

# RISKY TIMES

Summer 2013



## 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 kids 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 settings for as much protection as possible



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 their children have learned.

**Date:** Sunday, May 19, 2013

**Time:** 2:00PM – 4:00PM

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

Registration in advance is required.

Go to [www.californiasafety.org](http://www.californiasafety.org) for a registration form or call 209 472-7233 for more information.

### Home Alone Training & Babysitting Certification

During this lively and fun class for boys & girls ages 12-15 yrs, learn what to expect and how to handle the unexpected when staying home alone or babysitting for others. Become more independent and ready to handle the responsibility of caring for smaller children. In addition to a class completion certificate, you will have the opportunity to become certified for Infant & Child CPR and First Aid (a \$60 value!) - a real plus when starting out in your first work experience! Don't think this is just for girls, 50% of those attending are boys! Registration is on a first paid basis, call 209 472-7233 for information. Enrollment is limited for this very popular class which is only offered one time per year, so register ASAP to reserve your spot.



#### Topics Covered Include

- |  |   |
|--|---|
| • Parent expectations  | • Handling telephone calls & knocks on the door                   |
| • Do's & Don'ts  | • Pedestrian & bicycle safety                                     |
| • Emergency information & procedures                         | • Outdoor play and pool safety                                    |
| • Infant & Child CPR & First Aid (certification valid 2 yrs) | • Clean-up time & bed time  |
| • Child growth & development                                 | • How to decide what to charge & communicate your fees in advance |
| • Nutrition & hygiene  | • Keeping track of your job calendar                              |
| • Handling common behaviors                                  |   |

**Dates:** M/W/F, June 24, 26, 28, 2013 (attend each date)

**Time:** 8:00 AM - 12:00 PM

**Cost:** \$75 for the 12-hour program.

Registration in advance is required. Go to [www.californiasafety.org](http://www.californiasafety.org) for a registration form or call (209) 472-7233 for more information

## Pets - The Hidden Danger

According to a CDC report, many people get hurt every year when chasing or tripping over their pets -- cats as well as dogs. The study shows that dogs and cats contribute to injuries that send an estimated 87,000 people to emergency rooms every year.

The study also shows that:

- Dogs are more dangerous to their owners than cats, associated with 7.5 times as many injuries as felines.
- Women are 2.1 times more likely to be injured by pets than men.
- Injury rates are highest among people age 75 and over, but pets are a hazard for people of all ages.
- Fractures and contusions or abrasions are the most common pet-related injuries.



Am I in the Way?

Falls and ER visits suggest the need for more pet-obedience training for dogs, but basic prevention strategies should be implemented to help people reduce their risk of injury when walking Rover or reaching for the cat, says Judy A. Stevens, PhD, a senior epidemiologist for the CDC's National Center for Injury Prevention and Control.

One suggestion is to put your animal in another room or different area of the house before carrying groceries or large items into the house. It is also important to keep hallways and stairs clear of pet toys. Always use hand rails in case your pet likes to race you down the stairs or do a short stop in front of you. If you get up frequently in the dark, use night-lights so your path is lighted and you can see your pet.

## Safety Employee of the Year

The Safety Council has honored Charles "Chuck" Partlow of Nicro Inc. with the Safety Employee of the Year Award. This is a lifetime award recognizing an employee who has a positive influence and is a role model in promoting healthy & safe practices in the workplace and in the community.

An eighteen year employee at Nicro Inc., Chuck is responsible for maintaining a safe work environment in the fabrication shop from start to finish. He also provides in-house forklift operational and safety training for Nicro Inc. employees as a member of the Safety Council authorized trainer program. His focus on safety is considered a direct factor in Nicro Inc.'s excellent safety record including a stellar record for lost time accidents and the company's very low insurance experience modification factors.

Chuck shares his expertise as an active member of the community, volunteering for the local Neighborhood Watch Program and his church. He is a national volunteer for the organization, Samaritan's Purse, which provides emergency relief and development assistance to victims of natural disaster, war, disease, and famine.



Charles "Chuck" Partlow  
2012 Safety Employee of the Year

## Chew on This!

Have you ever wondered why your stomach doesn't digest itself? The answer is, it does! The science of digestion is actually quite fascinating.

While there are many interconnected parts in the digestive system, it is the stomach that never stops working. The stomach is constantly producing and secreting gastric acid to allow you to process food and move it along to the intestines.

Over time the acid in the stomach breaks down your stomach lining. However, it also has the ability to build the lining back up. In fact, it has been determined that you will have a new stomach lining every three days!

For more interesting information about your digestive system check out the book **Gulp: Adventures on the Alimentary Canal** by Mary Roach.

## Mental Health Update

The Diagnostic and Statistical Manual of Mental Disorders (DSM), long regarded as the "bible" of psychiatry, will feature several changes when the newest edition is released later this month. The fifth edition of the DSM, published by the American Psychiatric Association (APA) on May 22nd, also estimates that almost 50 percent of Americans will have a diagnosable mental illness at some point in their lifetime.

Among the new additions to the DSM-V is a definition for **Hoarding Disorder**. It is estimated that about 4 million Americans suffer from this disorder, which is defined as "persistent difficulty discarding or parting with possessions, regardless of their actual value." The APA States that this officially becomes a disorder when it has harmful emotional or financial effects on the hoarder or the hoarder's family.

Another change featured in the DSM-V is a new classification of **Binge Eating Disorder** as a separate eating disorder. According to the new DSM, eating to excess 12 times in three months is an indicator of binge eating disorder.

Two disorders brought up in the DSM-V are creating some controversy. **Hypersexual Disorder** and **Internet Disorder** are being discussed widely among many mental health professionals. While both of these disorders are classified as "requiring further research," many critics believe these are prime examples of doctors being too quick to define people as "addicts." The APA is sharing some warning signs of problematic Internet use that could signal an Internet Disorder. Those with a preoccupation or obsession about online activities, as well as those who neglect important activities such as school, work, or family to spend time online are at risk for this disorder.

## Walk Like MADD 2013

Mothers Against Drunk Driving (MADD) will be hosting the Eighth Annual Walk Like MADD Event in Sacramento on October 19th. Walk like MADD is a non-competitive 5k walk to raise awareness for MADD's life-saving mission.

All funds raised go towards MADD's local programs to provide support to victims of impaired driving crashes and to educate and raise awareness in the community.

Registration is \$20 for adults, \$15 for children, and all participants will receive a Walk Like MADD t-shirt. Virtual walkers are welcome.

To register in advance and for more information call (916) 481-6233x108 or visit [www.walklikemadd.org](http://www.walklikemadd.org)

## 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. Registration in advance is required. Call (209) 472-7233 for more details.

**Renewing:**  
**\$20**  
**8:00am-12noon**  
**Sat., May 18, 2013 or**  
**Thu., June 13, 2013**

**First Time:**  
**\$30**  
**8:00am-3:30pm**  
**Sat., May 18, 2013 or**  
**Sat., July 20, 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](http://www.californiasafety.org)

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



## Seniors at Risk for Internet Fraud

Americans over the age of 60 are the fastest growing segment of computer and Internet users. However, according to the FBI, they are also targets of Internet fraud more often than the general population.

Identity theft among the elderly accounts for as much as 10% of all ID theft cases. Seniors are a preferred target for this crime because they are sometimes less Internet savvy than the general population.

### Internet Safety for Seniors

The workshop will include discussion on a wide variety of issues including:

- **Fraud & identity theft**
- **How to protect information online**
- **Internet scams**
- **Use of social media**
- **Shopping online**

**Date:** Wednesday, May 15, 2013

**Time:** 10:00am - 12 Noon

**Cost:** \$20

**Registration:** Registration in advance is required, Call the Safety Council at (209) 472-7233 for more info or download the registration form at [www.californiasafety.org](http://www.californiasafety.org).



### **Safety Council Programs:**

#### **DRIVING SAFETY**

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

#### **HEALTH**

- Adult, Infant, Child CPR/AED
- CPR for Healthcare Professionals
- Basic & 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**

- Social Media Safety Training
- Home Alone Training & Babysitting Certification
- Piranhas Swim Team

#### **OCCUPATIONAL HEALTH & SAFETY ONLINE TRAINING**

- CSA BASIC for Transportation
- DOT Training
- HAZWOPER
- Construction OSHA
- General Industry
- OSHA 10/30 Outreach

Visit [www.californiasafety.org](http://www.californiasafety.org) for a full list of training opportunities

**Occupational Safety Consulting Services also available**

## Safely Enjoy Mouthwatering Melons

The focus when it comes to food safety often is on meats and mayonnaise - not melons. But, melons grow on the ground which is rich with fecal matter.

Melon rinds must be properly washed before slicing to avoid transferring E-coli to the fruit. Once there, with proper temperature and time, the germs find enough nutrients to flourish.



Melon slices left on the table at your backyard BBQ, or in the kitchen waiting to be served for more than two hours are very much at risk. The Temperature Danger

Zone (41° F to 135° F) provides the perfect environment for germs to reproduce. Since melon is rarely cooked, the E-coli will be ingested when the melon is eaten and may cause serious illness.

For proper safety, sanitize your hands, utensils and cutting surface. Scrub the melon carefully with water or a vegetable wash. Keep sliced melon cold in the refrigerator before serving and put ice under the serving dish on the table.

## Sun Safety for Little Ones

One blistering sunburn in childhood more than doubles the risk for developing melanoma later in life. According to one US study, 22 percent of children become sunburned or tanned in the first year - 54 percent in their second year.

"Children should not be getting sunburned at any age, especially since there are a range of very effective sun protection methods that can be used," said Perry Robins, MD, President, The Skin Cancer Foundation. "Parents need to be extra vigilant about sun protection all the time."

### **Recommendations for keeping babies and toddlers safe:**

#### **Infants under 6 months:**

- Keep out of the sun
- Dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the face, ears and neck.
- If adequate clothing and shade are not available, apply a small amount of child-safe sunscreen to exposed skin.
- Use a wipe style infant sunscreen for baby's face - it's hard to keep liquid sunscreen away from the eyes.

#### **Babies 6 months or older:**

- Apply a broad-spectrum, SPF 15+ sunscreen to areas left uncovered such as baby's hands. Many companies have tear-free formulas that won't sting baby's eyes.
- Most importantly, sunscreen must be applied 30 minutes before going outside and reapplied every two hours or after swimming or excessive sweating.



## Park Woods Pool & Piranha Swim Team



Many have been asking, "What is going on with the pool?" Located on Alexandria Pl. near Hammer Ln. the property had been abandoned for several years.

Built in 1958, the pool was privately owned and successfully operated by volunteers of the Parkwoods Recreation Association long before Homeowner's Associations were common. For several generations, it was the center of the community all summer long offering family fun and keeping the kids outside, active and occupied in a safe, fun environment..



The Safety Council is committed to resurrecting this asset as the Park Woods Pool & Community Center. Staff is furiously writing grants and searching for funding opportunities. This is a long-term project. Until the pool is restored, the property will be used for activities such as summer educational camps focused on science, health and safety.

In the meantime, the Safety Council is proud to sponsor the Park Woods Piranhas recreational swim team. We are grateful to the LVW 10 pool for allowing us to share their water for practices and meets. "Like" our Facebook page, **Park Woods Pool & Community Center**, for updates on the team and pool progress.

## Parents Beware of New Drinking Fad

A new fad involves turning alcohol into vapor allowing users to literally inhale their drinks. The manufacturers of these devices are making claims that this is a revolutionary new way to "enjoy" alcohol. However, without even addressing the signs and symptoms of addiction, there are risks to consider before experimenting with these devices.

When consumed orally, alcohol is absorbed over time, through the lining of the stomach and small intestine. The presence of food can slow this process further. Inhaled alcohol causes it to enter the lungs and diffuses directly into the bloodstream, causing a much more rapid and potentially more intense buzz.

The makers of these alcohol vaporizing machines claim that, even though the initial effects are more intense, the buzz wears off quickly and there are "no side effects"

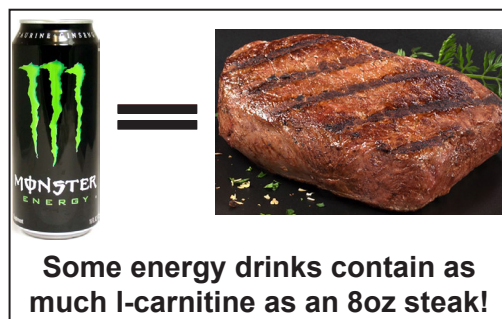
However, intensive inhalation may be even more likely to cause alcohol toxicity than binge drinking because vaporized alcohol, as it enters the bloodstream directly from the lungs, is not subject to the protective effects of the digestive system—notably, the impulse to vomit. Bypassing this protective instinct could prevent the body from any level of self-regulating consumption. Excessive consumption may cause alcohol poisoning.

## Energy Drinks Linked to Heart Disease

Scientists have known for years that there is a link between red meat and heart disease. The common theory has been that high levels of saturated fat and cholesterol are the main culprits. However, new research suggests that a little known substance called L-carnitine may be the primary reason for the link.

L-carnitine is converted by the liver to another chemical known as TMAO. Research has shown that TMAO getting into the blood can actually cause heart disease in mice, and can predict heart attack risks in humans. The researchers believe that TMAO enables cholesterol to get into artery walls and also prevents the body from excreting excess cholesterol.

Red meat is not the only place where L-carnitine is found. It is also common in many dietary supplements and energy drinks. Scientists estimate that the average energy drink contains the same amount of L-carnitine as an 8 oz sirloin steak.



## The Silent Boating Killer

Carbon Monoxide (CO) is an odorless, colorless, tasteless and deadly gas. CO is a byproduct of exhaust from the electric generator and drive engine of houseboats, cabin cruisers and ski boats.

According to the U.S. Coast Guard and National Institute for Occupational Safety & Health, CO can reach lethal concentrations in the exhaust that gathers at the stern of houseboats, behind ski boats, cabin cruisers and even personal watercraft. High concentrations of CO are often around swim decks where occupants frequently sit while a boat idles.

CO poisoning while tweak surfing or dragging when occupants hold onto the swim deck as the boat pulls them through the water has claimed the lives and injured dozens in recent years. Researchers feel that the incidence rate may be much higher because many emergency personnel overlook CO poisoning concluding the cause of the fatality is simply drowning.

Locally, deaths have occurred on the Delta when houseboats docked out in the islands sink into mud during low tide and water covers the exhaust pipe as the tide rises. Deadly CO backs up into the sleeping cabin. Reduce your risk by avoiding areas around the boat where CO is likely to be present and mounting CO detectors in boat cabins.

