

RISKY TIMES

Winter 2012



Preparing People to Live, Work and Travel Safely

The Safety Council is a non-profit organization serving Central California since 1934

Social Media Safety Training

This new Safety Council workshop is for ages 10 to 13 and their parents. The internet is a powerful tool used by young people for everything from homework to games to social media such as Twitter and Instagram.

With over a billion users on Facebook alone, it is important for young users to understand the risks and responsibilities that go along with being connected to others online.

The workshop will include age appropriate discussion about the information young people put online:



- How it is shared
- Who can see it
- Who is interested in it
- How long it is available online
- Privacy policies
- How to change protection settings

The class is also designed to show how important it is to think carefully before posting things online for everyone else to see. Parents attend the last 30 minutes for a demonstration of what the students have learned.

Date: Sunday, January 27, 2013

Time: 2:00 PM – 4:00 PM

Cost: \$20 per child (parents attend from 3:30 PM-4:00 PM for free)

Registration in advance is required.

[Click here for Registration Form](#)

Students: A = Adderall F = Felony

The National Survey on Adderall abusers often suffer from exhaustion, nausea, dangerous abuse of Adderall depression or irritation. Some users smoke marijuana or drink alcohol to reduce these effects. Adderall abuse symptoms include:

- difficulty sleeping
- feelings of hostility, anxiety or paranoia
- a hyper state
- unhealthy weight loss

Deaths from the increase in heart rate, body temperature and blood pressure have occurred. For students with bipolar disorder, seizure conditions or cardiac issues, Adderall is very risky and would not be prescribed. Getting the drug illegally bypasses the medical screenings.



Over time, the body develops dependency on Adderall for normal function. Withdrawal symptoms include:

- panic attacks
- suicidal thoughts
- nightmares

Abuse increases risk for developing addictions to other drugs, and symptoms of schizophrenia or paranoia which can persist long after use of the drug has stopped.

Additionally, possessing or providing Adderall to another without a prescription is a felony that can haunt an honor student for the rest of his/her life.

Help Your Pet Fight the Battle of the Bulge

According to a recent survey, more than half of U.S. dogs and cats are overweight. These pets are at a higher risk for developing serious medical problems including arthritis, diabetes, breathing problems, and some forms of cancer. So how can you slim down your supersized pet and reduce risk of these diseases? The answer is easier than you think.

1) SIZE UP YOUR PET

Ask your veterinarian about your pet's body condition score (or BCS). Using the BCS scale, your veterinarian can easily determine whether your pet is underweight, overweight, or right on track. As a rule, you should be able to feel (but not see) your pet's ribs through a thin layer of fat and see a defined "waist" between ribs and hips.

2) MEASURE MEALS

Too many pet owners simply fill the bowl or estimate portions. But did you know that once a cat has received the required calories (typically less than 300 per day), adding just one extra

teaspoon of dry food each day can cause a pound of weight gain in a year? Keep in mind that for the average 10-pound cat, this is a 10 percent weight gain!

3) EXERCISE

Exercise and good nutrition are powerful partners to help your pet live a long and healthy life. For dogs, as little as 20 to 30 minutes of daily brisk walking is all it takes to boost immune function, improve cardiovascular health, and reduce many behavioral problems. For cats, try playing chase with a laser pointer (avoid the eyes), remote-controlled toy, or ball of paper for five to 15 minutes each day.

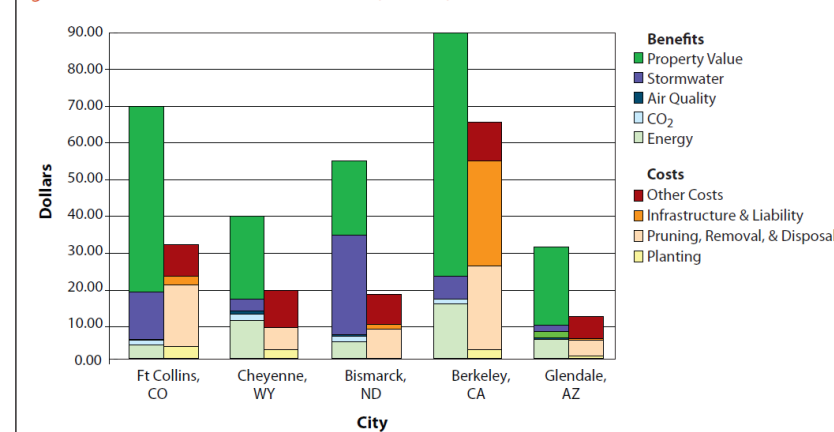
Note: Information in this article provided by Pacific Veterinary Hospital (209)474-2444



Fighting Crime by Fighting Mistletoe

How do trees help people live healthier and safer lives? Joint studies by the Lawrence Berkeley National Laboratory and the Sacramento Municipal Utility District (SMUD) show that mature trees in suburban areas:

Figure 9: Total Annual Benefits versus Costs (Per Tree)



Properly Taking Care of Trees Saves Money

But, do trees help fight crime? A study by the Environmental Design Research Association in 2001 suggests that well-kept, mature trees can reduce fear of crime and reduce vandalism/graffiti by up to 90%. Trees reduce irritability, inattentiveness, and impulsivity which contribute to mental fatigue, a pre-cursor to violent and criminal behaviors.

So, you can help fight crime and save your neighborhood by fighting mistletoe. **Mistletoe** is a parasitic plant spread by birds that can kill a tree within 10-15 years. The only effective way of ridding your tree of a mistletoe infestation is by pruning infected limbs one to two feet below the mistletoe plant.

Having your trees trimmed every couple of years is a relatively inexpensive process and the cost can be minimized by coordinating with your neighbors for volume discounts. Doing it regularly, avoids emergency tree surgery for widespread mistletoe infestation later. It is in your own best interests to keep the mature trees where you live alive and healthy.



Mistletoe Infestation



Emergency Mistletoe Abatement

- Reduce urban noise by 3 to 5 decibels
- Reduce carbon emissions by 1 to 5%
- Reduce harmful exposure to UV rays
- Reduce pollutants including particulate matter, nitrogen oxides, sulfur dioxide, carbon monoxide and ground-level ozone
- Intercept up to 35% of the rainfall that hits them
- Reduce water run-off
- Increase residential property values by 3 to 5%
- Lower energy use by 7 to 47%

Annual Safety Awards

The Safety Council's mission is to advance the best safety and health practices. The Safety Council's annual awards program recognizes the contributions of businesses, agencies, and individuals towards this goal.

Award Categories are:

- [Company Safety Achievement Award](#)
- [Company Sustained Performance Award](#)
- [Safety Employee of the Year Award](#)
- [Workplace Lifesaving Award](#)
- [Bus Driver Safety Award](#)
- [Traffic Safety Award](#)

Applications are now available for the Safety Council's Annual Safety awards at www.californiasafety.org. The application deadline is:

4:00 PM on Friday February 1, 2013.

About Us

Founded in 1934 in Stockton, CA, the Safety Council is a non-governmental, non-profit organization dedicated to improving health and safety. Many



programs pioneered by the Safety Council such as traffic violator education, alcohol & other drug counseling for impaired drivers and juvenile behavior modification programs have been replicated nationwide.

Located at the northeast corner of El Dorado Street and Swain Road, the Safety Council is self-supporting through services revenue and the generous support of its business members.

To learn more about the benefits of Safety Council membership for your business, go to www.californiasafety.org or call 209 472-7233.

The Safety Council is a charter member of the American Association of Safety Councils (AASC).



Senior Insurance Discount

In California, drivers aged 55+ are eligible for a discount on their automobile insurance if they attend Mature Driver Safety. This training provides a DMV certificate, which is valid for 3 years.

The class content focuses on important driving safety skills as well as compensating for physical and mental changes over a lifetime. The full day class also reviews information useful for taking the DMV license renewal exams. Registration in advance is required. Call (209) 472-7233 for more details.

First Time:

\$30

8:00am-3:30pm

Sat Jan 19, 2013 or

Sat March 16, 2013

Renewing:

\$20

8:00am-12noon

Wed Dec 13, 2012 or

Sat Jan 19, 2013

[Go to www.californiasafety.org](http://www.californiasafety.org)
and take Mature Driver Safety Online!



MADD Supports Victims

In 2011, Mothers Against Drunk Driving (MADD) provided victim services to over 63,000 victims and survivors of impaired driving collisions nationwide. MADD served one victim and survivor every eight minutes at no charge.

Victim services include accompanying victims/survivors to court, guidance through the judicial process, emotional support through groups, 24-hour hotline (1-877-MADD-HELP) and online chat support groups. Behind every DUI statistic is a person whose life was full of family and friends, love and life, joy and laughter, whose life touched so many. MADD's Online Victim/Survivor Tribute honors and remembers those killed or injured in an impaired driving crash.

Preventing impaired driving is an individual responsibility. Don't take your car to places where you may begin drinking or using. Ride with a sober driver.

You are invited to a MADD Candlelight Vigil to remember those who have been injured or killed by impaired driving.

Candlelight Vigil

Date: Sunday, December 2, 2012

Time: 4:30 PM (lighting of the candles 5:00 PM)

Location: Best Western Plus Heritage Inn
111 East March Lane, Stockton
(corner of March and El Dorado)

Contact: Judy Utter, (916) 481-6233

www.maddcalifornia.org

Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that affects a person during the same season each year. If you get depressed in the winter but feel much better in spring and summer, you may have SAD. SAD may begin during the teen years or in adulthood. It occurs more often in women than in men. People who live in places with long winter nights are at greater risk for SAD.

Symptoms usually build up slowly in the late autumn and winter months. Many symptoms are similar to other forms of depression:

- Hopelessness
- Increased appetite with weight gain (*weight loss is more common with other forms of depression*)
- Increased sleep (*too little sleep is more common with other forms of depression*)
- Less energy and ability to concentrate
- Loss of interest in work or other activities
- Sluggish movements
- Social withdrawal
- Unhappiness and irritability

If you experience some of the above symptoms, discuss it with a medical professional. The following are things you can do to help manage your symptoms:

- Practice healthy sleep habits
- Eat a healthy diet
- Increase exercise routines
- Increase time you spend on activities that make you happy.
- Watch for early signs that your depression is getting worse. Have a plan if symptoms worsen.
- Take medications only as directed. Communicate with your medical professional regarding side effects.

If you do suffer from SAD, it is important to avoid alcohol and illegal drugs. These deepen depression over time. They may also affect your judgment about suicide.

While SAD is a serious problem, and some people suffer from it throughout their lives, the outcome is usually good with treatment.

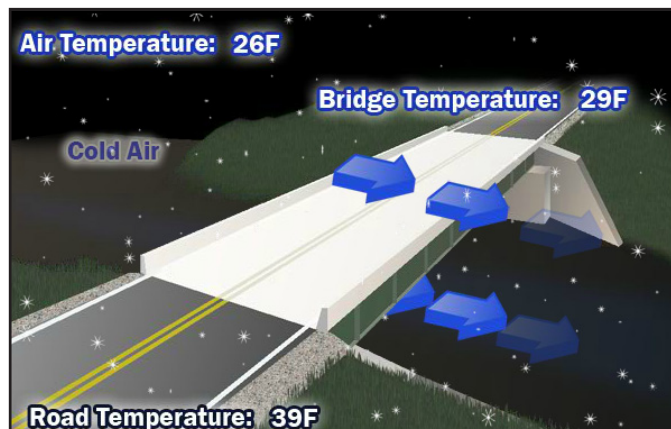
Is Black Ice a Myth?

Black ice (glare ice or clear ice) is a thin layer of transparent ice on the roadway. The roadway looks wet, not icy. Here in the valley, black ice forms at night or in the early morning hours on days when the temperature is below the freezing point. Ice most commonly forms on bridges, overpasses and on/off ramps that are raised off of the ground.

Stopping distances on black ice have been measured to be about nine times greater than on dry pavement. Four-wheel drive vehicles won't help much for stopping on black ice.

The mild valley climate creates an even more slippery hazard because ice that is closer to 32 ° is more slippery than ice that is much colder.

If you are curious as to why this is true, refer to the "Handbook of Snow" by D. M. Gray, D. H. Male, "Melting Below Zero" by John S. Wettlaufer, J. Greg Dash in Scientific American, February 2000 or go to <http://icyroadsafety.com/icybridges.shtml>



Safety Council Programs:

DRIVING SAFETY

- Mature Driver Safety (classroom or online)
- [Traffic Violator School](#) (classroom or online)
- [Juvenile Driving Improvement](#)

HEALTH

- [Adult CPR/AED & Basic First Aid](#)
- [CPR for Healthcare Professionals](#)
- [Infant/Child CPR/AED & Pediatric First Aid](#)
- [7 Hr Preventative Health & Safety for Childcare Providers](#)

FORKLIFT

- [Forklift Operational Training](#)
- [Forklift Train-the-Trainer](#)

COUNSELING & EDUCATION

- [First Offender DUI Program](#)
- [Multiple Offender DUI Program](#)
- [Multiple Choices Juvenile Workshop](#)
- Substance Abuse Counseling Program

YOUTH PROGRAMS

- [Home Alone Training & Babysitting Certification](#)
- [Social Media Safety Training](#)

OCCUPATIONAL HEALTH & SAFETY

Over 200 training classes available online. www.californiasafety.org

- [CSA BASIC for Transportation](#)
- [DOT Training](#)
- HAZMAT
- HAZWOPER
- RCRA
- Green Associate Exam
- PrepOSHA
- Construction OSHA
- General Industry
- OSHA 10/30 Outreach
- Alcohol Seller/Server
- Industrial Skills
- Healthcare

Holiday Lights Should Be Stunning, Not Shocking!

Decorative lights are exciting and festive, but precautions must be taken to avoid fires or electric shocks. According to the U.S. Consumer Product Safety Commission, more than 7,500 people each year are treated in hospital emergency rooms for injuries caused by electrical decorations and Christmas trees.

Indoors

If you will be using lights indoors, or they will be protected from the weather, then it's acceptable to buy lights suitable "for indoor use only". If you think children or pets may accidentally come into contact with light bulbs or you are decorating your fence or other areas made of metal, look for lights marked "safety extra low voltage". Always follow the manufacturer's instructions.

Outdoors

If the lights are for outdoors, buy lights marked "suitable for outdoor use" with an "IP" rating (e.g. IPX3, IP23, IP44). The higher the IP numbers the better the weatherproof rating. If purchasing new lights, use LED and solar powered lights.

- Carefully inspect light strings for cracked or loose sockets and frayed or bare wires.
- Always unplug electrical decorations before replacing bulbs or fuses.
- Keep children and pets away from all electrical decorations and outlets. If possible, place decorations out of reach.
- Plug outdoor electrical decorations into circuits protected by ground-fault circuit interrupters (GFCI) to prevent electric shock.
- Keep all outdoor extension cords and light strings clear of standing water and snow (at the cabin).
- When hanging decorations, do not connect more than three light strings together.
- Avoid overloading electrical outlets and circuits, which can overheat and start a fire.
- Never use electric lights on a metallic tree, which can become charged with electricity from faulty lights.
- Use electrical decorations that are approved for safe use by a nationally-recognized testing laboratory such as Underwriters Laboratories or Intertek.
- Never nail or staple light strings or extension cords.
- Turn off all indoor and outdoor electrical decorations before leaving home or going to bed.



Be careful not to overload your circuits this holiday season

Tattooing Can Be Infectious

The practice of tattooing has been around for thousands of years. Today, 21% of adults in the United States report having at least one piece of permanent artwork on their bodies.

Most people know how important it is to research where they will be getting a tattoo and to make sure the establishments and the artist are following proper safety procedures.



An arm suffering from an NTM skin infection

However, many do not understand how the types of inks used can cause serious harm.

Concentrated tattoo inks may be made from products that were never intended to be used for tattoos. Tattoo ink manufacturers may use products such as calligraphy ink, drawing ink, or even printer ink to make the products eventually

used for tattooing. There is often no regulation or oversight of the ink product itself.

While using inks that were not specifically made for tattoos can be dangerous, it is also important to know what is else goes into the ink. Tattoo artists often use water to dilute ink and create specific colors. If care is not taken to make sure that the water is fully sterilized, there can be serious medical complications.

Non-sterile water in ink can cause a non-tuberculous Mycobacterial (NTM) skin infection.

Very difficult to cure, NTM skin infections often require 4-6 months of intervention with drugs that can cause serious side effects.

While some infections may respond to medication, others may require multiple surgeries to remove infected tissue which can lead to significant scarring.

Center for Disease Control recommendations:

- Use tattoo parlors approved/registered by their local jurisdictions.
- Request inks that are manufactured specifically for tattoos.
- Ensure that tattoo artists follow appropriate hygienic practices.
- Be aware of the potential for infection after tattooing and promptly seek medical care immediately if skin problems occur.

Park Woods Piranhas Swim Team 2013

Join the Team!

**Call (209) 472-7233 x 116
for more info and to
get involved.**

