



Vibrant

A Weekly Bulletin for "Choose a PATH to Wellness"

**Week 6
Safety**

TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL



Together. Better. Stronger.

An Olympic Challenge

Mission Six

SAFETY

Are You Prepared?

Are you prepared for an accident? Do a personal or workplace Safety Audit.

"To teach superstition as truth is a most terrible thing... a superstition is so intangible you cannot get at it to refute it, but truth is a point of view and so is changeable." – Hypatia

It's time to do your safety checklist and win both a feeling of security. Review the actions and items that follow and make the changes that will create a safer environment for you – one that is less susceptible to accidents, injuries, and loss. Check off the ones you already do and then work to apply those that you don't have in place. It could just save a life!

Stop, drop and roll:

1. Does every floor have a working smoke alarm?
2. Does every floor (and kitchen) have a functional fire extinguisher?
3. Does your family have an "evacuation plan" in case of fire? Do you practice or review it regularly?
4. Is there an escape ladder for all second floor bedrooms?
5. Do you have a carbon monoxide monitor on each level of your home?

Quick! Call 911:

1. Are the police, fire, rescue and other emergency numbers by the phone? How about POISON CONTROL? Don't forget the veterinarian's emergency number in

case poor Fido swallows something he shouldn't have!

2. Are your first aid supplies up to date? Are they out of reach of children and pets?
3. Do you have MSDS (material safety data sheets) for all toxic materials in the house? This includes everything from film cleaner to glue to cleaning solutions. These sheets are available from most company's customer service departments.
4. Do you have safety goggles for home improvement projects? How about an eye wash station in case you forget to use the goggles?
5. Are you Red Cross certified in CPR? How about First Aid? (Can you do the Heimlich maneuver without breaking any bones?? Can you spell "HEIMLICH MANEUVER"?)
6. Do you follow all safety precautions when working on projects? (examples include wearing a mask when working with fine dust particles and having someone spot you when you climb a ladder)
7. Do you clean up all dangerous materials when you are finished with projects? (nails, tools, wood shavings, glues, etc.)

Ready As a Ranger:

1. Do you have blankets, flashlights, batteries and a non-electric powered phone in case of a power outage? How about bottled water in case of a dry well?
2. Do you always wear your seat belt while driving?
3. Do you drive within 5 miles of the speed limit?
4. Do you use a mobile head set for your cell phone while driving?
5. Do you avoid all other activities while driving? (this includes putting on makeup, reading, eating, organizing your wallet and painting your nails!)
6. Do you wash your hands regularly? (before meals, after visiting the outhouse, before cooking, after getting the "eye ickies" cleaned from your dog). To

really get the germs gone, try washing your hands for at least the duration of a round of "Row Row Row Your Boat."

Medicine cabinet from A-Z. Do you have the following on hand:

- a. Antihistamines
- b. Bandages/gauze
- c. Cough expectorant
- d. Dry skin lotion
- e. Extra Band-aids
- f. Field tape (bandage tape)
- g. Good scissors
- h. Hydrocortisone cream
- i. Imodium
- j. Junior aspirin or Tylenol
- k. Kill-germ wash (Listerine)
- l. Lip balm
- m. Medicine for canker sores
- n. Needle/thread
- o. Ointment: Bacitracin / Neosporin
- p. Pads for blisters
- q. Quick acting antacids (Tums/Alka-Seltzer)
- r. Rubbing alcohol
- s. Safety pins and scissors
- t. Tylenol/Ibuprofen
- u. Un-petroleum jelly or other healing ointment
- v. Vapor rub
- w. Wind and weather protective sunscreen
- x. Xtra sanitary pads/tampons
- y. You got me (nothing starting with a "Y" should ever be in the medicine cabinet!)
- z. Zinc oxide cream





Training Tips

This Week's Stretch & Strengthen Exercise: Squats - Plie

About The Olympics

The '70s - Changed Forever

1972 – Munich/Sapporo. The tragedy of the '70s happened when eight Palestinian terrorists snuck into the Olympic Village and attacked the Israeli team. A coach and a wrestler tried to fight the attackers off at the door, allowing a few to escape. The two were shot, however, and nine athletes were bound and gagged. Within hours all of the world saw haunting, and now infamous footage of the masked terrorists. They stood on lookout wielding machine guns while the dorms were surrounded by armed police. When German officials arranged to take the terrorists to a jet via helicopters, the situation went awry. One German policeman opened fire when he saw a couple of the terrorists make a run to the get-away jet. The Palestinians responded with a rain of fire and blew up the helicopter with the hostages. At the end of the day, all 8 terrorists, 9 Israeli athletes and the mistaken German police officer were killed. It was the bloodiest and saddest day in Olympic history. The games were suspended for 32 hours to mourn but the International Committee felt this act of terrorism should not have power enough to snuff the great Olympic flame. Neither the Arab nor the Soviet athletes graced the memorial services.

The massacre set off a new wave of security protocols and precautions that would cost billions of dollars, anxiety and frustration to future games, but save priceless lives.

The Sapporo games were the first to be held in Asia.

1976 – Montreal/Innsbruck. These were considered the most over budget games in history. They were supposed to cost \$310 million but final costs capped at \$1.2 billion.

The first perfect score of 10 was awarded in women's gymnastics - seven times (all to Nadia Comaneci).

Women's basketball and rowing were added to the Montreal games.

The first back flip was attempted and landed in men's figure skating and Ice Dancing was added as an event.



Instructions:

- ♦ Spread your legs out to about 3 feet apart.
- ♦ Tighten your stomach muscles (abs) and flatten your lower back.
- ♦ Slowly lower your rear end toward the floor, bending at the hips and knees. Don't push your knees forward, try, instead to keep your shins perpendicular to the floor.
- ♦ Use a chair or railing for balance until you feel strong enough balance without help.
- ♦ You should feel as if you are sitting back toward a chair. Only go as low as you can while still able to stay in control.
- ♦ Press up out of the squat just far enough to be able to take one arm and reach up over head. The leg opposite your outstretched arm will hold most of your body weight while the other side of your body is stretching.
- ♦ Come back to a squat (plie) and then repeat the stretch to the other side. Repeat the whole sequence 10-20 times.

Important Cautions:

- ♦ Don't ever let your knee bend past (over) your toe. Always strive to keep your knee in line with your ankle.
- ♦ Use a chair or railing for balance until you feel strong enough without.

Safety Corner

Helmets

- ♦ **The Right Helmet for the Right Sport** - Different sports require different helmets to help protect you from the different types of head injuries common to that particular sport.
- ♦ **Rating Standards** - All helmets are not created equal; beyond picking the right helmet for the sport, buyers should look inside the helmet for information on the standards to which it complies. Bike helmets for example should carry a CPSC, Snell, ASTM, or ANSI sticker or label; with Snell being the most stringent.
- ♦ **Fit is key** - A loose helmet cannot protect the head as well as one that is properly fit. The Bicycle Helmet Safety Institute suggests buying a brand and size that fits well prior to adjustments, and then use the adjustable straps and/or sizing pads to ensure a snug fit.
- ♦ **Helmets save lives**
 - According to the Bicycle Helmet Safety Institute, a bicycle helmet reduces the risk of serious head and brain injury by 85%; head injuries cause three-quarters of about 900 bicycle deaths each year
 - More than 70,000 persons need hospital emergency room treatment each year for injuries related to skateboarding according to the CPSC.
 - Another 82,000 people suffer brain injuries each year while playing sports such as baseball and football, etc., according to the Brain Injury Association.
 - Brain surgeons and doctors across the U.S. agree that wearing helmets can save lives.



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