

Wellness Newsletter

Augusta Technical College

A Safe Home Is In Your Hands

Ask Americans where they feel safest and most will say their own home. However, unintentional injuries in the home result in nearly 21 million medical visits on average each year.

The Home Safety Council dedicates the month of June – Home Safety Month – to educate and empower both families and businesses to take actions that will make homes safe.

“We hope to bring attention to the serious problem of preventable home injuries and its leading causes - falls, poisonings, fires and burns,” says Meri-K Appy, president of the Home Safety Council. “Just a few simple steps can dramatically reduce the dangers in most homes and may even make a lifesaving difference.”

Throughout Home Safety Month, the Home Safety Council encourages the public to consider their home’s danger areas and take some simple steps to minimize their risk from potential injuries, or even death.

Fires/Burns

- Install smoke alarms on every level of your home and in or near all bedrooms, and test the batteries at least once a

month so you’ll know they are working.

- Plan a home fire drill and practice it at least twice a year. Memorize the fire department’s emergency telephone number.
- Use safety covers in electrical outlets and anti-scald devices in faucets in homes with young children.

Falls

- Make sure all porches, hallways and stairwells are well lit. Use the maximum safe wattage in light fixtures. (Maximum wattage is typically posted inside light fixtures.)
- Use a non-slip mat, or install strips or decals in bathtubs and showers.
- Install grab bars in bath and shower stalls.

Poisonings

- Keep medicines and household chemicals and cleaners up high, out of the reach of children, preferably in a locked cabinet.
- Install a carbon monoxide detector near sleeping areas in the home.
- Put your poison control center number (1.800.222.1222) near every phone.

Visit the Home Safety Resource Center at <http://www.homesafetycouncil.org> to review and download free information, including posters, brochures, safety checklists and additional tips to help safeguard your family.

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National Health Observances

- *Home Safety Month*
- *National Headache Awareness Week (4th—10th)*
- *National Men’s Health Week (12th—18th)*
- *National Safety Month*
- *National Scleroderma Awareness Month*
- *Stand for Children Day (1st)*

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Low Country Boil

- Crab boil, 2 teaspoons per quart of water
- 12 red new potatoes
- 6 (4-inch) smoked sausage link sausage
- 6 ears corn
- 3 pounds fresh shrimp, unpeeled



Fill a large pot with enough water to cover all of the ingredients. Add the crab boil and bring to a boil. Adjust the crab boil to suit your taste. When the water boils, add the potatoes and sausage. Cook on medium heat for 20 minutes. Add corn and cook for an additional 10 minutes. Add shrimp and cook for no more than 3 minutes. Drain and serve with warm bread.

-Paula Deen/ Paula’s Home Cooking Show

Summertime Safety

The summer season marks the time for families to enjoy some of America's traditional summer pastimes – barbecues, pool parties and backyard gatherings. However, family festivities could be interrupted by a trip to the emergency room if you don't follow simple steps to safeguard your family and friends against summer hazards.

"Kids and their friends are home more during summer so you want to make sure that your home is prepared for the increase in activity and guests," says Meri-K Appy, president of the Home Safety Council. "By being alert and prepared to summertime threats, families are reducing their chances of injuries for their loved ones."

The Home Safety Council recommends following these guidelines to keep your family safe in the summer:

Grilling Safety

According to the NFPA, gas and charcoal grills caused an average of 1,000 structure fires and 3,400 outdoor fires in or on home properties in 2001. To make sure your next barbecue doesn't go up in flames, the Home Safety Council recommends the following safety tips:

- Designate the grilling area a "No Play Zone" keeping kids and pets well away until grill equipment is completely cool.
- Before using, position your grill at least 3 feet away from other objects, including the house and any shrubs or bushes.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas and don't attempt to light the grill again until the leak is fixed.



- Never bring a barbecue grill indoors, or into any unventilated space. This is both a fire and carbon monoxide poisoning hazard.

Swimming Safety & Pool Security

Many drowning incidents involve swimming pools and spas. Drowning is a silent and sudden event, and Home Safety Council research found that many drowning deaths at home are related to swimming pools. Adopt the following guidelines from the Home Safety Council to help keep your pool area safe:



- Always practice constant adult supervision around any body of water. Older children should not be left in charge of younger children in the pool area.
- Install four-sided fencing that isolates the pool from the home. Four-sided pool fencing is proven to be an effective drowning prevention intervention. While many communities have codes or regulations that require some form of pool fencing, there is not a consistent national standard.
- Pool fencing should be at least five feet high and have self locking and self closing gates.
- Position gate latches out of the reach of young children.
- Never prop the gate open or disable the latch.
- Clear debris, clutter and pool toys from the pool deck and adjoining pathways to prevent any falls.
- Keep a cordless, water resistant telephone in the pool area and post emergency numbers near the pool area.
- Enroll non-swimmers in swimming lessons taught by a qualified instructor. Pediatricians recommend that children ages 5 and older learn how to swim.
- Never swim alone. Even adults should always swim with a buddy.
- Learn and practice the basic lifesaving techniques, including First Aid and CPR. Insist that anyone who cares for

your children learn CPR.

- Keep poolside rescue equipment and a cordless, water resistant telephone close to the pool area.
- Post emergency numbers and CPR instructions near the pool area.

Backyard Safety

Lawn mowing and landscaping top the list of household chores when it comes to preparing for backyard parties and barbecues. The simple act of yard work can be riddled with opportunities for injuries if you're not careful. The Home Safety Council recommends the following tips to make sure your backyard doesn't become an injury trap:

- Wear protective goggles and ear protection while using outdoor machinery to prevent sight and hearing-loss injuries.
- Keep all garden tools out of children's reach and store them with tines, blades or spikes pointing downward.
- Fuel mowers outside and only when the motor is completely cool. If necessary, store small quantities of gasoline outside the home in a detached garage or shed, tightly sealed in an approved safety container and out of the sight and reach of children.
- Start the mower outdoors to avoid raising carbon monoxide levels inside the home or garage.
- Store pesticides in their original containers and out of the reach of children, and only mix and store pesticides in containers not used for eating or drinking.
- Clear sidewalks and pathways of any toys and clutter to avoid and falls.
- Make sure all play areas are equipped with proper shock-absorbing materials, such as 9 inches of wood chips, mulch or shredded rubber.*



*Consumer Product Safety Commission For additional information and resources to help you learn more and stay safe in and around your home, please visit:

<http://www.homesafetycouncil.org>

Safety In The Workplace

Ergonomics

Small changes make a big difference in eliminating ergonomic hazards.

- ◆ Be kind to your eyes. Avoid glare with matte finishes or indirect lighting.
- ◆ Locate commonly used displays (screens, etc.) at or slightly below eye level.
- ◆ Easy does it! When typing, keep your wrists in a neutral position and strike keys lightly.
- ◆ Have a seat – but make sure it's adjusted properly to avoid back pain.
- ◆ Reduce the amount of time spent standing on hard surfaces. Anti-fatigue mats are a good choice.
- ◆ If you can, reduce the amount of physical effort needed to complete a task or maintain control of equipment.
- ◆ Get a handle on tool safety. Provide tools with cushioned grips and optimize the handle size to accommodate the user and the task.
- ◆ Automate highly repetitive tasks whenever possible. If you can't: provide short breaks, let the worker control the pace, increase the variety of tasks, or provide job rotation.
- ◆ Use carts to move heavy loads. Pushing is preferable to pulling.
- ◆ Take a look around. Periodic worksite analyses can uncover ergonomic problems before they lead to injuries.

Source: *Accident Prevention Manual: Administration & Programs*, 12th Edition, National Safety Council, 2001

Falls

Slips, trips, and falls happen in every workplace. Watch your step and follow these helpful tips.

- ◆ Pick it up! Keep all aisles, stairs and walkways free of clutter.
- ◆ Cabinet drawers should always be closed when you're not using them.
- ◆ Turn on the lights before you enter a room. And report any burned-out bulbs to housekeeping as soon as possible.
- ◆ Always use handrails on the stairs, and take one step at a time.
- ◆ Broken stairs or loose stair coverings? Report them right away!
- ◆ Avoid close encounters: Make wide turns around corners, so you can see who's coming.
- ◆ If you spot a spill, clean it up or report it immediately.
- ◆ Stay away from shortcuts. The route less traveled may be less safe!
- ◆ Don't overload – take only what you can carry comfortably, and make sure you can see over it.
- ◆ When walking on a wet or slippery surface, slow down, take small steps, and keep a hand free for balance.
- ◆ Put your best foot forward. Wear the right shoes for the job, and keep the soles clean for better traction.
- ◆ Place chains, guardrails, or warning tapes around elevated areas.
- ◆ Keep all harnesses and other fall protection equipment in working order, and use them correctly.

Source: *Preventing Slips and Falls*, National Safety Council, 1993

Lifting

Watch your back! At work or at home, lift safe and stay strong. Here's how you can avoid injury.

- ◆ Never assume you can lift something yourself. Estimate the weight of the object by tilting it up slowly. If it's hard to move, it's too heavy to lift. Get someone to help, or use a lifting aid.
- ◆ Keep the object you're lifting as close to your body as possible.
- ◆ Don't twist your back as you lift. Instead, move your feet to turn.
- ◆ Always lift with your legs, not your back.
- ◆ It's easier to lift objects with handles, and it reduces the strain on your back.
- ◆ If you have to carry something any distance, keep a firm footing, and plan your route to avoid tripping hazards.
- ◆ Regular exercise strengthens your back and abdominal muscles.
- ◆ If lifting is a regular part of your job, spend a few minutes every day before work on power warm-ups.
- ◆ Eat right and exercise. Extra pounds cause extra strain on your back.

Sources: *The Lifting Challenge*, National Safety Council, 2000

Lifting and Carrying, National Safety Council, 2003



Riding Out The Hurricane Season

You can get through hurricane season safely when you know what to do.

- ◆ You should have plenty of warning before a hurricane makes landfall. If you have to evacuate, know where to go and how to get there. Contact your local emergency management agency for information.
- ◆ Educate yourself on procedures for recovery and safe clean-up. Ask your local authorities or visit <http://www.cdc.gov>.
- ◆ Establish an assembly point for family members to meet if separated. And choose one person everyone can contact with their whereabouts and status.
- ◆ Know how to shut off your

home's utilities.

- ◆ Board up windows and secure loose outdoor items like patio furniture, grills, etc.
- ◆ Stock emergency supplies, including canned food, bottled water, medications and personal hygiene items, in water-tight storage bins.

RIDING THE STORM OUT

- ◆ If you still have power, monitor conditions on TV or radio.
- ◆ Listen for warning sirens.
- ◆ Stay indoors until authorities tell you it's safe to go outside.
- ◆ Stay away from windows and exterior doors. Seek shelter in a bathroom or basement.
- ◆ Be prepared to evacuate if necessary.

- ◆ If you're evacuating, don't walk through moving water more than six inches deep. And never drive through flooded roads.



Sources: *When the Wind Gets Wicked*,

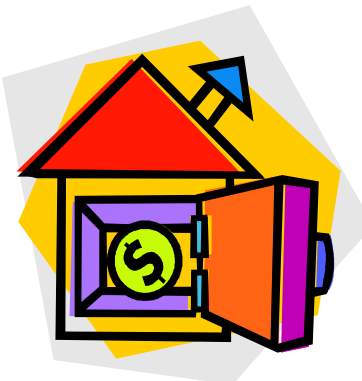
National Safety Council, 2002

National Oceanic and Atmospheric Administration (NOAA)

Home Security: Prepare Your Home Before Leaving

Leaving soon for a vacation? Don't advertise your empty house as a welcome target for thieves; instead, take steps to enhance safety and security. The Home Safety Council is committed to helping families advance home security. Prepare before leaving home, and take note of the following security tips:

- Use lighting liberally on the interior and exterior of your home. Purchase several light timers, and program lights for different rooms at varying times.
- Do yard work before leaving. Prune shrubs away from windows and doors and remove any tree limbs that might inadvertently provide access to a second-story.
- Never hide house keys in a mailbox, planter or under a mat.
- Avoid leaving messages on your phone answering machine that alerts callers to your absence.
- Ensure that all door and window locks are operable.
- Fit locksets with dead latches (small brass elements that ride on the face of the latch) to prevent jimmying with plastic strips or credit cards.
- Fit all entry doors – back door, garage door and patio door –



with extra-security deadbolts with full 1-inch bolts, preferably all-steel and brass construction with a cylinder guard.

- For doors with glass panels within three feet of the lock, use a double-cylinder deadbolt. These require key operation from both sides.

- If absent for multiple days, arrange for someone to maintain the yard work.
- Consider asking a neighbor to park their car in your driveway.
- Arrange to have newspaper and mail delivery suspended or collected.
- Before leaving, double-check that all doors and windows are locked and light timers are set. Provide relatives or friend with contact information in case of an emergency.

The suggestions above require extra time, thought and effort, but will provide additional peace of mind. Employ the guidelines of the Home Safety Council, and rest easy while away from home.

For additional home safety information visit::

<http://www.homesafetycouncil.org>

Tips For A Healthy Life For Men

Eat Healthy

"An apple a day keeps the doctor away." There's more truth to this saying than we once thought. What you eat and drink and what you don't eat and drink can definitely make a difference to your health. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet, and watch how much you eat.

Maintain a Healthy Weight

Obesity is at an all time high in the United States, and the epidemic may be getting worse. Those who are overweight or obese have increased risks for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke. Eat better, get regular exercise, and see your health care provider about any health concerns to make sure you are on the right track to staying healthy.

Get Moving

More than 50 percent of American men and women do not get enough physical activity to provide health benefits. For adults, thirty minutes of moderate physical activity on most, preferably all, days of the week is recommended. It doesn't take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and don't overdo it. You can develop one routine, or you can do something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.

Be Smoke-Free

Health concerns associated with smoking include cancer and lung disease. Smoking triples the risk of dying from heart disease among those who are middle-aged. Second-hand smoke - smoke that you inhale when others smoke - also affects your health. If you smoke, quit today! Help lines, counseling, medications, and other forms of support are available to help you quit.

Get Routine Exams & Screenings

Sometimes they're once a year. Other times they're more or less often. Based on your age, health history, lifestyle, and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, and cancers of the skin, prostate, and colon. When problems are found early, your chances for treatment and cure are better. Routine exams and screenings can help save lives.

Get Appropriate Vaccinations

They're not just for kids. Adults need them too. Some vaccinations are for everyone. Others are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain health conditions. Protect yourself from illness and disease by keeping up with your vaccinations.

Manage Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to

your employer and your family can be challenging. What's your stress level today? Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.

Know Yourself and Your Risks

Your parents and ancestors help determine some of who you are. Your habits, work and home environments, and lifestyle also help to define your health and your risks. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.

Be Safe - Protect Yourself

What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, or having smoke detectors? It's all of these and more. It's everything from washing your hands to watching your relationships. Did you know that men at work die most frequently from motor vehicle incidents, machine-related injuries, homicides, and falls? Take steps to protect yourself and others wherever you are.

Be Good to Yourself

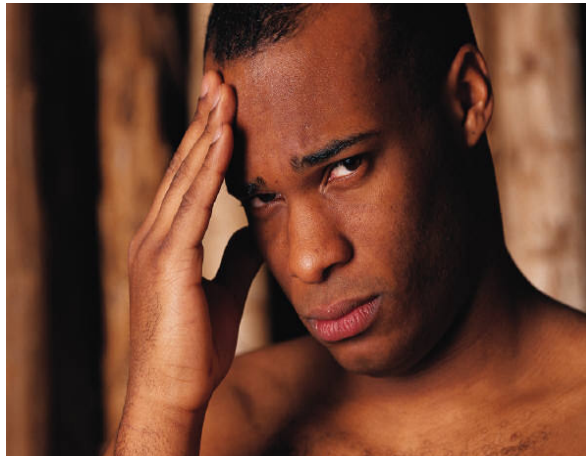
Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.

<http://www.menshealthweek.org>



National Headache Awareness Week

Science is rapidly progressing to better understand the cause of primary headaches. The most common type of headache is the **Tension-Type**. Approximately 78% of adults experience a tension-type headache at some point in their lives. There appears to be a slightly higher prevalence of this type of headache among women, and more women than men seek treatment. Tension-type headache, the most common form of headache, is a nonspecific headache, which is not vascular or migrainous, and is not related to organic disease. The underlying cause of tension-type headache is likely due to chemical and neuronal imbalances in the brain or muscle tightening in the back of the neck and/or scalp. The pain is pressing or tightening, of mild to moderate intensity, and occurs on both sides of the head. Some sufferers describe a band-like sensation around the neck and/or head which is a "vice-like" ache located in the forehead, temples or the back of the head and/or neck. The pain is not aggravated by routine physical activity. Rarely are there associated symptoms such as nausea or sensitivity to light or noise. Tension-type headache is divided into 3 categories, based on the frequency of attacks.



Episodic - Episodic tension-type headache occurs less than once per month and is usually triggered by temporary stress, anxiety, fatigue or anger. It is what most of us consider a "stress headache." It may disappear with the use of over-the-counter analgesics, withdrawal from the source of stress or a relatively brief period of relaxation. For this type of headache, over-the-counter drugs of choice are aspirin, acetaminophen, ibuprofen or naproxen sodium. Combination products with caffeine can enhance the action of the analgesics.

Frequent - Occurring 1-15 days per month, this type of headache often co-exists with migraine. Sufferers should be cautious to avoid overusing analgesics due to the high frequency of this headache type.

Chronic - Chronic tension-type headache occurs 15 or more days per month and evolves over time from episodic headache. It is often a daily or continuous headache, which may have some variability in the intensity of the pain during a 24-hour cycle. If a sufferer is taking pain medication daily or almost daily and is receiving little or no relief from the pain, then a

physician should be seen for diagnosis and treatment.

Chronic daily tension-type headache is often associated with depression or other emotional problems. Changes in sleep patterns or insomnia, early morning or late day occurrence of headache, feelings of guilt, weight loss, dizziness, poor concentration, ongoing fatigue and nausea commonly occur. Sufferers usually awaken in the morning with the headache and frequently have an accompanying sleep disorder. One should seek professional diagnosis for proper treatment if these symptoms exist. This type of headache should be treated preventively to avoid becoming dependent on pain-relieving drugs. The primary drug of choice for chronic tension-type headache is amitriptyline or some of the other tricyclic antidepressants taken daily. Antidepressant drugs have analgesic actions, which can provide relief for headache sufferers even if the patient is not depressed. Biofeedback techniques can also be helpful in treating tension-type headaches. For the patient with chronic tension-type headaches, habituating analgesics must be strictly avoided.

Some signs that the headache is related to a serious disorder include change in headache pattern; headache associated with a medical problem or neurological symptoms such as focal weakness, loss of consciousness or confusion; pain that becomes progressively more severe or is the 'worst' headache ever experienced; or the individual is using prescription or over-the-counter pain relievers every day.

Consult Your Healthcare Provider

If Your Headache...

- is sudden and severe
- occurs with fever, stiff neck, or uncontrollable vomiting
- causes confusion or loss of consciousness
- is persistent, when previously you've been headache free
- is accompanied by numbness, weakness, or vision loss
- begins after the age of fifty years
- begins after head injury or other trauma
- interferes with your ability to function normally at work or in social situations
- requires medication more than two days a week.

<http://www.headaches.org>