls, and outdoor toys, such as soccer balls or tricycle with helmet.

**-Ages five to nine:** craft materials, jump ropes, puppets, books, and sports equipment. After age eight: electrical and battery-operated toys. Don't allow children under eight to change batteries.

**-Ages nine to fourteen:** handheld electronic games, table and board games, model kits, musical instruments, and outdoor and team sports equipment. Never buy hobby kits, such as chemistry sets, for a child younger than 12.

- For additional suggestions on toys, visit *Safe Kids USA* at [www.usa.safekids.org](http://www.usa.safekids.org) and click on the Toy Safety link. ■

# Trampoline Warning

*Jim was ready to take his next big leap in life. He was a leader in school and a gifted scholar, and he had earned a full scholarship to one of the country's best universities. Before he could take that big jump from high school to college, he and some friends decided to make some smaller, playful ones on a friend's backyard trampoline. One of Jim's jumps went wrong, there was no one nearby to catch him or break his fall, and he catapulted from the trampoline onto the ground, breaking his neck and his life's momentum. Instead of the medical career he had planned, Jim is a quadriplegic working in the legal profession.*

**According to the American Academy of Orthopaedic Surgeons, over 250,000 people seek medical treatment for trampoline injuries each year.** As you might expect, most of them are children. Life takes many funny bounces. Through vigilance, we can help avoid many of its most dangerous landings.

## Consider This Purchase Carefully

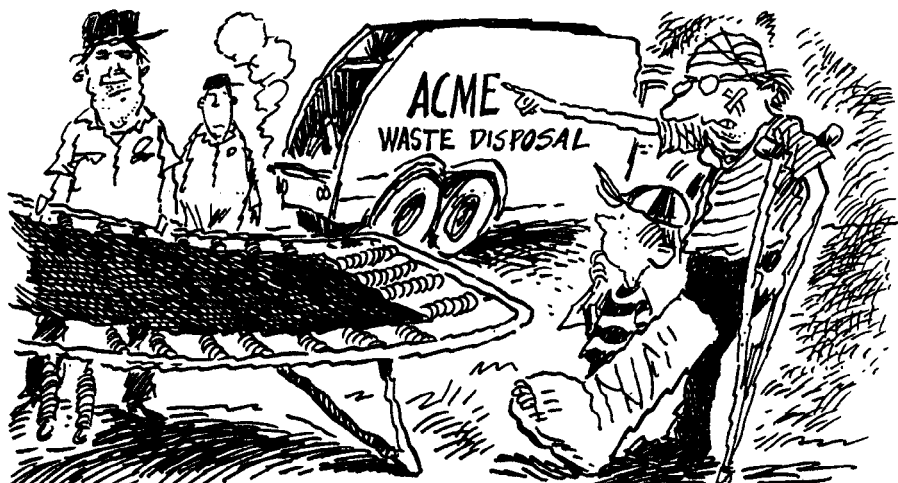
**The American Academy of Pediatrics recommends that parents "never purchase a home trampoline or allow children to use home trampolines," and suggests they be banned from schools.**

- If you decide to buy a trampoline, some experts recommend you buy one that is no higher than twenty-one inches. Most injuries occur on full-size trampolines.

- Be sure the trampoline has shock-absorbing pads that completely cover the springs, hooks and frame. The pads should be securely attached to the frame.

- Be sure the covering over the springs between the frame pad and the jumping bed is a color that contrasts with the color of the bed.

- Inspect a new trampoline carefully before using it, and check the condition of all parts every time you use it. Possible hazards include:



- punctures or holes worn in the bed; deterioration in the stitching in the bed; a sagging bed; ruptured springs; missing or insecurely attached frame pads; a bent or broken frame; sharp protrusions on the frame or suspension system.

- Consider purchasing a net enclosure, which can help prevent injuries caused by falling off.

- Put the trampoline on a level surface, away from structures and other play areas.

- Keep trampolines fenced in and inaccessible to outsiders.

- Don't use a ladder with the trampoline because it provides unsupervised access to small children.

- For nighttime use, make sure lighting is ample and evenly distributed over the entire apparatus.

## Play It Smart

- Be sure anyone playing on the trampoline has first received proper instructions and guidelines for its safe use.

- Learn the "Stop Bounce" before attempting other skills. The "Stop Bounce" is achieved by bending your knees and hips as your feet contact the bed when bouncing.

- Only one person should be performing on the trampoline at a time. Many injuries occur when multiple jumpers collide.

- Don't get carried away. Keep your bounces low until you can control

your position and consistently land in the middle of the trampoline.

- Save the complicated jumps for an accredited facility under professional instruction. For instance, **somersaults or high-risk maneuvers should not be done** unless the participant is a skilled gymnast, and is using protective equipment.

- Don't jump if you're tired or affected by alcohol or drugs.

- To avoid mat burns, wear socks, pants, and a shirt.

- Climb, don't jump, off the trampoline.

- Never play on a trampoline in wet weather.

## Supervision Is Paramount

- Always have adult supervision when children are present.

- Always have four "spotters" at ground level to break the fall of anyone who might tumble from the apparatus. A spotter must be big enough to protect the jumper.

- Place spotters at the four sides of a rectangular trampoline, or around a circular trampoline. Their functions also include:

- assuring the jumper stays in the middle of the trampoline bed.

- gently pushing the jumper back to the center of the bed if he or she comes too close to the springs.

- telling the jumper to stop if he appears out of control. ■