

THE PORCELAIN PRESS

June 2011 - Weeks 3 & 4

Special Points of Interest:

Did you know you can subscribe to the FESHM & FRCM chapter mailing list? You will receive draft chapters for review & be notified of any changes to existing FESHM chapters. To subscribe, go to the ES&H Homepage, click the left hand side link "FESHM", then click "FESHM/FRCM mailing list" under "Helpful links".

Fermilab Lunchtime Clean-up:

11:45 a.m. - 1:30 p.m.
June 16th, July 21st, and August 18th. Transportation to clean-up site from WH, GF east side.

ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

Water Safety

When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat. While having fun with family and friends, most people don't think much about water safety — but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death. It doesn't have to be that way. Most water-related accidents can be avoided by following a few simple guidelines. Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep). Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located. The more informed you are, the more aware you will be of hazards and safe practices. Children and inexperienced swimmers should wear a U.S. Coast Guard approved life jacket. Here are some other ways to stay safe while playing in or around the water.



- Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgement and reduces your body's ability to stay warm.

Water Parks - Safety Tips

- Go with a friend and watch out for each other.
- Before you start down a water slide, get in the correct position -- face up and feet first.
- When you go from one attraction to another, note that the water depth may be different.

Staying Safe at the Beach

Protect your skin: Sunlight contains two kinds of UV rays -- UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear a sunscreen with a sun protection factor of at least 15. Follow the application instruction. Sunscreen does not last long when you are sweating a lot or playing in the water.

Drink plenty of water regularly and often, even if you do not feel thirsty. Your body needs water to keep cool.

Wear eye protection, be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.

Wear foot protection. Many times, people's feet can get burned from the sand or cut from glass in the sand.

