

Healthy Living Newsletter

June, 2007

Live, Take Charge, Change!

Volume 2, Number 06

Published by:
Corporate Campus Health &
Wellness Committee

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Safety Reminders

Countermeasures before “hitting the road”

- Get adequate sleep: most adults need 7 – 9 hours to maintain proper alertness during the day.
- Schedule proper breaks: about every 100 miles or 2 hours during long trips.
- Arrange for a travel companion: someone to talk with and share the driving.
- Avoid alcohol and sedating medications.

Playground Safety

- Carefully maintain all equipment. Open “S” hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach or allow children to attach ropes, jump ropes, leashes, or similar items to play

National Safety Month – Distracted Driving

Driven to distraction? Don't end up in a crash! Focus on driving and reduce the risk.

- Keep in mind: the national Highway Traffic Safety Administration estimates that 25% of all crashes involve some kind of driver distraction.
- The time to adjust your mirrors, radio or temperature control is before you pull out of the driveway – not while you're driving.
- Don't reach down or behind the driver's seat, pick up items from the floor, open the glove compartment or clean the inside windows while driving.
- Your vehicle is not a portable salon – allow time for personal grooming at home.
- Enjoy your meals at home or in the restaurant – not on the go.
- Going someplace new? Plan your route ahead of time. If you need to refer to a map, park the car or ask a passenger to help navigate.
- If you've got passengers, some conversation is inevitable – but try to avoid very emotional subjects while driving.



Safety Tip: Cell Phones

In the United States over 224 million people used cell phones as of October 2006, compared with approximately 4.3 million in 1990. There are two dangers associated with driving and cell phone usage:

- Drivers must take their eyes off of the road while driving.
- People become so absorbed in their conversations that their ability to concentrate on the act of driving is severely impaired, jeopardizing the safety of vehicle occupants and pedestrians.

Things we can do today for the safety and protection of ourselves and family members:

- Pull over to the side of the road or wait until you reach your destination. The safest time to use a cell phone while driving is when stopped.
- Never answer or dial a cell phone in hazardous conditions.
- Leave enough room in front of you when you see someone else using a cell phone in traffic.
- DON'T text message while driving.
- Educate our children in the safe usage of cell phones and demonstrate it at all times.
- Use COMMON sense!

www.ghsa.org/, www.behandfree.com/legislation.aspx, www.ihs.org/ & www.iii.org/

equipment; children can strangle on these.

- Make sure metal slides are cool to prevent children's legs from getting burned.

www.aap.org/advocacy/archives/



Hand Washing 101

Hand washing is the most effective way to reduce the spread of germs from one person to the next.

When should you wash your hands?

- Before, during and after preparing or eating food.
- After going to the bathroom.
- After changing diapers or cleaning up a child who has gone to the bathroom.
- Before and after caring for someone who is sick.
- After handling uncooked foods, particularly raw meat, poultry or fish.
- After blowing your nose, coughing or sneezing.
- After handling animals or animal waste.
- After handling garbage.
- Before and after treating a cut or wound or giving medicines.
- Before inserting or removing contact lenses.
- [When using public restrooms, such as in restaurants, airports and bus stations.](#)

www.bt.cdc.gov/, www.tufts.edu/ & www.mayoclinic.com



Children & Swimming Pools

It takes only a few minutes for a child to drown. More than three-quarters of children who drown at neighborhood pools are missing from sight for less than five minutes.

The key to preventing these tragedies is to have multiple levels of protection. The following precautions can help keep children safer around pools:

- **Fence it in.** Pools should be completely surrounded by fencing material at least 4 feet tall. Chain links works well. A slatted fence should have no gaps wider than 4 inches, so kids can't squeeze through. Gates should be self-closing and self-latching. The latch should be out of a child's reach.
- **Install alarms.** Doors leading to the pool area should be protected with alarms. In addition, add an underwater pool alarm that sounds when something hits the water. Make sure you hear the alarm inside the house.
- **Cover it up.** A motor-powered safety cover can provide a barrier over the water when the pool is not in use. The cover should withstand the weight of two adults and a child in case a rescue is needed.
- **Choose an above ground pool.** Above-ground pools are much safer than in-ground pools, because the height of the pool serves as a barrier. However, you should remove the steps or lock them behind a fence when the pool is not being used.
- **Teach children to swim.** But remember that swimming lessons won't drown-proof your child. The age to teach children to swim is the same as to ride a bike, age 5. Children under the age of 4 usually aren't developmentally ready for formal instruction in swimming.
- **Remove toys.** Don't leave pool toys bobbing in the water when no one is using the pool. Children may try to retrieve a toy and fall in.
- **Keep your eyes peeled.** Never leave a child unsupervised near a pool. During social gatherings near pools, adults can take turns being the "designated watcher."
- Keep rescue equipment near, such as a shepherd's hook (a long pole with a hook on the end), life preserver and a portable telephone near the pool.
- **Avoid inflatable swimming aids.** They are not a substitute for approved life vests and give a child a false sense of security.

www.aap.org/advocacy/releases/



Vacation: How Can You Really Leave It All Behind?

In the weeks before you leave, take a good look at your office and workload:

- What projects are pending? Will a project be finished or interrupted?
- What new projects are waiting? Put off all new starts until after vacation.
- Have you documented all your work or reported fully to a supervisor?
- Do not leave loose ends.
- Who will cover for the tasks you normally do?
- Can your fill-in do every task you need covered?
- Make arrangements with co-workers to cover while you are away and do the same for them.

Vacation Child Care Options

Finding care for a child during the holiday season is one of the most challenging tasks facing parents who work. There are a variety of options for parents to choose from, including:

- elementary school programs
- community centers
- year-round daycare centers
- family daycare providers
- babysitters

A new type of care arrangement is known as “Share Care”. This refers to the sharing of care giving responsibility among two or more families. Parent A stays home to care for her child, as well as the children of parent B and parent C. The next day, parent B stays home to care for the children of A, B and C families, while those parents work, and so on. Families often swap child care during the workday for “babysitting” during a weekend evening, preparing dinner, laundry or other errands and household chores.

Information is also available through the UPS Work/Life Benefit program. Among the many resources offered are a Child Care Call Request/Provider Referral Form, Child Care Provider Search, Summer Camp Resource Locator, Parent’s Guide to Choosing Safe and Healthy Child Care and The Super Sitter. These resources can be accessed through www.acheivesolutions.net/ or 1-800-336-9117.

www.acheivesolutions.net/



Don't Let Road Rage Rule You

Road rage is defined as “an assault with a motor vehicle or

Disconnecting from work is both mechanics and mind-set. Consider these tips:

- Leave a very specific message on your voice mail about the length of time that you will be away.
- Offer other numbers to call for emergencies. If you must return calls regularly, set aside a particular time each day and stick to it.
- Avoid beepers if you can. If you must keep one with you, give out your number selectively and with time restrictions.

www.acheivesolutions.net/



Traveling with Children

Ensuring a smooth plane ride with your kids

Here are some tips for successful air travel with a little one:

Don't bother hoping fellow passengers will think your child is adorable and therefore automatically forgive him any restless - kid transgressions. They're all praying their seat is at least five rows away from yours so they won't have to bear the brunt of said transgressions.

Do apologize in advance to all passengers in a five-foot radius of your seat for what ever spills, fits, kicks and other random problems your child will probably cause – that way, no one will be surprised when the apple juice and pretzels start flying.

Don't bring more than one book or magazine for yourself – you'll be too busy running interference to read something for your own pleasure.

Do bring snacks – enough for everyone sitting around you. Who could get mad at the child of a mom who doles out Hershey's Kisses?

Do tell your child to stop kicking (and peeking over and crawling under) the seat – and say it loudly enough so that the kickeer hears you. That way, they'll know you noticed your child's behavior and are making some effort to stop it.

Don't stress yourself out over the bad stuff. Bad stuff happens. But you know what? Everyone gets over it.

Do be happy when the pilot turns off the seat-belt sign for the last time. Flight's over and you made it.

Accumulate Miles, Not Pounds

Big portions, rich desserts and tantalizing menus are just a few of the roadblocks travelers face in maintaining a healthy eating style. Consider the following air travel tips:

Drink lots of water, even if you're not thirsty

With low humidity and recirculating air within pressurized airplane cabins, air travel can be dehydrating and can aggravate symptoms of jet lag. Drink plenty of juice, water, milk, or other non-caffeinated beverages – about eight ounces for each hour of flight.

Pack a “survival kit”

Put dry fruit such as raisins or apricots, muffins, bagels, crackers or pretzels in your carry-on bag. With the new carry-on rules, be sure to check the airline's policy.

Go easy on the alcohol

If you are going to drink alcohol, remember that moderation is key. Some people mistakenly believe large amounts of alcohol will help them relax on long flights; the truth is alcohol can trigger restlessness and dehydrate you.

www.eatright.org/

other dangerous weapon by the operator or passenger(s) of another motor vehicle or an assault precipitated by an incident that occurred on a roadway.”

We all face numerous challenges and stresses every day as we travel to and from work, run to the store, pick up the kids from school and etc. Don't let something as trivial as somebody zipping back and forth between lanes in front of you, cutting you off in traffic, honking a horn, driving too close, tailgating or other incidents make you feel that you have to get even with them and ruin your life. Road rage is a criminal offense.

Here are some tips to stay safe:

1. Don't block the passing lane. Stay to the right if you are obstructing the flow of traffic.
2. Always signal when changing lanes. Use your horn sparingly.
3. Don't tailgate.
4. Cooperate and don't compete on the road. Let other drivers merge into traffic in an orderly fashion.
5. When stopped in traffic, leave enough space to pull out from behind the car you are following.
6. Don't react to another driver's uncivil behavior.
7. If confronted by an aggressive driver, go to the nearest police station if you continue to be hassled or think that you are being followed.



Emergency Supply Kit



Recommended items to include in a Basic Emergency Supply Kit:

- Water, one gallon per person per day for at least three days.
- Food, at least a three-day supply of nonperishable food. *(Select foods that require no refrigeration, preparation or cooking, and little or no water. Avoid salty foods, as they will make you thirsty. Choose foods your family will eat)*
- Battery-powered or hand crank radio, NOAA weather radio with tone alert and extra batteries for both.
- Flashlight and extra batteries.
- First aid kit. *(Things you should have: sterile gloves, sterile dressings, cleansing agent, antibiotic ointment, burn ointment, adhesive bandages, eye wash solution, thermometer, and prescription medications. Things it may be good to have: cell phone, scissors, tweezers, aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, and laxative.)*
- Whistle to signal for help.
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Can opener for food (if kit contains canned food).
- Local maps.

Additional items to consider adding to an Emergency Supply Kit:

- Prescription medications and glasses, infant formula and diapers, pet food and extra water for your pet, important family documents such as copies of insurance policies, identification and bank account records in a waterproof portable container, cash or traveler's checks and change, emergency reference materials such as a first aid book, sleeping bag or blanket for each person, complete change of clothing including a long sleeved shirt, long pants and sturdy shoes, fire extinguisher, matches in a waterproof container, mess kits, paper cups, plates, and plastic utensils, paper towels, paper and pencil.

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

- It may be easier to make a long-distance phone call than call across town, so an out-of-town contact may be a better position to communicate among separated family members.
- Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact.

