

Healthy Living Newsletter

JUNE, 2010

TAKE CONTROL OF YOUR HEALTH

VOLUME 5, NUMBER 6



Health & Wellness Events

June 8: Corporate Campus
Blood Drive

Fire Extinguishers

A fire extinguisher should be installed on every level of your home, including the kitchen and garage. You should keep the extinguisher in plain sight and no more than five feet above the floor.

For the home, select a multi-purpose extinguisher that is large enough to put out a small fire. There are three general classes of residential fire extinguishers:

Class A: For wood, cloth, paper, rubber, and plastics.

Class B: For gasoline, oil, solvents, and oil-based paints.

Class C: For energized electrical equipment, such as wiring, fuse boxes, circuit breakers, and machinery.

For general living areas, choose an extinguisher with ABC ratings.

Source: www.yenra.com ;
www.fire-extinguishers101.com

Smoke Alarms

- Install smoke alarms on every floor of the home. Put them inside or near every bedroom.
- Use long-life smoke alarms with lithium-powered batteries and hush buttons, which allow persons to stop false alarms quickly. If long-life alarms are not available, use regular alarms and replace the batteries annually.
- Test all smoke alarms every month.

Source: *UPS Road Map to Health*

Fire Prevention Tips

June is National Safety Month and, the Corporate Health & Wellness Committee is focusing on health and safety in your home, community, and workplace.

One area of safety in the home is fire prevention. The following tips can help you keep your family safe:

- Never leave food unattended on a stove.
- Keep cooking areas free of flammable objects (for example, potholders and towels).
- Avoid wearing clothes with long, loose-fitting sleeves when cooking.
- Never smoke in bed or leave burning cigarettes unattended.
- Never place portable space heaters near flammable materials (for example, draperies).
- Store matches and lighters out of the reach of children, preferably in a locked cabinet.
- Purchase and use fire extinguishers and smoke alarms on every floor of your home. For more information, refer to the panel at left.
- Make a fire escape plan and practice it every six months with your family. Your plan should include at least two different ways family members can escape from every room, and a safe place outside of the home for family members to meet after escaping a fire.

Source: www.cdc.gov

Child Safety

Airbags

Beginning with your first trip home from the hospital, put your child in a rear-facing infant car carrier, which should be positioned in the center of the back seat. Make sure the infant carrier is tightly secured to the vehicle with an adult safety belt and the baby is securely buckled in. If placing the child in the front seat is your only option, an on/off switch for the passenger airbag is essential. However, it is better for all children to ride in the back seat because it keeps children away from inflating airbags. When babies outgrow their rear-facing infant carriers, they should graduate to forward-facing baby carriers or booster seats, attached to a vehicle's back seat with an adult safety belt.

Water

Accidental drowning in the home takes the lives of many young children each year. Do not leave bathing children unsupervised in the home. If there are toddlers in the home, remember to close toilet lids and keep aquariums out of reach. Turn the water heater down to 50°C (120°F) to avoid scalds and burns. Never use electrical appliances near or around water.

Poisoning

Many of the items in our homes can be poisonous to children, such as household cleaners, medicines, cosmetics, and garden products. If these items are not kept out of reach, your child could swallow, inhale, or eat these toxic substances. Follow these safety tips:

- Never leave a poisonous substance unattended, even for a moment. Many poisonings occur when an adult becomes distracted by the doorbell, a telephone, or other interruption.
- Use childproof latches on your cupboards. Be mindful of items you store on your bedroom table or in other cupboards that are lower than your shoulder height.
- Post the phone number for the poison control center or emergency room by every phone in the house.
- Purchase only items that are in child-resistant containers.

Source: health.yahoo.com; *UPS Road Map to Health*

Emergency Preparedness Kit

In the event of a disaster, it is important to be prepared. Help may not be readily available, so you may need supplies on hand until help arrives. Here are some supply suggestions from the American Red Cross:

- Water: Four liters (one gallon) per person per day for at least three days.
- Food: At least a three-day supply per person of non perishable food (ready to eat, canned and dry goods) and a can of sterno for heating food.
- Can opener for food.
- Food and water for pets.
- Battery-powered radio and weather radio that have tone alert and extra batteries.
- Flashlights and extra batteries.
- First aid kit.
- Prescription medicines and glasses.
- Cash and travelers checks (banks and ATMs may be out of service).

Source: UPS Road Map to Health

Family Emergency Plan

Your family may not be together when disaster strikes, so it is important to plan in advance. Some things to consider include how you will contact one another; how you will get back together; and what you will do in different situations.

In addition, remember to:

- Identify an out-of-town contact.
- Make sure each member of your family knows the phone number and has a cell phone, coins, or a prepaid phone card to call the emergency contact.
- Teach family members how to use text messaging. Text messages can often get around network disruptions when a phone number might not be able to get through.
- Subscribe to alert services. Many communities now have systems that will send instant text alerts or e-mails to let you know about bad weather, road closings, local emergencies, etc. Sign up by visiting your local Office of Emergency Management website.

Source: www.ready.gov

Falls and the Elderly

A key concern for the elderly is not simply the high incidence of falls, but their high susceptibility to injury. Of those who fall, between 20 and 30 percent suffer moderate to severe injuries that reduce mobility and independence, and increase the risk of premature death. And approximately five percent of older people who fall must be hospitalized.

In addition to physical injury, falls also can have psychological and social consequences. It has been well documented that people who fall lose self-confidence. This leads to further reduction in their mobility, their level of activity, and their ability to socialize.

Risk Factors for Falls

Most falls in older adults are the result of a combination of several factors rather than a single event. The proportion of older adults who fall increases with the number of risk factors present.

- Sensory impairment, such as poor eyesight, hearing loss, and balance disturbance
- Diseases of the brain, such as stroke, Parkinson's disease, and head injury
- Cognitive impairment, such as dementia
- Depression
- Lower-limb weakness and poor grip strength
- Joint problems, such as rheumatoid arthritis

Source: www.intelihealth.com



Pill-Proofing Your Home

The American Association of Poison Control Centers (AAPCC) and the American Academy of Pediatrics recommend the following precautions to protect your children from swallowing medicines that can harm them:

- Keep all medicines out of sight from your kids.
- Make sure all medicines are in their original containers with child-resistant lids. Remember, child-resistant does not mean childproof, so store all medicines in a locked cabinet or in a drawer with a safety latch.
- Never leave pills or other dangerous substances on the counter or in plastic bags.
- Always replace the safety cap on a medicine immediately after using it.
- Keep purses and diaper bags out of your child's reach. Make sure that relatives and other caregivers know to keep their purses out of your child's reach.
- Do not take your own medicines in front of your children. Kids like to copy what you do.
- Never refer to medicine as candy even if you think it will help your children swallow their own prescriptions.
- Watch your child more closely when you visit another person's home—even a grandparent's home. It may not be childproofed.

Source: www.intelihealth.com



Poison Center Help Line: 1-800-222-1222

If you have a poisoning emergency, or you think your child may have been poisoned, call the Poison Center Help Line at 1-800-222-1222 number and you will be automatically transferred to the closest poison control center. These facilities are open 24 hours a day.