

THE PORCELAIN PRESS

September 2011 - Weeks 1 & 2

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".

Accelerate to a Healthy Lifestyle

August - October 2011. Information and sign up on the ES&H homepage. Prizes will be awarded monthly to participants.

ES&H Concern or Suggestion?

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

Back to School Safety

Back to school is an exciting time for both parents and students. Children are happy to see their friends and anxious to see what the new school year will bring. Staying safe is of course the number one priority. However, an estimated 2.2 million children ages 14 and under are injured in school-related accidents each year, according to the National SAFE KIDS Campaign.

To help keep your kids safe, below are some tips from SAFE KIDS, the Consumer Product Safety Commission, and the American Academy of Pediatrics.



Traveling to and from school:

- If your child bikes to school, make sure he/she wears a helmet that meets one of the safety standards (U.S. CPSC, Snell, ANSI, ASTM, or Canadian).
- Plan a walking route to school or the bus stop.
- Walk the route with your child beforehand.
- Tell him or her to stay away from parks, vacant lots, fields and other places where there aren't many people around.
- Teach children to arrive at the bus stop early, stay out of the street, wait for the bus to come to a complete stop before approaching the street, watch for cars and avoid the driver's blind spot.
- Whether walking, biking, or riding the bus to school, teach children to obey all traffic signals and signs.
- When driving children, deliver and pick them up as close to the school as possible. Don't leave until they are in the schoolyard or building.

Backpack Safety (Don't laugh! Have you picked up your child's backpack lately?):

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child's body weight.

Leaving your pet in the car may be hazardous to them

Even though the days feel cooler and fall is on the way, leaving a pet in the car can be dangerous. Some have a misconception that because the temperature outside of the car is warm and not hot, such as in the low to mid-70s, it is safe to leave the pet unattended while shopping and/or running errands. Even when the outside temperature is in the mid-70s, the heat generated inside the vehicle can rapidly climb upward of 125 degrees in a matter of only 5 to 10 minutes. When the weather is warmer, in the mid-80s to the 90s, the temperature can skyrocket in just minutes after the engine has been shut off and the air conditioning has stopped flowing. Smaller pets, elderly pets and dog breeds with smaller snouts such as Pekingese and Pugs already have breathing restrictions and thus being placed in a hot vehicle is even more dangerous for them.

