



Spring Into Safety

Safety and Wellness



Spring Cleaning Safety Tips

The LIFESAVER news-letter is published to communicate safety and wellness to all Rutherford Co. employees. Our hope is to encourage you to make safe and healthy

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Do not rush because you are tired or in a hurry.

This is really the most basic spring cleaning safety tip, and all the other ones, at least to a certain degree, stem from this one.

Spring cleaning can be tiring work. Do not forget safety even if you have worked hard all day and want to get done.

The better thing to do when you are exhausted is to stop and take a break, drink a glass of water, sit under a nice cool fan, and rest instead of being unsafe.

Be safe while on ladders and step stools.

When doing a task; such as washing windows, where you need to be on a ladder, use extreme caution.

Do not lean too far to either side. A good rule of thumb is that your belly button should not go beyond the sides of the ladder.

Also, have someone available to hold the ladder steady for you if possible, and make sure before you step on them that the rungs are not wet, and you are wearing non skid shoes.

Don't carry too much stuff at once, especially on stairs.

During spring cleaning you will also probably go up and down your stairs a lot carrying things if you live in a home with stairs.

Make sure you keep a hand free to hold onto the stair railing.

Also, whether you have stairs or not, always make sure you can see over the load you are carrying so you do not trip.

Always follow cleaning product label safety instructions and recommendations.

Cleaning supplies can create nasty fumes, so make sure you get some fresh air by opening windows, turning on the exhaust fan, or placing a fan in the room.

In addition, do not mix ammonia and bleach together, both of which are common household cleaners, because they create toxic fumes when combined.

When it doubt don't mix, just use one product to get the job done

Energy Drinks: May Be Riskier For Some

Energy drinks may have harmful effects on your heart. These drinks may raise blood pressure and disturb your heart's natural rhythm.

Scientists at University of the Pacific in California analyzed data to look at effects of energy drinks on heart health. Data included 93 healthy participants 18-45 years old who had consumed between one and three cans of energy drinks. Then, they measured QT interval (the time it takes for the heart's electrical wave to reset before next beat). The average QT interval was 10 milliseconds longer for those who had consumed energy drinks compared to those who had not. When prolonged, QT interval can cause seriously irregular heartbeats or even sudden cardiac death.

Any time QT intervals are prolonged it

could put your heart at risk, according to Dr. Stephen Green, a cardiologist at NSUH in New York.

Researchers also found systolic blood pressure increased an average of 3.5 points in a pool of 132 participants who had consumed energy drinks.

Recently, the FDA has received reports of five deaths linked to Monster Energy, containing 160mg of caffeine per 16 oz. as well as 13 deaths possibly linked to 5-Hour Energy, a caffeine shot with B12 and other boosters.

Energy drinks are not regulated, so there's not much data on their effects. Dr. Green explained that some people may be at more risk than others. "If you're 22, don't have high blood pressure or other medical problems, you may

have three double espressos or a Monster energy drink and probably nothing will happen to you," he said. "But if you have a history of heart palpitations and have caffeine or an energy drink, you'll probably have more heart palpitations." He also warns that just because you've had energy drinks in the past, it doesn't mean you won't have a problem in the future.

Bottom line: "If you don't have any health problems and aren't on medication, an energy drink occasionally probably won't hurt you. But if you're on medication, have high blood pressure, or a history of heart palpitations, energy drinks might not be for you," Green said.

Source: Erin Hicks

Tornadoes and Parties

April is "Tornado Awareness Month". I normally spend this column space taking about our Spring Emergency Drills and how to stay safe during weather related emergencies. Below you will find a link for more information on how to do just that.

Instead of thunderstorms and tornadoes, I want to talk about another kind of storm; Spring parties! With all the dances and graduation parties fast approaching, parents need to set guidelines and talk with their kids. I would like to inform you of a program called Safe Homes/Safe Parties. The campaign is an initiative developed by Informed Families/The Florida Family Partnership and implemented by parents of teens and pre-teens to ensure that drugs, alcohol and cigarettes will not be permitted at parties held in their homes and discouraged at parties in the community.

There are many pressures drawing youth to the use of cigarettes, alcohol and other harmful drugs. The strongest pressures on young adults are social/societal (including advertising & media) and the need for group acceptance. Many parents and their teenagers talk about appropriate guidelines in this area, yet continue to feel helpless. Some parents, wanting their teenagers to belong to a group, serve alcohol at parties to their teenagers and friends. When parents work together, the pressure to serve or allow the use of illegal beverages, tobacco and other drugs will be significantly reduced. Don't fall prey to the teen tactic, "But all the other parents let their kids do it." Review the following guidelines and discuss them with your family and friends. Communicate what standards you expect to be followed. Support one another within families and from family to family.

- Know where your teenager will be.
- Personally contact parents of the party giver.
- Be certain that alcohol, tobacco and other drugs will not be permitted.
- Agree beforehand on a curfew.
- Know how your teenager will get to and from the party.
- Personally check with parents if your child stays overnight with a friend after the party.
- If your teenager attends a party where alcohol, tobacco and other drugs were served by parents or allowed, it is important to:
 - Discuss the illegal ramifications with them.
 - Share notes with other parents.
 - Express thanks and support to parents and students within these guidelines.

For more information or to sign the Safe Homes/Safe Parties pledge please visit www.nfp.org/shsp

Thunderstorms, Tornadoes, Lightning: A Preparedness Guide by NOAA
<http://www.weather.gov/os/severeweather/resources/ttl6-10.pdf>

Board of Education

Garry Sweeton, Lead Custodian
Oakland Middle School

Rutherford County Safety Awards

Rutherford Co Gov

Janie Davis, Housekeeping Supervisor
Maintenance Dept



Rutherford County along with CCMSI would like to recognize the recent recipients of the County's Safety Award. Congratulations to both of these employees for their efforts to enhance safety awareness and reduce On-The-Job injuries. Your hard work does not go unnoticed.



A LOOK AHEAD

Apr 12-28	Aladdin – Center for the Arts	
May 3	Try Boro Kids 2.5k/5k	
May 4	Relay Rutherford; 55mile run	
May 10	Cougar Carnival 5k	Christiana Middle
May 18	Run United 5k	
May 18	Superhero Strides for CF 5k	Central Magnet
May 27	Memorial Day	County holiday
Jun 15	RC cola/Moonpie 10 miler	Bell Buckle, TN

The Lighter Side



(fallblog.org)